

By: Graham Gibbens, Cabinet Member for Adult Social Care and Public Health  
Andrew Ireland, Corporate Director - Families and Social Care

To: Health & Wellbeing Board

Date: 20 November 2013

Subject: Health and Wellbeing Strategy Outcome 4 - People with Mental Ill Health Issues are supported to 'Live Well' - UPDATE

Classification: Unrestricted

**Summary:** To provide an update on progress for the Health and Wellbeing Board on the Kent Joint Health and Wellbeing Strategy - Outcome 4 – People with Mental Ill Health Issues are supported to 'Live Well'; to update progress against the 2010 – 2015 five year Live it Well commitments: to report on the successful launch of a revised website to support the strategy and other initiatives to promote Mental Health and Wellbeing in Social Care and Public Health

**Recommendations** The Health & Wellbeing Board is asked to NOTE the continuing progress towards the Health and Wellbeing strategy and the development of local resources to support it.

## **1. Introduction**

- 1) The Mental Health “Live it Well” strategy complements the Health and Wellbeing Strategy and was presented to Members at the Adult Social Services Policy Overview and Scrutiny Committee in March 2010. It sets 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 have common Mental Health problems, and lessen the stigma and discrimination associated with mental ill health Issues.
- 2) “Live it Well” targets prevention to 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 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.

### 2. Policy Background Live it Well Strategy

- 1) The strategy is based on 10 commitments, to be delivered during the lifetime of the 5 year strategy. These are:
  1. Public services, the voluntary sector, and the independent sector will work together to improve Mental Health and Wellbeing.
  2. We will lessen the stigma, discrimination and unhelpful labelling attached to Mental Ill Health Issues and those using Mental Health services.
  3. We will reduce the occurrence and severity of common Mental Health problems by improving wellbeing for more people at higher risk.
  4. 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.
  5. We will reduce the number of suicides.
  6. 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.
  7. We will ensure that all people using services are offered a service personal to them, giving them more choice and control.
  8. We will deliver better recovery outcomes for more people using services with care at home as the norm.
  9. We will ensure that more people with both Mental Health needs and drug and/or alcohol dependency (dual diagnosis) are receiving an effective service.
  10. We will deliver more effective Mental Health services for offenders and those anywhere in the criminal justice system.

### 3. KCC's Investment

- 1) Kent County Council spends £24.1 million on Mental Health services across Kent. £9.4 million relate to a Section 75 Partnership Agreement which is in place between Kent County Council and Kent and Medway NHS and Social Care Partnership Trust. This covers over 270 seconded staff that are in secondary Mental Health services and the Council's statutory functions. Staff provide a range of services including an Approved Mental Health Professional service, Care Management Services, Short Term Recovery Services as well as a Carer Assessment service for people known to the service. A board is in place to oversee and monitor the effectiveness of joint working mechanisms between Kent County Council and Kent and Medway NHS and Social Care Partnership Trust, ensuring that safe and effective joint working is maintained between both organisations. KCC spends £4.9 million within the voluntary sector to provide a range of universal services. £9.8

million is spent on community services including supporting 262 service users in residential care.

- 2) Kent Public Health (alongside FSC) has a 10 point evidence based programme for improving mental wellbeing across Kent. There is approximately £750k investment into wellbeing campaigns, improvements and developments to the Live it Well Website, investment into domestic violence workers, asset mapping and development, workplace wellbeing, men's Mental Health (including ex-military), working with libraries to create wellbeing hubs and considerable investment into Mental Health first aid training. In addition – the needs assessments for Mental Health and psychological therapies are underway and due for completion in December 2013. The Annual Public Health Report will give focus to Wellbeing.
- 3) There is a commitment from Social Care and Public Health and our CCG colleagues to build upon the work of Rethink Mental Illness and Kent and Medway NHS and Social Care Partnership Trust's report into Young People's Mental Health in Kent and Medway. The report was launched at the 'Gaining Momentum' event held in August. The key themes from the day included promoting better mental health for young people and building resilience, early intervention by increasing resources in communities and ensuring that services are in place to support recovery. Families and Social Care are leading a workshop with partners in January 2014 to develop an action plan for young people with mental health needs in transition.

#### **4. Progress towards delivering Outcome 4 – People with Mental Ill Health Issues are Supported to 'Live Well'**

- 1) 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 The Live it Well website. This website is a collaboration between KCC, the CCGs and Sevenoaks Area MIND. It provides easy access to good quality, extensive information about local Mental Health and Wellbeing services.
- 2) A revised "Live it Well" search facility by CCG areas was launched in August 2013. This new database enables people to look for local information in a new way. People can search under common Mental Health issues i.e. anxiety or depression, addiction, money and debt as well as by CCG locality or if they are a carer or older adult. All of the resources, news and other information on the site are now exportable into a PDF document to print / email or save. This website is receiving over 4,000 'hits' a month.
- 3) "The Live it Library" is where service users and carers can tell their recovery story through the Live it Well website and is a collaborative project between Live It Well (KCC), Kent and Medway NHS and Social Care Partnership Trust (KMPT) and Rethink Mental Illness. These online resources of people who have experienced or are experiencing Mental Health issues tell their stories. The aim of the library is to share stories, challenge stigma, promote understanding, offer hope and enable people to speak honestly about their experiences. The Live It Library pages continue to be added to – they now contain over 30 personal stories. Working in partnership with Public Health, a full time post has been created to provide a

## Appendix A

platform to deliver Public Health Campaigns over the coming year. The website is found at [www.liveitwell.org.uk](http://www.liveitwell.org.uk).

- 4) Live it Well is promoting personalisation, giving more choice and control to service users. There are now 16 brokers accredited by Signpost UK, an independent organisation working across Kent. There have been over 99 people accessing the Life Plan tool to identify the areas of support required. These brokers have assisted KCC in helping over 800 people to receive self-directed support.
- 5) 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. These have been backed up with promotion and training activities across all involved organisations in the statutory and independent sectors. The protocol can be found at [www.liveitwell.org.uk/bigger-picture/dual-diagnosis](http://www.liveitwell.org.uk/bigger-picture/dual-diagnosis)
- 6) Primary Care has a key role to play in Mental Health services, over 90% of people are treated exclusively in Primary Care. A key priority has been to increase the resources available in this sector. This has been achieved through a partnership approach with Public Health, CCGs and FSC, with £500k new investment being made available to develop the Primary Care Community Link Worker service. Building on the existing pilot in Thanet, a new 2 year contract with Porchlight, a voluntary sector provider, has commenced on the 1<sup>st</sup> October 2013. This will see an additional 16.6 posts across Kent. Their role will be to work with General Practices to signpost to other organisations, as well as providing short term interventions to improve individuals' Mental Wellbeing.
- 7) In order to facilitate service users' discharge from secondary Mental Health services back to Primary Care, Kent and Medway Commissioning Support Service are piloting with the majority of CCGs a Primary Care Mental Health Specialist role. Under this pilot, the practitioner's role is to identify service users; support the GP in managing someone's Mental Health and ensures that they are linked into community resources. Through the innovative piece of work there have been 37 service users more appropriately supported this year.
- 8) The Commissioning intention for 2013/14 will be to review KCC's Mental Health Social Care response to Primary Care, to ensure that social care assessments are undertaken. This will see a proportion of resources move out of secondary services to provide a more targeted response to service users who are discharged from secondary care as well as new primary care referrals.
- 9) Adults with severe Mental Health problems are one of the most socially excluded groups in society. Although many want to work, less than a quarter actually are in employment. People with severe Mental Health problems have the lowest employment rate for any of the main groups of disabled people. Employment services are an important resource for people with Mental Health issues. Everyone who experiences Mental Health problems has the right to individually tailored support to obtain or maintain employment that matches their preferences, their strengths and their needs.

- 10) CCGs and KCC spend £1.47m on employment services across the sector with a range of providers, both statutory and non-statutory. These services provide employment interventions including, vocational profiling, occupational action plans, skills development and work placements, as well as providing training activities which enhance confidence and the ability to build workplace relationships. They also support service users in employment. Across Kent in 2012/13 our employment services provided a service to 3,997 service users from both primary and secondary care and supported 1,139 into sustained employment of 13 weeks or more.
- 11) Kent and Medway NHS and Social Care Partnership Trust report on a monthly basis the number of people in employment. The NI 150 target across Kent is 12% of all service users known to secondary Mental Health services are in employment. The Trust continues to exceed this target with the June 2013 figure being 13%.
- 12) Everyone needs a stable roof over their head, in order to keep or find a job, build a social network, or participate in a range of other opportunities. Loss of accommodation is most likely to happen to the more vulnerable or disadvantaged members of our society. Often, assistance at the right time can prevent a full-scale, long term crisis. We believe that Supported Accommodation services are an important resource and we recognise the need for service users to have the opportunity to live a fulfilled, active and independent life, by providing suitable housing. A range of supported accommodation has been developed over the last five years, to meet individual need; in conjunction with our District and Borough Housing Partners. Through working together we have seen an additional 215 units of new supported accommodation across Kent. Strategic Commissioning are currently producing an accommodation strategy which will identify further gaps in service provision for people with mental health needs.
- 13) Clear leadership roles for the safeguarding agenda are being established in each community Mental Health team. In addition KCC has employed 4 Safeguarding Coordinators who are supporting teams with safeguarding practice, record keeping and data quality. The coordinators also provide training, induction and carry out regular audits to assist with performance management and learning from experience. The KCC safeguarding competency framework is currently under review. Once this is complete, consideration will be given to how this can be introduced in Mental Health within the context of professional capability and competency frameworks.
- 14) KCC and KMPT have established joint mechanisms and governance structures for performance monitoring. There is joint ownership of an improvement plan which builds on good practice and addresses areas for development identified through both internal and external audit processes, local and national developments and guidance. A regular forum for safeguarding leads is also provided through partnership arrangements.

**Recommendations**

The Health & Wellbeing Board are asked to NOTE the continuing progress towards the Health and Wellbeing strategy and the development of local resources to support it.

Lead Officer:

Sue Scamell  
Commissioning Manager Mental Health  
07786 191544  
[sue.scamell@kent.gov.uk](mailto:sue.scamell@kent.gov.uk)

Background document:

Live it Well: the strategy for improving the Mental Health and Wellbeing of people in Kent and Medway 2010 – 2015.