

**“A Sense of Belonging” Lothian’s Joint Mental Health and Wellbeing Strategy
2011-2016****Report by Joint Director Health and Social Care****1 Purpose of Report**

To inform members of the progress made in implementing the Mental Health and Wellbeing Strategy, “A sense of belonging”. The Mental Health and Wellbeing Strategy, “A sense of belonging” document is available in the Members’ Library as well as on the Council’s website.

2 Background

- 2.1 In 2011 the Council signed up to a Lothian strategy which set out a clear view, principles and planned ways of working on mental health and wellbeing in Midlothian during the next five years. The public, people who have experience of mental health problems, people who use services, carers, the Third sector, four local authorities and NHS Lothian are working together, using the strategy to improve mental health and wellbeing for people. Both elements are crucial in people’s lives as well as the need to promote mental health and wellbeing in our local authority area.

The strategy looks at all stages of life, considering the needs of people of all ages: early years, school age, working age and older people. It aims to achieve results by addressing four linked “Commitment to Change” areas:-

- Tackling health inequalities by focusing on individuals and communities who are at greater risk of experiencing difficulties.
- Building social capital and wellbeing by supporting people to look beyond health and care services and to make changes in their own communities.
- Embedding recovery, which for some may not mean full recovery but instead staying in control of their life and living well despite experiencing a mental health problem.
- Improving services. We want to have excellent services for people when and where they need them – in the right place at the right time delivered by the right people.

A local implementation plan was developed to ensure that the strategy is implemented and it is monitored by the Midlothian Joint Mental Health Planning Group. The group includes representatives of service users, carers, NHS staff, Council staff and staff from Third Sector organisations. At a Lothian wide level the implementation of the strategy is overseen by the multi-agency Lothian Strategic Programme Board.

3 Report Implications

The local implementation plan covers areas such as employment, social prescribing and peer support as well as actions regarding particular Mental Health services. Examples of progress in the last year includes:-

- Welfare reform- additional Citizens Advice Bureau sessions at the Orchard Centre have provided substantial benefits for service users. Managing the implications of Welfare Reform is a key focus and has resulted in a continued increase on an already high level of demand for the service.
- Choose Life, the suicide prevention campaign has contracted CRUSE to provide bereavement drop-ins across the county.
- The “Men’s Share” project is working to reduce the risk and incidence of suicide and suicidal behaviour in the men aged 25-50 years. The project is a collaboration between Health in Mind and Citizens Advice Bureau. Research has confirmed the efficacy of the approach and a number of “at risk” men have been supported through the project’s existence.
- www.Midspace.co.uk the local mental health and wellbeing website continues to provide a wealth of information to residents and the number of “hits” continues to grow.
- A review of Park Cottage, the local rehabilitation service, confirmed a good standard of practice but also led to some financial savings and identified some areas for improvement.
- Midlothian Training Services are providing a service specifically aimed at getting people with mental health problems back into work.
- Waiting times for psychological therapies continue to be reduced. This has been supported by providing training through the WISH programme to staff in a variety of agencies to gain skills in supporting people experiencing stress, low mood, anxiety and depression.

Mental health and wellbeing is a cross cutting theme across all client groups and many other initiatives are being taken forward through other local strategies such as the Child Poverty Action Plan, the Joint Older People Strategy and the Carers Strategy.

3.1 Resource

There are no immediate resource implications arising from this report. The strategy is being implemented within existing resources.

3.2 Risk

The Council has a duty under sections 25-31 of the Mental Health (Care & Treatment) (Scotland) Act 2003 to provide services which are designed to promote the well-being and social development of people who have or have had a mental disorder.

Since the closure of Rosslynlee Hospital we have had a joint mental health team consisting of both NHS and Council staff therefore unlike some other services, it will be relatively unaffected by the integration of health and social care services.

Staff will continue to be involved in negotiations regarding the reprovion of the Royal Edinburgh Hospital to ensure that Midlothian residents benefit and are not adversely affected by the changes.

3.3 Single Midlothian Plan and Business Transformation

Themes addressed in this report:

- ☐ Community safety
- ☒ Adult health, care and housing
- ☐ Getting it right for every Midlothian child
- ☐ Improving opportunities in Midlothian
- ☐ Sustainable growth
- ☐ Business transformation and Best Value
- ☐ None of the above

The strategy aligns with the Scottish Government's national Mental Health Strategy for Scotland: 2012-2015

3.4 Impact on Performance and Outcomes

Although there is a separate Sense of Belonging Action Plan with measurable outcomes there are measures included in the Single Midlothian Plan to demonstrate progress. These include improving access to employment, reducing the length of stay at the local rehabilitation unit and increasing access to our suicide prevention project

3.5 Adopting a Preventative Approach

There is increasing evidence that strategies for prevention and early intervention can save significant resources. Many of the actions arising from the strategy are implementing what we know works from the evidence base, particularly around prevention and early intervention

3.6 Involving Communities and Other Stakeholders

There was widespread consultation in the development of the strategy and an annual stakeholders event to review progress was held in June. As stated earlier the Midlothian Joint Mental Health Planning Group which oversees the implementation of the strategy locally includes user and carer representatives as well as professionals from the Council, the NHS and the Third Sector. We support user and carer involvement by funding VOCAL, the carers support group and CAPS, a users advocacy group.

3.7 Ensuring Equalities

The strategy includes specific actions to target stigma and discrimination.

3.8 Supporting Sustainable Development

There are no sustainability issues arising from this report.

3.9 IT Issues

There are no IT issues attached to this report.

4 Summary

Good progress has been made in implementing the new strategy. Next year's priorities will include improving day services, extending the range of evidence-based social prescribing / community referral initiatives developing peer support and a focus on employability.

5 Recommendations

That Cabinet notes this report and receives annual updates on the progress of the strategy.

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Background Papers: Strategy Document and Action Plan