

By: Graham Gibbens - Cabinet Member for Adult Social Care and Public Health

Andrew Ireland - Corporate Director, Families and Social Care

To: Adult Social Care and Public Health Policy Overview and Scrutiny Committee – 10 November 2011

Subject: **“LIVE IT WELL” – THE KENT AND MEDWAY MENTAL HEALTH STRATEGY FOR 2010 TO 2015 - UPDATE**

Classification: Unrestricted

Summary: To provide an update on progress for Members following the first year of the 2010 – 2015 five year strategy: to report on the successful launch of a revised website to support the strategy: and to invite comments.

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. The aim of the strategy is to promote good mental health and wellbeing in the community, reduce the number of people who get common mental health problems, and lessen the stigma and discrimination associated with mental ill-health.

(2) “Live it Well” targets prevention at those at higher risk; but also wants to make sure the right services are there when people need them. Services will be personalised, will involve service users and their families in equal partnership, will aid recovery and will help people reintegrate into their communities. They will promote the best care and promote accessible, supportive and empowering relationships. Wherever possible, services will be community-based and close to where people live.

(3) These attributes were decided following consultation with service users and carers. They said they wanted services that were local, personalised, timely and non-stigmatising. The “Live it Well” strategy fits well with the latest National policy “No Health without Mental Health” and with KCC’s “Bold Steps”: in particular helping people take responsibility for their mental health care through extending choice and control, and reducing disadvantage and dependency.

(4) The strategy was finalised in 2010 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. This is an update following the first year of the Strategy.

Live it Well

2. (1) The strategy is based on 10 commitments, to be delivered during the lifetime of the 5 year strategy.

(2) These 10 commitments are:

- Public services, the voluntary sector, and the independent sector will work together to improve mental health and wellbeing.
- We will lessen the stigma, discrimination and unhelpful labelling attached to mental ill health and those using mental health services.
- We will reduce the occurrence and severity of common mental health problems by improving wellbeing for more people at higher risk.
- We will improve the life expectancy and the physical health of those with severe mental illness, and improve the recognition of mental health needs in the treatment of all those with physical conditions and disabilities.
- We will reduce the number of suicides.
- We will ensure that all people with a significant mental health concern, or their carers, can access a local crisis response service at any time and an urgent response within 24 hours.
- We will ensure that all people using services are offered a service personal to them, giving them more choice and control.
- We will deliver better recovery outcomes for more people using services with care at home as the norm.
- We will ensure that more people with both mental health needs and drug and/or alcohol dependency (dual diagnosis) are receiving an effective service.
- We will deliver more effective mental health services for offenders and those anywhere in the criminal justice system.

Progress since October 2010

3. (1) After one year, there has already been substantial progress with a number of these commitments. KCC has made a contribution, either in a leading role or in supporting Health colleagues, in many initiatives designed to deliver on these commitments. These include:

(2) A revised “Live it Well” website was launched on 10 October 2011 (World Mental Health day). This website is a collaboration between KCC, the PCTs and Sevenoaks Area MIND and supports the establishment of the “Live it Well” strategy. It provides easy access to extensive information about local mental health and wellbeing services, reducing the stigma that can be attached to mental health and connecting people to resources that can reduce the occurrence and severity of common mental health problems. The website is found at www.liveitwell.org.uk

(3) It has been made a requirement of our statutory providers of mental health services to ensure that all people who have severe and enduring mental health problems have regular physical health checks. This has been built in to performance management targets.

(4) The new Suicide Prevention Strategy for Kent has been published. This was developed by the Kent and Medway PCTs together with the Kent Director for Public Health, and in liaison with Kent County Council. The strategy is based on five priorities to reduce risk of suicide in key high risk groups in Kent and Medway.

(5) Live it Well is promoting personalisation, giving more choice and control to service users, with links to brokers accredited by Signpost UK: an independent organisation that provides assurance that brokers will always act with probity and in service users' interests.

(6) KCC has contributed to the development of a new protocol for services for those people with both mental health needs and substance misuse, to ensure services work together and people receive effective services. This will be backed up with promotion and training activities across all involved organisations in the statutory and independent sectors.

(7) Projects have been designed and delivered to address mental health issues in prisons by the Mental Health Community Development Worker programme which is funded by the PCTs, with support from KCC. Further work is being done to develop modernised pathways for people leaving secure placements, to improve mental health services for ex-offenders living in the community.

(8) In addition to progress on the 10 commitments, further work has taken place following the pilot "Live it Well" resource in Ashford, which provides a single point of accommodation for a number of voluntary sector providers of mental health services. This gives people quick access to mental health resources and promotes joint working in line with the principles of "Total Place". In particular, this approach is assisting links to developing psychological therapies in primary care.

(9) Further "Live it Well" resources have now been established in Maidstone and in Dartford, and plans have been made for Canterbury and Tonbridge areas in the coming year.

Recommendations

4. (1) Members are asked to NOTE the continuing progress of the "Live it Well" strategy and the associated website; and the development of local resources to support it.

Lead Officer:

Paul Absolon
Social Care Commissioner for Mental Health
01622 221810 (VPN 7000 1810)
paul.absolon@kent.gov.uk

Background documents:

Live it Well: the strategy for improving the mental health and wellbeing of people in Kent and Medway 2010 – 2015.