Stockport All-age Mental Health & Wellbeing Strategy - outline

Growing together to build back better

ONE Stockport Priorities

A Happy and Healthy Stockport–People live the best lives they can – happy, healthy and independently

ONE HEART

At the heart of Stockport are its people and the communities in which they live.

1 **A caring and growing Stockport**
Stockport is a great place to grow where children have the best start in life

2 **A healthy and happy Stockport**
People live the best lives they can - happy, healthy and independently

3 **A strong and supportive Stockport**
Confident and empowered communities working together to make a difference

ONE HOME

Stockport is a great place to live, where no one is left behind.

1 **A fair and inclusive Stockport**
A borough for everyone - diversity and inclusion is celebrated and everyone has equity of opportunity

2 **A flourishing and creative Stockport**
Stockport is an exciting place to live, where people are active and celebrate the culture

3 **A climate friendly Stockport**
Stockport is a responsible and sustainable borough

ONE FUTURE

Growing, creating and delivering a thriving future for Stockport.

1 **An enterprising and thriving Stockport**
A thriving economy which works for everyone

2 **A skilled and confident Stockport**
Everyone has the opportunities and skills to successfully achieve their ambitions

3 **A radically digital Stockport**
A digitally inclusive and dynamic borough

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Borough Plan / Health and Care Plan engagement – what we heard about mental health and wellbeing

- Mental health - priority across all ages
- Importance of understanding own mental health and emotional wellbeing
- Addressing inequalities and promoting inclusion
- More support for mental health services
- Better communication of support available to aid access
- Mental health and wellbeing within Black, Asian and Minority Ethnic communities
- Mental health and wellbeing as a priority for the LGBTQ+ community
- Importance of access to parks and greenspaces for good physical and mental health

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What do we mean by mental health & wellbeing?

- While one in four of us will experience mental illness at some time in our lives, mental health is more than the absence of illness

- Mental health has been defined as "a positive state of mind and body, feeling safe and able to cope, with a sense of connection with people, communities and the wider environment." [1]

- The concept of well-being includes both feeling good and functioning well.
    - Feelings of happiness, contentment, enjoyment, curiosity and engagement
    - Experiencing positive relationships, having some control over one's life and having a sense of purpose. [2]

- Levels of mental health are influenced by the conditions people are born into, grow up in, live and work in.

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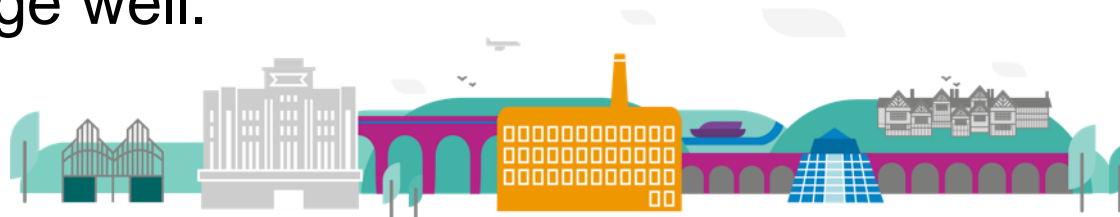
Mental health matters

- Poor mental health brings with it costs to individuals and their families as well as to society as a whole through costs to public services: health, social care, housing, education criminal justice, social security and the wider economy.

- People with mental health problems are more likely to experience physical health problems, adopt unhealthy coping behaviours, have a disrupted education, be unemployed, take time off work, fall into poverty, and be over-represented in the criminal justice system.

- Productivity losses, benefit payments and cost to the NHS associated with mental health problems cost the English economy £70bn a year

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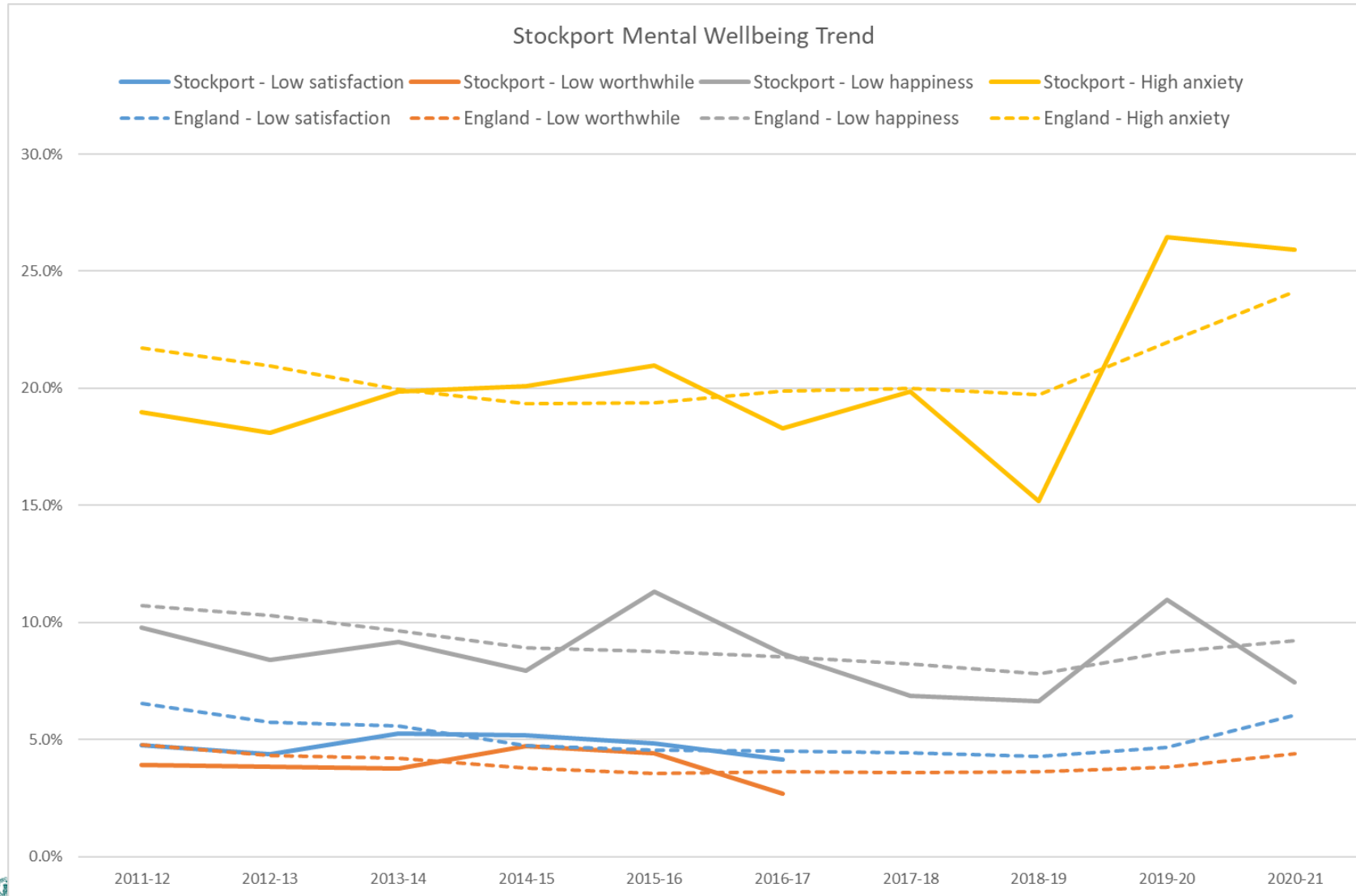
Mental health matters

The economic benefits of mental wellbeing are broad, deep reaching and societal:

- Children who learn easily and are able to fulfil their full potential

- People who are better able to manage life events and traumas

- People who live in a way which supports their own and others' health, who can manage their health issues and provide compassionate support for relatives and friends when they are vulnerable

- Employees who are creative, adaptable, resilient and productive

- People who age well.

Stockport JSNA

joint strategic needs assessment

Mental Wellbeing – Annual Population Survey Trends

Stockport Mental Wellbeing Trend

Legend:
- Stockport - Low satisfaction
- Stockport - Low worthwhile
- Stockport - Low happiness
- Stockport - High anxiety
- England - Low satisfaction
- England - Low worthwhile
- England - Low happiness
- England - High anxiety

From 2011/12, these wellbeing measures had generally shown small improvements. In most years, Stockport residents were similar or slightly better than the population of England as a whole on these measures.

In 2019/20, the wellbeing measures showed the negative impact of the COVID-19 pandemic. The increase in high anxiety in 2019/20 was especially large in Stockport, and with a score of 26.4%, Stockport had significantly more people with high anxiety than England. In 2020/21 this score has remained at a high level.

## Mental Wellbeing: Impact of the COVID-19 pandemic

The pandemic has lead to an increase in symptoms of depression:

- **Around 1 in 5** (21%) adults experienced some form of depression in early 2021 (27 January to 7 March); this is **more than double** that observed before the COVID-19 pandemic (10%).

- By the summer (21 July to 15 August) **1 in 6** (17%) of adults had some form of depression reducing but still above pre pandemic levels.

Those already vulnerable are more likely to have been effected by worsening wellbeing. This includes:

- Younger adults and especially younger women
- Adults with disability or who are Clinically Extremely Vulnerable
- People who were financially vulnerable
- People living in deprived areas

Percentage of adults with moderate to severe depressive symptoms, Great Britain, July 2019 to August 2021
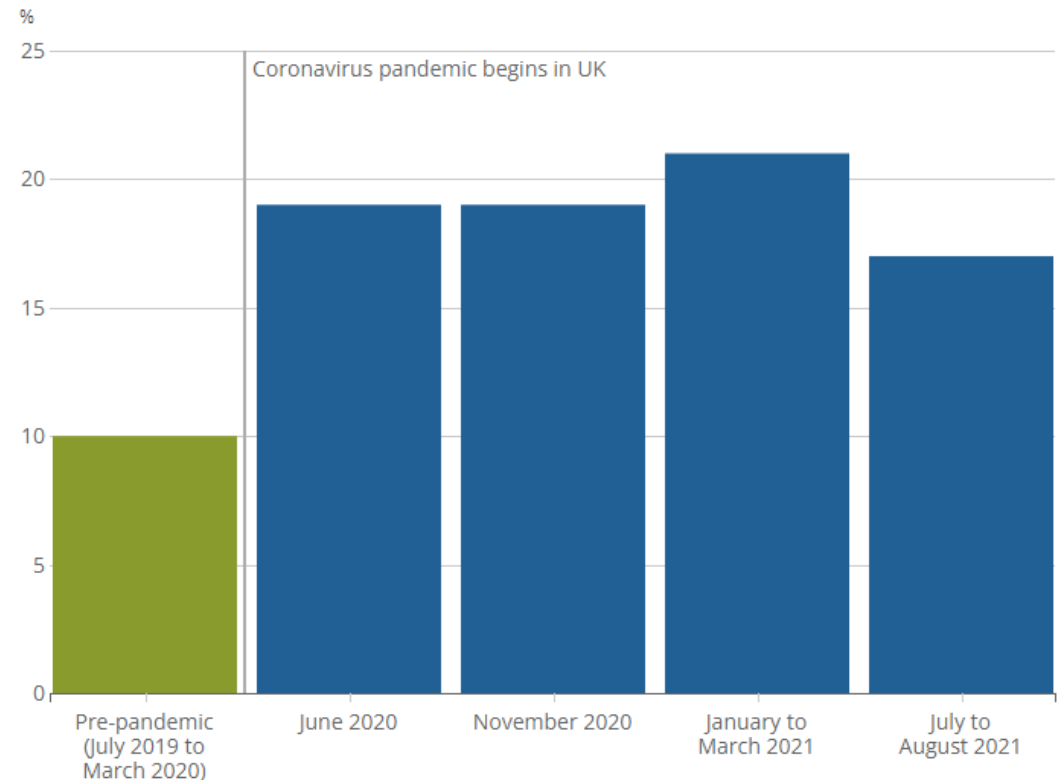
Source: Office for National Statistics – Opinions and Lifestyle Survey

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Mental health problems – prevalence

- **There are around 38,000 people registered with a Stockport GP with a diagnosis of depression on their medical record.**

- Women outnumber men by a rate of 1.7 to 1 (23,000 recorded compared to 14,000 men)

- Two thirds of all diagnosed cases are in people aged between 30 and 60

- **Depression also shows a clear deprivation profile with the rate increasing as deprivation increases**. Rates for both men and women in the least deprived areas are around half that in the most deprived rate.

- **On average between 20 and 30 suicides and deaths of undetermined intent occur for Stockport residents each year.**

- **There are 2,774 people registered with a Stockport GP with a diagnosis of a severe mental health disorder.**

- Those in the **most deprived areas are over three times as likely to be experiencing a severe mental health problem compared to those in the least deprived areas**.

- People with severe mental health problems are

    - **more than twice as likely to be diagnosed with diabetes and/or obesity** than the population average, which can be linked to antipsychotic medication

    - **Three times more likely to have other mental health issues** such as depression and anxiety

    - **More than twice as likely as the population average to smoke.**

- People under the age of 75 with a Serious Mental Illness have a **mortality rate that is 3.8 times higher** than that of the rest of the population.

Our purpose in this strategy is to improve mental health and wellbeing for people of all ages in Stockport.

We will:

Respond to the present challenges to mental health & wellbeing

Enable people to look after their own and each other's mental health and wellbeing

Use the Thrive framework to ensure the right support is there for people of all ages when they need it

Reduce the inequalities in mental health and wellbeing, including in access to services

Maintain and improve the health and wellbeing of people living and working in Stockport

Reduce the consequences of poor mental health in employment, education, and pressure on services

Enable more people in Stockport to grow and thrive, achieving their goals in life.

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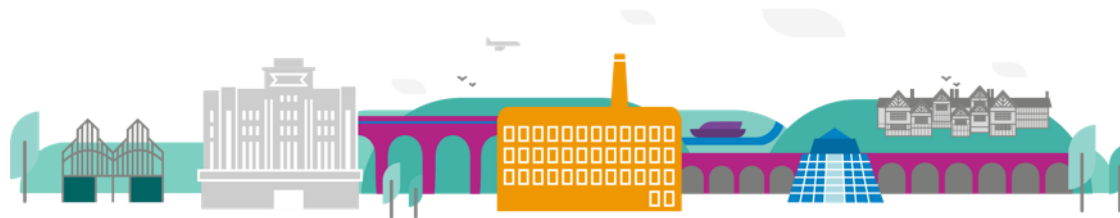
Our vision: In Stockport by 2030 we will see:

Mental health and wellbeing promotion is embedded in public services and businesses throughout Stockport

Strong and inclusive partnerships are helping to improve mental health and wellbeing

More people accessing information and support for their mental health and wellbeing

Individual and community wellbeing in Stockport is improving, and fastest in the most deprived areas

Workforce wellbeing is thriving in all sectors

Waiting times mental health services have reduced reducing, and outcomes continuing to improve, in line with national ambitions.

Demand for crisis responses is reduced and declining for all age groups in Stockport.

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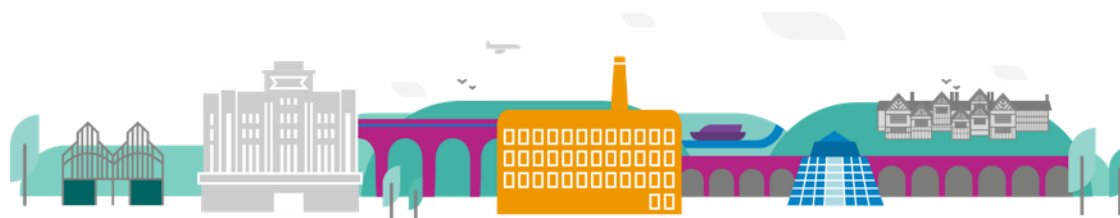
Our approach: how we will improve mental health and wellbeing

'No health without mental health' – its everyone's business

Joint Strategic Needs Assessment to inform priorities

Address inequities in mental health in all our policies

Make it easy to find the information and support you need

Implement transformation plans for mental health services for all ages

Continue investment to improve mental health services

Continue investment in VCFSE activity to improve mental health & wellbeing

Create the living conditions that nurture mental health and wellbeing

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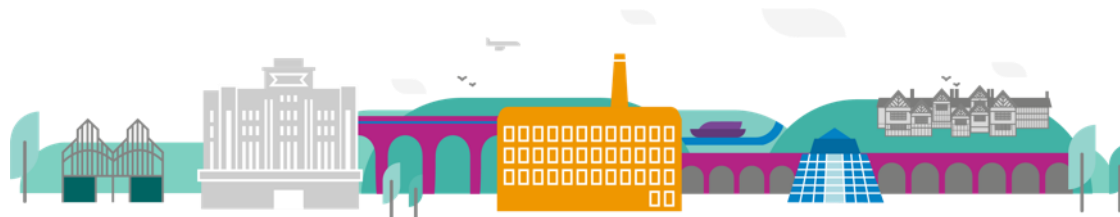
Our approach: guiding principles

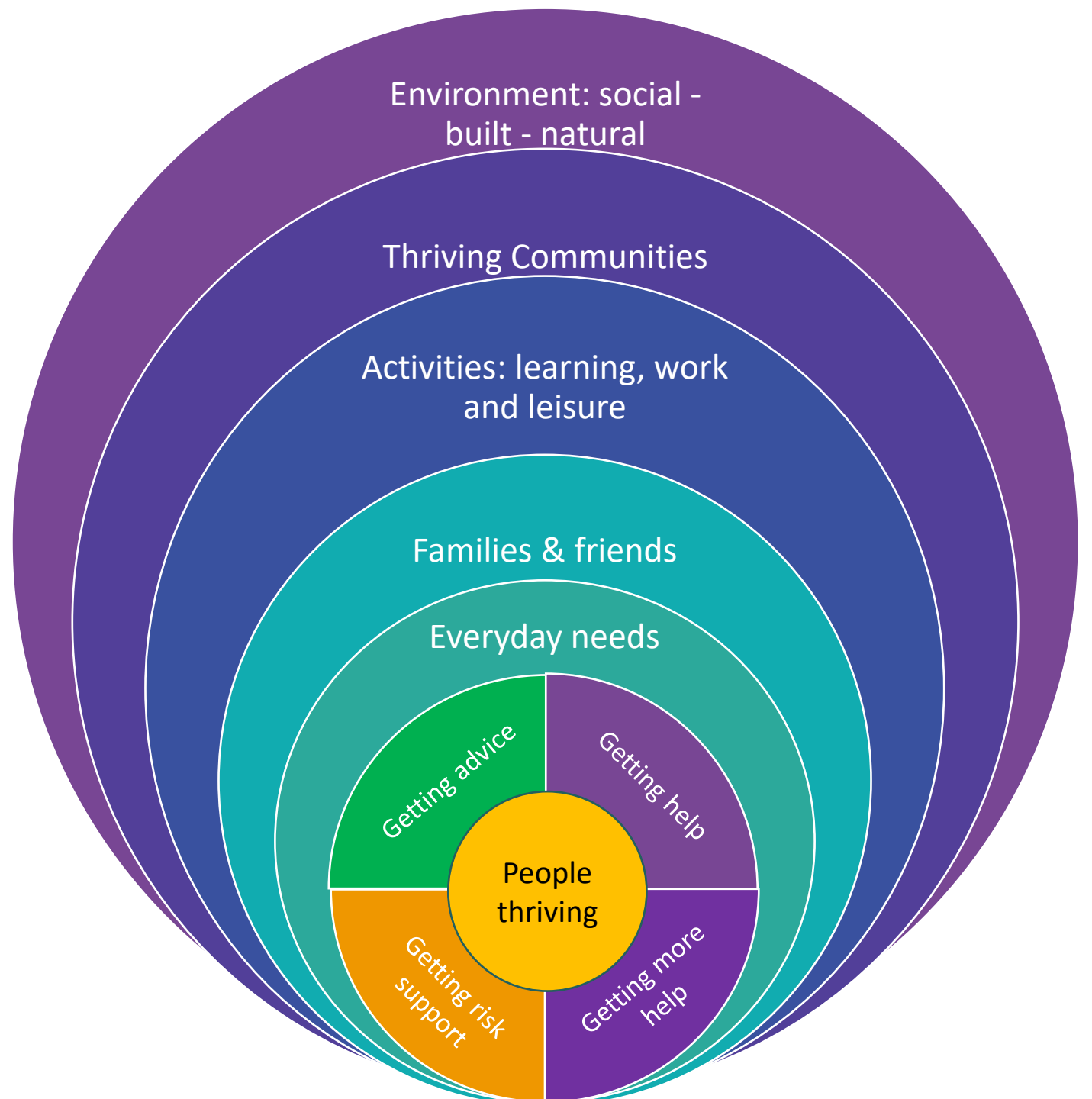|			
Informed by evidence	Addressing inequalities & valuing diversity	Systems thinking – recognising complexity	Inclusive dialogue: proactively engaging and co-producing
Asset and strengths-based	Person-centred: importance of relationships	Actively learning – growth mindset	Reflexive practice: understanding our own impacts on others

Evaluation is built into all our work

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Creating the conditions for mental health and wellbeing

- Mental health and wellbeing is shaped in our relationships with the people and world around us, which inform our sense of ourselves and our place in the world. This involves both 'internal' thoughts and feelings and 'external' experiences and relationships, each affecting the other.
- Achieving our purpose will require both
  - Enabling people to thrive – with the right support when they need it
  - Addressing the whole system and how it shapes mental health and wellbeing
- The aspects of our lives represented in this diagram are overlapping and interacting

Environment: social - built - natural

Thriving Communities

Activities: learning, work and leisure

Families & friends

Everyday needs

Getting advice

Getting help

Getting risk support

Getting more help

People thriving

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Creating the conditions for mental health and wellbeing

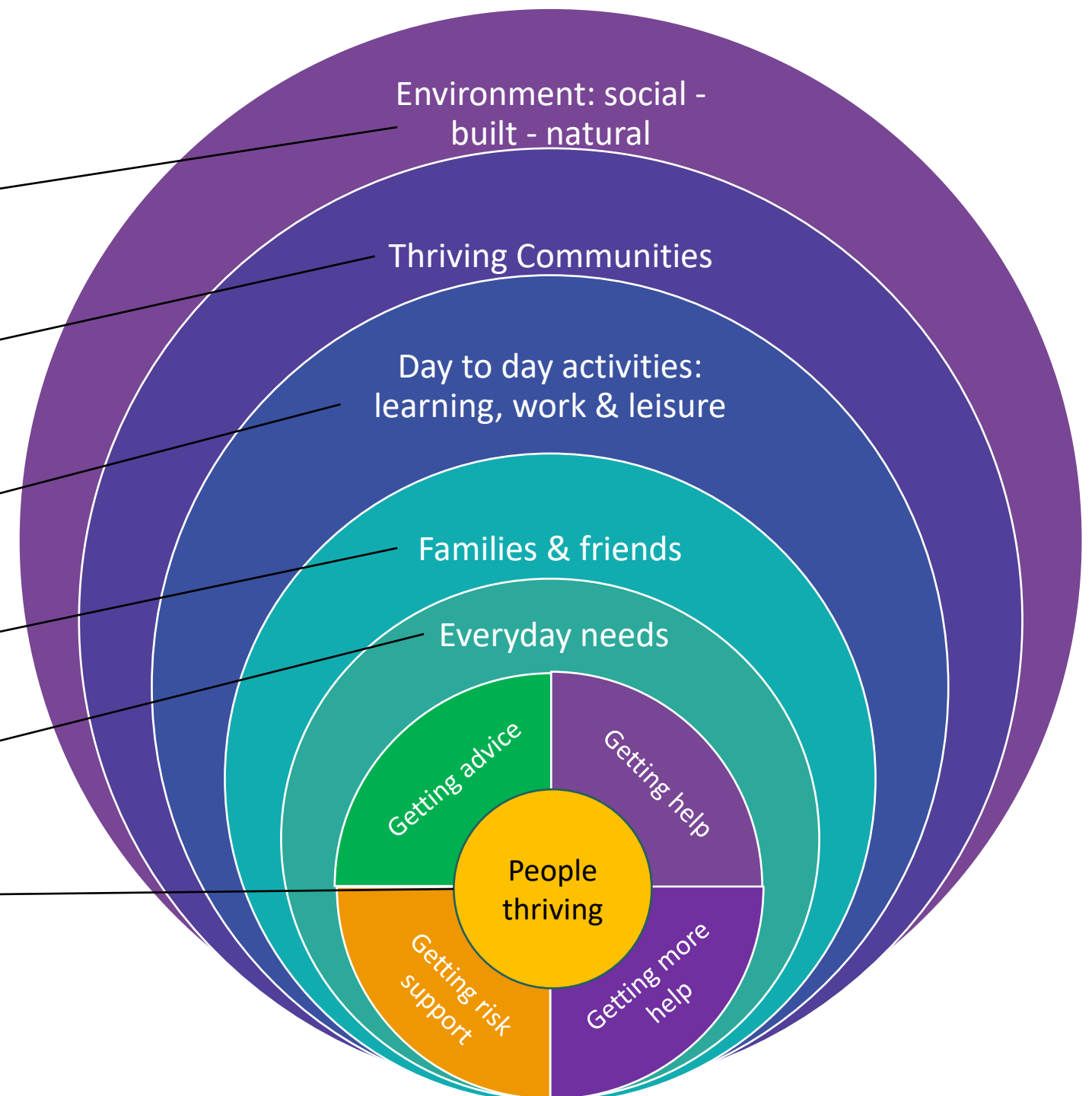Human friendly urban environments, greenspace, transport, climate action

Belonging, connecting, volunteering, peer support, community action

Learning, personal growth, good work, creative, social & physical activities

Positive relationships: caring & being cared for

Money, home, safety, physical health, healthy eating

Mental health information and services: including self-care, early intervention and treatment

Environment: social - built - natural

Thriving Communities

Day to day activities: learning, work & leisure

Families & friends

Everyday needs

Getting advice

Getting help

Getting risk support

Getting more help

People thriving

Thrive framework for system change

Thrive Framework Principles
- Common Language
- Needs-led
- Shared Decision Making
- Proactive prevention and promotion
- Partnership working
- Outcome informed
- Reducing stigma
- Accessibility

Those who need advice and signposting

Those who need focused goals-based input

Getting Advice

Getting Help

Thriving
Those whose current need is support to maintain mental wellbeing through effective prevention and promotion strategies

Getting Risk Support

Getting More Help

Those who have not benefitted from or are unable to use help, but are of such a risk that they are still in contact with services

Those who need more extensive and specialised goals-based help

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Emerging strategy delivery pillars

Adult mental health services transformation
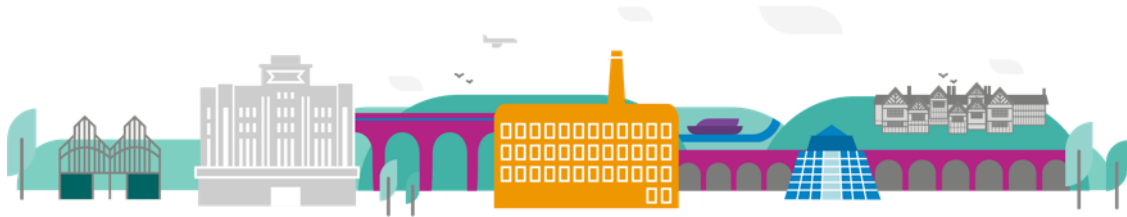
Children and young people's services transformation

VCFSE partnerships

Wellbeing campaign

Training and development of front line and community partners

Joint Strategic Needs Assessment

Mental health and wellbeing in all policies

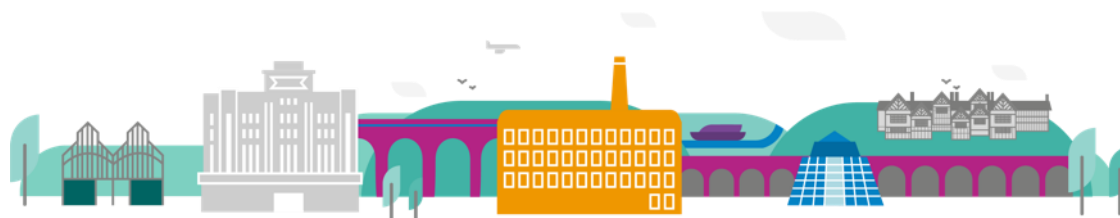STOCKPORT
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Measuring progress & impact

GM Mental Wellbeing Dashboard (expected April 2022)

Mental Health JSNA data to be regularly reviewed

Service level performance indicators
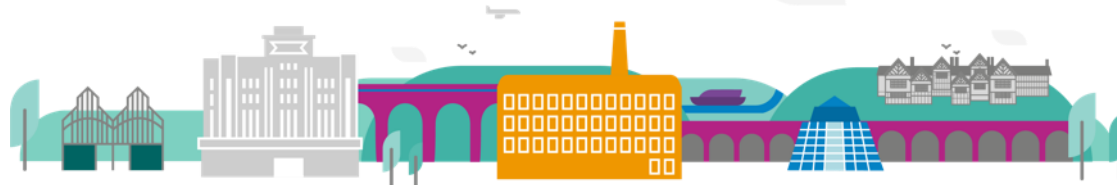
Project level evaluations

Key One Health & Care plan outcomes

Strategic Aim	Strategic Objective	Performance Measure	Baseline (Stockport)	Baseline (most deprived decile)
Stockport residents will be healthier and happier	Improvements in self-reported health, particularly in areas of deprivation	% of people reporting low wellbeing in Stockport	15.0%	29.0%
	Improved happiness & emotional wellbeing scores	Self reported wellbeing - people with a low happiness score in Stockport	11.0%	
	More children and young people who are thriving	Thriving	72.7%	
		Coping	16.2%	
		In need of help	7.6%	
		In need of more help	2.9%	
		In need of risk support	0.6%	
	Reduction in loneliness and social isolation	% adults who feel lonely often	21.0%	
Health inequalities will be significantly reduced	Increase in healthy life expectancy, whilst also reducing the gap between our communities	Healthy life expectancy at birth (men)	66.0	
		Healthy life expectancy at birth (women)	63.1	
		Inequality in life expectancy between the Stockport average and those with a severe mental illness	10.0	
Safe, high quality services will work together for you	Consistently high levels of satisfaction with health and care	Positive responses to Mental Health Friends & Family Test	94.2%	
	Improve access to mental health services	Access to CAMHS services	46.9%	
		Access to perinatal mental health	4.0%	
		Improving Access to Psychological Therapies	1.0%	
	Reduce waiting times for accessing children & young people's mental health services	average wait (weeks) from referral to treatment for CAMHS in Stockport	17.9	
Residents will be independent and empowered to live their best lives	More people are physically active	% of adults physically active in Stockport	70.2%	
		% people using outdoor spaces for exercise / health reasons in Stockport	17.8%	
		% of children & young people physically active in Stockport	45.9%	
	More people are eating well	% of people meeting the recommended 5-a-day in Stockport	50.0%	
	Reduced rates of unhealthy drinking	% adults in Stockport who drink unhealthilly	21.0%	
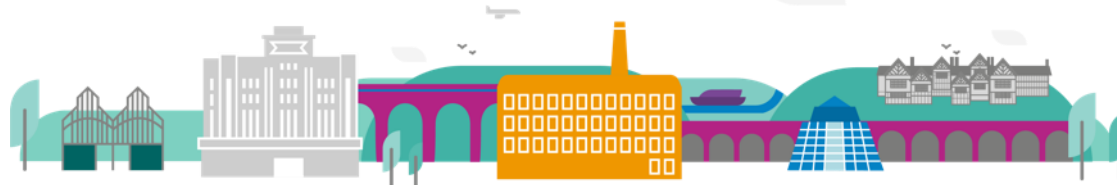
Plans/strategies contributing to mental health and wellbeing

One Stockport Borough Plan: One Heart, One Home, One Future

Joint Health & Wellbeing strategy	One Health & Care plan	Integrated Care System Development	Stockport All age approach	GM Mental Health & Wellbeing transformation plan	Adults Social Care Operating Strategy
Stockport Children and Young People's strategy	Stockport Early Help strategy	Stockport Children and Young People Mental Health Transformation Plan	Prevention services recommissioning	Equality & Diversity plans	Financial inclusion work
Work & Skills partnership	Active Communities Strategy	Workforce wellbeing policies	Ageing Well Strategy	Thriving Communities strategy	Cultural strategy
Climate Action Now strategy	One Stockport Local Plan	Housing Strategy	Homelessness Strategy	Safer Stockport Plan	

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Thrive framework: Mental health services transformation

What we need

Appropriate investment in services for all ages to ensure timely access to the appropriate advice and support for our needs

Commissioned and voluntary sector MH Services working together to offer the most appropriate support to people in need and their carers

Cross-sector working based on a common language built around the five needs-based groupings is supported

Mental wellbeing, early intervention and help prioritised

Children, young people and families to be involved in shared decision making around their own mental health and wellbeing

Everyone in the system is empowered to have an active role around their own mental health and wellbeing
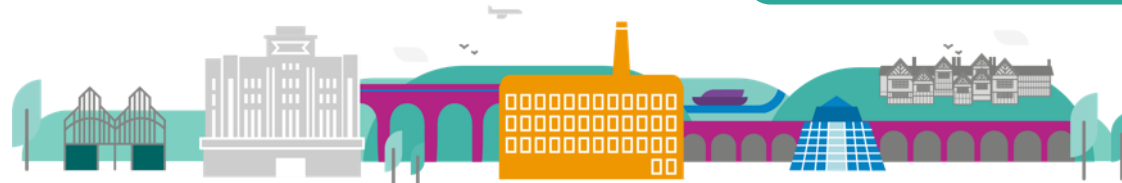
Opportunities

New Integrated Care System implementation to deliver system collaboration to improve health and wellbeing

Children & Young People's Mental Health Transformation Plan

GM Mental Health System Transformation programme

Implementation of the Advancing Mental Health Equalities strategy

Connecting services with communities

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Everyday needs

Livable income and help with money problems

A safe and warm home in a place that enables us to meet our needs

Safety from crime, including hate crime and all forms of abuse and exploitation

Healthcare and physical health promotion – physical and mental health affect each other

Healthy eating (quality, quantity and social context)

Family & friends

Healthy, positive relationships that encourage and enable us to grow and express ourselves

Caring for and being cared for by people close to us

Friends or family that we can turn to in times of need
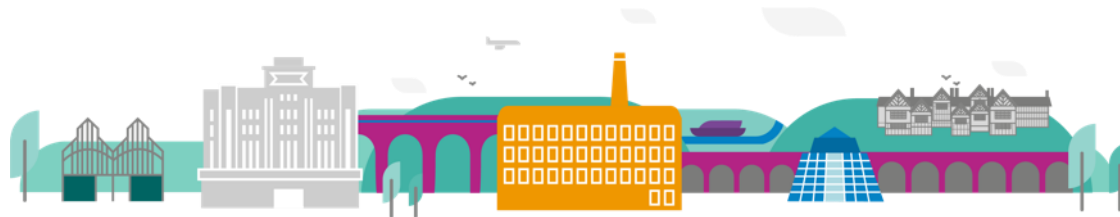
# Activities: what we do in our lives

Learning and personal growth

- Parental support, early years, school and further/higher education that helps to discover our potential
- Lifelong learning, re-skilling, adapting, creativity, self-help, mental health & wellbeing literacy

Work (paid and unpaid)

- Good employment provides structure, meaning, a positive identity, social connections, and income
- Work can be a source of stress, if subject to insecurity, workload pressures, low status or bullying
- Unpaid caring roles bring pressures, constraints and rewards

Leisure

- Socialising, relaxing, creative activities, hobbies or physical activity can benefit our wellbeing
- Some leisure activities can be harmful, like excessive alcohol, drug use or problematic gambling
- Social media use may bring both benefits and harms
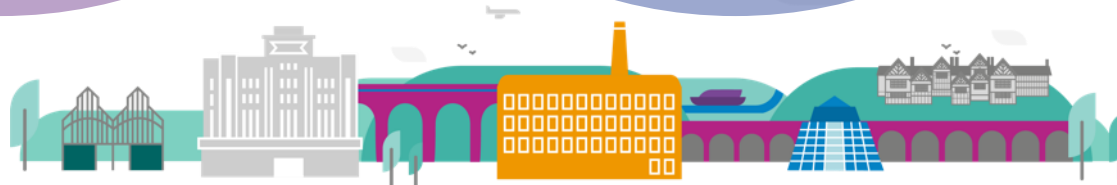
Thriving communities

Promoting community wellbeing:

- Levels of interaction, trust, participation, cultural heritage
- Education, community safety, equality, housing, environment

Connecting with our communities

- Finding people who share our experiences, beliefs, interests
- Friendly neighbourhoods, opportunities to connect, such as community events
- Belonging: feeling recognised, accepted and welcome in our communities

Peer support & volunteering

- Helping ourselves while helping others by sharing our experiences and struggles
- Finding ways to make a difference for others brings benefits for ourselves

Community collective action

- Acting together with shared purpose helps us find positive shared identities
- Collective power can bring about change for the better in our lives

# Living spaces and accessible greenspace

Urban landscapes

- The quality and safety of the built environment - spaces and places for play, and interacting with others
- Safe walking and cycling routes - active forms of travel improve wellbeing, reducing pollution and prompting social contact
- Good public transport helps people to connect, access amenities and reduce car use

Green spaces

- Living close to, and spending time in, attractive green and blue spaces benefits our wellbeing

Climate action

- Taking action together to combat climate change and enhance biodiversity brings us closer to nature and each other, and may help reduce climate anxiety and bring hope for a better future.

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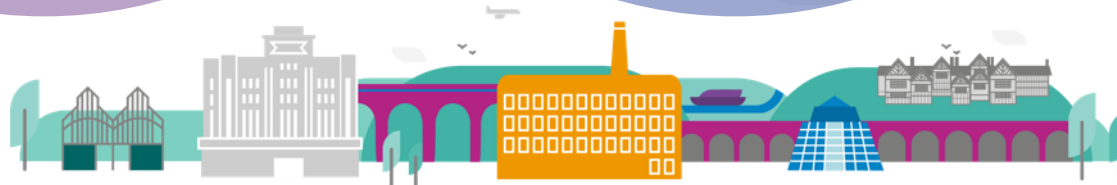
Questions

- Do you think the purpose, vision, approach, and principles are the right ones?

- What are you / your organisation already doing?

- What are the opportunities to do more or better?

- Who needs to be engaged?

- What would help individuals to improve their mental wellbeing?

Next Steps

Further engagement on the strategy framework: December 21-Feb 22

Co-design phase, engaging stakeholders to generate ideas and develop actions: themed workshops February to April 2022

Collaborative work to finalise strategy February to June 2022

Implementation April 2022 to March 2030

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