

# Adult mental health

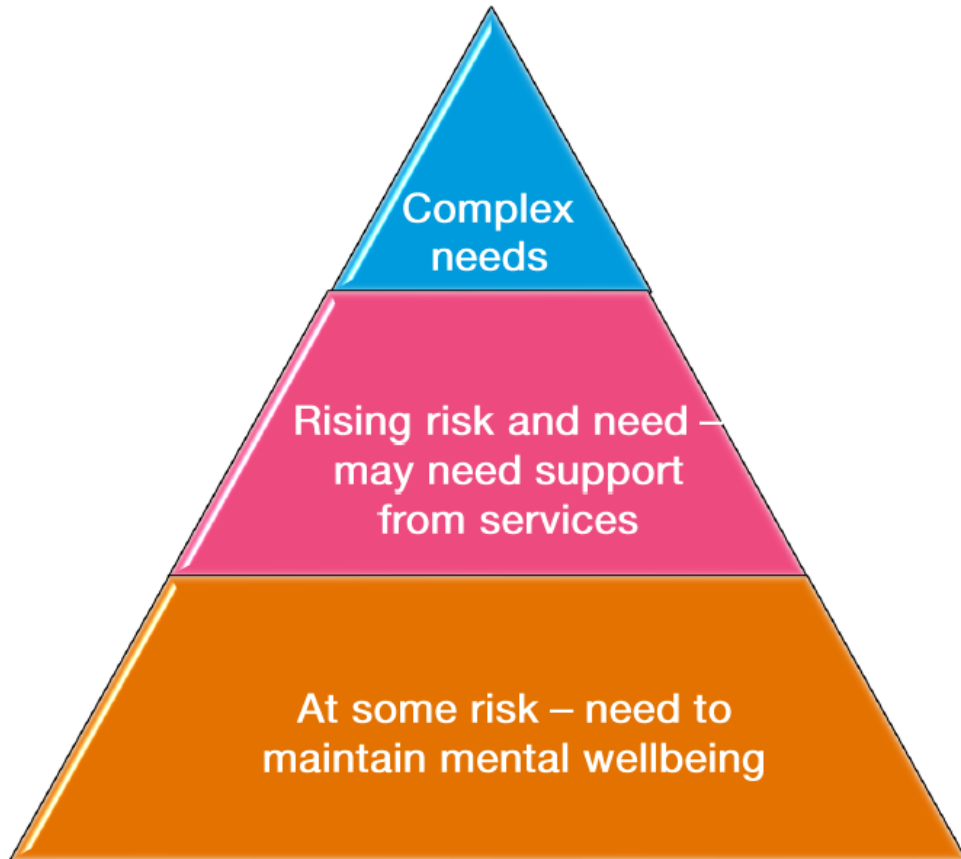
Health and Wellbeing Board

March 2023

# Focus for presentation

1. Overview of mental health needs and service provision
2. What we have heard and our work to improve experiences of mental health and wellbeing
3. A closer look at:
  - Transformation work within Barnet Enfield and Haringey Mental Health Trust
  - Racial equity in mental health in Haringey
4. Health and wellbeing board input

# Mental health needs in Haringey



*For example*

Severe Mental Illness diagnosis in Haringey:  
**1.4% or 4,400 people** (cf. London: 1.1%  
and England, 0.9%)

*For example*

Depression prevalence (18yrs+): **9%**  
- **24,000 people**

Adult population: **191,300 residents aged 15  
to 64yrs** (2021 Census)

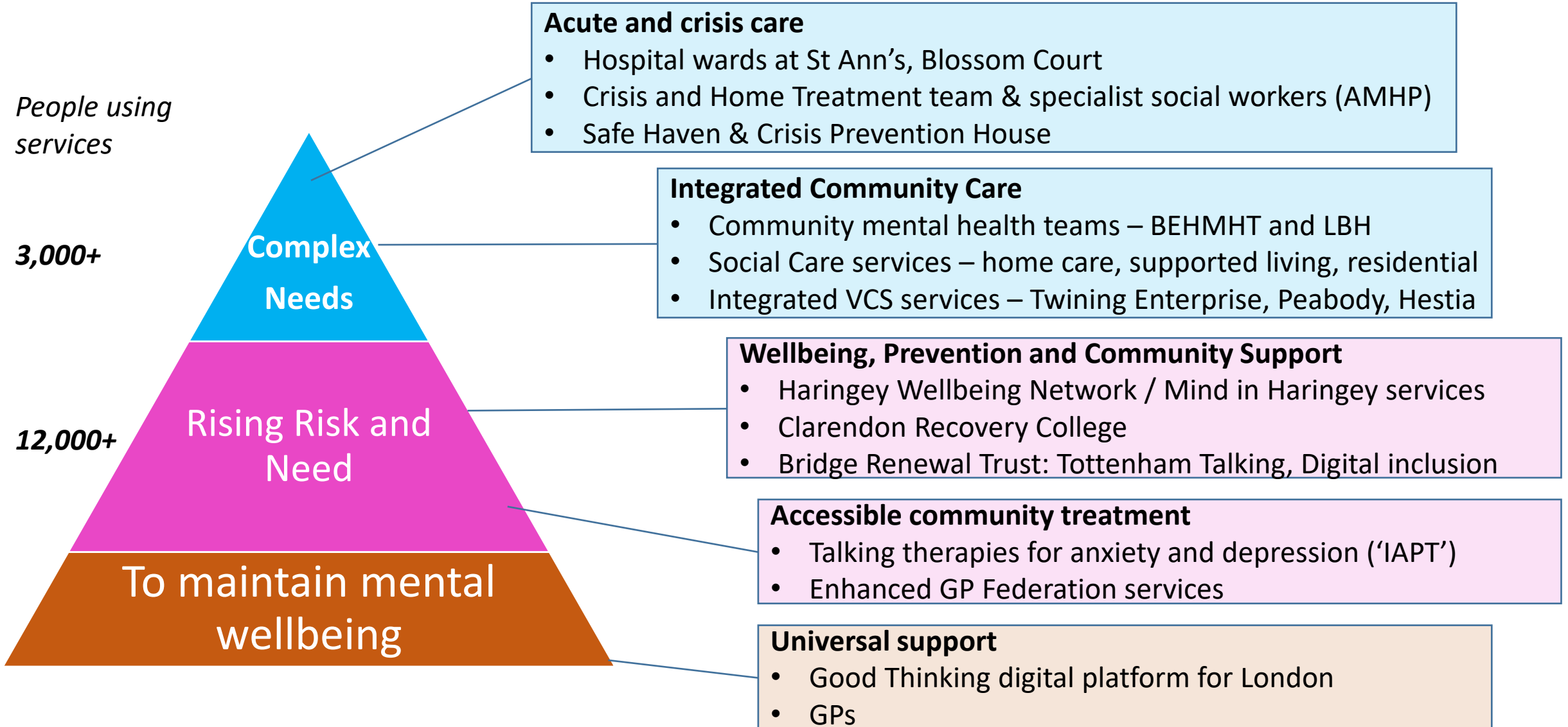
**27,700 residents aged 65+** (2021 Census)

- Adults reporting social isolation: **46%**
- Adults reporting loneliness: **34%**

## At risk population groups in Haringey

**1,090** people with a  
learning disability  
**19,500** working age adults  
with a physical disability  
**2,600** homeless  
households  
**2,900** crack or opiate  
users  
**67%** in non- White British  
ethnic groups  
**3,292** domestic abuse  
offences per year

# Support services



## What we heard through our listening events that people experience, and what they want more of...

- Services are fragmented and difficult to navigate.
- When they get into services, there are long waits.
- Lack of trust in statutory services.
- Our workforce is not fully representative of the community they serve.
- Concern about the disproportionate use of anti-psychotic medication and the Mental Health Act detentions- young black men.
- Lack of continuity of care.

- Alternatives to medication- social prescription, complimentary & psychological therapies.
- Health checks & health promotion for LTCs- diabetes, prostate cancer and sickle cell anaemia.
- Culturally sensitive interventions delivered by people from their communities in their community.
- A holistic approach to delivering care and support, addressing wider needs.

# Further feedback from a recent partnership workshop on mental health services in Haringey (see appendix for more info)

## Strengths

The range of our current service offer including examples of where we are linking with grass roots community organisations

The commitment of our workforce

## Areas for development

- Ease of access to support and the experience of waiting for help
- Communicating the existing offer
- Building a focus on prevention and early intervention
- Co-ordination and working together including strengthening links with grass-roots organisations
- Our workforce challenges and specifically diversity within parts of it
- Crisis support and supporting people step-down and step-up in terms of level of support needed.

# Our improvement work

## Acute and crisis care

- Hospital wards at St Ann's, Blossom Court
- Crisis and Home Treatment team & specialist social workers (AMHP)
- Safe Haven & Crisis Prevention House

Delivering the Roger Sylvester Centre at Canning Crescent

## Integrated Community Care

- Community mental health teams – BEHMHT and LBH
- Social Care services – home care, supported living, residential
- Integrated VCS services – Twining Enterprise, Peabody, Hestia

Delivery of £1m+ NHS Community Mental Health investment through BEHMHT and the ICB

An external review of Council commissioned services to support residents with mental health needs

## Wellbeing, Prevention and Community Support

- Haringey Wellbeing Network / Mind in Haringey services
- Clarendon Recovery College
- Bridge Renewal Trust: Tottenham Talking, Digital inclusion

Embedding a mental health focus at Northumberland Park site developing our approach to localities

## Accessible community treatment

- Talking therapies for anxiety and depression ('IAPT')
- Enhanced GP Federation services

Continuing to strengthen primary care roles within general practice and to develop health checks for people with SMI

## Universal support

- Good Thinking digital platform for London
- GPs

# Our improvement & transformation approach:

The Borough Partnership is playing a co-ordinating role mental health improvement for our population. The partnership has agreed that community mental health will be our area for shared focus to develop a roadmap for future delegation or decision making and accountability to Haringey as a place, taking a test and learn approach.

Our ambition is to transform the outcomes and experience of people who have both long- and short-term mental health needs. We have recognised that, as a borough partnership, we need a stronger and more joined up approach towards mental health that is more focused on early support and prevention.

There are two broad priority areas for mental health services and related areas which impact on mental health: -

- 1. Earlier intervention and prevention, including offering accessible support and care that works for the diverse people of Haringey**
- 2. More effective and joined up support if a crisis happens**



# Our improvement & transformation:

This involves a joined up approach towards what we're spending & how services operate. To take this forward:

- A workshop was held in February to Feb to map preventative and community-based MH services and assess gaps
- An external review has been commissioned of Council services to support residents with mental health needs
- A review of joint commissioning arrangements and contracting through a review of the 'Section 75'

**The next step is to create a Borough Partnership programme plan and routemap to delegation to deliver this work.**

# BEH approach towards transformation –

# Working with communities to address inequalities



At the outset of the Covid 19 Pandemic and following the Black Lives Matter protests, the Haringey Mental Health Executive (HMHEX) committed to take action to address the inequalities faced by groups of our community:

- Barnet, Enfield and Haringey MHT and Whittington Health IAPT undertook deep dive reviews into issues faced by people from BAME communities using services
- Members of the mental health executive group (Haringey's group for mental health leads) hosted workshops to review the findings from the deep dives and insights from the JSNA & Advancing Mental Health Equality;
- Held listening sessions with - Somali, Turkish/Kurdish, Afro-Caribbean, Polish/Eastern European communities
- Set up the BAME Mental Health Equality Group to develop an action plan to respond to issues raised




# Reducing racial disparities in experiences of mental health and mental health services


## IF YOU ARE DIAGNOSED WITH A SEVERE MENTAL ILLNESS

 **2X** you are at double the risk of obesity and diabetes  
and  
 **3X** at three times the risk of hypertension than the general population.

Your life expectancy at birth is 15 to 20 years lower than the general population  **15-20 years**

  
**10%** Northumberland Park ward, in the east of the borough, is classed as one of the 10% most deprived wards in the country



If you are from a Black or minoritised ethnic group you are more likely to experience:

 poorer access to health and care services resulting from stigma

 digital exclusion

 limited same language services

If you are male from a Black ethnic group and live in Haringey, you are

 4 times more likely to be sectioned under the Mental Health Act compared to people of White British background  **4X**

# What we are doing


## Initiatives

## Detail



**Haringey SMI Physical Health Check Service**

- The GP Federation in partnership with BEH & MIND providing holistic physical healthchecks to people with severe mental illness
- By Q3 2022/23, 49.7%, had all 6 checks (2,153 people). Over 100% increase from 20/21 (22.6%)
- Service 'highly commended' in the 2022 HSJ Award - Primary and Community Care Provider of the Year category



**Health Inclusion Team for people who sleep rough / are homeless**

- Commissioned jointly from Public Health, Housing Related Support & the NHS budgets, the service is delivered by the GP Federation and BEHMHT
- Offers dedicated physical and mental care to people who are rough sleeping and homeless via street outreach, drops ins and outreach clinics to maximise access, while supporting people to register with a Haringey GP.
- By Q3 2022/23, 227 people were supported to register with a GP; 24 people had been assessed under the Mental Capacity Act.



**Haringey Safe Haven Crisis Hub (Crisis Café)**

- Delivered by MIND, staffed by people with lived experience, the service is an alternative to hospital admission and A+E attendance. It provides early help, supporting people to reduce their crisis and isolation.
- Available when other services are closed, it is open in the evenings, weekends and Bank Holidays.
- Over 100 people supported, 60% of whom were linked to other community-based activities




**Mental Health First Aid Training (MHFA)**

- Aimed at increasing the capacity of VCS and grassroot organisations to support people with mental illness, this NICE recommended training has been rolled out to over 200 frontline staff from over 50 organisations.
- Targeted training to Police Officers involved in Section 135 and 136 conveyances of people in crisis
- Positive feedback from participants; the course has helped them talk about mental wellbeing & support available

## Initiatives

## Detail



Funding to the VCS & grassroots organisations

- Over £800k secured through the NHS Inequalities & Healthy Neighbourhood funds, NHS Charity Foundation and Public Health England, for VCS and grassroots organisations to provide a range of wellbeing intervention- Tottenham Talking, Rise Somali MH Project, ABC Parenting, Care Navigators etc.
- Some of these funded project are due to come to an end in the next year.



Developing a placed based offer with MH input

- Borough Partnership prototyping the development of an MDT hub in Northumberland Resource Centre to improve access to holistic support including mental health.



Expanding access to employment support

- Expansion of the Twining Enterprise IPS employment service for people with severe mental illness
- Planned expansion of employment support in Talking Therapies following a grant allocation from DWP



Ongoing commitment to engage & involve people in designing services

- Strong and ongoing commitment to engage and involve people from marginalised groups through listening sessions, networks and co-production workshops in planning and designing services

# Residents Feedback

“ *Great fitness sessions, enjoying and helps build confidence.* ”  
(Social Football participant)

“ *This group has had a tremendous impact on my wellbeing and creativity. I find that I am able to let loose and develop my creative spirit without judgement or worrying.* ”  
(Tottenham Talking participant)

“ *I have learnt a lot since coming to the RISE & Shine Coffee Mornings! For example, mindfulness such as breathing techniques and relaxation helps me to avoid reaching stressful levels.* ”  
(RISE Project participant)

“ *The sessions helped me to understand the importance of mental health and how it connected to my overall well-being.* ”  
(RISE Project participant)

*“I have been able to apply the coping strategies discussed week, and I am feeling better. Thank you for your support.”*  
(Safe Haven Crisis Hub User)

# Residents Feedback (continued)

*“I have been able to apply the coping strategies discussed week, and I am feeling better.  
Thank you for your support.”  
(Safe Haven Crisis Hub User)*

*“You have made a big difference; I am feeling hope.”  
(Safe Haven Crisis Hub User)*

*“You have made a big difference; I am feeling hope.”  
(Safe Haven Crisis Hub User)*

*“This appointment is one of the best I have ever received from a  
medical perspective”  
(SMI Physical Health Check Service- Patient)*

*90% - extremely likely or likely to recommend the service to  
friends and family.  
(SMI Physical Health Check Service- Patient Feedback)*



# Summary and discussion

Our ambition as a partnership of health and care organisations in Haringey is to transform the outcomes and experience of people who have both long- and short-term mental health needs.

We have recognised that, as a borough partnership, we need a stronger and more joined up approach towards mental health that is more focused on early support and prevention.

## Questions for discussion

For the following development areas identified in this slide pack - what else needs to happen? How do we need to work together to deliver our ambition?

- Improving ease of access to support and the experience of waiting for help
- Communicating the existing offer
- Building a focus on prevention and early intervention
- Co-ordination and working together including strengthening links with grass-roots organisations
- Our workforce challenges and specifically diversity within parts of it
- Crisis support and supporting people step-down and step-up in terms of level of support needed