

Committee: Health and Wellbeing Board	Dated: 22/09/2023
Subject: Mental Health Services for People with Severe Mental Illness	Public
Which outcomes in the City Corporation's Corporate Plan does this proposal aim to impact directly?	1,2,3,4
Does this proposal require extra revenue and/or capital spending?	N
If so, how much?	N/A
What is the source of Funding?	N/A
Has this Funding Source been agreed with the Chamberlain's Department?	N/A
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Summary

The report sets out how mental health services in the City of London are governed, delivered and integrated with other services, specifically those services for people with severe mental illness.

Recommendation

Members are asked to:

- Note the report.

Main Report

Background

1. Mental health problems affect around one in four people in any given year. They range from common problems such as depression and anxiety to conditions such as schizophrenia and bi-polar disorder.
2. When it was last surveyed, it was estimated that 13.4% of City of London residents have a common mental illness, this is significantly lower than the London or England average rates.
3. Severe mental illness can be very well managed and stable but in other cases, less so and often there are interactions with other conditions or situations which

can create complexity and the need for more support from health and social care agencies.

4. Mental ill health can be more prevalent and cause inequalities within certain communities.
5. The City of London has a high rough sleeping population, many of whom experience significant mental ill health and also sees a number of suicide attempts from its tall buildings and bridges each year.
6. The Coronavirus pandemic and cost of living crisis are having an impact on people's mental health. This is a particular issue both nationally and locally for young people where demand for services increased significantly following the pandemic, resulting in long waiting times and difficulties accessing services needed.
7. In the current climate, mental health services are reporting that patients are increasingly presenting with additional complexities which intersect with and worsen mental ill health and make them more complicated to treat. There has also been a marked increase in the number of people presenting in mental health crisis.

Current Position

8. There are a range of services provided across the NHS, Social Care and the Voluntary and Community Sector which support residents across the spectrum of mental health and wellbeing.

Clinical Services

9. Clinical services in relation to mental ill health will be provided by both primary care and by specialist mental health services. In the case of the City of London, specialist mental health services are provided by the East London Foundation Trust (ELFT). ELFT work across the North East London (NEL) footprint which provides continuity for City of London residents who are registered with Tower Hamlets GPs. ELFT provide services for both adults and children.
10. In terms of clinical services and associated support for people with complex mental health conditions, services are structured as follows:

Level of need	Support offered to all	Team / Service	Function / Support offered
Low / Moderate SMI	<ul style="list-style-type: none"> ● Groups ● Activities ● Advice & Information ● Digital Offer ● Personal Health Budgets ● Step up Support if needed 	Primary Care	On going support mainly through yearly medication reviews and physical health checks. Care planning and access to social prescribing etc. There is also the opportunity to have mental health practitioners which will sit across primary care and neighbourhoods.
Moderate / Complex		Neighbourhood Mental Health Team	Wellbeing Support Support with the wider determinants of health such as employment and benefits Social connections Advocacy Navigation Some outpatient clinics
Complex Long Term Support		Neighbourhoods Recovery Service	Outpatient clinics and care coordination
Brief intense support needed (not yet in crisis)		Assessment Service	Assessments and brief intervention.

11. Bed based care and crisis lines are also provided by ELFT.

12. ELFT also provide a specifically commissioned Street Triage Service working with police to respond to incidents where there is an immediate threat to life flagged by the 999 control room.

13. The NHS also provide a range of talking therapies for people with common mental health problems, such as stress, anxiety and depression, delivered by fully trained and accredited NHS Practitioners.

14. Safe Connections is being provided by a range of partners working collaboratively across North East London, to provide support to anyone who is feeling at risk of suicide and needs to access support. This is in addition to existing crisis helplines.

15. ELFT are commissioned by the City of London Corporation to provide their Approved Mental Health Practitioner (AMHP) service which delivers any Mental Health Act (MHA) assessments that need to be undertaken. They also provide care coordination for mental health patients where appropriate and deliver social circumstances reports in relation to Mental Health Tribunals (where patients may seek to be released from a section).

Adult Social Care

16. Adult Social Care (ASC) are responsible for providing social care services to people with mental health conditions where appropriate under the Care Act 2014. They will work closely with health and voluntary and community sector providers to support people to maintain their independence, live safely in the community and achieve their outcomes.

17. Some people who have been in hospital under the Mental Health Act can get free help and support after they leave hospital. This is often referred to as section 117 aftercare.

18. Aftercare can include healthcare, social care and supported accommodation as appropriate. The Mental Health Act says that aftercare services are services which are designed to:

- meet needs that arise from or relate to a person's mental health problem, and
- reduce the risk of a mental condition deteriorating, and a return to hospital.

The City and Hackney Wellbeing Network

19. The newly recommissioned City and Hackney Wellbeing Network is funded by City and Hackney Public Health and provided by a partnership of voluntary and community organisations, led by Mind CHWF. The service provides holistic, person centred support to residents with complex mental health needs.

20. In 2022, approximately 1% of Wellbeing Network clients were from the City of London, while it represents about 3% of the total City and Hackney population. As a result, increased promotional efforts through City stakeholders and at relevant City events is taking place and, once the new service is more established, outreach work is planned.

Voluntary and Community Sector Services

21. In addition to the commissioned Wellbeing Network and some IAPT provision, the Voluntary and Community Sector also provides independent community based mental health support.

22. The Dragon Café in the City provides a welcoming place, in one of the City libraries, for a fortnightly programme of events designed for anyone who is feeling the pressures of work or life in and around the City of London.

23. The City Wellbeing Centre is an innovative model which provides counselling and psychotherapy services to City residents and workers (and those in neighbouring boroughs) based on a differential payment scale to enable a wider range of people to access therapy services.
24. In terms of businesses, there is the City Mental Health Alliance, an alliance of businesses, working together with mental health experts and partner organisations, to support mental health in the workplace. In addition, Business Healthy is a community and online resource for business leaders in the City of London, committed to improving the health and wellbeing of their workforce.

Integration

25. As noted above, there are a number of ways in which services collaborate and work together to support people with mental health conditions. There are also specific programmes to better integrate mental health services with other services.
26. The recommissioned City and Hackney Wellbeing Network has been designed to increase integration both internally and with external partners. Clients supported by the network can attend interventions provided by a range of community sector partners all working together. The service will also be working with external partners to develop shared plans where more than one service is working with the same client. Clients are also supported to access interventions from external partners that will contribute to their recovery.
27. Across City and Hackney, the neighbourhood model provides the basis to deliver more integrated local community services which are closer to home. Community Mental Health Services were transformed to develop a neighbourhood approach across all 8 neighbourhoods in City and Hackney. These neighbourhood mental health teams include a range of roles including Senior Neighbourhood practitioners, Community Connectors and Assessment workers. These Neighbourhood Teams work with a range of wider roles across City and Hackney such as Occupational Therapists, Clinical Psychologists and Community Mental Health Pharmacists. Overall, the new model is designed to provide a hive of support not just for residents, carers and their families but also for staff, partners and primary care colleagues.

Governance, planning and prioritisation

28. At the NEL level, there is the North East London Mental Health, Learning Disability and Autism (MHLDA) Collaborative which is a collaborative between health commissioners (the Integrated Care Board) and providers of MHLDA across the footprint. These are namely ELFT and the North East London NHS Foundation Trust (NELFT).

29. This sub-committee is responsible for, amongst other things, leading annual planning for MHLDA services in North East London across the Integrated Care System (ICS).
30. At the City and Hackney Partnership level, there is a Mental Health Integration Committee which brings together partners in healthcare, social care and the voluntary sector with the aim of reviewing and analysing local need, provision and performance and use this information for strategic decision making, planning and prioritisation of decisions locally.
31. There are also a number of Alliances in City and Hackney around Child and Adolescent mental health, dementia and Psychological Therapies and Wellbeing. These are provider lead boards that support integration and collaboration between mental providers in City and Hackney.
32. City and Hackney Public health are currently undertaking an adult's mental health Joint Strategic Needs Assessment (JSNA) for City and Hackney which will inform strategic mental health priorities across all partners and a City and Hackney Mental Health Action Plan. A key part of this work will focus on improving the integration of the local mental health system and the patient experience.

Corporate & Strategic Implications

Strategic implications – The provision of mental health services across health, social care and the voluntary and community sector contributes to and aligns with corporate priorities

1. People are safe and feel safe
2. People enjoy good health and wellbeing
3. People have equal opportunities to enrich their lives and reach their full potential
4. Communities are cohesive and have the facilities they need

Furthermore, the work is also aligned with a wide range of other strategies including the City and Hackney Mental Health Strategy, the City and Hackney Place Based Partnership Strategy, the NEL Integrated Care System Priorities and wider government strategies on mental health.

Financial implications - none

Resource implications - none

Legal implications -none

Risk implications - none

Equalities implications – mental ill health and its impacts is experienced differentially by different communities. When services are commissioned, they are subject to an Equalities Impact Assessment to assess the impact of the proposals on different groups and to amend proposals where necessary. The commissioning and delivery of these services can contribute to the reduction of health inequalities by targeting groups with the highest levels of need and tailoring the offer to ensure services are accessible to all groups.

Climate implications - none

Security implications - none

Conclusion

33. This report outlines some of the services available across City and Hackney to support people with mental health conditions. It also sets out how these are governed and where mental health services are integrated.

Appendices

None

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