Mental Illness Prevention Strategy

2015 - 2016

Introduction and background

Since 2011 Lincolnshire Partnership NHS Foundation Trust has been working with key partners to implement a Mental Illness Prevention Strategy. The focus of this work has been the establishment of a “Managed Care Network” of groups and organisations to offer support to people with mental health issues in Lincolnshire.

Aims

We want to:

- improve people’s understanding of what helps to prevent mental illness,
- see more help available to people to prevent mental illness.

We will continue to work with Lincolnshire County Council to provide funding to organisations and groups who can help to improve people’s lives.

When we talk about ‘prevention’, we mean:

- Helping people who have already lived through a period of mental illness. We want to reduce the risk of it happening again, so they can enjoy a good quality of health and life,
- Helping people who are living with mental illness for the first time. We want them to get the help they need as soon as possible to ease their illness,
- Promoting positive mental health for people of all ages.

What does this mean for people with mental health problems?

- People know what help is on offer, and they know how to get help when they need it.
- If service users, services, and support networks work closely together they can spot when someone starts to feel ill and get the right help to them quickly so that things do not get worse
- When people start to feel things are getting worse, simple help and easy to get support can help them to avoid a crisis.
- Funding things that make a difference and help make people’s lives better.
The Mental Health Promotion Fund

Investing to make a difference now and in the future

So far, we have invested around £1.2million in groups and organisations across the county. In 2015-16 we estimate that we will invest a further £300,000 to make a real difference for people now, and to create a foundation we can build on in the future.

We invest in existing volunteer groups and other organisations to add value to the services and support that they already provide. We will also be looking to fund new groups and organisations.

We will also continue to work with partners to look at other ways of funding future prevention work.

To get the most out of the Fund, we will work with partners and service users to:

- Encourage and invest in good ideas right across Lincolnshire’s towns and villages,
- Spend some money on projects that can clearly show what a difference we can make by investing in activities that prevent mental illness. This will help us to get more funding in future,
- Fund a network of mental health voluntary, charity, community and other providers to help us give support to people before their mental health problem becomes serious. This will include small grants to service user and carer groups, and larger grants to voluntary and other organisations,
- Invest in activities that improve and make it easier for people to get existing support services provided by community groups, as well as those provided by voluntary and other organisations. We do not intend to invest any of this money in NHS services, but we might invest money with voluntary groups which can help to improve people's access to NHS services.
- Invest in activities that promote good mental health and reduce the stigma and inequalities that are often associated with mental illness.

Developing this new way of working

The views of local people, along with local and national plans for improving mental health set the backdrop for this Mental Illness Prevention Strategy.

Local service users, carers and other groups have been very helpful. They have put forward many good ideas. This has all given us a good starting point, and we will continue to involve people as we build up networks of support across the county.
Who we want to help

There are three groups of people the Mental Health Promotion Fund can help:

The first group is:
- Adults of all ages who;
  1. have received support from mental health services and/or are on their journey of recovery, OR
  2. are experiencing the first signs of acute mental health distress,

Projects that help adults of all ages aim to provide people with a choice of meaningful activities to help them recover from mental health problems. This includes people who are experiencing the first signs of acute mental health distress as well as those who have received support in the past and are on their own journey of recovery. An example of this might be an allotment where people can go to learn about horticulture, make friends and get some exercise in the fresh air.

We particularly aim to help those who are unlikely to get support from Adult Social Care services. This will include people who have served in the armed forces, and we are keen to help people who care for someone from these groups.

The second group is:
- People of all ages who would benefit from mental health promotion activities such as raising awareness of mental health problems, and projects to reduce stigma.

Projects that promote good mental health across all ages aim to influence people’s knowledge and attitudes about mental health, encouraging them to help others and to learn about how they can look after their own mental health. An example of this might be young people raising awareness of the effect that caring for a loved one might have on their mental health by giving talks to schools.

The Third group is:
- People who care for someone/people who are in one of the first two groups

The Types of projects we can invest in

We are not looking for projects that try to do everything for everyone.

However, we are looking for:
- well designed projects that link in with a wider network of services, help and support,
- projects provided by small scale, local groups and organisations, as well as larger organisations,
- projects that are based on evidence of what works, as well as new ideas that have not been tested before,
- projects that can be up and running quickly,
- projects that can run for between 6 to 12 months so that we can learn more about what works to help us decide on any future investment,
• projects that focus on how they will make a difference for people, not just on the numbers of people who will be helped,
• realistic projects that do not promise more than they can deliver,
• projects where a small change might make a big difference,
• a good mix of projects spread across Lincolnshire.

We are not looking for projects that provide healthcare services such as counselling or other services already provided by public bodies.

From what people have told us about what they think will be helpful, there are some types of projects that we would particularly like to see.

They are projects that:
• promote sharing of information across the whole mental health support network,
• promote a ‘no wrong door’ approach for people seeking help,
• help people who are more likely to be excluded from the local community,
• are self help or community based groups,
• are small scale and can support people in rural areas, including areas where there are few existing opportunities for people to get help,
• support carers, family and friendship networks,
• use new technology such as social networking to help people get involved and give them information about how to do this,
• develop self-help tools and knowledge,
• provide practical support for people who need it,
• reduce delays and promote an early response if someone is starting to become unwell,
• join up responses from services before a crisis takes place.

These are just some ideas. We hope people in Lincolnshire will come up with lots more ideas for projects.

Overall, we want to see projects that work. If they do, more investment could follow.
How we will work with and support the groups and organisations we invest in: Lincolnshire’s Managed Care Network for Mental Health

To achieve the outcomes we are looking for we have to develop a lasting relationship with the people we invest with.

We do not bring about the outcomes, it is the groups and organisations we invest in that do that. Wherever possible, and if future funding is available, we want to develop long term investment partnerships with these groups.

At the heart of an investment partnership is trust and, as a rule of thumb, providers and investors should avoid surprising each other.

As well as working with individual providers, we think it is essential that we all work together to achieve the outcomes we want for people. To do this we have set up “Lincolnshire’s Managed Care Network for Mental Health” which includes all the groups and organisations who receive an Investment from the Mental Health Promotion Fund. If your application is successful you would become a member of this network.

By October 2014 the network had 62 member groups and organisations providing 66 projects at 73 sites across the county.

If a group or organisation receives an investment from us they will need to report:

- How many people they are helping?
- If something is not working,
- What outcomes are being achieved?

The levels of need

By 2015 the levels of need for adults aged 18 to 64 years in Lincolnshire will be:

- 67,000 people will have a common mental health disorder, such as depression or obsessive compulsive disorder,
- 1,800 people will have border line personality disorder,
- 1,400 people will have an anti social personality disorder,
- 1,600 people will have a psychotic disorder,
- 30,000 people will have two or more psychiatric disorders.¹

1,651 adults aged 18 to 64 with mental health needs were supported by adult social care services during 2009/10.²

¹ Data taken from PANSI data set 2011.
² Data from Lincolnshire JSNA 2011.
Our investments will be aimed at helping people who:

- are unable to get support from Adult Social Care services but who, without help now, may have a future need for support from mental health services,
- have used mental health services and completed their recovery journey, but who are at risk of mental ill health in the future,
- are becoming unwell for the first time and have not yet linked into support services for help to keep in good mental health,
- have served in the armed forces,
- care for people who have mental health problems.

**How to get the best results: the outcomes we want to see**

So, based on what people have told us and the information we have, we are looking to help people who have already had mental ill health, or who are experiencing mental ill health for the first time.

**Strategic objectives**

*We need to:*

- Help people to play an active role in promoting good mental health for themselves and others
- Help people to get the help they need quickly,
- Help people get the right help before their mental health reaches crisis levels,
- Reduce the chances of people having another episode of acute ill health,
- Reduce admissions to hospital when someone becomes unwell,
- Reduce the length of time a person spends in hospital, if they are admitted,
- Reduce how much their illness affects their lives,
- Reduce the chances of them becoming unwell again,
- Reduce the number of people committing suicide,
- Increase the number of people who are able to manage their own lives and take part in activities such as work, volunteering or training,
- Increase the number of people who have better physical and mental health.
Personal outcomes

More people:

- Understand the practical things they can do to improve their emotional well-being and mental health,
- Manage their mental health,
- Look after their physical health,
- Manage their day to day lives e.g. paying bills, cleaning the home,
- Enjoy more supportive relationships and social networks,
- Be in work, volunteering or being active,
- Reduce unhelpful addictive behavior,
- Be able to take responsibility for their lives,
- Feel good about themselves,
- Be able to be more trusting with others and hope for the future.

It will be important that:

- people can easily get information about what help is available,
- people who need it have support to access that help,
- there is support for people to help themselves,
- people can access supportive networks,
- people can get skilled help quickly when they need it.

Funded projects will need to help people make the most of the support and services that already exist. But as well as this we hope that lots of projects will set up new things to help people with mental health problems and/or promote positive mental health in our county. For example, this might be in areas of the County where there is very little help available for people at the moment.

Activity currently taking place

Many different types of activities already take place in Lincolnshire such as:

- Local social & friendship group support & development
- Advocacy & support
- Sports coaching
- Mentoring
• Formal & informal learning, skills and qualifications
• Woodland activities
• Horticulture
• Supported service user volunteering and community participation
• User-led social enterprise development
• Support for homeless people and rough sleepers
• Parental mental health
• Micro-commissioning pilot for people who are not eligible for Personal Budgets
• Web-based information & networking

What activities can make a big difference?
We want to see lots more activities right across the County.

We need to promote:

• social networks which help to reduce isolation,
• good quality housing that makes a person feel safe and valued,
• a sense of belonging in the local community,
• how people can get involved in their local communities,
• meaningful things for people to do, such as social or cultural activities, volunteering, training, work and so on,
• self-help and self-management of mental health,
• early alert, access to information and support before a crisis occurs
• support for the person's network of family, carers, friends and colleagues

We also need to focus on:

• being able to know the signs of mental ill health,
• access to the right kind of help as quickly as possible,
• access to information and networks of support as quickly as possible,
• support to carers, friends and relatives,
• helping people to play an active role in promoting good mental health for themselves and others.
What are the potential gaps?

People have told us that there are gaps and issues which need to be looked at. When we are thinking about which groups and organisations we can invest in we will therefore look to see how they can help us to:

- Promote sharing information across a mental health network made up of community, voluntary and other organisations,
- Promote a ‘no wrong door’ approach for people seeking help,
- Provide one to one support to help people with their daily lives,
- Support self-help and community based group resources,
- Provide small scale support in rural areas,
- Support carers, family and friendship networks,
- Use new technology,
- Promote self-help tools and knowledge,
- Provide early alert and support,
- Improve how services work together to prevent a crisis taking place,
- Reach people from different communities right across Lincolnshire (such as people with learning and other disabilities, or people in migrant communities)

We need to:

- look at developing activities that fill these gaps,
- fund current good practice and new activities that will mean everyone in Lincolnshire has the same opportunity to get the help they need.

The FIVE year plan: 2013 – 2017

To make the best use of our limited funds we aimed to test out ideas in the first year. In the second and third year we built on these ideas. Lincolnshire’s Managed Care Network for Mental Health is now well established and we aim to consolidate the network over the next 2 years.

All types of groups and organisations are welcome to apply. Many of these will be charity, voluntary and community groups who are able to reach out to people who might not normally get, or ask for, support.

We will be looking for activities that are known to work. But we are also leaving room for good, new ideas that we can test to see how much they help people.

We do not tell people what type of support or service they should provide because we want to encourage new ideas and new ways of doing things. But anyone who applies for funding needs to show how they plan to achieve the outcomes we want to see.
And finally, we will not be spending any of the money on NHS or other public services.

Spending decisions will be driven by what we learn about what works and how many people we can reach in.

**Evaluation and learning**

Success will be judged by the difference made to peoples’ lives.

Proven outcome measures and tools are being used as part of the evaluation process. We also use surveys and research studies to learn about how well we are helping people.

We also need to collect some basic information about numbers of people supported and other data such as how long it takes for people to get the help they need.

All providers will have to contribute to the evaluation of how well we are doing, and how many people we are helping.

All this information will be used in discussions we will have with service users and other people with an interest in mental health. It will contribute to developing our local knowledge about what works and how it works.

**Conclusions**

We believe that working with service users, carers, volunteer and community groups, and voluntary and other organisations will make a big difference to the lives of people experiencing mental health problems.

It will help to improve people’s health and quality of life. And very importantly, it will help to reduce health inequalities and tackle the barriers that people with mental health problems too often face.

**What next**

Alongside this document are guidance notes that set out how groups and organisations can make proposals for delivering the outcomes we want to see.

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27 March 2015

The Mental Illness Prevention Strategy was first produced on behalf of LPFT by Paul Muir of MWB Consultancy Ltd in consultation with service users and staff.