

**REPORT TO:** Children, Young People and Families PPB

**DATE:** 20<sup>th</sup> May 2013

**REPORTING OFFICER:** Strategic Director – Children & Enterprise

**PORTFOLIO:** Health; Children, Young People and Families

**SUBJECT:** Scrutiny Topic 2013/14 : Mental Health

**WARD(S)** Borough-wide

1.0 **PURPOSE OF THE REPORT**

1.1 To present the Board with an update on the mental health scrutiny topic following the report presented to the Health PPB on 5<sup>th</sup> March 2013.

2.0 **RECOMMENDATION: That:**

- i) **The focus of the mental health scrutiny review be the joint mapping of mental health prevention services across Children’s and Adult’s services; and**
- ii) **The development of an intergenerational anti stigma campaign;**

3.0 **SUPPORTING INFORMATION**

3.1 In March 2013 the Health PPB approved a topic brief to review mental health prevention and promotion provision in Halton. Nominated members of the topic group are:

Cllr Ellen Cargill  
Cllr Joan Lowe  
Cllr Sandra Baker  
Cllr Mark Dennett  
Cllr Geoff Zygadllo  
Cllr Miriam Hodge  
Cllr Margaret Horabin  
Cllr Pam Wallace  
Cllr Geoff Logan  
Cllr Kath Loftus

A copy of the topic brief is attached in Appendix 1

3.2 However discussions at that meeting examined the feasibility of establishing a joint Health / Children, Young People and Families topic

group to consider mental health provision across Adult and Children's services including the development of an intergenerational campaign to address discrimination and stigma and promote mental health.

3.3 There are already significant pieces of work being undertaken, in relation to mental health, that fall outside of the proposed scope of this scrutiny review topic. These include: a full review of Child and Adolescent Mental Health Services (CAMHS) provision, development of an Acute Care Pathway for adults and development of Later Life and Memory Services (LLAMS) as part of the Dementia Strategy. The Board will be kept up to date on these developments.

3.4 It is therefore proposed that the Health PPB topic group focus activity on the mapping of mental health prevention and promotion in addition to the development of a joint, intergenerational prevention and promotion campaign.

#### 4.0 **POLICY IMPLICATIONS**

4.1 The Children and Young People's Plan prioritises children and young people's emotional health and the Health and Wellbeing Board has prioritised mental health. The Clinical Commissioning Group also supports this priority.

4.2 The recommendations from the resulting scrutiny review may result in a need to review associated policies and procedures.

#### 5.0 **OTHER/FINANCIAL IMPLICATIONS**

5.1 None identified at this time.

#### 6.0 **IMPLICATIONS FOR THE COUNCIL'S PRIORITIES**

##### 6.1 **Children & Young People in Halton**

Emotional and mental health and wellbeing is a critical factor in supporting children and young people's social development, behaviour and resilience, educational attainment and achievement and life chances. This area of work also supports Halton's focus on Early Health and Support and the priorities within Halton's Children and Young People's Plan.

##### 6.2 **Employment, Learning & Skills in Halton**

Good emotional and mental health and wellbeing is a vital factor in children and young peoples and adults accessing learning and future employment opportunities.

##### 6.3 **A Healthy Halton**

Emotional and mental health services impact directly upon the health

and wellbeing of children and young people with an identified need or who are at risk of developing a need. Halton's Health and Wellbeing Board have chosen 'prevention and early detection of mental health conditions' as one of their five priorities for action during 2013-2016.

6.4 **A Safer Halton**

Those who do not experience good emotional and mental health and wellbeing are more likely to be subject to a range of risk factors that can impact negatively on community safety issues.

6.5 **Halton's Urban Renewal**

None Identified

7.0 **RISK ANALYSIS**

7.1 National and local evidence demonstrates that failure to ensure that appropriate services to support emotional and mental health and wellbeing of children and young people is likely to impact negatively on their outcomes and life chances. Failure to provide effective mental health prevention and promotion services across the life course could also result in an increase in the need for specialist services thus leading to potentially increased costs to the Council.

8.0 **EQUALITY AND DIVERSITY ISSUES**

8.1 None identified at this stage.

9.0 **LIST OF BACKGROUND PAPERS UNDER SECTION 100D OF THE LOCAL GOVERNMENT ACT 1972**

9.1 None identified under the meaning of the Act

## **Appendix 1 TOPIC BRIEF**

**Topic Title:** Mental Health

**Officer Lead:** Dave Sweeney, Operational Director, Integrated Commissioning

**Planned Start Date:** April 2013

**Target PPB Meeting:** March 2014

### **Topic Description and Scope:**

This topic will focus on the Mental Health priority, specifically in relation to the prevention and promotion of services/issues. It will examine the interventions and materials that are already in place to address this key area and will look at their effectiveness in meeting the needs of the local population.

### **Why this topic was chosen:**

Significant numbers of people suffer mental health problems such as depression. Mental Health problems account for the single largest cause of ill health and disability in the Borough and can have a significant impact on a person's ability to lead a full and rewarding life. Some associated statistics<sup>1</sup> are outlined below:-

- One in four people attending GP surgeries seek advice on mental health.
- Deaths from suicides & undetermined injuries were **31** (2008-10)  
**Rate 8.2**(England 7.2, NW 9.07 per 100,000 population).
- The number of people diagnosed with depression is **11,924** (11.94% GP pop aged 18+). Regional prevalence is 13.3% and nationally 11.7%.
- Dementia: there is an estimated **1082 people aged 65+ compared to 634 people on GP register** (2010-11) with a diagnosis of dementia.
- The rate of hospital admissions due to self-harm for under 18s is high.
- The mental wellbeing of Children who have been in Care tends to be worse than children who have not been in Care.
- Stigma of mental ill health (more prominently in men) is a major factor in people not seeking help and support.
- Aligned with the above suicide is now recognised as the biggest killer of young men, higher than road traffic accidents. Stigma is reported to be the major influence of men refusing support.
  - The current economic climate and welfare reforms are likely to increase the levels of people suffering from mental distress. However, through a range of evidence based interventions to promote mental and emotional wellbeing the above are all amenable to change.

<sup>1</sup> Halton Health and Wellbeing Strategy : 2012-15

Halton's Health and Wellbeing Board have chosen the '*prevention and early detection of mental health conditions*' as one of their five priorities for action during 2012-15.

**Key outputs and outcomes sought:**

- An understanding of existing mental health provision in Halton in relation to prevention and promotion.
- Examine the effectiveness of current pathways/materials for mental health prevention and promotion.
- Consider national best practice and evidence based practice in relation to pathways for prevention and the promotion of mental health issues.
- Consider ways to continue to make improvements to promotional materials thus enabling Halton to reduce the social and economic cost of mental health issues, with a particular emphasis on reducing reliance on acute services.

**Which of Halton's 5 strategic priorities this topic addresses and the key objectives and improvement targets it will help to achieve:****A Healthy Halton**

- To understand fully the causes of ill health in Halton and act together to improve the overall health and well-being of local people.
- To lay firm foundations for a healthy start in life and support those most in need in the community by increasing community engagement in health issues and promoting autonomy.
- To respond to the needs of an ageing population, improving their quality of life and thus enabling them to lead longer, more active and more fulfilled lives.
- To remove barriers that disable people and contribute to poor health by working across partnerships to address the wider determinants of health such as unemployment, education and skills, housing, crime and environment

**Nature of expected/ desired PPB input:**

Member led scrutiny review of Mental Health.

**Preferred mode of operation:**

- Meetings with/presentations from relevant officers from within the Council/ Health Services and partner agencies to examine current practices regarding mental health prevention services and promotional materials.
- Review of existing pathways into Mental Health prevention services.
- Review of existing promotional materials etc. in relation to supporting those with mental health issues.