Southend Health & Wellbeing Board

Report of the Director of Public Health

to

Health and Wellbeing Board

on

25th March 2015

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For discussion		For information only	X	Approval required	

Mental Health Needs Assessment for Adults

1. **Purpose of Report**

1.1 To update the Health and Wellbeing Board on the proposal for a detailed mental health needs assessment for adults in Southend-on-Sea.
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2. **Recommendations**

2.1 That the Health and Wellbeing Board notes the proposal, scope and timeline for a detailed mental health needs assessment (MHNA) to be undertaken for adults in Southend-on-Sea.

3. **Background & Context**

3.1 The Southend Joint Strategic Needs Assessment (JSNA) is currently being updated to inform the refresh of the Health and Wellbeing Strategy for 2016-20. As the Board has recently requested a number of reports on local mental health issues and mental health service provision, the Joint Executive Group has endorsed plans for a MHNA for adults in Southend-on-Sea to be undertaken as a priority as part of the JSNA process.

3.2 The aim of the MHNA is to understand the mental health needs of the population of Southend-on-Sea aged 18 and over.
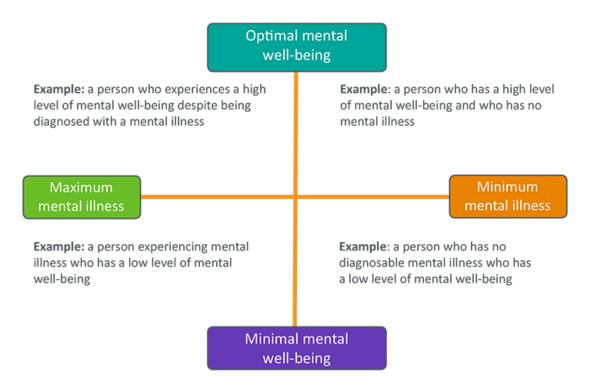
3.3 <u>The scope of the MHNA:</u>

- The MHNA will not cover the population under 18 years as their needs are being considered within the on-going Child and Adolescent Mental Health Services (CAMHS) procurement process.
- The MHNA will not cover dementia, as this is covered by the Essex, Southend and Thurrock Dementia Strategy (2013-2016).

- The MHNA will consider both mental illness and mental wellbeing, which are acknowledged as distinct spectrums for mental health (see Figure 1).
- The scope of services to be included and excluded will be discussed in partnership between the Council, NHS Southend CCG, the voluntary sector and relevant providers.

Figure 1: The dual axis of mental health showing distinct spectrums for wellbeing and illness

Optimal mental well-being

Example: a person who experiences a high level of mental well-being despite being diagnosed with a mental illness

Example: a person who has a high level of mental well-being and who has no mental illness

Maximum mental illness

Minimum mental illness

Example: a person experiencing mental illness who has a low level of mental well-being

Example: a person who has no diagnosable mental illness who has a low level of mental well-being

Minimal mental well-being

3.4   MHNA Objectives

- To assess the current baseline of mental wellbeing in Southend-on-Sea adults.
- To describe the numbers of people at increased risk of developing mental health problems, with reference to the distribution of risk and protective factors for mental health.
- To estimate the number of people with mental illness.
- To assess strengths, gaps and any inefficiencies in existing service provision by identifying people currently not receiving beneficial services (unmet need) and people currently receiving ineffective or inappropriate services.
- To assess the evidence for the delivery of high quality mental health services and interventions.
- To ascertain the views of the public, service users and carers, and other stakeholders, of mental health assets, needs and gaps in services.
- To identify areas for improvement and make recommendations for mental health promotion, prevention and treatment.

3.5   MHNA Outputs

A comprehensive document detailing the current and future mental health needs of the Southend-on-Sea population covering wellbeing, risk factors for mental illness through to individuals with mental illness. The MHNA will assess how current needs are being met, and identify areas for improvements and gaps in current service provision.

The completed MHNA will contribute to the Joint Strategic Needs Assessment (JSNA) for the Southend-on-Sea population. Alongside other completed JSNA chapters, the completed MHNA will be used to inform the future commissioning and provision of services across Southend-on-Sea.

It will also inform the development of a Wellbeing Strategy for Southend-on-Sea, to be led by the Public Health Department. The Wellbeing Strategy will complement the existing South Essex Joint Mental Health Strategy (2013-2018), which focuses on adults with mental illness and recovery.

3.6   Due to the urgent timescale for completion and the scope and complexity of the topic, it is proposed that the MHNA will be commissioned. The development of the MHNA service specification will be overseen by the Council in partnership with NHS Southend CCG, the voluntary sector and relevant providers.

3.7   MHNA Timeline

It is anticipated that the MHNA will be completed by autumn 2015 and presented to the Board.

Task	Time Period
Service specification to be written with input from partner organisations	March – April 2015
Provider commissioned to conduct MHNA on behalf of the Council	May – June 2015
MHNA to be conducted and completed	July – September 2015
Key findings from the MHNA to be shared with HWBB	October 2015 (or nearest HWBB thereafter)

4.   **Health & Wellbeing Board Priorities / Added Value**

4.1   This MHNA will contribute to the following Health and Wellbeing Strategy ambitions:

Ambition 3: improving mental wellbeing
A. Holistic: Mental/physical | B. Early intervention | C. Suicide prevention/self-harm | D. Support parents/postnatal

Ambition 6: active and healthy aging
C. Physical & mental wellbeing | D. Long Term conditions – support

Ambition 9: maximising opportunity
C. Tackling health inequality (improved access to services)

4.2   The MHNA will also inform the Health and Wellbeing Strategy refresh priorities for 2016-2020.

5.   Reasons for Recommendations

5.1   From 1st April 2013, the Council has a statutory duty to improve the health of the population. The MHNA will identify the mental health needs of the Southend-on-Sea population, including both mental wellbeing and illness.

6.   Financial / Resource Implications

6.1   The MHNA will be funded through the public health budget.

6.2   Once completed, the MHNA should influence future prioritisation and allocation of resources through the Wellbeing Strategy for Southend-on-Sea.

7.   Legal Implications

7.1   None

8.   Equality & Diversity

8.1   The MHNA will assess population mental health needs and consider equality and diversity across the population as part of its process.

9.   Background Papers

9.1   None

10.   Appendix

10.1 None