

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.

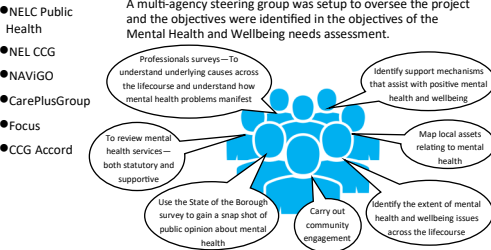
The challenge of Public Mental Health is great, therefore emphasising promotion of mental wellbeing and preventing mental health problems is crucial. This is especially important considering the wider impacts on health inequalities and prevention of preventable premature death. The underlining aim of 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



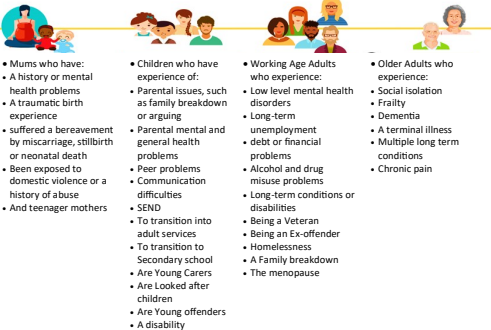
Conclusion

- 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 level wellbeing.

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



Literature Review

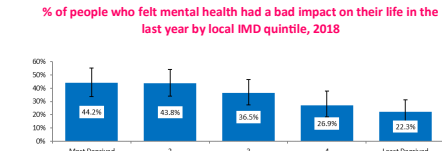
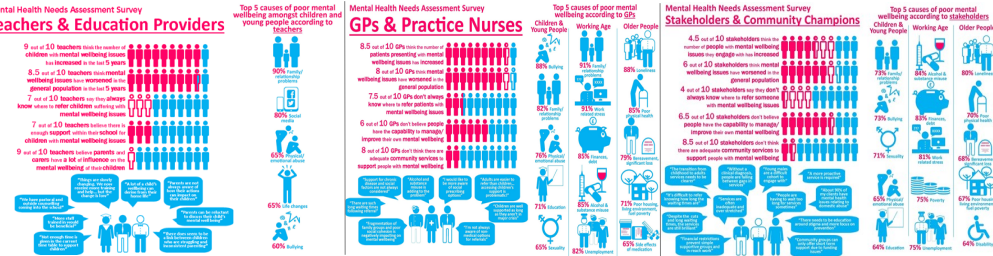
- 18% working aged adults are affected by mental health problems some point in their life.
- 10-20% women who are pregnant & the 1st year following having a baby
- 10% 5-16 year olds suffer clinical mental health problems
- Looked After Children are 4 times more likely to get a mental illness diagnosis 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

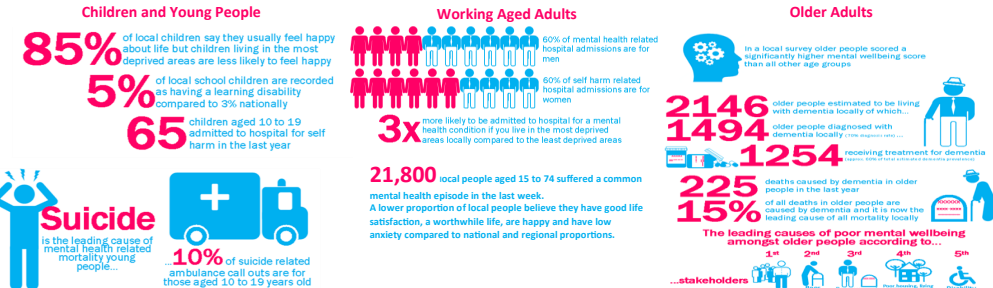
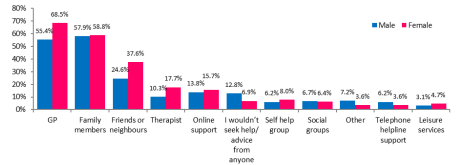
Significant life-course factors	Protective Factors
<ul style="list-style-type: none">Pregnancy or within the first year after having a babyChildren and young people's transition into adulthood increases the risk mental problemsPersistent Self-harm, Eating Disorders and Body DysmorphiaAdults who have undergone Adverse Childhood Experiences (ACES)	<ul style="list-style-type: none">A Sense of ControlBeing in a Stable and Happy RelationshipPositive Relationships and for Older Adults - Staying ConnectedJob quality - Fair Pay / a Sense of Purpose /Positive Management / Positive Work Environment / a Sense of Progress
Maximum Mental Illness	Minimum Mental Illness
<ul style="list-style-type: none">BereavementDebt and Financial StrainsFamily History of DeprivationWork-Life Balance & Job LossBullying, Violence and AbuseAlcohol and Illicit Drug MisuseLow Educational AchievementPartner in Poor Health & Being a CarerChances of Developing Dementia and Depression	<ul style="list-style-type: none">RisksLonelinessSleep problemsPsychological distressCompulsory retirement or economic necessitycompels someone to work beyond the retirement age

Minimum Emotional Wellbeing

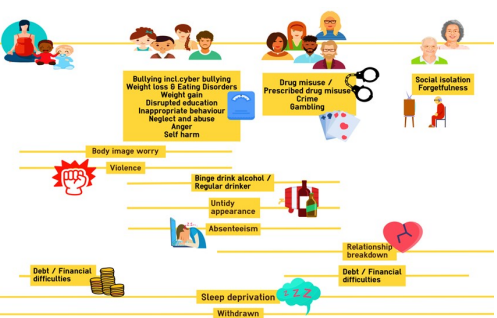
Results



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



Common Manifestations of Mental Health Problems Across the Life-course



Potential Touchpoints Across the Life-course

- Midwives
- Health Visitors
- Family Hubs
- Church / religious organisations
- Voluntary Sector e.g. Play Groups
- School Nurse
- School / CCGs
- 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

