

**SLOUGH WELLBEING BOARD - THURSDAY, 26TH JANUARY, 2017**

**SUPPLEMENTARY PAPERS**

The following Papers were tabled at the meeting.

<b><u>AGENDA ITEM</u></b>	<b><u>REPORT TITLE</u></b>	<b><u>PAGE</u></b>	<b><u>WARD</u></b>
4.	Improving mental health and wellbeing – presentation slides	1 - 20	All

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# Wellbeing Board Presentation

Thursday 26<sup>th</sup> January 2017

Leanne – Volunteer Peer Mentor

Lynda - Volunteer Peer Mentor

Susanna Yeoman – Director BHFT, Slough Locality

Geoff Dennis – Head of Mental Health, Slough Locality

# Outline Of Presentation

## *Objectives for the year ahead*

- Building resilience – personal and community
- Slough's recovery model
- Mental Health 4 Life programme to local employers? Linked to concerns over supporting people with mental health issues at work and support to carers
- Loneliness and isolation and its impact on peoples mental health and specifically dementia
- Dual diagnosis of mental health problems related to substance misuse and alcohol misuse, including the links to the Housing Strategy

# National and Local Context

- Five Year Forward View for MH
- Frimley STP
- Crisis Care Concordat
- Slough Wellbeing strategy
- Local MH services delivered in partnership between SBC, BHFT, voluntary and third sector

# Dual diagnosis (mental health and alcohol /substance misuse) and the draft Housing Strategy 2016 – 2021

## Theme 5: Special Housing needs and vulnerable people

- Theme 5 highlights increase of homelessness and rough sleepers and impact of poor housing on mental health; no reference to substance / alcohol issues.
- Proposes closer alignment between health, housing and social care, promoting quality of life and independence, reducing health inequalities, focusing on at risk groups.
- Several specific initiatives being pursued for vulnerable people:

*extra care schemes; Housing advice; Housing Related Support; Support to carers ; Review of the Scheme of Allocation; Subsidiary housing company securing accommodation for groups at risk; preventing homelessness strategy*

- New NICE guidance (Nov 16) highlights the importance of addressing Housing issues.



# Tina's Story

- 52 year old woman separated, mother and brother died in 2012; lost her job in 2015; became socially isolated and lost confidence; developed debt problems.
- Drinking 2 bottles of wine daily.
- In 2015 landlord threatened eviction for non-payment of rent. She took an overdose of painkillers but regretted her actions and attended A&E - was referred to Crisis Resolution/ Home Treatment (CRHT) and diagnosed with depression and alcohol misuse.
- Referred for CRHT psychology but declined . Prescribed anti-depressant medication. Did not meet criteria for CMHT and did not wish to engage.
- Referred for Tier 2 alcohol support, engaged initially and improved with CRHT follow-up and cut down drinking to one bottle of wine daily. After 3 weeks missed appointments and stopped engaging.
- Within 6 weeks debt increased and she was evicted, took a further overdose and was admitted to Prospect Park Hospital. Self discharged after 3 days but was quickly re-referred by GP and readmitted due to alcohol-related physical health problems and severe weight loss.
- Was deemed intentionally homeless; offered temporary B+B funded by ASC (CMHT).



# The Challenge: Improving support to people with mental health issues at work and carers

## Promoting Mental Health4Life

### Time to Change

Tackling stigma and discrimination in the workplace.





# Talking Therapies

- Evidence based Psychological intervention for people with problems including anxiety, depression, stress, phobias.
- Extended hours, local access, self- and GP referral, information available in different languages.
- Face to face therapy, counselling, courses and computer based therapy.
- Berkshire services include specialist support for people with long term health conditions, and a newly expanded Talking Therapies service .

# Mental Health Foundation *Strategic Vision*

- Every local area should be supporting its community to take part in activities that promote wellbeing, build social connections and improve psychological coping skills – building community resilience and ‘future-proofing’ wellbeing.
- In particular, a targeted approach is needed to support people living in the most difficult life circumstances.
- To be successful, public mental health strategies must touch a whole community and involve the whole community in both their development and delivery.



Building resilient communities

Making every contact count  
for public mental health

Executive summary



# Social Innovation - NESTA

(National Endowment for Science, Technology and the Arts)

## Key findings

- Scaling what works
- Building capacity and capability to scale
- Peer support has the potential to improve psychosocial outcomes, behaviour, wellbeing outcomes, and service use.
- Reciprocity is an important motivator for volunteers.
- The most effective volunteers were trained and well supported.

See more at: <http://www.nesta.org.uk/publications/what-does-it-take-go-big-insights-scaling-social-innovation#sthash.qQna8Vvj.dpuf>

# Health as a Social Movement

- Mental health as a human right
- Normal part of a healthy community
- Support designed to give participants the experience of continuity and emotional containment – rather than the fragmentation and abandonment often felt
- Practically achieved by joining up all the therapeutic opportunities across different sectors (NHS, LA, Education & Voluntary sector)
- Becomes a 'Therapeutic Community without walls' and a 'whole town concept'



- A joint approach:
- Voluntary and third sector
  - Primary and secondary care
  - Older Persons services
  - Adult Services
  - Tackling loneliness & Isolation
  - Social, physical and psychological aspects of health

# ASSiST/ Embrace

- Implemented in 2013 to work with some of the most complex clients in East Berkshire.
- The purpose being avoidance to inpatient admissions.
- Over the three years, ASSiST has co-created a model and developed Embrace.
- Embrace is a group programme of encouraging peer support and self efficacy.
- Peer Support Workers (by experience & training)
- Links to Recovery College and Peer Mentors.

# The engine house of Co-Creation

- The ASSiST/Embrace Programme
- Recovery Services and Hope College
- Social capital and independence through peer mentor development
- A co-created clinical & social pathway using LA & NHS resources
- Plus shared work with third sector organisations
- Using Asset based community strengths



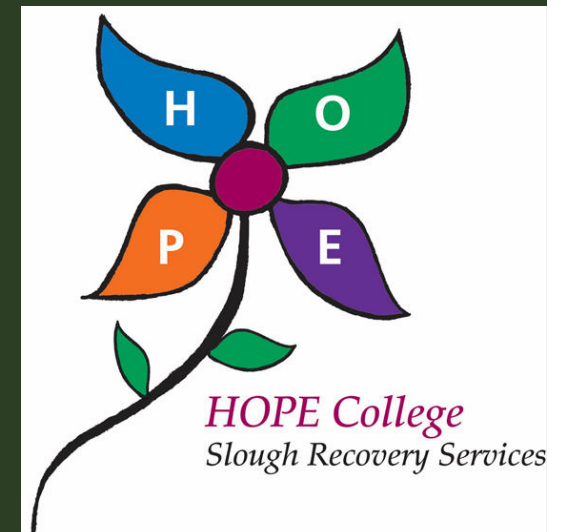


# Hope Recovery College

- Launched in March 2015 & commissioned by Slough Borough Council
- Hope College is a new way of delivering educational courses and activities to people with mental health difficulties
- The purpose of the college is to provide hope, opportunity and control for every service user of the CMHT in Slough, as they embark on their recovery journey.
- It offers courses, activities and workshops which teach people how to live with, and manage their mental health on a daily basis.
- The Recovery College offers 24 courses based on
  1. Recovery
  2. Life skills
  3. Working towards recovery
  4. Peer support
  5. Employment & training ( 33 people back in to work 2016)
- Peer Mentor training to empower individuals who co-create further educational sessions.

**Enrolments to date = 628**

**Peer Mentors = 22**



# Hope House/ Doddsfield Road

- Launched in April 2015, commissioned by Slough Borough Council, Hope House is stage one of two short-stay accommodation properties within this supported housing project. It is run in partnership with Look Ahead Housing and the Recovery Team within Slough Community Mental Health Team (CMHT)
- It has 10 flats. Each flat has its own bedroom, bathroom and kitchen and is fully furnished.
- Doddsfield Road is a block of six independent flats.
- Peer Mentors support the residents.
- All residents are students in the College.





# Loneliness and Isolation

*It is a sad reality that loneliness can both increase our risk of dementia, and be increased by dementia.*

From a recent presentation by Beth Reed (SBC ambassador for the Campaign to End Loneliness...

- research by Alzheimer's Society has found that people with dementia are more at risk of loneliness than the general population – with this risk increasing if the person lives alone
- The research showed that 38% of people with dementia say that they are lonely, with a further 12% reporting they do not know if they are lonely. A third reported that they had lost friends after a diagnosis.
- GPs report that 1-5 elderly people a day visit their surgeries because they are lonely

There are a number of contributing factors, including:

- Loss of confidence after diagnosis
- Fears of becoming confused or getting lost
- Mobility difficulties and other physical impairments
- Having no-one to go to activities with
- Not remembering visits from friends (not perceiving social contact)

# What are we doing about it?

- Collaborative working to make people in Slough more aware of the campaign (dementia friends)
- Production of dementia video scribes and extended training for staff, organisations and businesses in Slough <https://www.youtube.com/watch?v=LusPqPKEo8c> – link to video scribes
- Joined up working with Thames Valley Police regarding the perception of Older People with regards to crime
- Creating awareness of mental health at all forums- SLOUGH FEST/ Dementia awareness week activities
- Dementia adviser role – funded by BCF , providing practical support to individuals and family members and signposting post-diagnosis
- Partnerships and signposting to voluntary sector: ADS and Alzheimers society for a wide range of activities and networking opportunities for individuals and carers



# Slough Fest ...the Social Movement!

Joint statement, 26 June 2016

The theme this year is the 'community of communities' and the overarching principle of integration for all people, and the services which meet the needs of everybody who lives in Slough.

We are holding a special event which will be continuing throughout the day, this will include a mixture of activities and with the aim of bringing people together to share a common purpose and experience.

We hope this will help to co-create the ultimate 'community of communities' for Slough as an enabling town.



World Mental Health Day, 10 October 2016

Healthcare from the heart of your community | Berkshire Healthcare NHS Foundation Trust

**Slough** Borough Council

**Slough Fest Celebration of People**

SINGH SABHA SLOUGH SPORTS CENTRE, STOKE POGES LANE, SLOUGH, BERKSHIRE, SL1 3LW  
Monday 10th October 10.00am-16.00pm

Slough Fest 2016	Programme of the Day	Activities
is an event which brings us all together to raise awareness of mental health and to be a part of a social movement where we all have a sense of belonging. Working in partnership with local providers, carers, service users and the local community, we will celebrate world mental health day with a host of activities and events throughout the day.	<b>11.00</b> MOTHER TONGUE (MULTI-ETHNIC COUNSELLING AND LISTENING SERVICE) READING <b>11.30</b> INTRODUCTION FROM GUEST SPEAKERS <b>12.00</b> PERFORMANCE FROM BAND 'SECTIONED' <b>12.30</b> PLAY <b>13.00</b> STAFF CHOIR 'ONE VOICE' <b>13.30</b> SERVICE USER CHOIR 'VIBE TRIBE' <b>14.00</b> THE BIG SING	<b>FACE PAINTING</b> <b>HENNA TATTOOS</b> <b>LIVE ART WORK</b> <b>POETRY PERFORMANCES</b> <b>SINGING</b> <b>DANCING</b>

# What we need for the future....

## Developments

- Increase training opportunities for Peer Mentors
- Mental Health First Aid Training
- NVQ levels 1 and 2 in health and social care.
- A work force for the future
- Specialist unit - DD
- Expand Hope College
- Community resource for all.
- Include adult MH, OPMH, LD and the wider community.
- Employability.
- In-reach business community.
- Health as a social movement

# Parity of Esteem for Mental Health

“I want us to employ the power of Government as a force for good to transform the way we deal with mental health problems right across society”

“Changing this goes right to the heart of our humanity; to the heart of the kind of country we are, the values we share, the attitudes we hold and our determination to come together and support each other”

9<sup>th</sup> January 2017

Theresa May

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