

Mental Health and Wellbeing Health Needs Assessment Summary

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Foreword

This needs assessment has been produced to support the commissioning of mental health and wellbeing services across the cluster of Devon and Torbay and compliments the Plymouth Mental Health Needs Assessment. This needs assessment also considers the wider wellbeing of the population which supports the local authorities' responsibility for public mental health.

Changes brought in to effect from April 2013 through the health and social care act now place the responsibility for local public health with Devon County Council, Torbay Council and Plymouth City Council. The close working relationship with the NHS continues through the provision of public health support and advice to the two clinical commissioning groups covering the area: Northern, Eastern and Western (NEW) Devon Clinical Commissioning Group and South Devon and Torbay Clinical Commissioning Group.

This needs assessment is one of many local health needs assessments that are either completed, planned or underway which consider different aspects of health and wellbeing in Devon. Completed needs assessments are published on the Devon Health and Wellbeing website www.devonhealthandwellbeing.org.uk. The recommendations in this document should be considered alongside other related needs assessments, the Joint Health and Wellbeing Strategy and the Joint Strategic Needs Assessment, to ensure a full picture of need.

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Executive Summary

Ensuring good mental health within the population throughout the life course is about more than just the absence of mental disorder, and is a major contributor to wellbeing within the population. Our mental health impacts on all aspects of people's lives and it is therefore the responsibility of not only the individual, but also families, friends, employers and the wider community to enable people to develop and importantly maintain good mental health.

The requirement for a needs assessment around mental health and wellbeing was identified as part of the last public health business plan. Mental health and wellbeing were also identified as areas the Devon Shadow Health and Wellbeing Board were keen to include as initial priority areas whilst developing the Joint Health and Wellbeing Strategy. Therefore this needs assessment will feed in to the Joint Strategic Needs Assessment providing baseline information and identifying more detailed areas for consideration to support commissioning by Clinical Commissioning Groups, Local Authorities and support for service providers.

A working group was established to develop and direct the needs assessment and this group has met on a number of occasions and members have signposted the appropriate people to feed in information in the relevant areas. The invited members of this working group covered the following organisations:- Devon Partnership Trust, Devon County Council, North, East and West Devon Clinical Commissioning Group, South Devon and Torbay Commissioning Group, GPs with a lead for mental health, Child and Adolescent Mental Health Services, Devon Access and Referral Team, UBUNTU Counselling service, LINK Devon and Rethink.

Pressures and challenges to good mental health vary throughout the life course and to reflect this, the report looks, where possible, at needs and activity through four stages of children and young people, young adults, adults and older people. Recommendations are made at the end of each section and then summarised at the end.

The children and young people section includes a great deal of estimated prevalence data for a range of conditions but highlights the need for improved local data to assess the variation between estimated and actual prevalence. Further work has been suggested to better understand the variation and patterns shown in attendance and admissions for self-harm across Devon.

Within young adults a recommendation has been made to look in more detail at the way eating disorders are managed across Devon. The data shows that patients are accessing the Haldon Unit for services but there is no care pathway in place to best manage patient needs from diagnosis. Anecdotal evidence from Child and Adolescent Mental Health Services suggests an increase in younger people presenting with eating disorders and so within this recommendation, further work looking at the pathway throughout the life course is needed.

There is variation across the area in the numbers and proportions accessing services in the adult population, and for many services, showing higher levels of need and service use in the South Devon and Torbay areas. It also highlights the overlap

between mental health and homelessness and substance misuse and should be read alongside the needs assessments around both of these topics and are published on the Devon Health and Wellbeing website.

The older peoples section shows the variation shown in estimated levels of depression across the area and where the greatest use of social care services for people with mental health services takes place. This section sits alongside a separate needs assessment that has been completed around dementia and can also be found on the Devon Health and Wellbeing website.

The final section begins to look at service mapping across the area. This is a basic look at commissioned services as due to capacity it proved complicated to identify other services and to make an assessment to the level of service they provide. A recommendation is made to develop this area of work.

Recommendations have been made from the needs assessment to look at data collection and quality around child and adolescence mental health services, to look in more detail at understanding the patterns seen in activity around self-harm, to consider the wider services for eating disorders, to continue and develop service user engagement, to improve access to prescribing data, to review current suicide prevention strategies, to support the implementation of recommendations from the dementia needs assessment and to look in more detail at the mapping of mental health services.

Recommendations

Within each section of the report a number of recommendations have been made. There are many areas where information has highlighted needs but the following recommendations reflect areas which have been highlighted as requiring further direction or analysis where work is not currently already being undertaken.

- 1 As part of the planned CAMHS service review by the Partnership Directorate later this year, service activity recording and data quality are reviewed with plans for improvement agreed where necessary.
- 2 Carry out further analysis of self-harm activity data to gain a better understanding of the variation shown to inform future service provision.
- 3 Review current service provision for eating disorders and agree an appropriate care pathway based on the latest NICE guidance.
- 4 Engage with Healthwatch Devon to agree any further consultation and service user engagement in relation to mental health needs and services to build on the work begun by LINK Devon.
- 5 Improve access to prescribing data by age group via the primary care data warehouse to support life course analysis.



- 6 Review existing local suicide prevention strategies and consider the opportunity to refresh, in the light of the national strategy, on a peninsula wide basis to ensure an alignment of objectives and promote consistent preventive action.
- 7 Commissioners to undertake an improved audit and mapping exercise of the access to both commissioned mental health services and wider community based mental health support services to inform future commissioning.