

# All Age Mental Health Strategy for York 2018-2023

## **Vision:**

For every single resident of York to enjoy the best possible emotional and mental health and wellbeing throughout the course of their life



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## Foreword

### From the chair and vice chair of the Health and Wellbeing Board

Imagine a city where everybody's mental health and emotional wellbeing is a matter of pride across the community; where services support people in need, collaboratively, respectfully and without delay; where stigma and discrimination against people of all ages, with emotional and mental health difficulties are no more. This strategy is our opportunity to achieve parity of esteem for mental health. This means tackling mental health issues with the same energy and priority as physical issues. Public attitudes towards mental health are changing and we need to build on this to develop community assets and resilience in the city.

This strategy is important and establishes a city wide mental health partnership to work with all stakeholders. It is the start of our transformational journey learning from other places both nationally and internationally. Although there remains financial uncertainty, there is a greater determination amongst partners to improve mental health and wellbeing for the city's residents.

On behalf of the Health and Wellbeing Board we are delighted to present this new strategy for the five years to 2023.



**Cllr Carol Runciman**  
Chair, York Health and Wellbeing Board



**Keith Ramsay**,  
Vice-Chair, York Health and Wellbeing Board

# Introduction from Health and Wellbeing Board leads for mental health

The national context is summarised in the Five Year Forward View for Mental Health, a report from the Independent Mental Health Taskforce to the NHS in England:

‘Mental health problems are widespread, at times disabling, yet often hidden. People who would go to their GP with chest pains will suffer depression or anxiety in silence. One in four adults experiences at least one diagnosable mental health problem in any given year. People in all walks of life can be affected and at any point in their lives, including new mothers, children, teenagers, adults and older people. Mental health problems represent the largest single cause of disability in the UK.’

February 2016



**Martin Farran**  
Corporate Director of  
Health, Housing and  
Adult Social Care



**Phil Mettam**  
Accountable Officer  
of NHS Vale of York  
Clinical Commissioning  
Group

People with mental health conditions have a lower life expectancy and poorer physical health outcomes than those that do not. Evidence suggests this is due to a combination of clinical risk factors, socioeconomic factors and health system factors.

This new strategy is 100% focused on mental health and complements and expands on the joint health and wellbeing strategy 2017-2022 which clearly prioritises mental health and wellbeing across all life stages.

The top priority is to get better at spotting the early signs of mental ill health and to intervene earlier. The other priorities are:

- focus on recovery and rehabilitation
- improve services for mothers, children and young people
- ensure that York becomes a Suicide Safer City
- ensure that York is both a mental health and dementia friendly environment
- improve the services for those with learning disabilities (and in response to feedback this will be addressed in its own focused strategy delivered and led by a new learning disabilities focused partnership.)

A newly formed mental health partnership will lead and co-ordinate the delivery of this strategy as part of a transformation and integration approach giving York a fit for the future system for mental health care and support in line with the aims of the Five Year Forward View.

# York's long term ambition

In the long term we aspire to a whole person, whole life, whole community approach appropriate for York and modelled on that in Trieste, Italy, where there has been 40 years of development towards social inclusion, empowerment and citizenship in mental health.

To apply the lessons from Trieste in York, we will need to take a community based approach, enhancing our housing offer and support for the voluntary and community sectors to: -

- place less emphasis on in-patient beds so that fewer people with mental ill health are in hospitals or care homes
- support people to maintain their independence by investing in more supported accommodation
- further develop the voluntary and community sectors in particular to support people with mental health needs into employment, training and volunteering.

To achieve this ambition we will need to work together to build an integrated system and focus on the priorities in this strategy to take the first step on a longer journey.

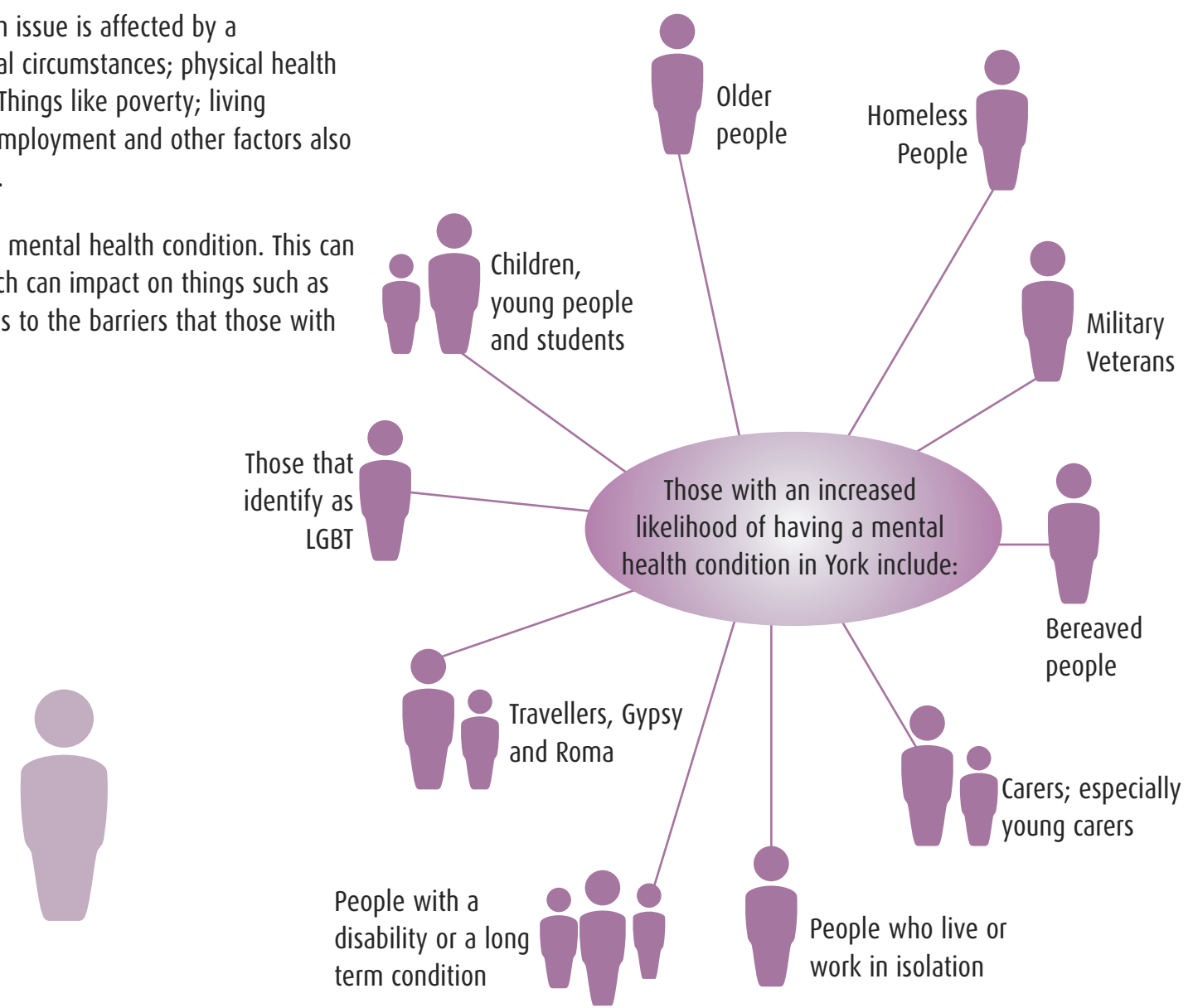


In York we want to apply the lessons from Trieste.

# Factors affecting a person's emotional and mental wellbeing

The likelihood of having a mental health issue is affected by a combination of factors including personal circumstances; physical health and the environment a person lives in. Things like poverty; living conditions and housing; relationships, employment and other factors also impact on mental health and wellbeing.

Stigma is a major issue for those with a mental health condition. This can lead to social isolation or exclusion which can impact on things such as relationships and employment. This adds to the barriers that those with mental ill health already experience.



# Wider determinants of a person's emotional and mental wellbeing

## Areas of particular inequality in York

The Joint Strategic Needs Assessment identifies two areas where improvements are required:

**Accommodation** – Among adults in York who use secondary mental health services, there are some who do not live in 'stable and appropriate' accommodation.

**Homelessness** – homelessness and mental health are intertwined issues. In 2016/17 well over half of people who were referred to York homelessness services through the single point of access scheme were judged to have a mental health vulnerability by the professional making the referral.

This strategy recognises the need for system partners to work together for the benefit of people with multiple and complex needs; especially with regard to housing. We need to commit to developing a housing and support pathway for people with mental ill health that will enable them to access the right type of accommodation, with the right level of support, at the right time to meet their needs, regardless of diagnosis.

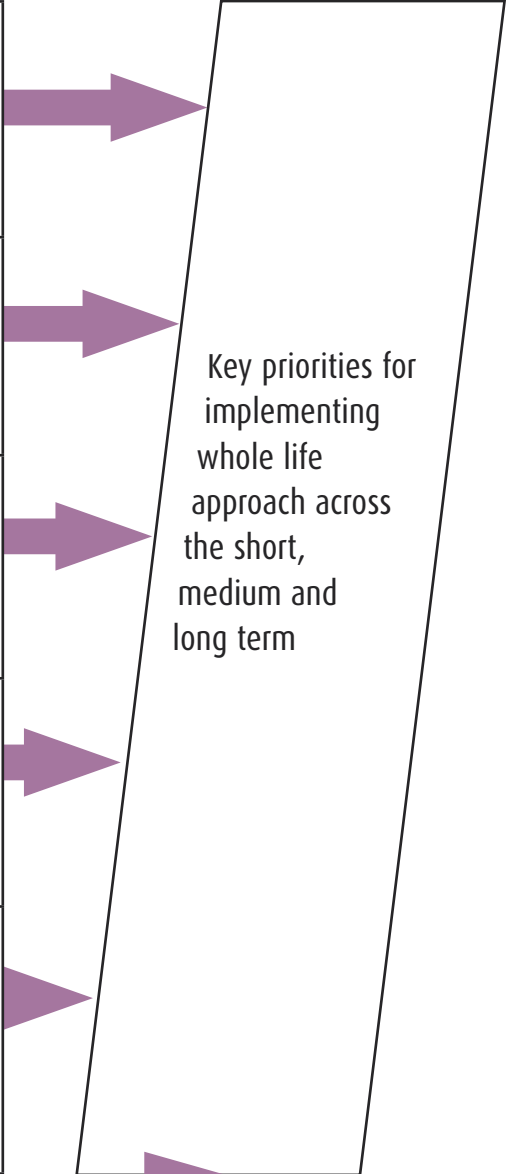
Pathways Together is a project which supports individuals who regularly come into contact with emergency services. These people often have a range of other disadvantaging factors including substance misuse, trauma, abuse or homelessness. Pathways Together has evidenced a reduction in contact with emergency services and an improvement in people's lives.

As a Human Rights City and a City of Sanctuary York is already on a journey to become a more inclusive, non-discriminatory, diverse, fair and safe place for its residents regardless of their race, gender, sexual orientation or whether they have a disability, physical ill health or mental ill health.



# Themes and priorities on a page

<p>Top Theme: Getting better at spotting the early signs of mental ill health and intervening early</p>	<p>Priorities: technology; positive workplaces; mental health first aid training; information and advice; increase community resilience; increase timeliness of diagnosis; encourage the uptake of support; Crisis Care Concordat; signposting and support for carers</p>
<p>Theme 2: Improve services for mothers, children and young people</p>	<p>Priorities: Future in Mind; resilience and good mental wellbeing; access to support in schools; support for those who are vulnerable or in crisis; transitions; support during and after pregnancy; alignment with student mental health strategy; links to families and carers</p>
<p>Theme 3: Ensure that York becomes a Suicide Safer City</p>	<p>Priorities: Suicide Safer City; reduce the rate of suicide; encourage participation in training; improve services for those affected by suicide; raise awareness of the impact of suicide; support for positive mental health and wellbeing; public sector equality duties; improve links with student support services</p>
<p>Theme 4: Focus on recovery and rehabilitation</p>	<p>Priorities: building self resilience; promoting self help and self management; development of peer support networks; access to help; recovery college; early intervention and prevention; reduce reliance on statutory services; work with drug and alcohol services; working alongside carers and families</p>
<p>Theme 5: Ensure that York is both a mental health and dementia friendly city</p>	<p>Priorities: recognition as a mental health and a dementia friendly city; develop the work of the Dementia Action Alliance; work with employers; consider the needs of people with a mental health condition (including dementia) and their families and carers; develop a joint strategy for improving dementia diagnosis and support services</p>



Long term implementation of whole person, whole life, whole system approach

# Top Theme: Get better at spotting the early signs of mental ill health and intervene early

Not everyone is able to stay well and we know that the sooner someone can get help the more likely they are to be able to recover or at least reduce the impact of any illness on their quality of life. This is why we need to get better at spotting the early signs of mental ill health and intervene at an earlier stage. The newly developed Safe Haven provides a level of support out of hours in a community based non-clinical setting with a welcoming environment for people with escalating needs or who are in crisis. A core 24 Psychiatric Liaison Service has also been developed and is based at York Hospital.

We need to help people to develop personal resilience to sustain good mental health; promoting good mental health for all, across the life course from childhood to old age including families and carers and work

in schools. We need to increase capacity in the community to support early intervention and prevention and prevent crisis situations.

We want to encourage a positive attitude to mental health and wellbeing and work towards prevention and early intervention to support lifelong good mental health being everybody's priority. We want mental health to be as important as physical health.

Good health, both physical and mental, begins with the individual. We are committed to promoting the Five Ways to Wellbeing approach to help people improve their own mental health.

The Five Ways to Wellbeing				
<p><b>Connect</b> - connect with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community.</p>	<p><b>Be active</b> - Go for a walk or a run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good.</p>	<p><b>Take notice</b> - Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Reflecting on your experiences will help you appreciate what matters to you.</p>	<p><b>Keep learning</b> - Try something new. Rediscover an old interest. Sign up for that course.</p>	<p><b>Give</b> - Do something nice for a friend, or a stranger.</p>





## Theme 2: Improve services for mothers, children and young people

We know how important it is to support good emotional and mental wellbeing for children and young people. Our aim is to build and maintain high emotional resilience and protect children and young people from harm, including self harm, whilst tackling those factors that damage self esteem and cause emotional and mental distress, including bullying in all forms.

The York Strategic Partnership for Emotional and Mental Health is working to achieve outcomes for children and young people focused around early identification and signposting in universal services; improving recovery and positive experience of care for all children and their families and carers including those in care and in the youth justice system; overseeing the wellbeing worker project in York schools to ensure all children and young people can access rapid support; smooth transition at schools and for those who will need to access adult services provision as they approach adulthood.

There are around 31,000 students that attend University of York, York St John University, York College and Askham Bryan College. In a recent student health needs assessment mental health has overtaken more traditional student health issues such as sexual health and alcohol as the topic of most concern. Local health service data shows the prevalence of anxiety and depression has rapidly risen amongst students in the past five years and a student mental health strategy now sets the direction for support and access for this group.

We also recognise the importance of good mental health support for mothers during pregnancy and after giving birth. Unidentified or poorly managed mental ill health can have lasting effects on maternal self esteem, partner, family and carer relationships as well as the mental health and social adjustment of children. Whilst very few women from York require peri-natal in-patient mental health services we recognise that more could be done locally to support women during the peri-natal period in the community through joint working between maternity, health visitor and early years support services.



## Priorities within this theme

- Build and further develop the local Future in Mind initiatives and the priorities of the Strategic Partnership for Emotional and Mental Health
- focus on resilience and good emotional and mental wellbeing at key life stages for children and young people
- broaden access to support in schools and other settings outside specialist health services
- ensure good access to support for those groups of children and young people who are particularly vulnerable or in crisis and their families and carers
- ensure that children and young people smoothly transition between child and adult services
- improve access to support for families and carers during and after pregnancy to maintain positive mental wellbeing
- further develop peri-natal mental health services
- ensure alignment with the student mental health strategy.

## We will report

- Changes in the percentage of school pupils with social, emotional and mental health needs
- the number of hospital admissions for self harm amongst young people aged 10 to 24.



## Theme 3: Ensure that York becomes a Suicide Safer City

The suicide rate in York for 2014-16 was 12.7 suicides per 100,000 of population; this is higher than the national and regional rates (9.9 and 10.4 per 100,000 respectively).

Some groups are known to be at relatively high risk of suicide. Middle aged men, for example and people with untreated depression. There was also a series of student deaths over a period of 14 months in 2015-16 six university students took their own lives which highlighted the need for us to take action.



Risk factors can include:

- Gender (men are three times more likely to die by suicide)
- Age – the high risk age group is 45-59
- Bereavement
- Sexual orientation and gender identity
- Mental illness
- Socioeconomic status – defined by job, class, education, income, education or housing
- Behavioural – some patterns of behaviour can indicate a risk of suicide. These include use of alcohol, substance misuse, self harm and involvement with the criminal justice system
- Psychological and attitudinal – risk factors include perfectionism, overthinking, feelings of defeat, hopelessness and being trapped
- Long term conditions

A multi-agency partnership has been established to address the higher rate of suicide in York and work towards Suicide Safer City status.



## Priorities within this theme

- Develop York as a Suicide Safer City
- reduce the rate of suicide in York
- encourage participation in the safeTALK and the Applied Suicide Intervention Skills Training (ASIST) programmes
- improve support for people bereaved or affected by suicide
- raising awareness of the impact suicide has and that certain people are more at risk
- support for positive health and wellbeing through factors such as social inclusion and positive social networks
- a commitment from statutory agencies to address their obligations under the public sector equality duty and duties to reduce health inequalities
- improve links with student support services at colleges and universities.

## We will report

- The suicide rate per year
- the number of hospital stays because of self harm amongst the general population.



## Theme 4: Focus on recovery and rehabilitation

For people with mental ill health the focus on recovery needs to be part of their care and support from the outset. Evidence suggests that stable employment and housing are key factors towards recovery.

We need to enable people to recover and to be as well as possible. We need to work alongside people to support them and their families and carers on their recovery journey to ensure care is personalised to their needs. The adult mental health recovery team at 30 Clarence Street provides support to people recovering from mental ill health.

Building on York's Skills Plan 2017-20 we need to support more opportunities for work experience and employment for people with mental ill health and recovery colleges like Converge will help us to do this.

We know that we need to work with employers and other agencies to challenge discrimination and de-stigmatise mental health in the work place and other settings by accessing more mental health focused training and education such as Mental Health First Aid training.

Social isolation can be a barrier to recovery; especially for older people; overseas students; lone workers; the homeless; minority groups and harder to reach communities. We need to work with representative agencies of these groups to overcome the barriers and reduce levels of isolation.

For those with the most complex mental health needs, where a number of factors have impacted their lives over a longer time period it is acknowledged that more intensive support helps to rebuild and stabilise their lives; this will include working with services that treat drug and alcohol misuse.

We recognise that recovery is different for everyone and we need to further develop the health and social care system to help people to recover from day one of their journey and that they are challenged and helped to achieve this.

## Priorities within this theme

- Help people to build self resilience and facilitate their recovery journey
- promote ways for people to self help and self manage their own mental health
- further develop peer support networks to reduce social isolation
- Enable access to help and support when required
- promote the work of the recovery college
- build on early intervention and prevention services to reduce and avoid the development of more complex needs
- reduce reliance on health, social care and emergency services
- work with services that treat alcohol and drug misuse.

## We will report

- The rate of access to psychological therapy referrals
- the percentage of those undergoing Improving Access to Psychological Therapies reporting improvement
- the percentage of opiate users successfully completing treatment
- the percentage of those in treatment for alcohol misuse successfully completing treatment.





## Theme 5: Ensure that York is both a mental health and dementia friendly city

York aims to be both a mental health and dementia friendly city. This means that everyone living and working in York shares the responsibility for ensuring that people with mental ill health (including dementia) and their families and carers, feel understood, valued, safe and able to contribute.

In order for the city to become more mental health friendly we need to be:

- i. more open
- ii. have a range of options to keep well
- iii. make reasonable adjustments
- iv. encourage a work/life balance
- v. work against stigma
- vi. build mental health into conversations
- vii. lead by example
- viii. encourage Mental Health First Aid training
- ix. encourage wellbeing at work
- x. aware of how to access help and support

For dementia we need to raise awareness and tackle discrimination; include and involve people with dementia; be a hub for communication and improve services.

We need to continue to support the work of our local Dementia Action Alliance and carers and family members by:

- making York as easy as possible to move around and enjoy, with uncluttered and clear signage and making public transport comfortable and easy to use.
- encouraging people in key roles in the wider community to access training to improve customer service, understanding of needs to remove stigma
- consider the needs of people with dementia when developing all services not just health and social care
- Improve dementia diagnosis rates

## Priorities within this theme

- To become recognised as a city that is both mental health and dementia friendly
- further develop the work of the Dementia Action Alliance to improve diagnosis rates and post diagnostic support
- work with employers and other organisations to take up training opportunities
- consider the needs of people with a mental health condition (including dementia) when making changes to the city environment
- develop a joint strategy for improving dementia diagnosis and support services.

## We will report

- The percentage of mental health service users in paid employment
- the extent of recorded dementia diagnosis in primary care practice disease registers.



# Transformation and cultural change

## This is what you told us you wanted

- More joined up services
- Person centred care
- Removing stigma
- Changing the culture
- Improving communication
- Building local communities
- Support for carers
- Single point of access for all
- Improving out of hours provision
- Early intervention
- Shorter waiting times
- Focus on innovation
- Continuity of care

### Short Term:

By mid way through the life of the strategy we would expect more people to:

- recognise their own mental ill-health and wellbeing and access support appropriate to their needs
- feel able to talk about how they feel with their loved ones, friends and colleagues
- be responsible for their own recovery journey, with support where required
- identify themselves as carers and feel valued
- have accessed mental health first aid training through school, colleges, work or other organisations they are linked with
- Additionally, commissioners will be working more closely together and potentially looking at mechanisms like the Better Care Fund

### Medium Term:

• At the end of the five year period covered by the strategy there will be:

- more focus on early intervention and prevention
- reduced reliance on crisis and emergency services
- a noticeable and positive change in attitudes towards mental health from initiatives in schools and workplaces
- greater shared accountability, cost effectiveness and efficiencies in service delivery
- more people with access to a personal budget

### Long Term:

- Beyond the life of this strategy we recognise the need to continue to transform and evolve our mental health services to create a York version of Trieste – with a whole person, whole life, whole community approach.

# Delivering and measuring progress

Delivery of this strategy will be through a newly formed multi-agency mental health partnership. The partnership will be responsible for creating co-produced and detailed action plans to ensure that the strategy is delivered and makes a difference to people's lives.

A suite of performance indicators will be compiled which will help to monitor progress to achieve our vision. To complement the long term impact of the strategy, periodic qualitative surveys of service users, carers, staff groups, voluntary sector organisations and other interested parties will be undertaken by the mental health partnership. Narrative based updates will help tell the story of York and the quest towards its own version of Trieste.





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**This strategy is the start of a journey; come on board and join us to achieve our vision**



Partners who sit on the York Health and Wellbeing Board **ANNEX A**



Tees, Esk and Wear Valleys **NHS**  
NHS Foundation Trust

York Teaching Hospital **NHS**  
NHS Foundation Trust

**NHS**  
Vale of York  
Clinical Commissioning Group

yorkcvs

healthwatch  
York

**NHS**  
England



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**This information can be provided in your own language.**

Informacje te mogą być przekazywane w języku ojczystym.

Polish

Bu bilgi kendi dilinizde almanız mümkündür.

Turkish

此信息可以在您自己的语言。

Chinese (Simplified)

此資訊可以提供您自己的語言。

Chinese (Traditional)

 01904 551550