

Health and Care Overview and Scrutiny Committee - Monday 13 February 2023

Mental Health and Mental Wellbeing Strategy 2023-2028

Recommendation

I recommend that the Committee:

- a. Consider and comment on the proposed joint Mental Health & Mental Wellbeing Strategy: 'Good Mental Health in Staffordshire' 2023-28.

Local Member Interest: N/A

Report of Cabinet Member for Health and Care

Summary

1. Staffordshire County Council and the Integrated Care Board (ICB) have jointly developed a final draft of a new Mental Health and Mental Wellbeing Strategy 2023-2028 titled 'Good Mental Health in Staffordshire'. This replaces the previous Mental Health Strategy 'Mental Health is Everybody's Business. The Overview and Scrutiny Committee is asked to consider the proposed joint Mental Health & Mental Wellbeing Strategy: 'Good Mental Health in Staffordshire' 2023-28.
2. The comments of the Overview and Scrutiny Committee will be considered in preparing the final report to Cabinet at their meeting on the 15th March for them to take into account in their consideration of this matter.

Report

Background

3. Staffordshire County Council and the Integrated Care Board (ICB) have jointly developed a final draft of a new Mental Health and Mental Wellbeing Strategy 2023-2028 titled 'Good Mental Health in Staffordshire'. This replaces the previous Mental Health Strategy 'Mental Health is Everybody's Business.'
4. The Strategy takes into account recent national policy changes, the impact of the Covid pandemic on people's mental health, and related local strategies and plans to improve mental health and well-being and mental health services – including:

- a. Staffordshire and Stoke on Trent Mental Health Implementation Plan 2019 – 2024
 - b. NHS Community Mental Health Framework Transformation (CMHT)
 - c. Staffs Joint Health and Wellbeing Strategy 'Health is everyone's business' 2022-2027
 - d. Staffordshire and Stoke on Trent approach to children's and young people's mental health 'Starting well, living well, supporting well' 2018 -2023
 - e. Staffordshire Public Health Delivery Plan 'Resilience Through Health' 2021 – 2026
 - f. Staffordshire and Stoke on Trent Suicide Prevention Partnership Plan 2022 – 2024
 - g. All Together for Carers: A Carer's Strategy for Staffordshire 2019 – 2023
 - h. The aims of the Mental Health Covenant (Stafford) of which the Council were founding members.
5. The Strategy has been co-produced by the Council and NHS along with mental health professionals, partner agencies, the voluntary sector, people with lived experience, carers, and the wider public. Nearly 700 people have contributed

'Good Mental Health in Staffordshire'

6. The primary focus of the Strategy is adults in Staffordshire. However, it is recognised that there are opportunities in people's early lives to positively influence their future mental health and wellbeing, and it is important to consider this in setting strategic outcomes for adult's mental health and mental wellbeing. In particular for young adults who may continue to need support for their mental health problems as they prepare for and move into adulthood. There are number of related strategies and plans referenced in 2. above, which will share some similar aims and ambitions for improving mental health and this Strategy intends to support the delivery of those rather than replace them.
7. The ambition is "***Building strong and resilient communities and individuals who are in control of their own mental wellbeing***"
8. The Strategy sets out six main outcomes:
- a. Everyone can look after their own mental well-being and find support in their communities when they need it
 - b. People have access to services when needed
 - c. A timely response to crises
 - d. There is equal access to support to improve mental well-being and services to manage mental health problems

- e. People with severe mental illness are supported to live in the community and have good quality, integrated care
- f. More integrated, good quality services for young people that focus on achieving independence in adulthood

9. The approach to achieving these outcomes will be:

- a. Help people to help themselves by offering good information about how to maintain their mental well-being and where to go for support.
- b. Minimise medicalisation by strengthening people's personal resilience and helping them develop lifelong skills for good mental health.
- c. Build and use community capacity to support people with mental health problems.
- d. Promote independence by offering support and services to people as close to home as possible and the least restrictive care options
- e. Co-produce support and services, working with individuals and communities.
- f. Encourage and enable our workforce to learn and grow, develop their skills and maintain their own mental well-being.
- g. Embrace technologies to improve people's mental well-being, access to services and quality of care.

Proposed Next Steps

- 10. An overview of the Strategy, its outcomes and approaches was presented to the Health and Wellbeing Board on 1st December.
- 11. The Strategy was considered by Informal Cabinet on the 7th December 2022 and recommendations were made regarding approval of the strategy and monitoring of its delivery.
- 12. The Strategy will be considered for approval by Cabinet on the 15th March 2023.
- 13. The ICB will consider the Strategy through their formal governance processes from Mid-November 2022 to February 2023.
- 14. The Strategy is expected to commence from April 2023. An associated action plan will be co-produced by end of June 2023 to support implementation of the Strategy.
- 15. Appropriate governance arrangements will be put in place by the Council and the ICB to monitor delivery of the action plan.

Link to Strategic Plan

16. The strategy links to the strategic priority to encourage good health and wellbeing, resilience and independence.

Link to Other Overview and Scrutiny Activity

17. Matters relating to mental health are considered by the Health & Care Oversight and Scrutiny Committee.

Community Impact

18. A Community Impact Assessment has been completed in relation to the Strategy.

List of Background Documents/Appendices:

Appendix 1 - Good Mental Health in Staffordshire: 2023-28

CIA for Mental Health and Mental Wellbeing Strategy 2023-2028

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