

By: Graham Gibbens, Cabinet Member, Adult Social Services  
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To: Adult Social Services Policy Overview and Scrutiny Committee –  
16 November 2010

Subject: **LIVE IT WELL – MENTAL HEALTH STRATEGY FOR THE  
NEXT 5 YEARS**

Classification: Unrestricted

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Summary: To provide an update on progress for Members; to ask for endorsement of the new suicide prevention strategy developed by the Public Health lead for the Primary Care Trust (PCT) commissioning team for mental health; and to invite comments.

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## **Introduction**

1. (1) The draft “Live it Well” strategy was presented to Members at the Adult Social Services Policy Overview and Scrutiny Committee of 30 March 2010. It set out the strategy for delivering Kent’s mental health services for the next 5 years as a more personalised approach which focuses on prevention, health and wellbeing and improving access and reducing discrimination and stigma.

(2) Members resolved that the strategy be welcomed; and asked for their comments to be taken into account in producing the final report. These included the need for joint training with GPs to help them identify mental health issues; the importance of good housing provision for clients with mental health issues and more emphasis on reducing the number of suicides.

## **Progress since March**

2. (1) The strategy has now been finalised and a public launch was held by Medway PCT, who take the lead for mental health commissioning for Kent and Medway. This was arranged to coincide with World Mental Health Day on 10 October 2010.

(2) The concept of “Live it Well” is being developed further. A pilot “Live it Well” centre has been established in Ashford which provides a single point of accommodation for voluntary sector providers together with the local community mental health team. This creates savings and promotes joint working in line with the principles of “Total Place”.

(3) A series of events with GPs has been arranged, as part of the regular training days organised by Eastern and Coastal Kent PCT, to advise them of the Live it Well strategy and the range of resources in place. The first of these took place in Thanet and was well received. Forthcoming events have been arranged for the other localities in East Kent. We will seek to arrange similar events in liaison with West Kent PCT.

(4) Additional supported housing provision for mental health has been developed across Kent. New schemes with intensive support will shortly be in place in Herne Bay, Dover and Shepway and these will complete the provision that is required for Kent.

(5) Since March 2010, the Suicide Prevention Strategy for Kent has been published in draft form. This has been developed by the Consultant in public health working for the Kent and Medway PCTs; together with the Kent Director for Public Health, in liaison with Kent County Council. The strategy fits with “Live it Well” and is based on five priorities:

- to reduce risk of suicide in key high risk groups
- to promote wellbeing in the wider population
- to reduce the availability and lethality of suicide methods
- to improve reporting of suicidal behaviour in the media
- to monitor suicide statistics and progress towards national targets and ensure appropriate audit.

(6) Kent Adult Social Services social care commissioning has contributed through our joint work with the PCT lead commissioning team for mental health. The development of this strategy will address comments by Members in March in relation to improving performance indicators for reducing the number of suicides in Kent. It will be integrated with the “Live it Well” strategy, particularly in relation to promoting wellbeing and reducing risk of suicide in high risk groups.

(7) The strategy is due to be formally signed off by the Medway PCT Board on 24 November 2010. The Board will wish to know that the strategy has the general approval of the Adult Social Services Policy Overview and Scrutiny Committee.

## **Recommendations**

3. (1) Members are asked to NOTE progress in relation to the “Live It Well” Mental Health Strategy and to APPROVE the attached Kent and Medway Multi-Agency Suicide Prevention Strategy (Appendix 1).

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