

Summary of the Bury Mental Health Strategy

2013 – 2018



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We want to make our strategies easy to read and understand. This summary has been written to provide a short overview of the Bury Mental Health Strategy 2013 - 2018.

Introduction

Bury Council and the NHS Bury Clinical Commissioning Group are committed to improving the mental health and emotional wellbeing of all adults in Bury. The Bury Mental Health Strategy sets out how we will achieve this over the next five years.

We have made considerable progress in improving and developing services in recent years, but we recognise that there is more we can do to support our residents, especially the most vulnerable. This is reflected in our vision for the borough:

"We are working together to promote good mental health and wellbeing amongst every one in Bury. We are taking action to reduce ill health, promote better recovery and enable people to reach their full potential. Our services focus on meeting the needs of our local community and provide choice, encourage independence and enhance quality of life".

Who is the strategy for?

The Bury Mental Health Strategy is far reaching. It outlines our vision for planning and delivering effective services which will achieve successful outcomes for all adults in Bury, including people of working age and older adults. This includes a very wide range of mental health conditions – from common conditions such as depression and anxiety, to complex conditions such as bi-polar and schizophrenia.

The strategy covers:

- Preventative services which can delay or stop mental health conditions from developing;
- Services for people with mild to moderate mental health and wellbeing needs; and
- Services for those individuals with severe and enduring conditions.

How did we produce the strategy?

Bury Council and the NHS Bury Clinical Commissioning Group are the main commissioners of mental health services for the borough, and as such, the Bury Mental Health Strategy is jointly owned by these organisations.

We have actively worked with people that use mental health services and their carers to

develop this strategy. Working in partnership in this way puts the community and people that use services at the heart of service design and delivery – ensuring their experience, insight, knowledge and expertise shape and influence services.

Where are we now?

We have estimates for the numbers of adults (aged 18 to 64) in Bury that have mental health conditions (based on national prevalence rates)¹. They can be broken down into the two main types of mental health conditions –

1. **'Common'**. This is when people have more severe reactions to emotional experiences than the average person (eg. depression and anxiety disorders).
2. **'Complex'**. These conditions disrupt a person's perception of reality, their thoughts and judgement, and affects their ability to think clearly (eg. schizophrenia and bi-polar).

Estimates tell us that:

- There are approximately 18,441 people in Bury with a common mental health condition. This is 16% of the adult population in the borough (aged 18 to 64)².
- There are approximately 459 people in Bury with a complex mental health condition. This is 0.4% of the adult population in the borough (aged 18 to 64)².

What are our aims?

The strategy includes six challenging aims to improve the mental health and wellbeing of our borough:

1. **More people will have good mental health** – this is about preventing mental health problems from starting. The focus is on making sure that more people will have good mental health and emotional wellbeing throughout their lives – in childhood, in adulthood and in their later years.
2. **More people with mental health problems will recover** – this is about making sure that people that have mental health problems are able to recover well and manage their condition effectively so they have a better quality of life.

To do this we need to make sure that mental health problems are identified early and that treatment is provided quickly to stop problems escalating. The focus is on taking a broader view of the factors that affect our mental health, such as housing and social networks, and making sure they encourage recovery.

¹ Estimates from Projecting Adult Needs and Service Information 2012

² Adult population of Bury (aged 18 to 64) is 113,568 (2011 Census data)

- 3. More people with mental health problems will have good physical health** – this is about improving the physical health of people with mental health problems, so they are less likely to develop long term health conditions, such as diabetes and heart disease, which can affect their life expectancy.

It is also about improving the mental health of people with physical illnesses. People that develop long term health conditions often become depressed due to the feeling they have lost some of their quality of life as a result of poorer physical health.

- 4. More people will have a positive experience of care and support** – this aim is about providing people with high quality services which give them as much control as possible over their own care. This means giving people the information to make choices about the support they want to have. Taking this approach is particularly important because when people are put in control of their own life it helps them to recover.
- 5. Fewer people will suffer avoidable harm** – this is about reducing the number of people harming themselves and others because of their mental health condition. There is also a focus on ensuring that fewer vulnerable people using mental health services (either in hospital or in the community) suffer harm which can be avoided whilst they are a patient.
- 6. Fewer people will experience stigma and discrimination** – this is about tackling the negative attitudes that people with mental health conditions still continue to experience. This is often caused by fear and ignorance and can have a serious impact on the life chances of people with mental health conditions. It is more difficult for people with mental illnesses to fulfill their potential than other people and these negative attitudes can make it even harder. Changing attitudes towards mental health will be difficult and this needs to be tackled nationally, as well as locally, to make a difference.

We have taken these aims from the national mental health strategy 'No Health Without Mental Health' (2011). We decided to do this because we wanted to make sure that we responded proactively to all six national priorities – by developing effective local solutions to meet local needs.

What are we going to do?

We are committed to taking action to make change happen.

The full version of the Bury Mental Health Strategy outlines how we intend to achieve improvement against all six aims over the five year lifespan of the strategy, but a brief overview of some of the actions we will be taking is set out here:

Our aims	Our Actions
<p>More people will have good mental health</p>	<ul style="list-style-type: none"> • We will promote the prevention of mental health and better self care by raising awareness of how to cope more effectively with common mental health conditions. • We will work with schools, colleges and employers to enable them to support people with mental health conditions more effectively. • Additional education and training in mental health will be available to front line staff and GPs to treat and refer people appropriately.
<p>More people with mental health problems will recover</p>	<ul style="list-style-type: none"> • We will develop an information resource to provide clear, up to date details about what mental health services are available in Bury and how to access them. • More services will be provided in the community, by GPs, where possible, so they are closer to where people live. • We want to make sure people can live independently in the community where possible, so we will work to reduce the number of people living in inappropriate residential care placements and promote schemes which tackle isolation and promote recovery.
<p>More people with mental health problems will have good physical health</p>	<ul style="list-style-type: none"> • To reduce the risk of people with long term conditions (such as diabetes) developing mental illnesses, we will promote routine mental health screening. • We will promote routine physical health screening of people with complex mental health conditions. This will include ensuring they have access to health improvement initiatives, such as smoking cessation support and physical activity schemes.
<p>More people will have a positive experience of care and support</p>	<ul style="list-style-type: none"> • We will work to ensure that people have more control over their own care by offering personal budgets (which provide individuals with greater choice over how their needs are met and what services they access). • We will continue to change and adapt mental health services to make sure they meet the needs of local

Our aims	Our Actions
	<p>people. This will involve focusing on understanding the performance of services, the outcomes achieved for patients, and patient satisfaction.</p> <ul style="list-style-type: none"> • We will work to ensure services are person centred – this means they will respond to an individual’s needs.
<p>Fewer people will suffer avoidable harm</p>	<ul style="list-style-type: none"> • All people who go to Accident and Emergency after a self-harm incident will be offered a follow up appointment with mental health services. • A new electronic health and social care system will be rolled out to ensure different organisations communicate issues relating to safeguarding and risk effectively.
<p>Fewer people will experience stigma and discrimination</p>	<ul style="list-style-type: none"> • We will work to challenge the assumptions and stigma related to mental health within local organisations and the community through awareness campaigns, such as local events for World Mental Health Day. • A lot of the actions we are committed to delivering for our other aims will have the added benefit of raising awareness of mental health which will contribute to tackling stigma and discrimination.

What are the next steps?

We are committed to developing a detailed Action Plan to deliver the improvements in mental health services that we have outlined in the Bury Mental Health Strategy over the next five years. This will explain how we plan to achieve change, with specific actions and timescales.

This strategy puts forward a challenging agenda for improvement. Achieving our shared vision will require the hard work and collaboration of local organisations, individuals, carers, families, employers, educators, voluntary groups and communities.

Contact us

For further information about the Bury Mental Health Strategy 2013 – 2018:



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