

## PERTH AND KINROSS COUNCIL

Housing and Health Committee – 31 October 2012

**A DRAFT JOINT PERTH AND KINROSS MENTAL HEALTH AND WELLBEING STRATEGY****Report by Executive Director (Housing and Community Care)****Abstract**

This strategy seeks to promote the mental health of individuals and communities by recognising the range of different needs which people may experience at different points in their lives. As such, it represents a significant move away from previous Mental Health Strategies, where the emphasis rested more upon services to treat Mental Ill-Health.

**1. RECOMMENDATIONS**

It is recommended that the Housing and Health Committee:

- (i) Approve the Draft Joint Perth and Kinross Mental Health and Wellbeing Strategy.
- (iii) Instruct the Executive Director Housing and Health to submit the Strategy and detailed Action Plan to Committee in 6 months time with costed proposals.

**2. BACKGROUND**

- 2.1 In 2009 the Scottish Government published 'Towards a Mentally Flourishing Scotland', a landmark shift in direction away from simply seeking to improve services designed to treat ill health and towards a whole person and whole community approach which sought to improve and sustain the health of individuals. This same document recognised that people may experience different challenges at different stages in their lives, each of which may bring with them the risk of deteriorating mental health. In 2010, a working group was established entitled 'Towards a Mentally Flourishing Perth and Kinross' which sought to bring together a range of disciplines and the information held by them concerning both services and gaps in provision across the Council area. In August 2011, this group merged with the hospital-based Mental Health Strategy Group to form the Perth and Kinross Mental Health Strategy Group. Its aim was to set out a broad based strategy to improve both the range of local supports and the knowledge of those supports, while also evaluating the impact of existing services and identifying significant gaps in provision.
- 2.2 Shortly after the formation of the strategy group, the Scottish Government published the first draft of its proposed, new National Mental Health Strategy. Taking the opportunity to seek views both on the proposed National Strategy and upon the content of a local Strategy, the Strategy Group then convened a

series of consultation events over the next 7 months. These events were very well attended by both statutory and voluntary agencies as well as service users and carers. These 3 large seminars, clearly identified the need for services to be both proportionate and person-centred in their approach. This requires many partners to revisit the way in which they deliver services if people are to be given greater control over their situation and to engage effectively with services. Work to understand how people experience and understand their health will be a key theme across the different areas now emerging from the high level action plan. The involvement of service users in their health and social care experience and the contribution which they can make to decision making will be key elements in shaping the nature of our future services.

2.3 The National Mental Health Strategy for Scotland, published in August of this year, identifies four key areas of change extending to:

- Child and adolescent Mental Health.
- Rethinking our response to common Mental Health problems.
- Community, inpatient and in crisis services.
- Other services and population approach.

The local strategy for Perth and Kinross is entirely consistent with key proposals in the national strategy.

2.4 The key aim of our draft Mental Health and Wellbeing Strategy is to improve the mental wellbeing of all people in Perth and Kinross, to improve the effectiveness of clinical interventions and to improve the range of therapeutic options for those experiencing mental ill-health'

The vision of the Draft Strategy is to 'support an environment which engenders empowerment of people and communities to promote and sustain their own Mental Health and to enable those who experience Mental Health problems to obtain the right help and support at the right time and in the right place'.

Significantly, this local strategy encompasses both mental health and wellbeing, reflecting increasing recognition of the interaction between wider mental wellbeing and the incidence of mental ill-health.

### **3. PROPOSALS**

3.1 The proposed local, Mental Health and Wellbeing Strategy seeks to:

- Summarise the local and national strategic framework which will shape the future development of Mental Health Services in Perth and Kinross.
- Provide an overview of the existing Mental Health and Wellbeing Services in Perth and Kinross.
- Establish a shared understanding of the issues and priorities for the local population in relation to mental health and wellbeing.

- Set outcomes to address the needs of local people, resulting in a more effective use of available, appropriate resources.
- Provide a monitoring framework to demonstrate progress towards stated goals and evaluate the impact of activities.

3.2 The Strategy is based upon 11 key pledges whose content reflects the three themes of Mainstream Service Development; Community and Place; and Specialist Responses, as follows:

## **MAINSTREAM SERVICE DEVELOPMENT AND PROVISION**

### **1. We will work together across Perth and Kinross to make mental health services effective and appropriate for you.**

- All agencies in the Community Planning Partnership will work together to provide comprehensive and appropriate mental health services.
- All agencies will work to a shared understanding, values and vision about what mental health services are trying to achieve.
- All agencies will have an equal voice in discussions and decision-making about developments in mental health services.

### **2. We will make it simpler and easier to get help.**

- We will offer a choice of places where you can go for help, and be referred to the service or agency which will best support you.
- Everyone will have equal access to services regardless of who they are, where they live and what help they need.
- We will develop a range of access points to different levels of mental health services which are user friendly, welcoming and accepted by the public and people who use the services.

### **3. We will seek to personalise the support offered to you.**

- We will offer flexible, responsive, positive services where your wishes, dignity, care and recovery are central to our approach.
- We will work with you and offer services which are appropriate for your whole life, not just your mental health condition.
- We will involve people who use our services in decision making about future developments at both a strategic and local level.
- We will ensure all staff are trained and supported to offer services in this way.

### **4. We will share information and data between agencies where appropriate to make it easier for you to access services when you need them.**

- We will develop information sharing protocols which will provide a framework for secure and lawful information sharing to give you confidence that we will use the information you give us responsibly.
- You will own your own information and can decide how and when it can be shared.
- We will ensure that shared information systems are kept up to date.

- We will work with you and your family/carers to improve communication and develop co-operative relationships.

**5. Our knowledgeable staff will put your needs first.**

- Staff will receive training in mental health issues and wellbeing to ensure that staff can respond to your enquiries professionally and confidently.

**COMMUNITY AND PLACE**

**6. Everyone in Perth and Kinross will understand that their mental wellbeing and their chances of developing mental illness are affected by their life circumstances, the choices they make and actions they take. Our mental wellbeing is susceptible to changes at different times in our lives**

- We will hold campaigns and raise awareness in the general public to increase knowledge and understanding of mental wellbeing and resilience.
- We will prioritise work across departments and sectors which embeds mental wellbeing and resilience in schools and in work with infants, children and young people.
- We will ensure staff are informed about mental wellbeing and resilience and specifically target teachers and other service providers having direct contact with people.
- We will respond to the needs of our increasing elderly population and establish ways of promoting the importance of mental wellbeing with this group.
- We will seek to address issues of mental wellbeing with families, carers and supporters of those with illness and disability who may experience decreased mental wellbeing due to their caring duties.
- We will increase the number of staff who acknowledge the importance of and adopt a mental wellbeing approach in their work with service users.
- We will raise the profile and awareness of mental wellbeing in all staff for their own needs and to underpin their work with clients.

**7. Everyone in Perth and Kinross will know where to find reliable information and resources to enhance, protect and improve their mental wellbeing. Information will be accessible to them whenever they require it.**

- We will create and advertise widely and on an on-going basis a single point of contact for mental health and wellbeing information.
- Staff in statutory and third sector agencies will use and actively promote the single point of contact for mental health and wellbeing information.
- The information will be easily understandable (Plain English) and easy to read, to meet a range of needs e.g. migrant communities, young people, people with learning disabilities and in large print.

- We will ensure the information is up to date, well evidenced and helpful to people.
  - The information will be accessible in a range of ways (hard copy, internet, telephone contact) and in a range of places including public places.
  - We will ensure people are assisted to access the information where necessary.
- 8. Communities will become mentally healthy places, where individuals feel empowered, responsible for, and in control of their own lives experiencing a true sense of belonging, purpose and connectedness within their neighbourhood.**
- We will assist communities to find their own solutions to local issues and support mental wellbeing.
  - We will help take forward the wishes of the community for the community.
  - We will facilitate the involvement and contribution of people in their community (Co production).
  - We will work with communities in making better use of existing resources.
  - We will support existing 'community champions' and create the conditions for a growing generation of community activists.
- 9. 'Recovery' will be at the heart of our Mental Health and Wellbeing Strategy. Each person's journey of recovery will be different but they should be supported to have control over their own life and that recovery journey.**
- Our services will facilitate personal growth and fulfilment and create an environment where people can live 'well' in the presence or absence of mental health problems.
  - We will work together to promote sound recovery for our service users.
  - We will challenge stigma and discrimination and seek to develop a climate which supports recovery for the individual.
  - We will create and enhance strong and clear links between recovery work in Mental Health and Substance Misuse Services.
  - We will support staff in their own recovery journey.
  - We will recognise that recovery must be led by the individual.

## **SPECIALIST RESPONSE**

- 10. We will work with people with complex needs to improve their outcomes.**
- All services and assessments will be equally available to, and cater for, people with complex needs.
  - We will ensure that all staff are trained to better understand how complex needs can impact on mental health.
  - We will improve support for the mental wellbeing of people and carers affected by long term conditions.

**11. We will offer access to a range of services 24 hours a day to support people in a crisis situation.**

- We will provide an Out of Hours Crisis Response System where people can access advice and support 24 hours a day.
- We will improve links with and referrals to specialist services in a crisis situation.
- We will empower people to manage their own crisis better by making use of planning techniques to allow them to prepare for a crisis.
- We will increase the choice of support services out with office hours in order to prevent crisis situations arising.

- 3.3 An Action Plan, covering each of the three themes outlined earlier has been developed in consultation with a wide range of stakeholders. Some of these actions are detailed, while others are still being developed. In particular, the section relating to the mental health and wellbeing of children and young people will require expansion in light of the very detailed coverage given to this area within the recently published Mental Health Strategy for Scotland.

**4. CONSULTATION**

Extensive consultation has taken place, with a wide range of stakeholders involved, including staff from across NHS and PKC Mental Health services; the voluntary sector, Tayside Police, Mental Health service users; community, recreational and cultural services; Community Care and Education/Children's Services staff. The engagement process has been positive, pro-active and inclusive, and over 100 stakeholders have taken part.

**5. RESOURCE IMPLICATIONS**

- 5.1 As far as possible, the work contained within the Action Plan will be taken forward within existing resources. There are certain developments, however, which will entail additional resources if they are to be taken forward. These include:

- The development of an Out of Hours Crisis Response Service.
- The development of Social Prescribing and signposting.
- The training of Instructors/Trainers to expand the awareness of staff and the Mental Health training options within our various services.

A further report will be brought before Committee within 6 months which sets out both the detailed Action Plan from the Draft Strategy and any attendant resource implications.

**6. COUNCIL CORPORATE PLAN OBJECTIVES 2009-2012**

- 6.1 The Council's Corporate Plan 2009-2012 lays out 5 objectives which provide clear strategic direction, inform decisions at a corporate and service level and shape resource allocation. The relevant objectives for this report are:

- (i) Healthy, caring communities
- (ii) Confident, active and inclusive communities

## **7. EQUALITIES IMPACT ASSESSMENT (EqIA)**

- 7.1 The Council's Corporate Equalities Assessment Framework requires an assessment of functions, policies, procedures or strategies in relation to race, gender and disability and other relevant equality categories. This supports the Council's legal requirement to comply with the duty to assess and consult on relevant new policies to ensure there is no adverse impact on any community group or employees.
- 7.2 The Draft Joint Perth and Kinross Mental Health Strategy seeks to improve the quality of life available to a range of people who may experience mental ill health at some point in their lives. There are no obvious risks to the health of the individuals arising from this report. If the extent of change envisaged within it can be achieved, however, there will be significant benefits for people whose needs are not fully met by the current range of provision.

## **7. STRATEGIC ENVIRONMENTAL ASSESSMENT**

- 7.1 Strategic Environmental Assessment (SEA) is a legal requirement under the Environmental Assessment (Scotland) Act 2005 that applies to all qualifying plans, programmes and strategies, including policies (PPS).
- 7.2 The matters presented in this report were considered under the Environmental Assessment (Scotland) Act 2005 and no further action is required as it does not qualify as a PPS as defined by the Act and is therefore exempt.

## **8. CONCLUSIONS**

- 8.1 This Draft Strategy is the product of a concerted partnership exercise involving statutory and voluntary agencies, service users and carers. It has sought to identify weaknesses in current provision, to develop new approaches at community level and to recognise the need for comprehensive support for those in crisis. Many of the measures within this Draft Strategy can and will be accomplished within existing resources. As noted above, however, there are three key areas where additional resources, either temporary or longer term will be required.

**DAVID BURKE**  
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**Note:** Declaration regarding background papers

No background papers, as defined by Section 50D of the Local Government (Scotland) Act 1973 (other than any

containing confidential or exempt information) were relied on to any material extent in preparing the above report.

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**Date:** 8 October 2012

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