

Mental Wellbeing

The challenge for Oxfordshire

Structure

Context

The Challenge for Oxfordshire

Housing

Economic Regeneration

Sports and Leisure

Summary

Key messages

Services need to positively encourage wellbeing as well as treat illness.

We know that mental health services are bad for your mental health.

People should leave services – recovery is our main aim.

Employment is a key intervention.

Statutory organisations are big employers and you can use your position to improve the mental wellbeing of the local population.

The National Context

NHS Next Stage Review:

‘No health without Mental Health. Mental Health is the ‘golden thread’ which should run through all quality care’

‘New Horizons’ – next stage on from the MH National Service Framework

‘Take Mental Health out of Dept of Health, make it a cross Gov Departmental responsibility’

10 years on

- Reduced Stigma, shared responsibility for community and citizenship
- Early Intervention
- Integration not exclusion
- Diversion from In patient care, prisons.... all institutions
- Recognition of impact of environment on mental health e.g. Housing Estates
- Mental Health Performance Indicators to be part of generic PIs
- Personalisation, improved choice community engagement

The Local Context

Up to **23% of the population** will be affected by common mental illness

Significant increase in numbers of people with psychosis

OPCT spends £36M on mental health service provision for people aged 18 – 64.

This is roughly 8% of the gross operating costs of the PCT.*** £1m per year last 2 years increase in forensic placements***

Pressure on Social Care accommodation budget due to increased in demand and lack of move on

Local Policy

Oxfordshire Mental Health Strategy 2017 – 2012

Oxfordshire Joint Director of Public Health's Report – MH Chapter on Increasing the Profile of Mental Health

Oxfordshire Commissioning Strategy – work in progress

Oxfordshire Well Being Strategy – work in progress

What makes people well?

Being in settled accommodation

Having paid work

Friends and family (social networks)

Involvement in mainstream community facilities

Good physical health



Housing and Accommodation

Challenges:

- Forensic services possibly importing people from other counties
- Lack of systematic move on pathways
- **Choice based letting scheme** not user friendly for people with MH problems
- Housing gap in **Sustainable Community Strategy**
- Lack of coordinated strategy between social care / health and housing authorities

Solution:

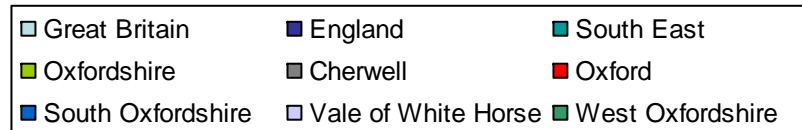
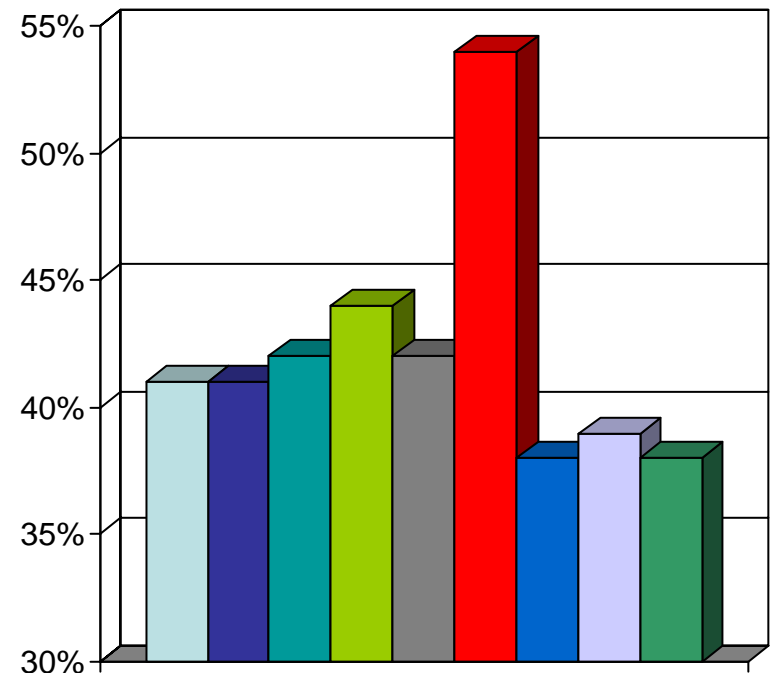
Accommodation and Housing Strategy for Mental Health

Employment

We know that **one in five people on benefits in Oxfordshire are on benefits for a reason directly related to their mental health.**

6,000 people in Oxfordshire are workless, receiving incapacity benefit and severe disability allowance because of mental health problems.

Oxford has 54% of people on IB/SDA for reasons relating to mental health problems is in the **top 5** worst performing districts in England. Oxfordshire is **39th worst** county in England.



Mental Wellbeing and work

If you become ill with a mental health problem you are **twice as likely to leave work** than if you have any other health problem

If you are off work for 12 months you are unlikely to return to work for seven years.

People with mental health problems and in employment have fewer psychiatric symptoms, better physical health, and fewer side effects

A high rate of employment does not have a detrimental effect on clinical wellbeing and relapse



Sports and leisure

Mainstream staff need training to support vulnerable and disadvantaged customers (e.g. MH First Aid)

Sports and exercise

83% of people with mental health problems looked to exercise to improve their mood

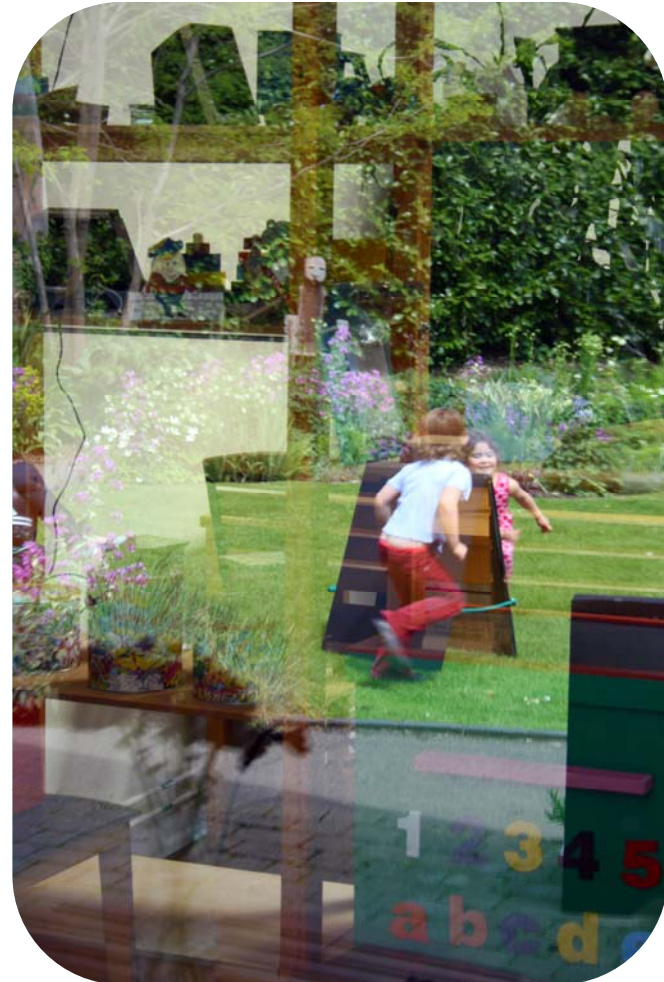
Sports centres need to positively welcome people with mental health problems

Libraries and Culture

Bibliotherapy is a good example of constructive partnership working

Learning

OLN offers a way to engage communities and create welcoming services



What can you do

Make mental wellbeing core to strategic planning for Oxfordshire

Housing

Develop a collective **housing strategy** that provides pathways away from supported housing to independent living

Employment

Act as **exemplar employers**.

Train managers to support people with mental health issues (mental health first aid),

Use contract conditions and tender scoring to ensure businesses you contract with also act positively in relation to mental health

Exercise and Leisure

Create **welcoming and supportive** environments (sports centres, pools, and libraries)

Key messages

Services need to positively encourage wellbeing as well as treat illness.

We know that mental health services are bad for your mental health.

People should leave services – recovery is our main aim.

Employment is a key intervention.

Statutory organisations are big employers and you can use your position to improve the mental wellbeing of the local population.