

BRIDGEND COUNTY BOROUGH COUNCIL
REPORT TO CABINET COMMITTEE - EQUALITIES

6 FEBRUARY 2012

REPORT OF THE CORPORATE DIRECTOR, WELLBEING

MENTAL HEALTH IN BRIDGEND COUNTY BOROUGH

1.0 Purpose of Report

1.1 To provide the Committee with the profile of mental health in Bridgend County Borough and to clarify statistics that were presented in relation to Mental Health in Bridgend in the Welsh Health Survey 2011.

2.0 Connection to Corporate Improvement Plan / Other Corporate Priority

2.1 This report links to the following Community Strategy themes:

- Healthy Living
- Strong Communities

3.0 Background

3.1 As part of its commitment to a modern, decent and inclusive society, the Welsh Government has set out plans for the NHS and its partners. "Improving Health in Wales: A plan for the NHS with its partners" set out a programme for tackling inequalities, improving health and service performance and working in partnership. Specifically it gave a commitment to the development of a co-ordinated system of care management.

3.2 The Adult Mental Health Services Strategy along with the National Service Framework (NSF) sets out the direction and standards for mental health services in Wales. Key action 29 gives a commitment that the Care Programme Approach will be introduced across Wales for all people with a serious Mental Illness and /or complex enduring needs. Services need to be:

- More accessible
- More responsive to provide help and support quickly
- Capable of involving service users and carers in all aspects of planning
- Effective in using care processes.

3.3 The Welsh Health Survey is a source of information about the health and health related lifestyle of people living in Wales. Key findings from the report are presented in a series of annual reports. The findings presented in the 2011 survey were taken from statistics gathered in 2009 and 2010.

- 3.4 The survey in Bridgend was undertaken on a totally random basis from postal address records. Over the two year process 1400 people were contacted and were asked a series of questions in relation to their Health, one of which was specific to Mental Health. The main findings of the survey are shown in paragraph 4.20 of this paper.

4.0 Current Situation

Mental Health in Bridgend

What is mental ill health?

- 4.1 Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community. (World Health Organisation).
- 4.2 When a person is not achieving the above and are formally diagnosed with a condition that requires treatment of a physical or psychological nature following medical diagnosis, they could then be deemed to be mentally ill.
- 4.3 Mental ill health can affect any one. In the County Borough of Bridgend and as at 16th January 2012, approximately 941 adults were receiving specialist treatment for mental ill health issues. This includes adults of working age and above, including those with conditions such as depression, anxiety or schizophrenia and dementia
- 4.4 Of these cases, 513 (55%) are female and 428 (45%) are male. This is not necessarily an indication that mental ill health is more prevalent in women; it is more likely as a result of the fact that men, particularly younger men, do not engage particularly well with services. A clear indication of this would be in the 18-29 age group, where men represent only 42% of those in receipt of specialist services and women represent 58%. These figures are a little different in the 40 -59 age group where men represent 52% of those receiving treatment and women 48%. The incidence of women receiving services in the 75 – 85 plus age group is approximately 68%. This is mainly as a result of organic conditions such as dementia, and the greater life expectancy of women.

Preventative services and support and primary care

- 4.5 A very significant number of services and support are delivered in primary care and also in preventative support in the community.
- 4.6 Primary care gateway services indicate that around 60% of mental ill health cases that present in General Practitioner surgeries are sign posted onto the third sector for low level support whilst only around 5 % are referred on to specialist secondary services. The remainder are cared for in primary care services.

- 4.7 Approximately £1,000,000 Big Lottery money has been invested in Bridgend and Neath Port Talbot as a result of the Siarad a ni programme which aims to minimise episodes of self harm and suicidal behaviour. This funding provides support and training to people across both county boroughs, This programme is delivered in full by the third sector and is managed by a board of social care, health and third sector colleagues.

Secondary Care

- 4.8 Secondary adult services currently have approx 796 service users/patients referred to the specialist mental health teams in the south and north of the county borough. These are individuals whose clinical presentation is assessed as requiring support and treatment from skilled mental health professionals. A proportion of such cases will always need specialist secondary care intervention. Some people however, will make significant recoveries and will then continue to receive support and treatment in the primary care setting.
- 4.9 Secondary services work with people who generally present with serious mental illness, specific conditions such as Bi-Polar Disorder (referred to as Manic Depression), Schizophrenia and serious depression. Access into secondary services will generally require a referral from a General Practice, hospital or emergency services.
- 4.10 Environmental and sociological circumstances are very clear causal factors in a deterioration of mental wellbeing. At any one time nationally, approximately 28% of people receive treatment or support for mental ill health issues. Most of these issues are not deemed as a serious mental illness and are treated in primary care settings rather than in specialist services.
- 4.11 The causes of mental ill health are very complex, presentations can be as a result of physical ill health, environment, familial and other reasons. A particularly high profile antecedent at the moment is recession and involuntary unemployment. Literature shows that rates of suicide are higher in times of economic recession. (Joseph Rowntree Foundation).
- 4.12 Research undertaken by the Joseph Rowntree Foundation highlight five main issues that they feel require further policy attention:
- the need to address the financial burden of debt on people's everyday life;
 - the need to facilitate emotional support for unemployed people (including stigma), particularly for unemployed men;
 - the need to improve people's ability to keep a structure and a routine to the day;
 - the need to address the 'unhealthy' coping strategies adopted by some young unemployed men;
 - the need to raise public awareness of the impacts of unemployment and hence attempting to reduce the stigma associated with both unemployment and mental ill health.

- 4.13 The Council works closely with partners in health and the third sector to deliver safe and effective mental health services. These services cover a wide range of diagnoses and conditions, ranging from community based work with mentally disordered offenders, the undertaking of statutory duties concerning the Mental Health Act and other legislation. Staff work closely with service users in relation to developing work based skills and recovery programmes.
- 4.14 The Mental Health team for older people is co-located with health colleagues. This team currently has an active caseload of 135 people. Older persons services are also provided in jointly staffed liaison and support and stay services. Close work is undertaken with colleagues from health in reaching into hospital and supporting people with a diagnosis of dementia in the community. The BCBC domiciliary care service has a team of staff who have special training that enables them to work with people with dementia. This is vital work in ensuring that people are cared for at home for longer and are not placed in residential or hospital settings. The Council also provides support for people with dementia in day centres in Minerva Street and the Vernon Hart Centre.
- 4.15 There is a joint service from the ARC (Assisted Recovery in the Community) centre; this is a service which supports and empowers people who are experiencing mental health issues to access opportunities in the community. These would include staff support for people to gain employment and education and training. Staff would also work with people who have lost daily living skills such as budgeting and the ability to use public transport. The building at ARC is used by many groups as a space to operate support groups. It is used by the Post-natal Response And Management Service (PRAMS) this group provides advice and support for Mums who may be experiencing some Ante Natal mental health Issues. This group is supported by the Genesis project who provide a crèche for this group in the ARC centre. The local Bi-Polar disorder group and the Bridgend Involvement Group (a self help group to support people with alcohol and substance misuse issues) are two groups among a range of groups that also use the facilities at ARC.
- 4.16 The community mental health teams are co-located and have integrated management. The mental health services for older people are also co-located. These teams are specialist secondary services and in the vast number of cases receive their referrals from General Practice. The needs of this client group could be complex and generally require a multi disciplinary team approach.
- 4.17 Provided by the Local Authority at Glyn Cynffig is a 16 place rehabilitation service for people with serious mental health and co-occurring substance misuse issues. The service accepts referrals from specialist mental health services.
- 4.18 The specialist, regional medium secure service at the Caswell Clinic in Glan Rhyd Hospital has a social work team component which is managed by Bridgend County Borough Council on behalf of 16 Local

Authorities. The Clinic is a 60 bed unit, for people with mental ill health who have usually come through the criminal justice route into treatment services. The length of stay at the unit usually varies between 18 months and 5 years. Over the last five years, nine non-Bridgend residents have remained in the Bridgend area following discharge from the inpatient facility.

- 4.19 The ongoing development of community based mental health services in Bridgend are dependent on further partnership working with a range of partners in health and the third sector. The integration of services will ensure efficient and effective service delivery for the people of the County Borough.

Welsh Health Survey

- 4.20 The Welsh Health survey in relation to Mental Health in the County Borough of Bridgend has two main findings:

- The report shows that the overall mental health status of the people of Bridgend is not substantially different than the Welsh Average. These findings are based on the use of 36 questions that reflect general wellbeing. It is not a questionnaire specifically about mental health. It did, for example, ask a series of questions specifically about physical health. The answers to these questions will have a weighting on them that will also reflect on mental health.
- The report also shows that Bridgend seems to have a 3% higher rate of people being treated for specific mental health conditions. These results do not identify where the individual is receiving treatment. A slightly higher rate that is noted as a result of early intervention in primary care or pre primary care is an indication of good mental health practice. Conversely if the figures represent higher levels of treatment in specialist secondary care, that would represent a less positive service.

Next Steps

- 4.21 ABMUHB have recently undertaken an engagement exercise around the document “Changing Mental Health for the better”. This document sets out a series of proposals regarding mental health services across the ABMUHB area. These proposals include :
- The development of Triage services for access to mental health services
 - A central admission unit for acute mental health cases across the ABM area
 - The development of community based crisis house and step down facilities

Bridgend County Borough Council along with other Local Authorities and stakeholders have taken the opportunity to formally respond to this document.

4.22 Following the completion and collation of comments from the engagement process, a formal consultation on key areas of the document and its proposals that have raised concerns will follow.

4.23 The Welsh Health survey will be undertaken again in May and September of 2012; a further 1400 people will be surveyed.

5.0 Effect upon Policy Framework and Procedure Rules.

5.1 There is no effect on the policy framework and procedure rules.

6.0 Equality Impact Assessment

6.1 An equality impact assessment has been undertaken in respect of changes in mental health services and they are assessed as relevant to the Authority's general and specific duties to promote equality and eliminate discrimination, but there will be no negative impact arising from the developments.

7.0 Financial Implications

7.1 At this stage there are no financial implications.

8.0 Recommendation

8.1 It is recommended that the Committee consider the information provided.

9.0 Contact Officer

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10.0 Background documents

Welsh Health Survey 2011 – Statistical bulletin