

Update on adult mental health

Adults and Health Scrutiny Panel

November 2020

Prevalence of mental illness during Covid-19

Impact on people

- The pandemic has had mixed impacts on mental health and wellbeing.
- Natural feelings of anxiety, loss or grief relating to the virus, lockdown or the personal or economic impact on someone may fall away by themselves over time – identifying a mental illness often happens later if distress or symptoms continue.
- There were positive impacts from lockdown – 63% [UK survey] felt more connected to nature; 64% felt their community came together to help
- There were negative impacts too: 67% [Haringey survey] said lockdown had a negative impact on their mental health and wellbeing

Which communities are experiencing the highest rates of mental health problems?

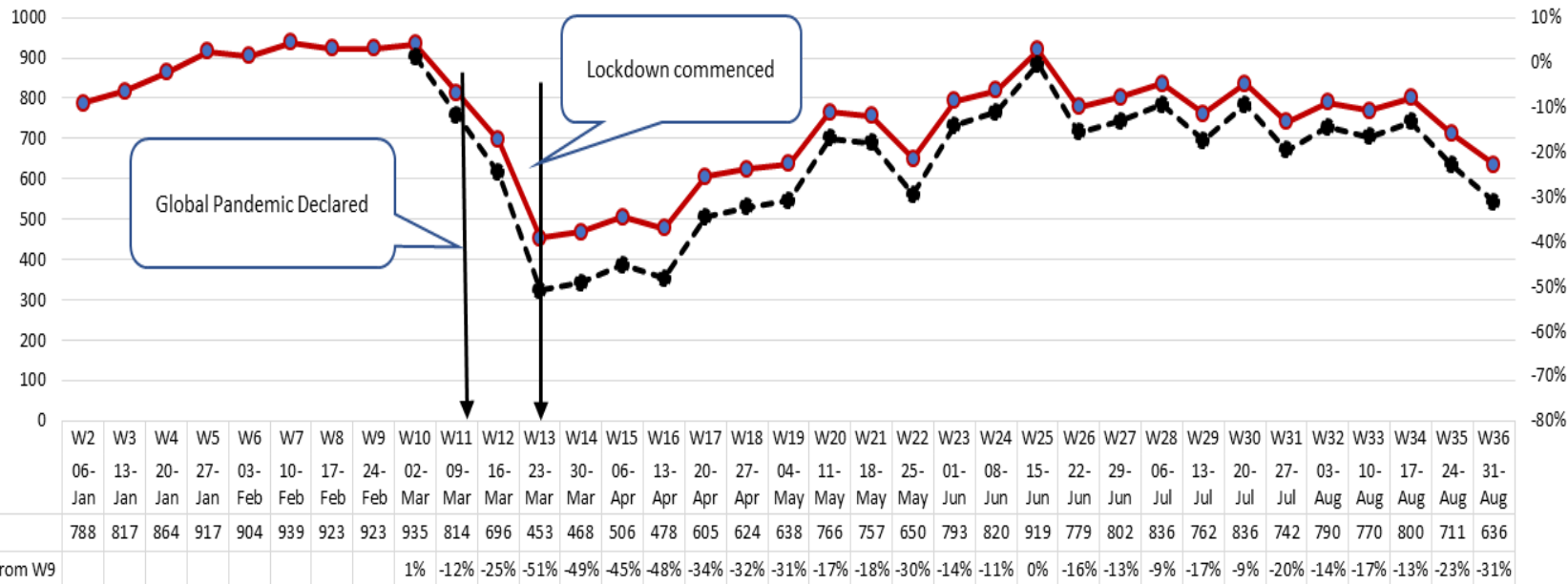
- Formal data will not be available for some time based on data reporting cycles, and the delay between someone experiencing distress or difficulty and receiving a formal diagnosis or treatment.
- From feedback, we know of the
 - Disproportionate impact on Covid on BAME communities, exacerbating existing inequalities.
 - Relationship between isolation and wellbeing
 - Impact on worklessness and job insecurity, affecting identity and financial security
- There are different impacts in the community – e.g. higher bereavement, furloughing in the East with more BAME households, but also economic vulnerability of sole traders in creative industries in West.
- Across London, we hear from front line staff of increased presentations into crisis services by people accessing mental health services for the first time, whose presentation relates to Coronavirus, the lockdown, and/or the fall-out of these in their lives.

Prevalence of mental illness during Covid-19

Access to services

- Referrals across all pathways fell sharply at lockdown and stayed low for some time. As lockdown eased, activity increased.

Overall - MH Referrals Rates



Co-ordination of mental health services and Response to Covid

The borough response was co-ordinated via a Covid Planning group convened by Joint Commissioning and including all main providers and public health

VCS

- Rapidly moved to remote / online / phone based support.
- Wellbeing network open since July for appointment only face to face support
- Bridge Renewal have engaged and researched BAME impact over the summer

IAPT

- Rapidly moved to virtual consultations
- Public resources on wellbeing and coping created
- Covid-related anxiety offer, targeted at groups including NHS & care home staff

Secondary and Acute care

- Similar move to remote and phone based support; now returning faster than other areas to face to face working.
- Reconfiguration of acute wards in-line with Covid guidance

Support for those in Isolation

BEHMHT +

- Risk stratification for all BEH patients.
- A *Wellbeing Hub* set up for proactive virtual contacts through lockdown
- 24/7 all age crisis phone line now in place
- Virtual Safe Haven (fka crisis café)

Those accessing support via shielding arrangements

- Support through Connected Communities
- Digital inclusion (now expanding with test projects inc NHS)
- Information resources distributed via Connected Communities volunteers
food deliveries

Those not accessing mental health support services

- Web resources
- Mutual aid, including bereavement training framework

Support for homeless people in emergency accommodation

Housing support offer

- Council-provided support services operating in *Everyone In* accommodation
- Built on existing Rough Sleeper Taskforce and multi-agency working

Rough sleeper mental health service

- Service was planned and funded pre-Covid
- Was rapidly reconfigured in response to the pandemic
 - Primary care services (Federated4Health) including in-reach to emergency accommodation and street outreach, supporting GP registration and access to health services and health information and advocacy
 - Secondary care integrated mental health service (BEHMHT) including dual diagnosis support, psychology, nursing and other staff able to do both in-reach and street outreach, providing direct care and navigating people into services.
- Excellent example of rapid, effective partnership working

Update on Canning Crescent



Canning Crescent

- Cabinet agreed a development including the Clarendon Recovery College, the Recovery House and the new Safe Haven service
- Now in detailed design and specification stages led by Council's Major Projects Team working towards planning submission.
- LBH and BEHMHT working on plans with input from users and partners
- Safe Haven launched as virtual service, with Mind in Haringey
- Forecast building handover in spring 2022