

Prevalence



More than three quarters of mental health problems will have emerged by the age of twenty (*Mental Health Foundation*)

Estimated prevalence of mental health issues in adults:

- Mixed anxiety and depressive disorder: **7.7%** aged 16-74
- Generalised anxiety disorder: **3.7%** aged 16-74
- Depressive disorder: **1.9%** aged 16-74
- Post Traumatic Stress Disorder: **3.1%** aged 16+



In 2016/17, **5.3%** of respondents to the GP Patient Survey reported a long term mental health problem



In 2016/17, **11.5%** of GP patients aged 18+ were recorded as having depression



Depression is estimated to affect **22% of men** and **28% of women aged 65 and over** (*Health Survey for England 2005*)

29.2% of people **aged 80 and over** reported feeling **high levels of loneliness in their daily lives** (*Office for National Statistics*)

At least **30% of people** with a **long term health condition** also have a **mental health problem** (*The King's Fund*)



In 2017, **4.2%** of GP patients aged 65+ had a recorded diagnosis of dementia



In 2018, an estimated **67.3%** of people aged 65+ living with dementia had been diagnosed

Risk Factors



In 2017, **15.9%** of adults were current smokers



In 2016/17, **65.7%** of adults were overweight or obese



In 2014, an estimated **16.2%** of Northamptonshire's population was living in areas ranked the 20% most deprived nationally



In 2016, the rate of long term unemployment was **3 per 1,000** working age population



In 2016/17, **1.1%** of households were living in temporary accommodation



In 2016/17, the rate of domestic abuse related crime reported to the police was **27.3 per 1,000** population



In 2011, **16.2%** of adults were living with a long term health problem or disability



In 2015, **13.5%** of older people were living in poverty



In 2017, **4.6%** of households in the county consisted of a person aged 65 and over living alone

Costs

In 2007, the total cost of mental health to the NHS, social services and care services was estimated at **£22.5 billion nationally**, with dementia accounting for two thirds of all service costs (*The King's Fund*)

The 2016/17 aligned health and social care budget for the provision of adult and older people's mental health services in Northamptonshire was £79.8 million, of which NHS spending accounted for 84%

Analysis of acute hospital admissions (Nene and Corby CCGs) shows that in 2017/18 there were **3,723 adult admissions due to mental health issues, at a cost of £4.7 million**

Health Burden

 In 2016/17, there were **611** hospital admissions for mental/ behavioural issues due to alcohol

 In 2014-16, **202** adults in the county committed suicide

 In 2013/14, **381 per 100,000** adults aged 18-64 were assessed by social care for mental health problems

 In 2014/15, **33 per 1,000** GP patients aged 18+ were in contact with mental health or learning disability services

Protective Factors

 In 2016/17, **63.6%** of adults were physically active for at least 150 minutes per week

 In 2015/16, **21.1%** of adults used outdoor spaces for exercise or health purposes

 In 2014/15, **73.5%** of respondents to the Annual Population Survey reported a high happiness score

 In 2016/17, **78.8%** of people aged 16-64 were employed

Public Health Plan on a page: Commissioning for Outcomes (Mental Health)

Vision:

To improve the health and wellbeing outcomes for people in Northamptonshire ensuring the best use of resources to meet the needs of the population, whilst enabling a high functioning system. The call to action highlights the importance of prevention and early intervention, as well as service redesign to enable targeted input in community settings, and an integrated model of mental health service delivery.

Our Priorities/Objectives

Whole system approach

Prevention and early intervention are one of the priority areas on the Northamptonshire Health and Care Partnership Board. The Mental Health Transformation Board involves all partners, providers and stakeholders and oversees the work that is delivered by the Mental Health Prevention Concordat

Achieved through:

- Partnership working with Clinical Commissioning Groups, Northamptonshire Health Foundation Trust, Acutes, Police, Voluntary Sector, workplaces, schools and districts and borough councils

Prevention of Mental Ill Health

Prevention and promotion of positive mental wellbeing for all people.

Achieved through:

- Promotion of mental health literacy such as the “5 Ways to Wellbeing”
- Organisational approach to creating mentally healthy workplaces in the County
- Training for frontline workers to help early identification through Connect 5
- Time 2 Change funding of community, workplace, schools champions
- Addressing inequalities

Collaborative approach

Working with key stakeholders, and as part of the priority programme of work overseen by the Northamptonshire Health and Care Partnership

Achieved through:

- Realising the Mental Health Prevention Concordat and Mental Health Transformation Board strategies
- Co-ordinating preventative activity in a systematic way utilising “5 Ways to Wellbeing” as an underlying framework.
- System/organisational sign up to training all frontline in Connect 5

Evidence based approach

Champion and use effective techniques and via engagement with partners and partner research, implement universal and targeted approaches to promote mental wellbeing, and support mental health recovery

Achieved through:

- Joint Strategic Needs Assessment (JSNA)
- Health Needs Assessments (HNA) specifically for Mental Health Prevention
- Return on Investment (ROI)

Our Commitment / Enablers

Reducing inequalities through taking a “proportionate universalist” approach - by location, and risk population.

System partnerships - engaging and co producing with partners e.g. NHS, local government, 3rd Sector, schools, workplaces.

Using interventions which focus on existing assets, and involving communities in framing the issues and the solutions.

Engagement and co-production of research aligning with evidence. Evaluation to monitor and assure effectiveness of preventative activity.

Taking a settings based approach to public mental health promotion - creating places which support and generate mental wellbeing.

Measures of Success

- Pathways clearly documented and accessible to the public
- A countywide campaign reducing stigma of mental health
- A countywide action plan reflecting the priorities within the suicide prevention strategy
- Online directory linked to Local Digital Roadmap
- Strengthened links between mental health and substance misuse services
- An established community champions programme
- Connect 5 social marketing campaign and materials
- Training for frontline workforce on Connect 5 or Mental Health first aid and suicide prevention awareness