Nottingham and Nottinghamshire adult mental health JSNA Profile 2024: Local Strategic Context

This supporting document provides a summary of the aims, objectives and priorities of several important local strategies in relation to mental health and wellbeing. The summaries below are focused on the local strategic context with particular relevance to mental health prevention, common mental health disorders and low mental wellbeing.

Common Themes in the Local Strategic Context

Focus on and investment in prevention of mental health problems occurring and prevention of existing mental health problems escalating.

Ensure there is parity of esteem between physical health and mental health.

Ensure people have mental health awareness and know how to and can access the right support, in the right place, at the right time.

Support the workforce to be trained in mental health awareness.

Ensure the building blocks of good mental health and wellbeing are in place in our communities.

The **Nottingham and Nottinghamshire Integrated Care Strategy (2023-2027)** sets out a vision that 'every person will enjoy their best possible health and wellbeing'. The underlying principles that guide delivery of the strategy are:

- Prevention is better than cure
- Equity in everything
- Integration by default

One of the 14 integrated care priorities is to focus on and invest in prevention activities, including for mental health, to support independence, prevent illness and premature death, and includes seeking parity of esteem for mental and physical health needs.

Integrated Care Strategy 2023-27 (healthandcarenotts.co.uk)

The **Nottingham and Nottinghamshire All Age Integrated Mental Health and Social Care Strategy (2019-2024)** vision places prevention 'at the heart of all we do'. The strategy includes a strategic pillar to increase 'support for prevention, self-care and the wider factors that affect people's health'. The strategy also includes aims to:

- Ensure people can access the right support, at the right time, at the right place
- Deliver parity of esteem between mental and physical health
- Reduce prevalence of depression and anxiety
- Provide mental health awareness training to all healthcare professionals

download.cfm (nottinghamshirehealthcare.nhs.uk)

The **Nottingham and Nottinghamshire Joint Local Transformation Plan for Children and Young People's Emotional and Mental Health (2016-2024)** commits to an increasing focus on 'prevention,

self-care and the wider building blocks that affect children and young people's health and wellbeing. It includes improving links between physical and mental health services and ensuring all services working with children and young people are mental health aware. The Plan acknowledges and aims to reduce stigma around mental health for children and young people. The Plan has been aligned to the THRIVE Framework which maps out the needs and support for children, young people and families through five groups: Getting Advice and Signposting, Getting Help, Getting More Help, and Getting Risk Support. Emphasis is placed on the prevention and promotion of mental health and wellbeing across the whole population.

Nottingham and Nottinghamshire Joint Local Transformation Plan for Children and Young People's Emotional Wellbeing and Mental Health 2016-2024 (healthandcarenotts.co.uk)

The **Nottingham and Nottinghamshire Integrated Mental Health Pathway: Strategic Plan 2024/25-2026/2027** includes a focus on:

- The building blocks of good mental health
- Ensuring people know how to manage their own mental health and wellbeing and know how to access the right care at the right time
- Provision of community-based support and early intervention
- Public facing information to support prevention and self-management

PowerPoint Presentation (healthandcarenotts.co.uk)

The **Nottinghamshire Joint Health and Wellbeing Strategy (2022-2026)** has a strong focus on prevention and includes supporting good mental health and wellbeing for all by:

- Upskilling the workforce in relation to mental health promotion and suicide prevention
- Supporting sign-up to the Prevention Concordat and a place-based approach to mental health promotion
- Promoting mental resilience and wellbeing, including in business, industry and the voluntary sector
- Increasing access to low level support to prevent needs escalating.
- Addressing inequalities in mental health, including improving the life expectancy and healthy life expectancy of people living with poor mental health.
- Promoting parity of esteem between mental and physical health.
- Ensuring people at risk of suicide are identified earlier and provided with support, particularly those in risk groups.

nottinghamshirejointhealthwellbeingstrategy2022-2026.pdf

The **Joint Health and Wellbeing Strategy for Nottingham (2022-2025)** is focused on improving health and wellbeing and reducing health inequalities by addressing the wider determinants of health and supporting people in making healthy decisions. The Strategy includes parity of esteem between mental and physical health and prioritising prevention in its guiding principles. The Strategy includes mental health as a cross-cutting priority which is considered in all areas and plans. Supporting financial wellbeing is included as one of four priorities within the Strategy, recognising the impact poverty and lack of financial wellbeing has on mental health and wellbeing.

nottingham-city-joint-health-and-wellbeing-strategy-2022-25.pdf (nottinghamcity.gov.uk)

The **Nottinghamshire Plan** sets out plans and commitments for improving health and wellbeing in communities. This includes a commitment to promote good mental health and wellbeing for all, by:

- Ensuring places that we grow, live and work in promote good health
- Ensure people can access the right mental health and wellbeing support at the right time
- Expand the NottAlone website to take become a resource for people of all-ages
- Ensure staff are properly trained in supporting mental and emotional health

The Nottinghamshire Plan: Our plan for a healthy, prosperous and greener Nottinghamshire

The vision of the **Nottingham City Mental Health and Wellbeing Strategy (2019-2023)** is 'to be a city where improving mental health is everyone's responsibility and all citizens have the opportunity to experience good mental health and wellbeing without stigma and discrimination'. The Strategy focuses action in three key areas: prevention; promotion and early intervention; treatment and recovery. Three crosscutting themes are also prioritised for action: employment; addressing stigma; providing parity of esteem. The Strategy advocates for a mental health in all policies approach.

Mental Health and Wellbeing Strategy 2019-2023.pdf

The **Prevention Concordat for Better Mental Health for Nottingham**, a multi-agency commitment to Public Health England's (now the Office of Health Improvement and Disparities) Prevention Concordat for Better Mental Health for All has been in place since 2019. The Concordat aims to improve understanding of local need and assets, to work together more effectively, to take action on prevention and promotion of mental health across the life course, and to reduce mental health inequalities. The Concordat was co-developed with the **Nottingham City Collaborative for Better Mental Health**, a multiagency partnership administrated by the city public health team, which works to prevent mental health problems and to improve the lives of people living with mental health problems.