

Mental Health Strategic Partnership Action Plan 2023 – 2028

22 January 2024



Better for everyone



slido

Join at [slido.com](https://www.slido.com)

#1569345

Give one word that contributes to maintaining your own mental health and wellbeing


Consider a time you felt your life was at a low.



Give one word that contributed to you feeling that way?

 Start presenting to display the poll results on this slide.



JSNAA Focus area: Mental Health

Arrow indicates direction of travel over time 


Statistically significantly higher than England 
Not statistically significantly different to England 

12% aged 5-17
with a diagnosable mental health condition (estimate)
...that's around **9,000** in County Durham


3.1%  Pupils with social, emotional and mental health needs
...that's almost **2,300** children


450.9/100,000  self-harm admissions aged 10-24
...that's **430** admissions (20/21) 

18.3% Estimated prevalence of poor mental health
...that's around **79,300** people
...or almost **1 in 5**

APMS 2017 

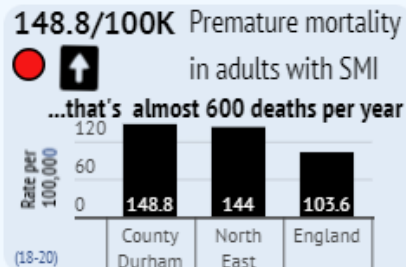
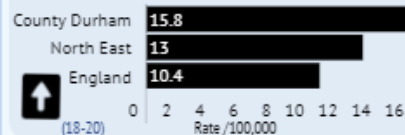
Depression (QOF): 15%
...that's around **68,500** people
...or around **1.5 in 10**

 (2021)

Severe Mental Illness (QOF): 0.99%
...that's around **5,500** people
...or around **1 in 100** (2021) 

Self-reported wellbeing
Low Satisfaction 7.2%  
Low Happiness 8.8%  
High Anxiety 21.8%  

15.8/100K suicide rate aged 10+
...that's around **72** deaths per year



Link: <https://www.durhaminsight.info/mental-health-and-wellbeing/>

Mental Health and Wellbeing Strategic Plan 2023-26

Individuals, Families and Communities in County Durham are supported to achieve their optimum mental wellbeing

Children and Young People

Priority/Objectives

1. UNITED in Voices and drive co-production, participation and engagement from CYP and families
2. Collectively drive universal and targeted resilience, prevention and early intervention
3. Develop a coordinated offer that advocates easy access

How will success be achieved?

- The voice of CYP, parents and carers as Experts By Experience (EBE) is embedded across the CYPMHP and subgroups.
- Mental health training for CYP, their families/carers and professionals is sustained with good engagement.
- The rate of child inpatient admissions for mental health conditions will reduce.
- The rate of self-harm (10-24yrs) will reduce

Indicators/output measures

- EBE are embedded and supported across the CYPMHP and its subgroups
- Qualitative data from the schools survey
- Uptake of the mental health training offer and associated Health Equity Audit.
- Service data (HDFT Resilience Nurse Service, Piece of Mind Teams (MHS&C) and CAMHS)- access and outcomes.

Use Now You're Talking across the County to promote Good Mental Health and Wellbeing

Suicide prevention

Priority/Objectives

1. To reduce the prevalence of suicide across County Durham.
2. To tailor approaches to improve mental health in specific groups, including the numbers who self-harm.
3. Reduce access to the means of suicide, especially in high frequency locations

How will success be achieved?

- Reduction in the numbers of suicides registered on the real Time Data Surveillance (RTDS) system.
- Increase numbers accessing IUCS for postvention support.
- Reduction in the numbers of articles reporting stories about suicide within local press and on social media.
- Increase uptake in training opportunities for MECC, MH First Aid and Suicide Prevention training

Indicators/output measures

- Reductions in demand for specialist mental health services
- Reduction in suicide rates
- Increase in people reporting they can access the right help when they need it
- Reducing the life expectancy gap for people with serious mental illness

Target the promotion of Good Mental Health initiatives in priority areas and vulnerable groups

Urgent Care

Priority/Objectives

1. Improve patient safety and quality of care within AMH inpatient services including PICU
2. Improve access, quality and experience for people requiring crisis services across Durham and Darlington
3. Improve patient flow and capacity within AMH Acute Inpatient Services and PICU

How will success be achieved?

- Reduction of incidents of avoidable harm
- Increase in service users reporting feeling safe
- Positive recovery outcomes
- Reduced length of stay
- Reduced waits for people accessing a bed
- Timely responses to urgent referrals
- Improved call answer rate

Indicators/output measures

- Number of Level 3, 4 and 5 incidents per team
- Patient experience surveys
- Positive and safe dashboard data (restrictive interventions indicators)
- % call answer rates
- PALS and complaints data

Amplify national campaigns
Time to Talk Day
Mental Health Awareness Week
Suicide Prevention Day
World Mental Health Day
Every Mind Matters Campaign

Dementia

Priority/Objectives

1. Identify and address gaps in service provision around early onset
2. Collaboratively ensure the Dementia Advisor Service is fully integrated within Primary Care supporting those with a diagnosis of dementia from the onset
3. Continue to investigate digital initiatives to help people living with dementia and their carers

How will success be achieved?

- More people with young onset dementia accessing support
- Increase in referrals to the Dementia Advisor Service from GP's and Memory Clinics
- Increase in the use of digital technology for those looking after people with dementia

Indicators/output measures

- Number of people accessing support with young onset of dementia
- Number of referrals from primary care to the Dementia Advisor Services (case studies)
- Qualitative data on how the technology has helped (case studies)

Promote Mental Health at work commitment across anchor organisations

Resilient Communities

Priority/Objectives

1. Promote mental wellbeing reducing social exclusion by addressing stigma and discrimination.
2. Ensure a participatory approach engaging and cocreating the work programme with communities and local people
3. Support The NHS Long Term Plans' vision for a placebased community mental health model

Key areas of focus/intervention

- More Campaign and events with a broader range of organisations
- Co-production and lived experience is embedded, leading to ideas for change and improvements,
- businesses involved in workplace mental health initiatives.
- VCSE roles developed and in place as part of CMHT and improved communication, referral and support across the system achieved for local people.

Indicators/output measures

- Increase in businesses engaged, website analytics etc.
- Increase in campaigns, numbers engaged and types of organisations
- VCSE reporting increased input and communication.
- Stakeholders and partners reporting improved referral pathways and better choice

Asset based approaches to enhance Mental Health and Wellbeing resilience in communities

↑
Voice of lived experience
↓

Indicators and output measures

Underpinning Comms plan

5 workstream successes

Children and young people	Suicide Prevention	Urgent Care	Dementia	Resilient Communities
Family Hubs	LGA peer review	Happiness hubs	Support in care homes	New befriending scheme
CYP Review	High frequency location	Minimal delays in A&E	Exceeding national targets	County Durham Together principles incorporated
Partnership ongoing	Cases below 2022	111-2 and work with NEAS	Dementia Advisor	Asset-based approach to communities

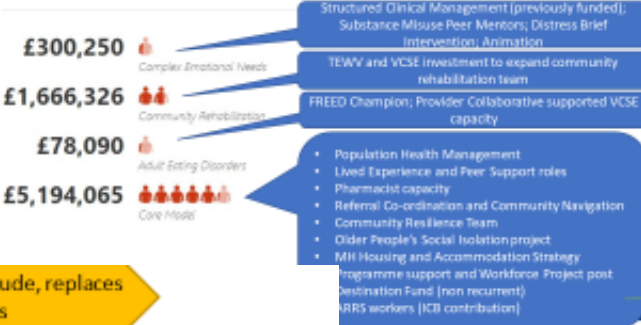
Community Mental Health Transformation

How did we use transformation resources?

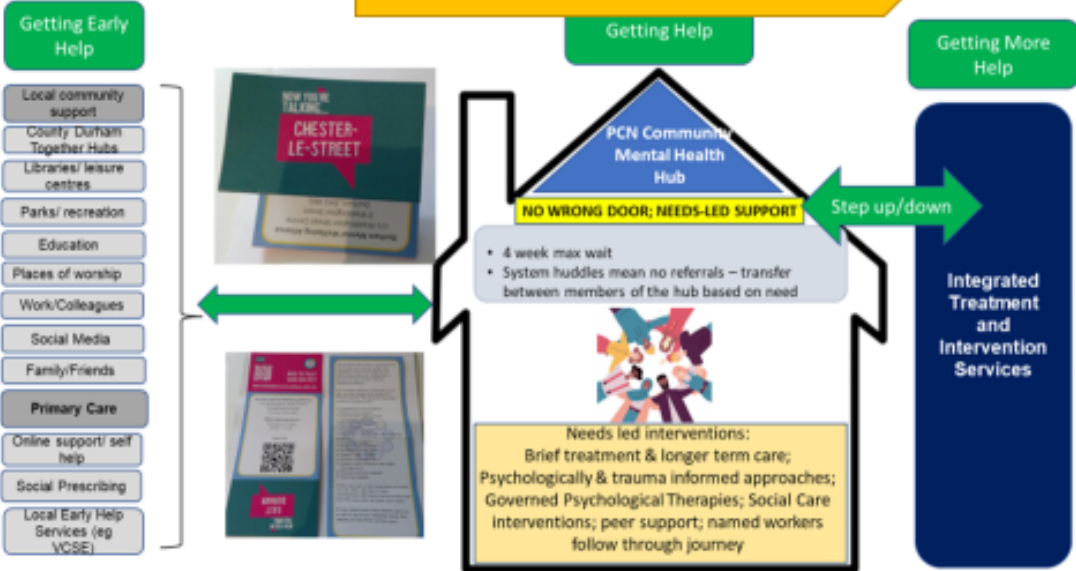


County Durham Care Partnership

INVESTMENT OVER 3 YEAR PROGRAMME



Huddles – no wrong door and can do attitude, replaces traditional "referral" processes



Better for everyone



Arch Recovery College and Recovery College Online

Resources



We're in!
The mental health challenge
Local councils championing mental health

Councillors' guide to mental health

“As a councillor I'm struck by how many people who come to me for help – whether for housing, financial or family issues – are struggling with their mental health too. If we can get things right strategically, so all our decisions take account of mental health, we'll make huge strides forward for our communities.”

Mental Health & Emotional Support
for Adults in County Durham

This is a **great starting point** to help you access support

Advice and Self Help

- NHS** | www.nhs.uk
Checklist, checklist or assessment? Or just want to feel happier, your NHS is here to help.
- NHS Every Mind Matters** | www.nhs.uk/everymindmatters/mental-conditions
First expert advice and practical tips to help you look after your mental health and wellbeing.
- The Recovery College Online** | www.recoverycollegeonline.co.uk
Providing a range of online courses and resources.
- Mind** | www.mind.org.uk
Resources from Mind can help find what's right for you and your family.
- Rethink Mental Illness** | www.rethink.org
Offer online support and some local groups.
- CRUISE** | 01642 210 224
Mental Healthline and support to explore what has been diagnosed.

Helplines and Webchats

- Shout** | www.shoutchat.org
Anonymous, 24/7 support. Get help from our team of Crisis Workers. Text 81010.
- Samaritans** | 116 123 | www.samaritans.org
The Samaritans are there to listen. 24 hours a day. 365 days a year.
- SANE** | 01754 961 708 | www.sane.org.uk
Sane and the SANEline offer care to care support for those times you feel you need it most.
- Crucy Campaign against living miserably** | 0800 58 58 58
Access the helpline to talk and find support. Open Monday 300 days a year. www.thecrucy.com/uk
- TEWY Crisis line** | 0800 0319 171 | www.durhamcc.gov.uk
24-hour service for young people experiencing a mental health crisis.
- Dwell** | www.dwell.org.uk
Office free, safe and anonymous mental wellbeing support for adults across the UK.

What are our Challenges

- Mental Health is very complex
- Training – MECC in Mental Health across all sectors
- Managing expectation and demand

As a HWB, what else do you think we can do to address Mental Health, Wellbeing and Resilience in County Durham?



Our call to action:

We will work together to make County Durham a place where Mental Health is a priority for all

