

North East Lincolnshire's Mental Health and Wellbeing Needs Assessment 2018

Introduction

Life has changed since North East Lincolnshire's the last mental health needs assessment when a traditional model focussing largely on mental health problems and the impact on services was completed. The growing interest in mental health alongside the widespread realisation that it impacts on many factors in our lives right across the life-course has led to the 2018 needs assessment. To broaden its scope to consider the growing wider determinants of health (incl. finances, employment, housing, community issues, family problems and relationship positions) and their impact on the Borough's residents.

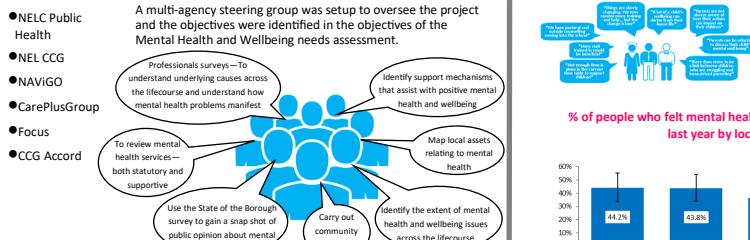


The challenge of Public Mental Health is great, therefore emphasising promotion of mental wellbeing and preventing mental health problems is crucial. This is especially important considering the wider impacts on health inequalities and prevention of preventable premature death. The underlying aim of this needs assessment is to protect our children against mental health problems as early as possible.

Aims

- Identify the incidence and prevalence of common mental health disorders using available data at all the major stages of the life course.
- Provide a comprehensive assessment of the factors that are associated with poor mental health and wellbeing at every major stage of the life course in North East Lincolnshire.
- Understand how mental health and wellbeing issues are manifesting and presenting to public services, schools, employers etc. and
- Review the range of services that are currently available to assist people with their mental health and wellbeing and assess whether this reflects the needs of our community.

The team and the method



Conclusion

- Low level mental health & wellbeing problems are endemic across our communities, especially in young people and working age people and in deprived communities
- There are limited interventions available to deal with these problems, some of which will escalate into more serious mental health problems
- These issues impact on both men and women but women appear to be more impacted at younger ages, men in middle age. Women appear much more likely to seek help from statutory services at an early stage
- Many mental health problems are legacy issues, with their roots in childhood experiences that reduce resilience to life events and are complex to address
- Our main mental health services, the acute hospital, police, ambulance, substance misuse etc are under enormous pressure dealing with more severe mental health problems and crisis issues
- Alcohol and substance misuse are common manifestations of mental health problems in NEL but there are many others
- Professionals should be alert to what could be early signs of developing mental health issues
- People with low level mental health problems will be coming into contact with a wide range of services where there may be opportunities for interventions (making mental health everyone's business)
- We do not have well developed community and voluntary sector infrastructures for mental health, especially where the need is greatest
- Although mental wellbeing is generally higher in older people, things decline in the oldest people where social isolation or chronic illness is more common.

Next Steps

A life-course approach is to be taken to ensure everyone in North East Lincolnshire can access up-to-date evidence-based access information about mental health and wellbeing. This will also ensure everyone is; capable and in control of their own mental health and wellbeing, supported to access appropriate services. Mentally Healthy Places including; schools, academies, family hubs, workplaces, community venues and job centre staff will have appropriate up-to-date mental health and suicide prevention training. They will promote positive mental health and wellbeing and will strive to reduce mental health and wellbeing stigma and discrimination. As well as considering how mental health can be disseminated across the life-course, equitable services, quality public services are available to all with special consideration for those with an increased risk of developing a mental illness or low wellbeing.

At risk of mental illness and low wellbeing across the life-course



Literature Review

- 18% working aged adults are affected by mental health problems some point in their life.
- 10-20% women who are pregnant & the 1st year following having a baby
- 5-16 year olds suffer clinical mental health problems
- Looked After Children are 4 times more likely to get a mental illness diagnosis than their peers
- Only 32% of adults with clinical levels of mental health problems receive treatment.
- Only 25% of children who need treatment receive it.
- Over 1 million older people were socially excluded and that nearly one fifth of older people in the UK do not receive the help they need to get out of their house or flat.
- In 2012/13, NHS spend on children and adolescent mental health problems was £700 million or 6% of the total spend on mental health.

Maximum Emotional Wellbeing

Significant lifecourse factors	Protective Factors
<ul style="list-style-type: none"> Pregnancy or within the first year after having a baby Children and young people's transition into adulthood increases the risk mental problems Persistent Self-harm, Eating Disorders and Body Dismorphia Adults who have undergone Adverse Childhood Experiences (ACES) 	<ul style="list-style-type: none"> A Sense of Control Being in a Stable and Happy Relationship Positive Relationships and for Older Adults - Staying Connected Job quality - Fair Pay / a Sense of Purpose / Positive Management / Positive Work Environment / a Sense of Progress

Maximum

Mental Illness Risks

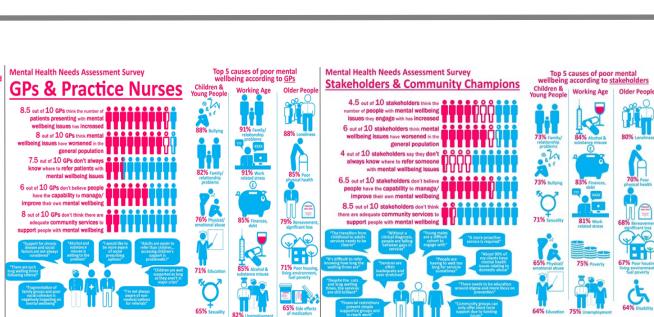
- Bereavement
- Debt and Financial Strains
- Family History of Deprivation
- Work-Life Balance & Job Loss
- Bullying, Violence and Abuse
- Alcohol and Illicit Drug Misuse
- Low Educational Achievement
- Partner in Poor Health & Being a Carer
- Chances of Developing Dementia and Depression

Minimum

Mental Illness Risks

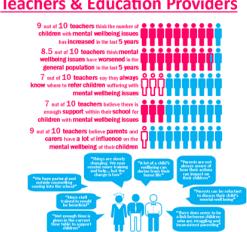
- Loneliness
- Sleep problems
- Psychological distress
- Compulsory retirement or economic necessity
- compels someone to work beyond the retirement age

Minimum Emotional Wellbeing

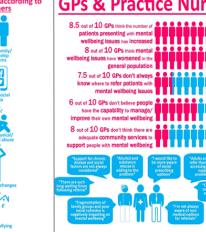


Results

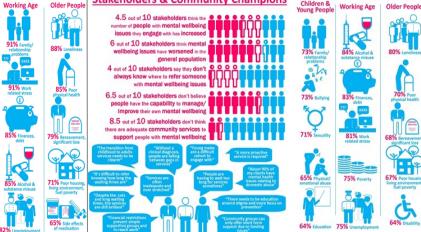
Mental Health Needs Assessment Survey Teachers & Education Providers



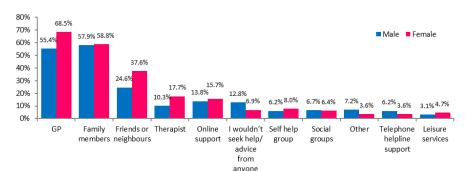
Mental Health Needs Assessment Survey GPs & Practice Nurses



Mental Health Needs Assessment Survey Stakeholders & Community Champions



Where people would seek advice if they felt low for a long time, by gender, 2018



Children and Young People

- 85% of local children say they usually feel happy about life but children living in the most deprived areas are less likely to feel happy
5% of local school children are recorded as having a learning disability compared to 3% nationally
65 children aged 10 to 19 admitted to hospital for self harm in the last year



- 10% of suicide related ambulance call outs are for those aged 10 to 19 years old

Working Aged Adults

- 60% of mental health related hospital admissions are for men
60% of self harm related hospital admissions are for women

3x more likely to be admitted to hospital for a mental health condition if you live in the most deprived area compared to the least deprived areas

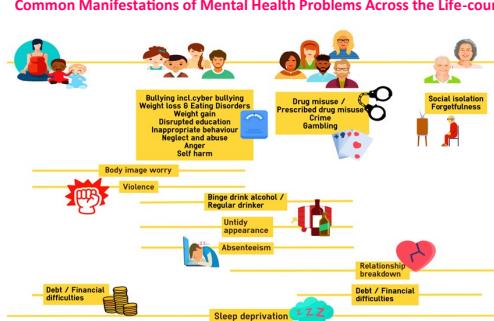
- 21,800 local people aged 15 to 74 suffered a common mental health episode in the last week.
A lower proportion of local people believe they have good life satisfaction, a worthwhile life, are happy and have low anxiety compared to national and regional proportions.

Older Adults

- In a local survey older people scored a significantly higher mental wellbeing score than all other age groups



Common Manifestations of Mental Health Problems Across the Life-course



Potential Touchpoints Across the Life-course

- Midwives
- GPs
- Health Visitors
- Family Hubs
- Church / religious organisations
- Voluntary Sector e.g. Play Groups
- School Nurse
- School / College
- Libraries / Leisure Centres
- Sports Clubs
- Youth Clubs
- Voluntary Sector e.g. Scouts
- GP
- Workplace
- Job Centre Plus
- Gym / Leisure Centres
- Social / Sports Clubs
- GP
- Church / religious organisations
- Community Centres
- Libraries
- Voluntary Sector e.g. Age Concern

Further Information

Final Report:

<http://www.nelincsdata.net/resource/view?resourceId=1463>

Summary Report:

<http://www.nelincsdata.net/resource/view?resourceId=1462>

Slide-set:

<http://www.nelincsdata.net/resource/view?resourceId=1464>

Acknowledgements

