The Public Health Call to Action for Mental Health in Adults - Northamptonshire

**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

**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+

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

**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 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

- 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

**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

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**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**

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<tr>
<th>Whole system approach</th>
<th>Prevention of Mental Ill Health</th>
<th>Collaborative approach</th>
<th>Evidence based approach</th>
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<tbody>
<tr>
<td>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</td>
<td>Prevention and promotion of positive mental wellbeing for all people.</td>
<td>Working with key stakeholders, and as part of the priority programme of work overseen by the Northamptonshire Health and Care Partnership</td>
<td>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</td>
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<td><strong>Achieved through:</strong></td>
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<td>• Partnership working with Clinical Commissioning Groups, Northamptonshire Health Foundation Trust, Acutes, Police, Voluntary Sector, workplaces, schools and districts and borough councils</td>
<td>• Promotion of mental health literacy such as the “5 Ways to Wellbeing”</td>
<td>• Realising the Mental Health Prevention Concordat and Mental Health Transformation Board strategies</td>
<td>• Joint Strategic Needs Assessment (JSNA)</td>
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<td>• Organisational approach to creating mentally healthy workplaces in the County</td>
<td>• Co-ordinating preventative activity in a systematic way utilising “5 Ways to Wellbeing” as an underlying framework.</td>
<td>• Health Needs Assessments (HNA) specifically for Mental Health Prevention</td>
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<td>• Training for frontline workers to help early identification through Connect 5</td>
<td>• System/organisational sign up to training all frontline in Connect 5</td>
<td>• Return on Investment (ROI)</td>
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<td>• Time 2 Change funding of community, workplace, schools champions</td>
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<td>• Addressing inequalities</td>
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**Our Commitment / Enablers**

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<th>Reducing inequalities through taking a “proportionate universalist” approach - by location, and risk population.</th>
<th>System partnerships - engaging and co producing with partners e.g. NHS, local government, 3rd Sector, schools, workplaces.</th>
<th>Using interventions which focus on existing assets, and involving communities in framing the issues and the solutions.</th>
<th>Engagement and co-production of research aligning with evidence. Evaluation to monitor and assure effectiveness of preventative activity.</th>
<th>Taking a settings based approach to public mental health promotion - creating places which support and generate mental wellbeing.</th>
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<td>Pathways clearly documented and accessible to the public</td>
<td>Online directory linked to Local Digital Roadmap</td>
<td>Strengthened links between mental health and substance misuse services</td>
<td>Connect 5 social marketing campaign and materials</td>
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<td>A countywide campaign reducing stigma of mental health</td>
<td>A countywide action plan reflecting the priorities within the suicide prevention strategy</td>
<td>An established community champions programme</td>
<td>Training for frontline workforce on Connect 5 or Mental Health first aid and suicide prevention awareness</td>
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**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
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- 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