

## Health and Wellbeing Board Meeting Date

### Item Title Adult Mental Health Needs Assessment

#### Responsible Officer

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#### 1. Summary

The Shropshire Mental Health Needs Assessment seeks to identify and describe the patterns of mental health problems for adults within Shropshire, identify inequalities in mental health (including access to services) and to determine the priorities for the most effective use of resources to inform whether the content and configuration of existing services is appropriate for our population.

Ensuring our population has good mental and emotional health is important as it impacts on all aspects of people's lives, including links with good physical health, social participation, ability to cope with the normal stresses of life, developing personal relationships, education, training and ability to fulfil potential in employment opportunities.

Managing a positive state of mental wellbeing is associated with a range of positive social outcomes such as educational success, wealth, employment, self-awareness and acceptance of others. There is however, no evidence that these social outcomes alone can improve mental wellbeing. Conversely, there is evidence that negative social factors such as educational failure, poverty, unemployment and fear of others can be both a cause and an outcome of a mental health problem.

Programmes to promote good emotion health and address mental ill health can be targeted throughout the course of life, from pregnancy and maternity (supporting conditions such as antenatal/postnatal depression), childhood and teenage years (where the majority of mental health problems are first identified) through to adulthood (which otherwise could impact on a person's social circumstances) and older age.

The findings of this Health Needs Assessment suggest that in general, the population mental health of people within Shropshire is better than the averages reported in the West Midlands and England. There are however, still many people across our communities where inequality creates different abilities to access appropriate support and engage within their community as a result of their social, physical and economic environment, which can make them more susceptible to mental health problems.

## 2. Recommendations

1. **Develop and implement a Mental Health Strategy:** Using the findings of this Health Needs Assessment and ensuring clear links with supporting existing strategies including for dementia, suicide prevention, children and young people and carers.
2. **Better identification and recording of mental ill health:** Data collection across services on issues, characteristics and demographics of clients (particularly with emerging ethnic or migrant populations)
3. **Data sharing between organisations to improve client experience:** Essential information for analysis of risks, understanding needs, service review and promoting equity for clients across different services and for better targeting of care and prevention programmes
4. **Timely access to mental health services based on need:** Feedback from service users indicates identified access to services can be slow and complicated
5. **Raised awareness of and access to support networks that signpost services:** Improved communication to communities and between health & social care services of the range of mental health services and support organisations and how to access them (which may also include links with primary care via Social Prescribing Advisors & Community Care Co-Ordinators)
6. **Frequent service user consultation:** Providers to seek feedback from clients who contact or use mental health service and support networks to review, learn & better respond to changes in community mental health needs

**Consistent professional training of frontline staff:** For those working across health, social care, the voluntary sector and other services that are most likely to work with people with mental health needs to promote mental wellbeing to the public and among themselves. This would include upskilling of volunteers & support for carers to empower them to have conversations to support mental health & wellbeing.

## REPORT

### 3. Risk Assessment and Opportunities Appraisal

(NB This will include the following: Risk Management, Human Rights, Equalities, Community, Environmental consequences and other Consultation)

### 4. Financial Implications

Mental Health is one of the most financially demanding conditions for the Health and Social Care economy with common mental disorders costing the local authority on average of £135 per person per year and the NHS £1,219 per person per year and dementia costing the local authority £14,338 per person per year and the NHS £2,048 per person per year (Unit Cost Database - New Economy Manchester). Mental health problems can also increase the risk of a range of other physical health conditions and therefore create further demand on the Care system if not addressed, prevented and/or better managed to ensure people can remain independent for longer.

## 5. Background

The Health Needs Assessment was produced by a sub group of the Mental Health Partnership Board and included representation from Shropshire Public Health, Shropshire CCG, SSSFT, Commissioning Support Unit and a VCO representative.

The purpose has been to identify where the greatest mental health need may be across our community to help inform where resources could be targeted to ensure greatest impact and to help support the development of a mental health commissioning strategy.

There has been much work within the Shropshire in developing services and formal workplans such as with the recent commissioning of the 0 to 25 years Emotional Health and Wellbeing service, the dementia strategy, the suicide prevention strategy and the carers strategy. There had not however, been a formal assessment of adult mental health across Shropshire in recent times.

## 6. Additional Information

None

## 7. Conclusions

The Health Needs Assessment is currently in draft form and still open to comment.

<b>List of Background Papers (This MUST be completed for all reports, but does not include items containing exempt or confidential information)</b>
<b>Cabinet Member (Portfolio Holder)</b>
<b>Local Member</b>
<b>Appendices</b>