

Mental Health and Wellbeing Strategic Plan 2018-21

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

Children and Young People	Suicide prevention	Crisis Care Concordat	Dementia	Resilient Communities
<p><u>Priorities/Objectives</u></p> <ol style="list-style-type: none"> Promoting resilience, prevention and early intervention Improving access and effective support Caring for the most vulnerable 	<p><u>Priorities/Objectives</u></p> <ol style="list-style-type: none"> Targeted mental health prevention work with high risk groups including those at risk of self harm Improving awareness of pathways available to support people expressing suicidal thoughts Review the effectiveness of processes relating to post-vention support. Providing support for individuals and communities bereaved by suicide. 	<p><u>Priorities/Objectives</u></p> <ol style="list-style-type: none"> Ensure that those detained under the Mental Health Act are taken to hospital in a timely manner Supporting frequent users who cross services (police, A&E, primary care etc) Developing a Single Point of Access for those needing mental health support when in crisis. Support the actions arising from the CCG crisis review (awaiting publication). 	<p><u>Priorities/Objectives</u></p> <ol style="list-style-type: none"> Improved public and professional awareness & understanding of dementia Early diagnosis and intervention for people with dementia and their carers Good quality information for those with diagnosed dementia and their carers Ensuring people with dementia can live well at home and throughout their dementia journey. 	<p><u>Priorities/Objectives</u></p> <ol style="list-style-type: none"> Promote positive mental wellbeing and recovery in adults inc. vulnerable groups. Acknowledge and address the impact of the wider determinants of mental ill health eg housing, employment & poverty Reduce entry and re-entry into health and social care by providing early intervention and recovery support Acknowledging and challenging the impact of stigma and discrimination
<p><u>Key areas of focus/Intervention</u></p> <ul style="list-style-type: none"> Roll out Youth Aware Mental health (YAM) to all year 9 pupils Embed bereavement support as a mainstream offer Roll out intensive home treatment including community support Understand the MH needs of vulnerable populations and provide targeted support Reduce the rate of self-harm through better identification Improve transition for CYP from CAMHS into appropriate adult services 	<p><u>Key areas of focus/Intervention</u></p> <ul style="list-style-type: none"> Develop suicide alliance prevention plan by 12/18 as part of mental health strategy refresh. Produce an annual suicide audit by 12/18 Review the suicide early alert systems and post-vention support by 03/19 	<p><u>Key areas of focus/Intervention</u></p> <ul style="list-style-type: none"> Conveying service for detained patients procured by April 2019 Further modelling of 'Familiar Faces' work to assess impact. Single Point of Access established via TEWV Crisis team. The Crisis review (details October 18) will have actions needing concordat support and leadership. An action plan will be developed. 	<p><u>Key areas of focus/Intervention</u></p> <ul style="list-style-type: none"> Increase the number of Dementia Friendly communities. Continue to implement dementia awareness as part of the NHS Healthchecks through the provision of training and literature for primary care Develop an information guide for people with dementia and their carers 	<p><u>Key areas of focus/Intervention</u></p> <ul style="list-style-type: none"> Convene a Project Board to deliver objectives and oversee implementation Review the potential mental health role of the Wellbeing for Life Service by 09/2019 Review current mental health support services commissioned by the Council against the above objectives and to strengthen cross-sector interfaces Review our County-wide approach to reducing stigma and discrimination.
<p><u>Indicators/output measures</u></p> <ul style="list-style-type: none"> No of pupils accessing YAM and academic evaluation of implementation CYP receiving support and intervention report positive goals / outcomes Reduction in tier 4 admissions MH of vulnerable groups will be audited using standard (e.g SDQ in LAC) A&E attendance for self-harm 90% of transfers will have a good quality transition plan in place by age 17 ½ 	<p><u>Indicators/output measures</u></p> <ul style="list-style-type: none"> Suicide Rate Hospital admissions for self harm New suicide alliance prevention plan developed with supporting indicators Suicide Audit produced Early alert system reviewed and recommendations for post-vention support taken forward 	<p><u>Indicators/output measures</u></p> <ul style="list-style-type: none"> Timely response to those in crisis Ensuring those who frequently use multiple services get the first support at the right time Pathways are agreed for single points of access. Action plan developed as a result of crisis review. 	<p><u>Indicators/output measures</u></p> <ul style="list-style-type: none"> Registered dementia prevalence (QOF) Ratio of inpatient service use to recorded diagnoses All diagnosis rates remain consistently above the national average Number of dementia friendly communities increased by 5 by 2020. Information Guide produced by 4/19 	<p><u>Indicators/output measures</u></p> <ul style="list-style-type: none"> Project Board convened by 01/19 Reviews completed throughout 2019/20 Mental Wellbeing Score (WEMWBS) Hospital Admissions No of people in secure accommodation No of people in paid employment Additional indicators will be developed within remodelled contract specifications Perceptions survey to monitor attitude change

Cross Cutting Themes: Evidence Based & Intelligence Lead, Workforce, Good Governance, Communications and Engagement, Think Family