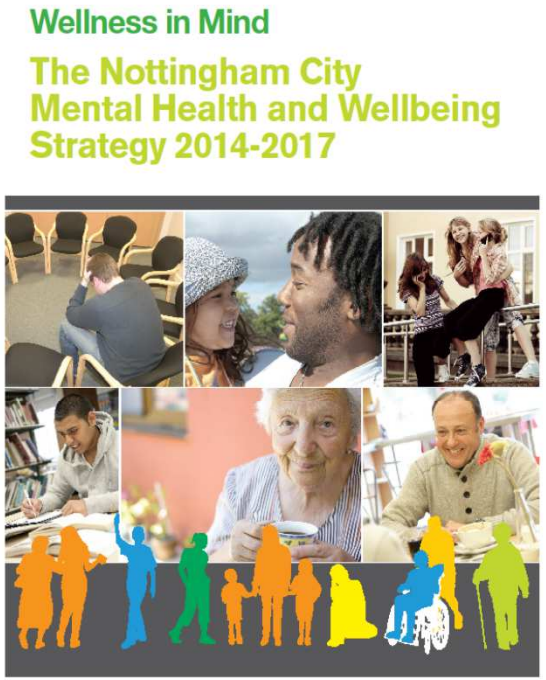
Public Health Forum



Wellness in Mind
Nottingham City Mental Health and Wellbeing Strategy

Nottingham City Council

Welcome

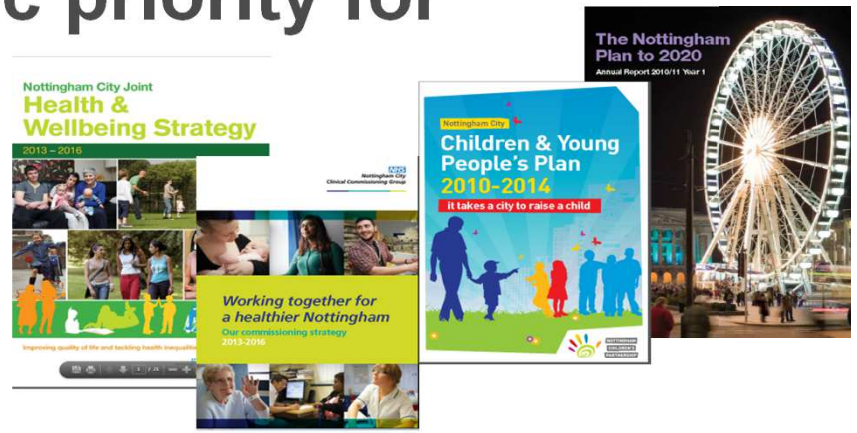
Councillor Alex Norris
Chair of the Health and Wellbeing Board





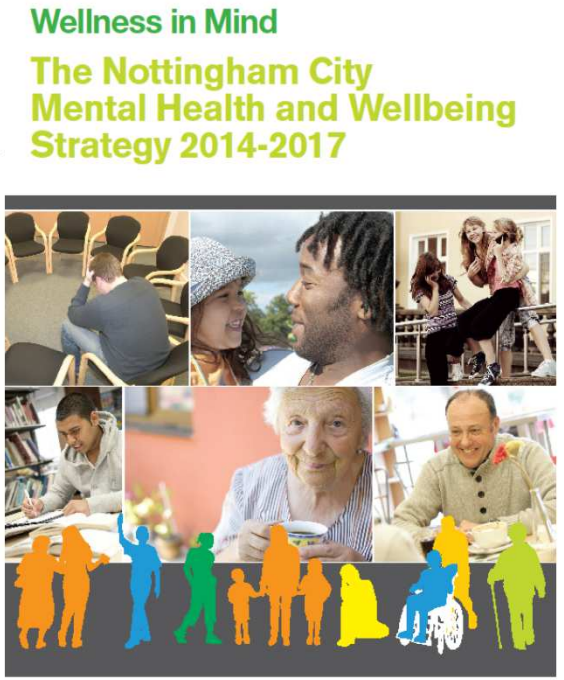
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Mental Health is a strategic priority for Nottingham



Wellness in Mind, the Mental Health and Wellbeing Strategy was approved by the Health and Wellbeing Board in August.

We want you to be involved.



NHS Nottingham City Clinical Commissioning Group

Nottingham City Council

Nottingham City Council

Mental Health and Wellbeing in Nottingham

Liz Pierce
Public Health Manager
Nottingham City Council

Nottingham City Council

Wellness in Mind

The Nottingham City Mental Health and Wellbeing Strategy 2014-2017



NHS Nottingham City Clinical Commissioning Group

Nottingham City Council

Nottingham City Council

Priorities for Nottingham

Priority 1 – Promoting mental resilience and preventing mental health problems

Priority 2 – Identifying problems early and supporting effective interventions

Priority 3 – Improving outcomes through effective treatment and relapse prevention

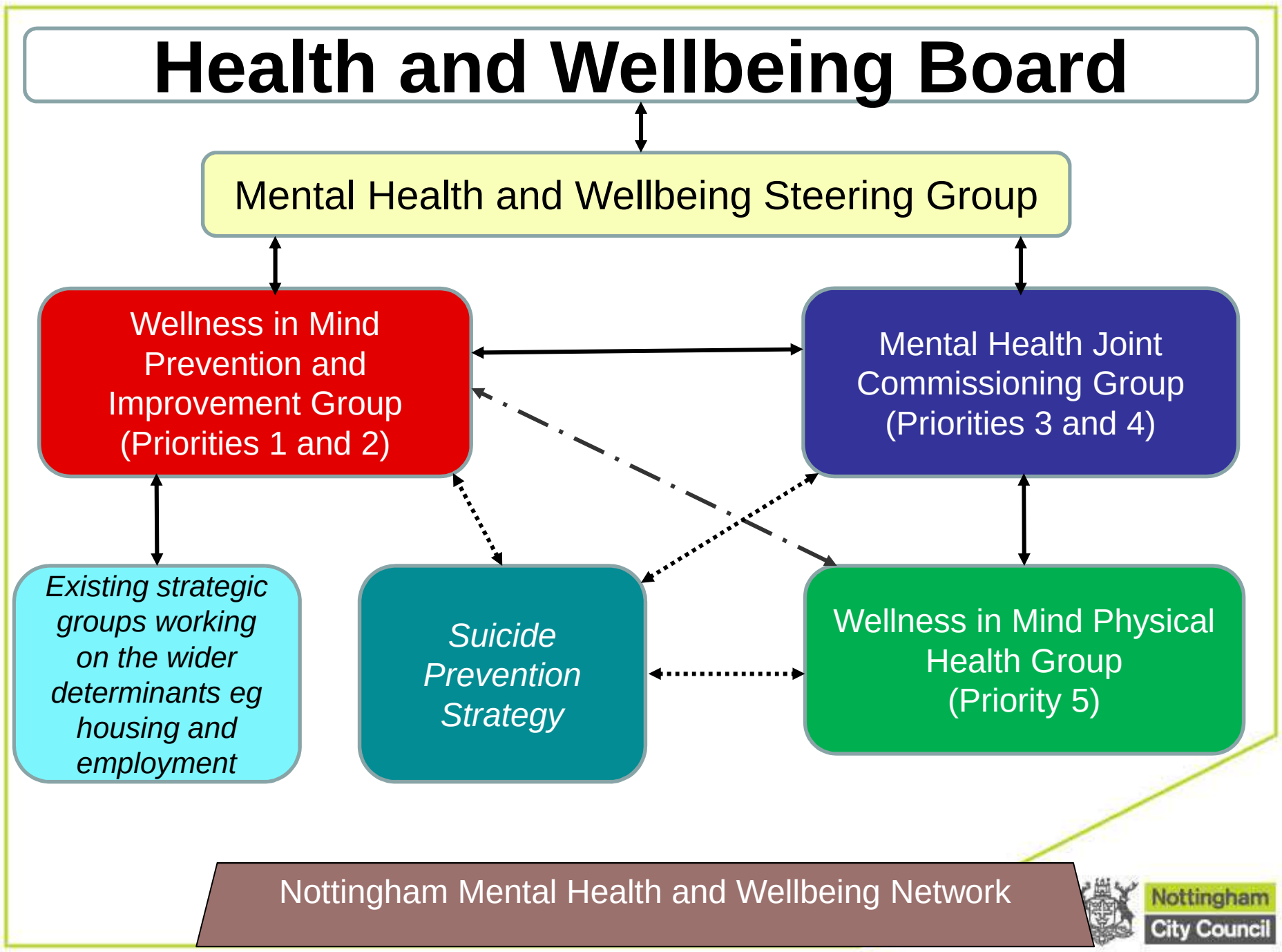
Priority 4 – Ensuring adequate support for those with mental health problems

Priority 5 – Improving the wellbeing and physical health of those with mental health problems

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HWBB Mental Health Champions

Councillor Alex Norris	Nottingham City Council (NCC)
Lyn Bacon	Nottingham CityCare
Dr Marcus Bicknell	NHS Nottingham City CCG
T/Ch Supt Steve Cooper	Nottinghamshire Police
Dr Stephen Fowlie	NUH NHS Trust
Martin Gawith	Healthwatch Nottingham
Dr Michele Hampson	NHS Notts Healthcare Trust
Angela Kandola	AWAAZ
Lynne McNiven	Public Health (NCC)
Alison Michalska	Children and Adults (NCC)
Gill Moy	Nottingham City Homes
Peter Moyes	Crime and Drugs Partnership
Julia Tabreham	Carers Federation


Health and Wellbeing Board
Mental Health and Wellbeing Steering Group
Wellness in Mind Prevention and Improvement Group (Priorities 1 and 2)
Mental Health Joint Commissioning Group (Priorities 3 and 4)
Existing strategic groups working on the wider determinants eg housing and employment
Suicide Prevention Strategy
Wellness in Mind Physical Health Group (Priority 5)
Nottingham Mental Health and Wellbeing Network
Nottingham City Council

Overall principles

“**Parity of Esteem**”

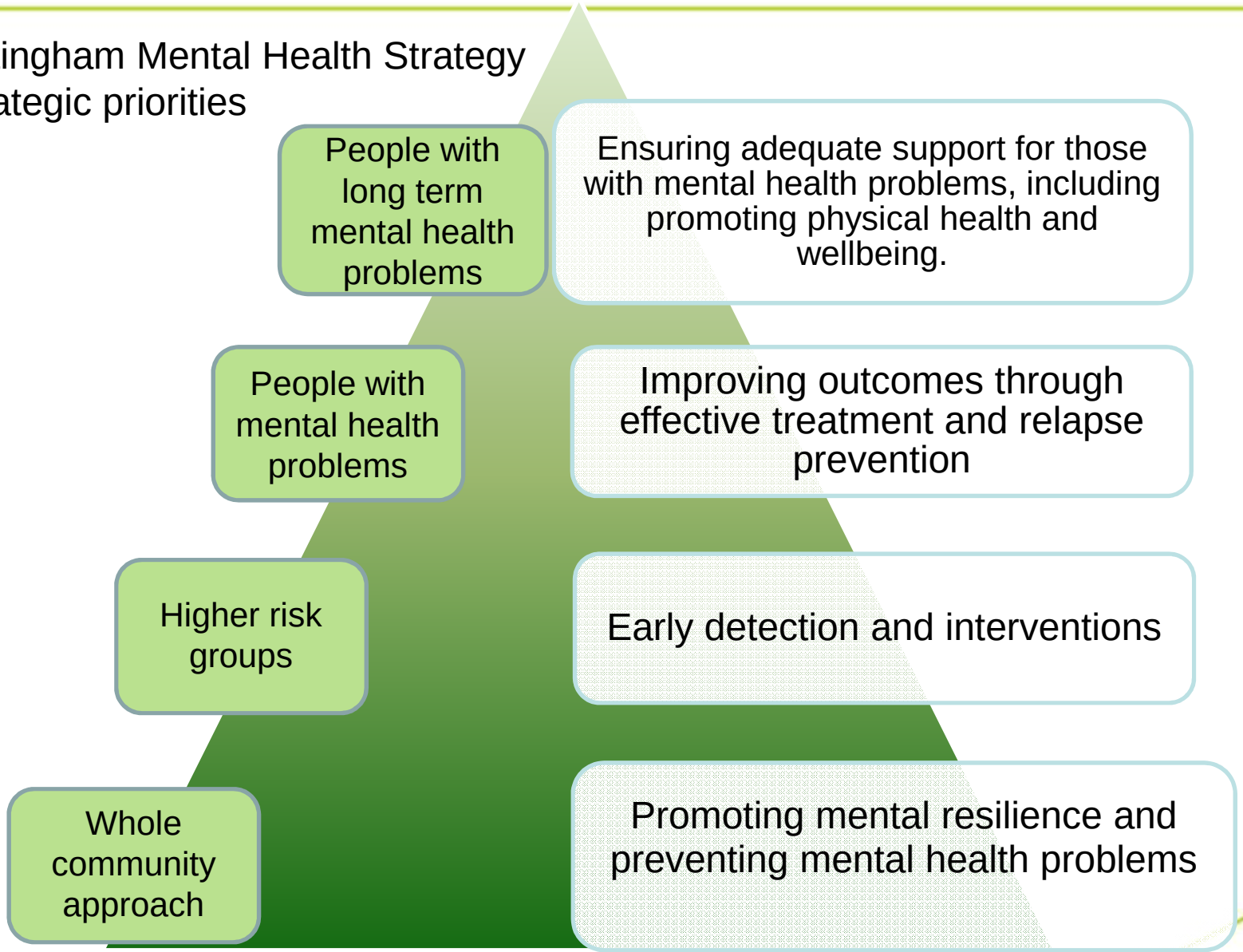
Parity = the same

Esteem= the value we place on something

The Health and Wellbeing Board has committed to valuing mental health equally with physical health

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Nottingham Mental Health Strategy
Strategic priorities



Nottingham City Council

Mental wellbeing and resilience

Mental wellbeing is more than simply feeling good, it means that we can:

- Make the most of our potential
- Cope with life
- Play a full part

Resilience

- Ability to adapt to adversity
- Helps protect against the development of some mental health problems

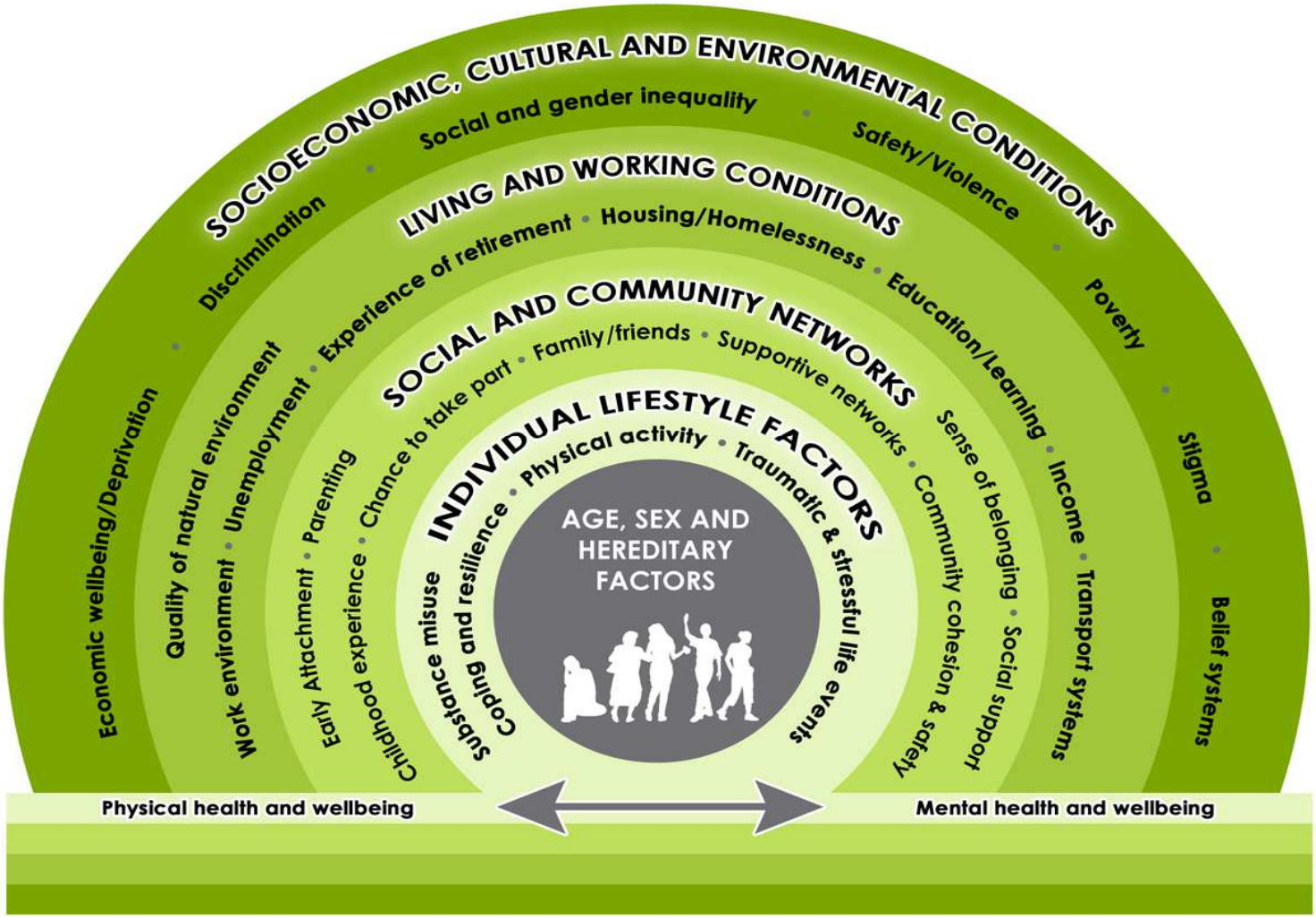
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Childhood and adolescence often shapes mental health and wellbeing

- Many mental health problems begin during childhood and adolescence
- Early attachment has a lifelong effect

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INFLUENCES ON MENTAL HEALTH



Adapted from Social Determinants of Health; Dahlgren and Whitehead 1991

Nottingham City Council

Nottingham has high levels of risk factors for poor mental health

- High unemployment
- Low educational attainment
- High levels of deprivation
- Physical health problems
- Children in care
- Violence
- Homelessness

Nottingham City Council

Measures of risk factors for poor mental health in Nottingham

(Sources: Community Mental Health Profiles and Child Health Profiles)

Wider Determinants of Health	Local Value	Eng. Avg	Eng. Worst	Eng. Best
Episodes of violent crime, rate per 1,000 population, 2010/11	22.4	14.6	34.5	6.3
Percentage of the relevant population living in the 20% most deprived areas in England, 2010	51.5	19.8	83.0	0.3
Working age adults who are unemployed, rate per 1,000 population, 2010/11	85.2	59.4	106.2	8.3
Rate of hospital admissions for alcohol attribution conditions, per 1,000 population, 2011/12	22.4	23.0	38.6	11.4
Numbers of people (ages 18-75) in drug treatment, rate per 1,000 population, 2011/12	8.9	5.2	0.8	18.4
Statutory homeless households, rate per 1,000 households, all ages, 2010/11	4.5	2.0	10.4	0.1
Percentage of the population with a limiting long term illness, 2001	19.1	16.9	24.4	10.2
Percentage of adults (16+) participating in recommended level of physical activity, 2009/10 to 2011/12	10.9	11.2	5.7	17.3
Wider Determinants of Health Specific to Children	**Local Value**	**Eng. Avg**	**Eng. Worst**	**Eng. Best**
Children achieving a good level of development at the end of reception, 2012/13	39.9	51.7	27.7	69.0
GCSE achieved (5A*-C inc. English and Maths), 2012/13	50.3	60.8	43.7	80.2
GCSE achieved (5A*-C inc. English and Maths) for children in care, 2012/13	15.6	15.3	0.0	41.7
16-18 year olds not in education, employment or training, 2012	6.3	5.8	10.5	2.0
First time entrants into the youth justice system 10 to 17 year olds, 2012	1,107.7	537.0	1,426.6	150.7
Children in poverty (under 16 years), 2011	35.2	20.6	43.6	6.9
Family homelessness, 2012/13	2.9	1.7	9.5	0.1
Children in care, 2013	90.0	60.0	166.0	20.0

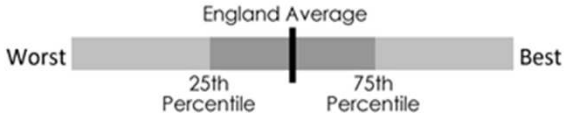
- Not significantly different to England
- Significance Not Tested
- England Average

Where percieved polarity:

- Significantly worse than England
- Significantly better than England

Where no percieved polarity:

- Significantly lower than England
- Significantly higher than England



LP3

We measure wellbeing each year in Nottingham as part of the Citizens Survey using WEMWBS

The Warwick-Edinburgh Mental Well-being Scale (WEMWBS)

Below are some statements about feelings and thoughts.

Please tick the box that best describes your experience of each over the last 2 weeks

STATEMENTS	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been feeling interested in other people	1	2	3	4	5
I've had energy to spare	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling good about myself	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been feeling confident	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5
I've been feeling loved	1	2	3	4	5
I've been interested in new things	1	2	3	4	5
I've been feeling cheerful	1	2	3	4	5

Slide 16

LP3 change fonts

Liz Pierce, 22/07/2014

Wellbeing in Nottingham-
ONS measures of personal wellbeing

In the Annual Population Survey adults were asked

- how satisfied are you with your life nowadays?
- to what extent do you feel the things you do in your life are worthwhile?
- how happy did you feel yesterday?
- how anxious did you feel yesterday?

Results

In Nottingham fewer people score highly on life satisfaction and feeling worthwhile than in the UK, but have less anxiety.

Mental wellbeing in Nottingham

- Those who are unemployed or have a disability have the lowest levels of mental wellbeing in Nottingham. Fewer people score highly on life satisfaction and feeling worthwhile than in the UK.

Nottingham City Council

Five Ways to Wellbeing

- **There are five evidence-based steps we can all take to improve and maintain our mental wellbeing:**

- Get active
- Connect with others
- Keep learning
- Be aware of yourself and the worl
- Give to others



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What do you think?
What is working well?
What are the gaps?

Priority 1 – Promoting mental resilience and preventing mental health problems

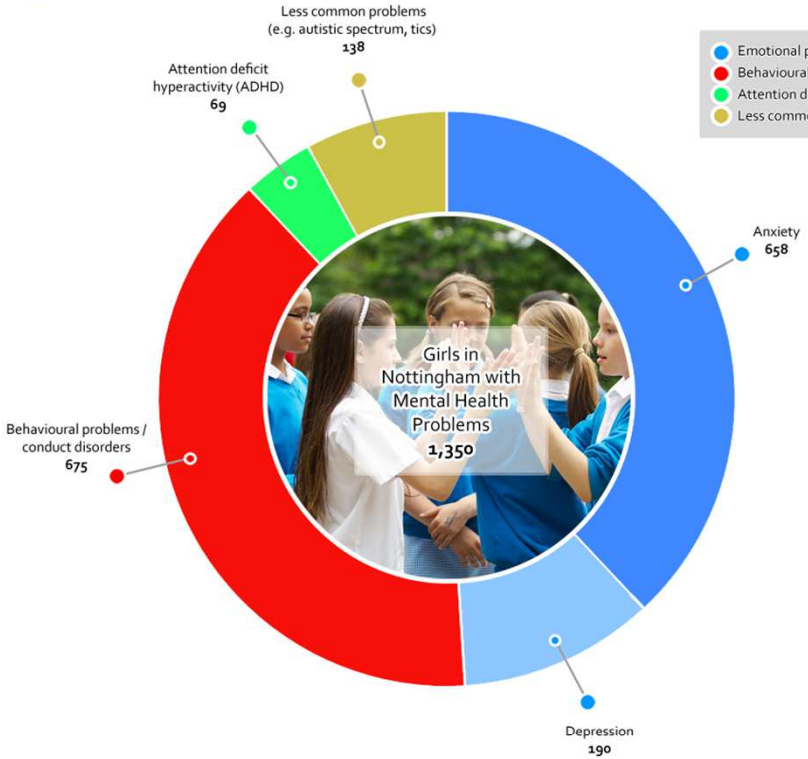
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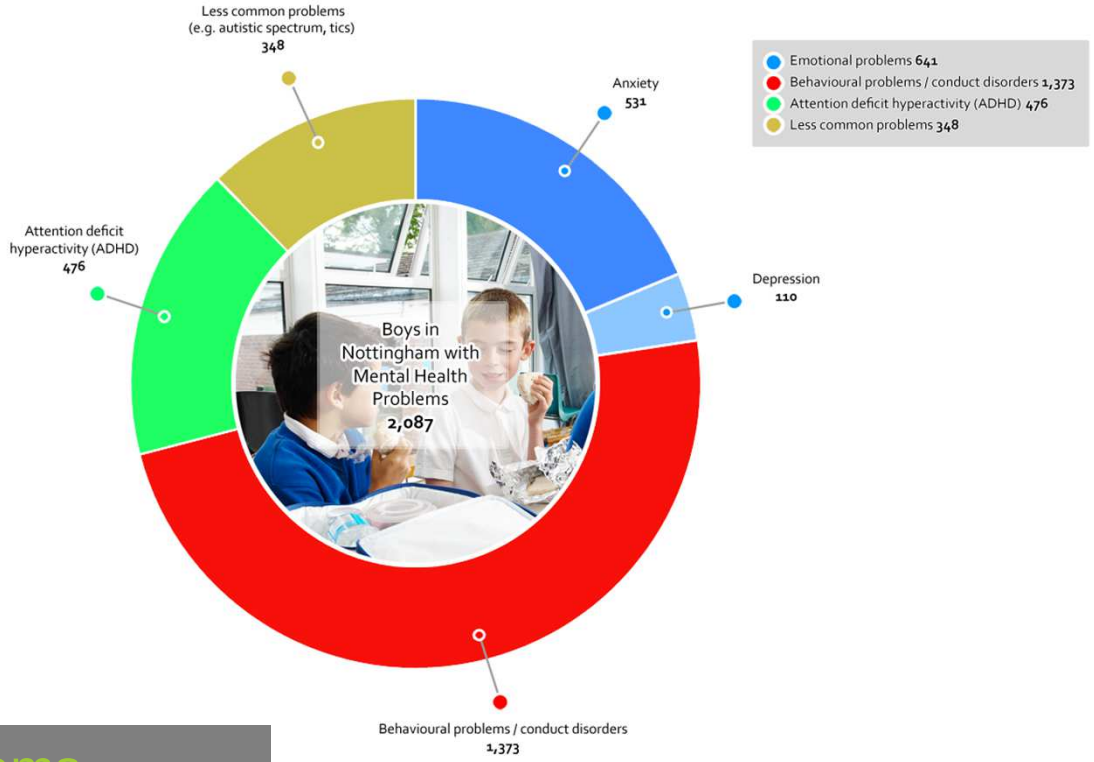
Mental health problems are very common

- Up to 1 in 2 of the citizens of Nottingham will have problems with their mental health at some point in their life
- Most families will be affected

But stigma stops many of us talking about it

Nottingham City Council

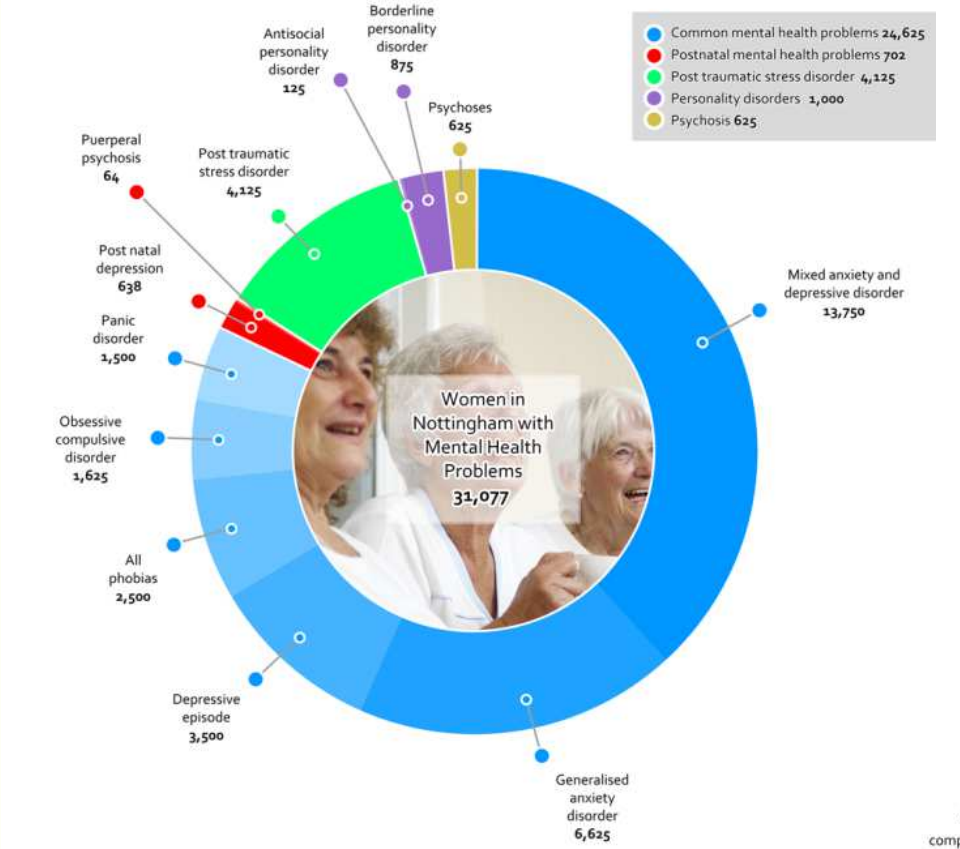


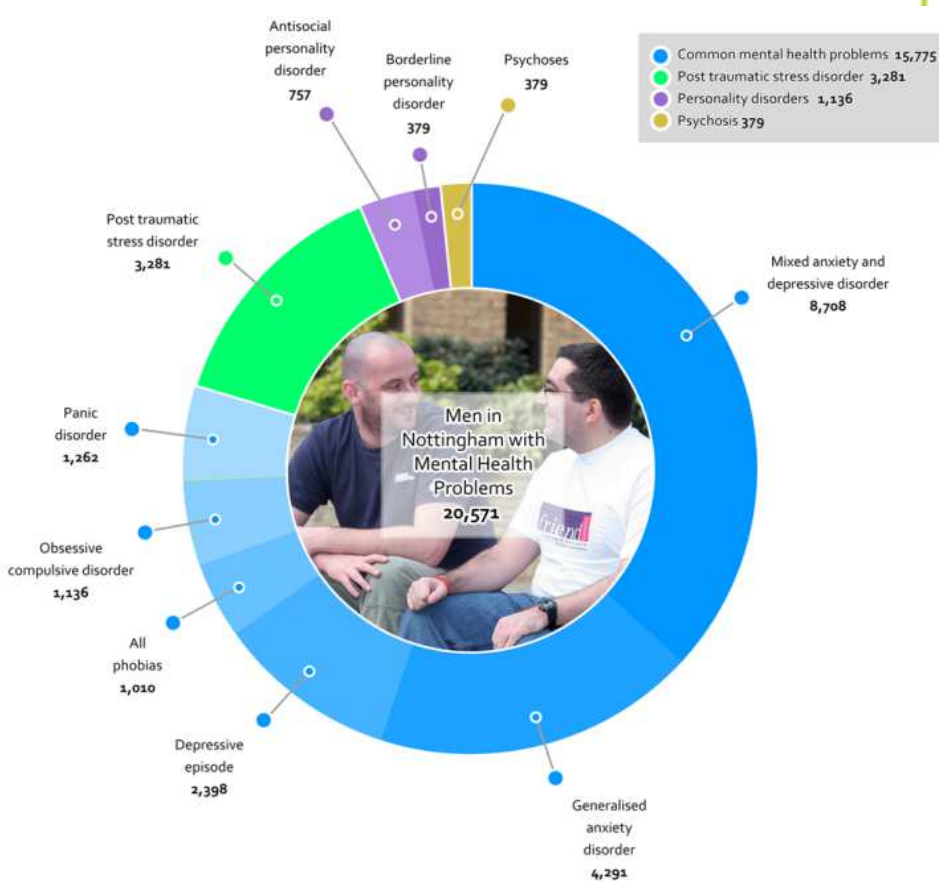


Estimates of mental health problems amongst school age children in Nottingham Over 3400 children affected

Nottingham City Council

Estimates of mental health problems amongst adults in Nottingham over 51,000 affected





Mental health problems are very disabling and costly

- Mental illness is by far the largest cause of disability in people of working age
- Half of out of work disability benefits are due to mental health problems
- 40% of **all** time off work is due to mental health problems
- The impact on carers' health and wellbeing can be considerable

Nottingham City Council

What do you think?
What is working well?
What are the gaps?

Priority 2 – Identifying problems early and supporting effective interventions

Priority 3 – Improving outcomes through effective treatment and relapse prevention

Nottingham City Council

Support for those with long term mental health problems?

- An equality issue
- Stigma is an important factor
- There can be economic, relationships, housing impact
- Recovery approach. ‘hope, control and opportunity’

Nottingham City Council

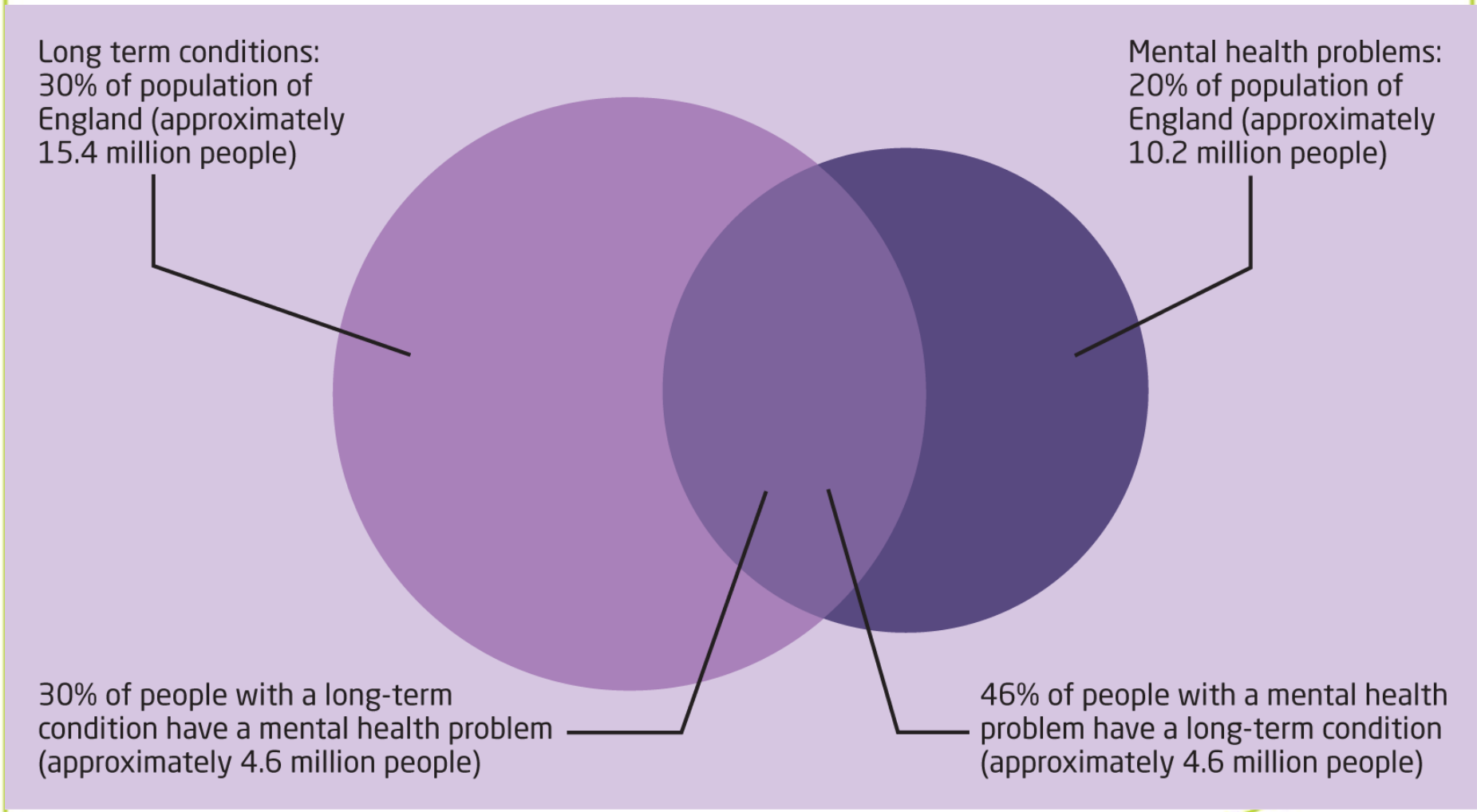
Are mental health and physical health very separate?

How did we get to where we are today?

Separate commissioning, services, organisations for mind and body-Why?

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The overlap between long-term conditions and mental health problems, 2012

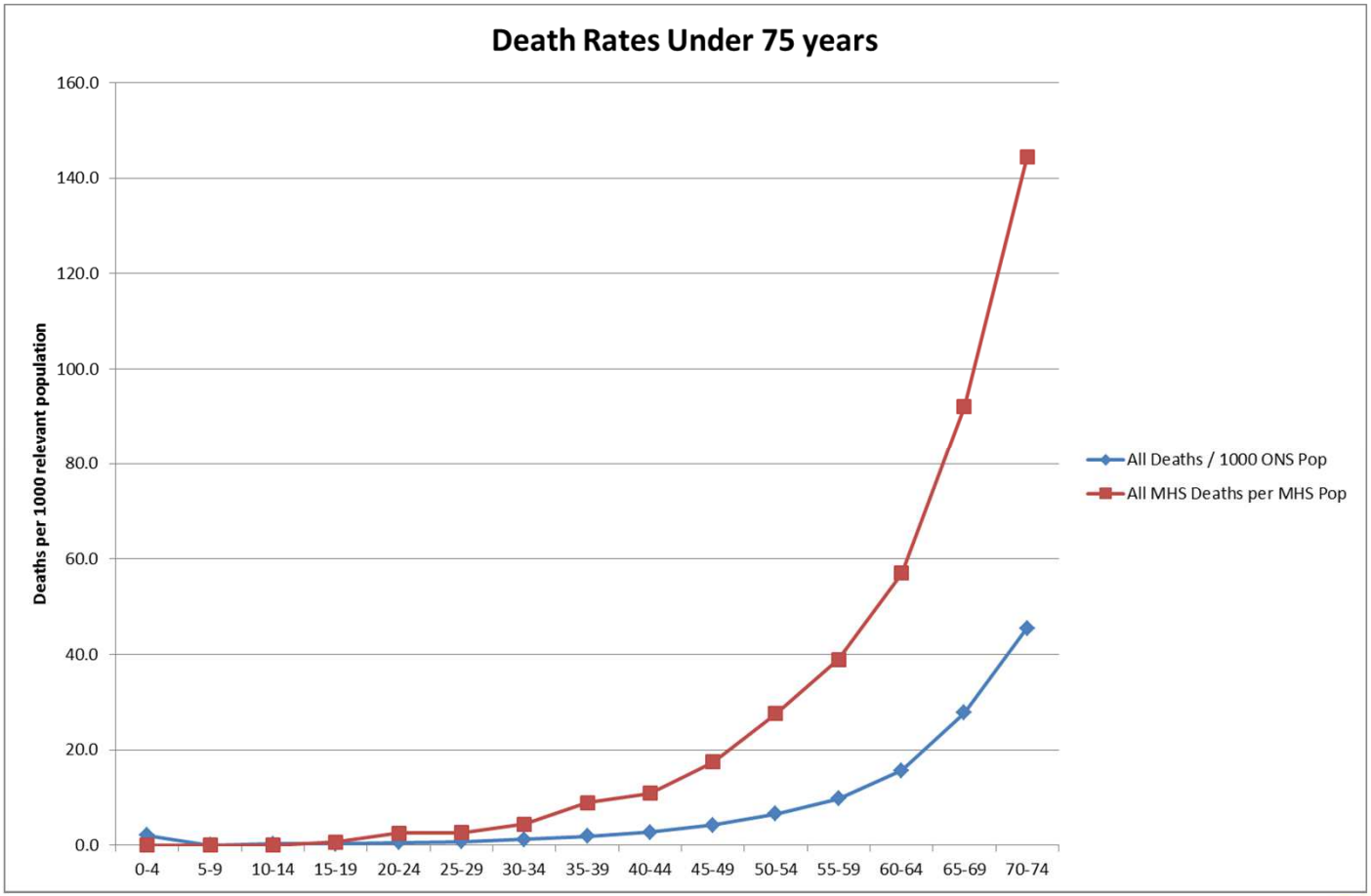


Source: Naylor C, Parsonage M, McDaid D et al (2012) *Long-term conditions and mental health: The cost of co-morbidities. London: King's Fund, Centre for Mental Health*

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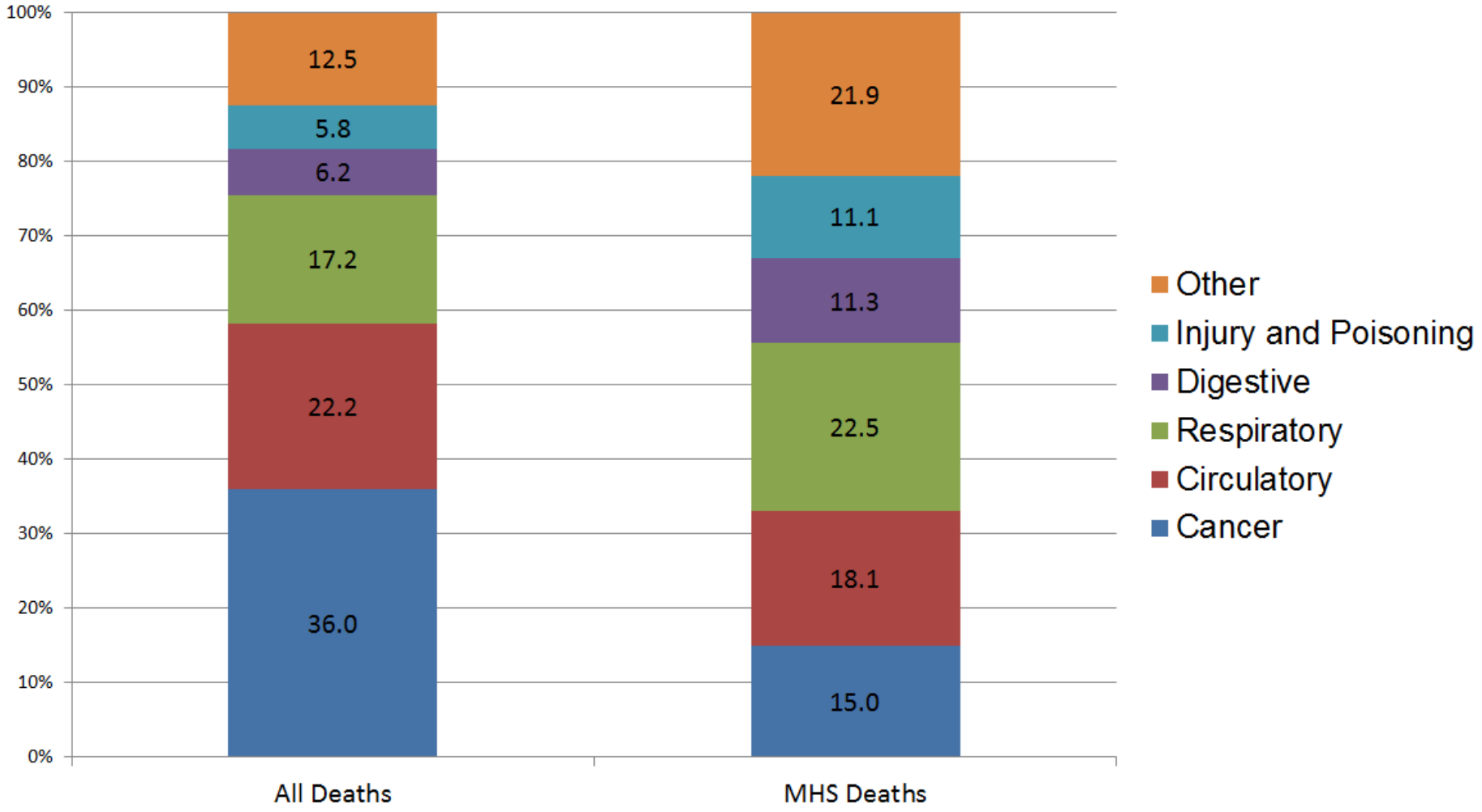
Death rates of people known to mental health services compared to the wider population

Local calculations show death rates approximately 3.5 times higher than the wider population.



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Comparison of top five causes of death under 75 years between the general population and those known to mental health services in Nottingham and Nottinghamshire



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Mental health problems have a large impact on physical health

- People with severe mental illness die on average 15-20 years earlier than the wider population
- Many of these deaths are preventable
- Reducing smoking needs to have a high priority

Nottingham City Council

Physical health problems have a large impact on mental health

People coping with physical health problems and their carers are often not assessed for developing mental health problems

Nottingham City Council

What do you think?
What is working well?
What are the gaps?

Priority 4 – Ensuring adequate support for those with mental health problems

Priority 5 – Improving the wellbeing and physical health of those with mental health problems

Nottingham City Council

What is your commitment to take forward the strategy?

Please let us know how you would like to be involved

Nottingham City Council