

**PERTH AND KINROSS COUNCIL****Housing and Health Committee****11 March 2015****Update on Joint Mental Health and Wellbeing Strategy 2012-2015****Report by Executive Director (Housing and Community Care)****PURPOSE OF REPORT**

The purpose of this report is to provide an update on the progress of the Joint Mental Health and Wellbeing Strategy 2012-2015. The report highlights the significant achievements completed to date as well as some areas of proposed activity. The report, in particular, details examples of working alongside people with mental health problems, supporting them with their recovery and utilising the community as much as possible. Key proposals include supporting people in distress, transition for young people and improving the update of Self Directed Support.

**1. BACKGROUND**

- 1.1 The Draft Joint Mental Health and Wellbeing Strategy 2012-2015 (report 12/475) was approved by Housing and Health Committee on 31 October 2012. The vision for this strategy is to support an environment which empowers 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.
- 1.2 The Strategy was brought back to the Housing and Health Committee with a budgeted action plan on 14 August 2013 (report 13/375). An update on progress was provided on 12 March 2014 (report 14/109).
- 1.3 The holistic approach taken by the Strategy which recognises the interaction and dynamics of mental wellbeing and mental health has required committed partnership working and shift in focus away from specialised services for people with mental ill health towards embedding support within communities which enables a person's recovery and helps to maintain an individual's good mental health.

**Key Themes and Governance arrangements**

- 1.4 The Joint Mental Health and Wellbeing Strategy Group now oversees three workstreams as well as a number of distinct project areas.
  - Community and Place Workstream: This group takes forward work in relation to the pledges which build the capacity of individuals and communities to foster good mental wellbeing and health.

- **Service Development and Provision Workstream:** With a focus on improving services, this group works to make services flexible, personalised, easy to access and run by appropriately trained staff. The boundary between staff and service users is being blurred: a key message is that most people will have some mental health problem in their lifetime and this Strategy encourages everyone to look after their health and wellbeing.
- **Specialist Response Workstream:** The Suicide Prevention Steering Group undertakes a range of activities to help people in crisis, particularly direct service provision for vulnerable people and the organisation of suicide prevention activities. The Joint Mental Health and Wellbeing Strategy Group also receives updates on specific areas of project activity in relation to the pledges under Specialist Response, such as Self Directed Support and the Substance Misuse Joint Recovery Project.

## **2. PROGRESS ON THE 3 KEY THEMES**

### **2.1 Community and Place**

The work under Community and Place centres on enabling communities to become mentally healthy places, where people understand how they can improve their mental health and wellbeing, and know where to find reliable information and resources. The activities undertaken help to create an environment which fosters recovery, personal growth and fulfilment. A number of projects have made outstanding progress in integrating mental health into community based activities, and building the capacity of people living within the community to look after their mental health.

- Peer Mentors who help to run the Culture Club are making a real difference to the people who attend: “Having Culture Club allows me space to relax, unwind from work and other responsibilities. Culture Club gives me the opportunity to spend time experimenting with different techniques and encouraging me to be creative. I enjoy discussing art ideas and gossip with all the members of Culture Club. Laura is fantastic in her expanded role as lead artist. The recent joint exhibition was a wonderful occasion to catch up with artists from other groups and to share our work.” Culture Club is part of the Perth Creative Community Collaborative, developed by Move Ahead in partnership with others. It has up to 40 attendees per week. The Peer Mentors lead and co-facilitate the groups.
- The SAINTS (Saints Academy – Inclusion Through Sport) Project encouraged the Scottish Football Association to develop the Scottish FA National Mental Health and Wellbeing League. The coach involved has said, “It has been a very positive and empowering experience for the group. Their self-esteem has improved in meeting new people and being part of a recognised and official league set-up. It has seen them become more motivated as they have the league fixtures to look forward to.” The SAINTS Project, a partnership between Perth & Kinross Council’s Housing

& Community Care service and St. Johnstone Community Coaching team provides facilitated sports sessions for adults with mental wellbeing issues or learning disabilities. Over 2014 1765 sports sessions were provided including football, cricket, dodgeball, street dance and cycling.. It won the prestigious gold award in the Tackling Inequalities and Improving Health category at the CoSLA Excellence Awards.

- The Wellbeing Festival 2014 created opportunities for people to take part in activities which promotes good wellbeing, such as visiting Perth Museum and Art Gallery: “David [not real name] thoroughly enjoyed his visit, he is a shy man and it was wonderful that he talked about it all on the way home in the car. A member of staff from a private care home said “I followed up the visit with a general discussion with residents the next morning using the 1950’s scrapbook, David brought his chair over to where I was sitting and for the first time ever in my experience took the lead and described his morning at the museum. This is a major achievement.” 1674 individuals participated in 114 sessions of different activities, from art to mental health training to aerobics classes, and were exposed to key messages about how these kinds of activities can help them to look after their wellbeing. There was buy in from stakeholders across the statutory, voluntary and independent sector, involving 187 staff members across 9 employers.

## 2.2 Service Development and Provision Workstream

The work undertaken through the Service Development and Provision workstream focuses on ensuring services are personalised, effective and appropriate. Collaboration between the statutory and voluntary sector has underpinned this area of work. An innovative approach has been pivotal to the projects described below.

- The provision of different supported accommodation options has enabled people to live more independently and make use of their fundamental rights. Over the last four years, 19 people who were previously long stay residents at Murray Royal Hospital have been supported to live in the community. Within one recent development for example, of the 5 people living there, 3 are no longer under a Community Treatment Order and take their medication autonomously and 1 other is working towards this; and 4 people chose to vote in the Referendum, a significant personal milestone for the individuals. The supported accommodation available for people with mental health issues is a result of on-going partnership working between PKC, NHS and the voluntary sector. It is tailored around a person’s needs to support their move from institutional care, and is adjusted according to where the person is in their recovery.
- Cross-agency working to build relationships and develop integrated structures has increased opportunities for people with mental health issues. Mindspace Recovery College is an innovative new approach towards supporting recovery and is encouraging people to take control of their lives: “Mindspace Recovery College can put you on the right course.

I didn't believe in myself but Mindspace gave me back my belief." Only the second to open in Scotland, and launched by Mind's Champion of the Year Dr Rachel Perkins in April 2014, it provides a safe and creative environment to help people improve their knowledge of mental health, build their confidence, realise their potential and participate in community life. A Recovery College Prospectus has been put together, as it works like any other further education college. Between April and December 2014, 52 training sessions took place - 33 delivered by Mindspace and 19 by partner agencies. Some 200 learning opportunities have been taken up with 20 people completing SQA accredited qualifications.

- Dialectical Behavioural Therapy (DBT) is a highly-rated, effective treatment for people with Borderline Personality Disorder (BPD) and those who fully engage show significant reductions in risk behaviours. "In the past year since I finished therapy I try new things all the time to try and find out what I like and dislike, I've discovered a love for knitting which I must admit surprises me. I have gained so much confidence in myself as some of my most important relationships with friends and family have soared to places I never thought possible. I now don't worry so much about meeting new people and trying to build new friendships. I still have difficult days but by practising my skills I can work out what is more helpful than harmful and many of my skills just come naturally now, which I love." Demand for services across Health, Police and Social Work by people with BPD are reduced. For example, within one group monitored, rates of admission to a psychiatric unit went down from 53% to 0%; contacts with the Criminal Justice system followed the same pattern exactly. By training 10 staff to deliver interventions, provision of DBT has increased significantly across Perth and Kinross.

### **2.3 Specialist Response Workstream**

There has been considerable partnership work in the area of suicide prevention and in responding to people in a mental health crisis or emotional distress. At a time of economic instability and shrinking budgets, the provision of funding for this area of work has been purposefully increased.

- In 2014, an independent review by Figure 8 Consultancy Services Ltd of the work undertaken through Choose Life (now Suicide Prevention) concluded that "Overall there is a significant amount of added value received through the grant of small amounts of funding to a variety of services across Perth and Kinross. Suicide prevention awareness and practice is becoming mainstreamed within existing funding. Completion of training, such as ASIST, has contributed to staff feeling more confident and skilled in intervening to prevent suicide. This has added to enthusiasm and creativity to innovate new ideas about prevention suicide through time limited and small scale initiatives." On the basis of the consultant's report we have mainstreamed funding for these service providers and also provided additional monies for short term suicide prevention projects.

- The rates of completed suicides per 100,000 population has decreased in Perth and Kinross over time, from 16 between 2004-2008 (compared to 15.9 across Scotland) to 10.7 from 2009-2013 (compared to 14.5 across Scotland), reinforcing the importance of suicide prevention activities. Suicide Prevention Week took place in September 2014. A comprehensive approach was taken in terms of training, advertising and distribution of materials to deliver key messages to the wider population. During 2014, there were 749 unique page views of Perth & Kinross Council's Suicide Prevention webpage – 649 were during September 2014. Members of Pubwatch distributed beer mats with information on where and how to access support, and staff reported seeing customers slipping these beer mats into their pockets.
- Being able to get emotional support quickly and in a suitable environment has considerable benefits for vulnerable young people, as highlighted by one young man. “[Getting support for my mental health] is probably one of the better things I’ve done. It’s made me realise why I feel certain ways and has got to the bottom of what’s causing problems”. The Community Mental Health Team and Youth Services collaborate to deliver services at City Base and provide a tailored package of support. Since April 2014, a Community Support Worker works 2 days per week at City Base with young people aged 16-25, seeing on average 5 young people per week. Young people can discuss the issues they are facing, learn coping skills, and benefit from techniques such as Mindfulness, Cognitive Behavioural Therapy and DBT; as well as access other forms of support for different areas of their life, such as housing, employment or education.

### **3. OTHER AREAS OF PROGRESS**

- 3.1 Recovery is central to the Strategy, and underpins all areas of work. The roll-out of Wellness Recovery Action Planning (WRAP) Training is transforming the awareness of staff across agencies of their own mental health and wellbeing, and how to look after it. “I need to look after my mental health and I am now more aware of when situations arise I can use my wellness tools” and “I will take away the importance of personal responsibility, watch out for triggers and change the way I work”. The training is helping to blur the boundary between staff and service users and reinforces the message that everyone has mental health. Plus delivered two WRAP Training courses during 2014, targeting 30 frontline workers in NHS and PKC, using independent trainers with lived experience of mental health issues. A further 4 facilitators have been trained and a multi-agency programme of WRAP awareness raising sessions and training days for 2015 is in place.
- 3.2 The number of emergency detention certificates issued in Perth and Kinross has declined from 57 in 2012, to 56 in 2013, down to 46 in 2014. Correspondingly, the number of short term detentions (the usual route into hospital under law as there are more safeguards for the individual) has increased from 128 in 2012, 124 in 2013, to 143 in 2014.

- 3.3 Services are measuring improvements to an individual's wellbeing through the use of recovery tools and comments and feedback from service users and people taking part in activities. Services are also becoming more rigorous in capturing figures and data systematically. As plans are being made to refresh the strategy in October 2015, measuring improvements is something we will continue to develop, both at an individual and a community level.
- 3.4 Last year's report highlighted a number of other areas that have been progressed during 2014:
- Hand Held Records: Consultation activities with service users, staff and members of the public revealed strong support for a mobile app version, and possible sources of funding are now being sought to develop such an app.
  - Citizen Leadership Training: Between April 2014 and February 2015, 3 Citizen Leadership courses were run, involving 40 participants. The feedback generated by these courses will inform the work being undertaken as part of this Strategy and that of the refreshed Strategy from October 2015 onwards.
  - Tayside Suicide Multiagency Review Group: Recruitment is underway for a Development Worker to support to work of this group.

#### **4. PROPOSALS**

- 4.1 The following areas of work are proposed and are priorities for this year:
- 4.2 £75,000 of Integrated Care Fund monies to fund 'Response to Distress' Project has been secured to fund a pilot from April 15 – March 16. Within this test of change, we will explore the impact of providing a counselling session within 48 hours to the individual to identify if this has an impact on distress and outcomes.
- 4.3 The report details some of the work which has been undertaken to improve the transition from children's to adult services for young people in Perth and Kinross. The co-ordination between Children and Adolescent Mental Health (CAMH) teams and our Community Mental Health Teams will continue to be a priority for 2015.
- 4.4 There has been a disappointing uptake of Self Directed Support (SDS) options 1 and 2 which allow people to develop personalised care packages across mental health services. To counter this, we are working alongside Penumbra, a national mental health care provider to explore ways that we can encourage service users to take up more personalised service provision.

#### **5. CONCLUSION AND RECOMMENDATIONS**

- 5.1 There has been significant progress arising from the Mental Health and Wellbeing Strategy 2012 – 2015. This report details some of the progress in relation to individual areas of work and projects linked to the 3 themes of Community and Place; Service Development and Provision and Suicide

Prevention. The overarching achievement, however, has been raising awareness of the importance of good mental health and wellbeing and that everyone – people who use services, staff members and individuals living in communities – can learn about and should have access to the knowledge, skills and resources to maintain their mental health and wellbeing.

Housing and Health Committee is asked to:

- 5.2 Note the progress to date, and;
- 5.3 Agree future proposals and priorities as outlined in the report.

### Authors

Name	Designation	Contact Details
Paul Henderson	Service Manager	01738 476723 <a href="mailto:PHenderson@pkc.gov.uk">PHenderson@pkc.gov.uk</a>
Marliese Richmond	Planning and Policy Officer	01738 476779 <a href="mailto:MCRichmond@pkc.gov.uk">MCRichmond@pkc.gov.uk</a>

### Approved

Name	Designation	Date
John Walker	Executive Director (Housing and Community Care)	24 February 2015

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## ANNEX

### 1. IMPLICATIONS, ASSESSMENTS, CONSULTATION AND COMMUNICATION

<b>Strategic Implications</b>	<b>Yes / None</b>
Community Plan / Single Outcome Agreement	<b>Yes</b>
Corporate Plan	<b>Yes</b>
<b>Resource Implications</b>	
Financial	<b>Yes</b>
Workforce	<b>Yes</b>
Asset Management (land, property, IST)	<b>Yes</b>
<b>Assessments</b>	
Equality Impact Assessment	<b>Yes</b>
Strategic Environmental Assessment	<b>No</b>
Sustainability (community, economic, environmental)	<b>Yes</b>
Legal and Governance	<b>Yes</b>
Risk	<b>No</b>
<b>Consultation</b>	
Internal	<b>Yes</b>
External	<b>Yes</b>
<b>Communication</b>	
Communications Plan	

#### 1. Strategic Implications

##### Community Plan / Single Outcome Agreement

- 1.1 The Strategy supports the following outcomes of the Community Plan/ Single Outcome Agreement:
- Supporting people to lead independent, health and active lives.
  - Developing educated, responsible and informed citizens.

##### Corporate Plan

- 1.2 The strategy supports the Council's Corporate Plan's outcomes as indicated above.

#### 2. Resource Implications

##### Financial

- 2.1 This report carries the following Resource Implications:
- Financial – where funding is required, this is now in place.
  - Asset Management – the closer integration of Health and Social Care Community Mental Health Teams, will be supported by the development of a joint base within Jessie Street, Blairgowrie. A feasibility study has just been completed but a detailed cost has yet to be agreed. Estimated funding for this development has been included within the Capital Programme.

## Asset Management (land, property, IT)

2.3 Not applicable.

### **3. Assessments**

#### Equality Impact Assessment

3.1 Under the Equality Act 2010, the Council is required to eliminate discrimination, advance equality of opportunity, and foster good relations between equality groups. Carrying out Equality Impact Assessments for plans and policies allows the Council to demonstrate that it is meeting these duties.

The Equality Impact Assessment undertaken in relation to this report can be viewed by clicking <http://www.pkc.gov.uk/EqIA>.

The proposals in this paper have been considered under the Corporate Equalities Impact Assessment procedure with the following outcome:

#### **Equality Impact Assessment**

This strategy will promote the greater inclusion of people at risk of exclusion through their involvement in identification, planning and delivery of key services which they require. It will also support their inclusion for their involvement in interviews and panel exercises to determine the appointment of new 'service providers'.

3.2 Under the provisions of the Local Government in Scotland Act 2003 the Council has to discharge its duties in a way which contributes to the achievement of sustainable development. In terms of the Climate Change Act, the Council has a general duty to demonstrate its commitment to sustainability and the community, environmental and economic impacts of its actions.

The relevant element within the action plan attached to this report is that of sustainability. Through the extension of staff competencies and the development of Social Prescribing, we will contribute towards the longer term sustainability and increased effectiveness of Mental Health Services in Perth and Kinross.

#### Legal and Governance

3.3 There are no direct legal implications arising from this report.

### **4. Consultation**

#### Internal

4.1 The Head of Legal Services and the Senior Service Manager Human Resources have been consulted in the preparation of this report in relation to workforce development and resources.

## External

- 4.2 The General Manager, Community Health Partnership, the Divisional Commander of Police Scotland and the Chief Executive of Perth and Kinross Association of Voluntary Service have been consulted in the preparation of this report.

## **5. Communication**

- 5.1 As noted, action is already underway to promote improved access to information online.

## **2. BACKGROUND PAPERS**

## **3. APPENDIX**

There are no appendixes.