



West Midlands Combined Authority

Mental Health Commission Briefing paper

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Project lead

Introduction

Poor mental health and wellbeing is a significant driver of demand for public services and reduced productivity and has therefore been identified as a potential area for which the Combined Authority could deliver public sector reform.

A Mental Health Commission was established in October 2015 to identify the contribution that devolution can make to addressing poor mental health and wellbeing. This is an important opportunity to transform mental health and wellbeing services to re-balance them to prevent demand for public services and critically to improve outcomes.

Aims of the Commission

The Commission has the following aims

- a) To assess the scale of poor mental health and wellbeing across the combined authority area and its cost and impact on public sector services, the economy and communities
- b) To review national and international research and best practice to establish what works best in addressing the impact that poor mental health and wellbeing has on public services, the economy and local communities. Establish the relative costs and benefits of the application of this evidence to the West Midlands
- c) To identify, and consider the outcome from, work currently under way and/or being piloted in the West Midlands to improve mental health and wellbeing
- d) To make recommendations to both Government and the West Midlands Combined Authority on:
 - How public services should be transformed to reduce the impact that poor mental health and wellbeing have on public services, the economy and communities in the West Midlands, within the current resource envelope.
 - How resources currently spent on managing and treating mental ill health can be re-directed to measures that keep people mentally well and enable recovery.
 - The potential for a devolution deal for mental health and wellbeing, and if appropriate specify the nature of a devolution deal.
 - The outcomes that can be delivered by public service reform, within existing resources, to address poor mental health and wellbeing and the impact on demand for public services and productivity.

Membership of the Commission

Rt. Hon. Norman Lamb MP (Chair of the Commission)

Former coalition government Minister for Care Services at the Department of Health (Sept. 2012 – May 2015). Liberal Democrat health spokesperson and MP for North Norfolk.

Paul Anderson

Managing Director – Deutsche Bank Birmingham

Professor Dame Carol Black

Advisor to government on employment and health and Principal of Newnham College, Cambridge.

Professor Kevin Fenton

Director of Health and Wellbeing – Public Health England

Steve Gilbert

Serious Mental Illness - Living Experience Consultant
West Midlands Mental Health Commission Criminal Justice KLoE Lead

Craig Dearden-Phillips

Chief Executive and founder of Stepping Out

Dr Geraldine Strathdee

Former national clinical director for mental health at NHS England

Steve Shrubbs

Former NHS mental health Trust Chief Executive and Director of the NHS Confederation Mental Health Network

Professor Swaran Singh

Head of Mental Health & Wellbeing Division at Warwick Medical School, University of Warwick

Karen Turner

Director of Mental Health – NHS England (joined Commission in April 2016)

Other attendees at Commission meetings

Sarah Norman

CEO of Dudley Council and lead officer for the Commission

Steve Appleton

Managing Director - Contact Consulting
Secretariat to the Commission

Simon Gilby

CEO of Coventry & Warwickshire Partnership NHS Foundation Trust
Attending on behalf of local NHS provider Trusts

Dr Paul Turner

Clinical commissioning lead for mental health at Cross-Birmingham CCG
Attending on behalf of clinical commissioners

Detective Chief Inspector Sean Russell

Mental health lead for West Midlands Police and attending in his role as Chair
of the Commission's steering group

Summary of activity

Baseline assessment

The Health Services Management Centre (HSMC) of the University of Birmingham, were commissioned to conduct a baseline assessment of the current position in the area covered by the West Midlands Combined Authority (the seven metropolitan borough councils) in relation to mental health and wellbeing, in particular in relation to the economic costs and demands on public services.

The final version of the report is now complete and has been shared with Commission members. It is a thorough and wide ranging report that identifies not only the costs of the impact of poor mental health and wellbeing across the WMCA area, but also demography, prevalence trends, how support and treatment is currently provided and emerging good practice in the area. The information presented will be used to inform the development of the Commission report and discussions are taking place about the wider circulation of the baseline assessment, perhaps as a companion document to the Commission report.

Among its key findings were the following:

- Poor mental health costs the region £12.5 billion pounds per year – this breaks down to £3,100 per person per year.
- 23.8% of adults in the region have a mental health problem
- The costs of crime related to mental health are £1 billion pounds per year
- 70,000 people are economically inactive due to mental health problems, this costs £2.2 billion per year
- 475 deaths were recorded as suicide in 2013
- 4.1 million working days per year are lost as result of mental health problems

Engagement

The Commission has placed particular importance on creating the opportunity for those other than the commission members to deliberate, have their voices heard and to influence the outcomes of the process.

Public listening events took place in the spring in Birmingham, Coventry and Dudley. The report of these events, which outlines the key themes to emerge is now complete and has been used in the development of the Commission report.

A Citizen's Jury was established. Participants were people who have current or previous lived experience, or those who are carers. The profile of citizens reflected local diversity (age, ethnicity, income, geography). The Jury held eight sessions and presented their recommendations to the Commission. The Commission met with the Citizen's Jury members again in November to discuss its emerging actions and to get further input from them. It is also exploring ways in which the members of the Citizen's Jury can continue to play a part in the implementation of the Commission's recommendations.

The report of the Citizen's Jury, including their recommendations about areas of focus for inclusion in the Commission report has now been published on the WMCA website.

Gathering evidence

The Commission issued a call for written evidence relating to the key lines of enquiry (KLOE). These requests were sent to a range of experts and organisations both local, nationally and internationally.

The submissions received were collated and scrutinised by the project lead in conjunction with the Deputy Chief Executive of the Centre for Mental Health (CfMH). The CfMH are an independent charitable organisation with particular expertise in research and policy development, review and evaluation. A report of the scrutiny of evidence was completed and has been shared with Commission members. It provided details of where the evidence might best contribute to the Commission report to support its recommendations and the approaches being trailed.

Emerging actions from the Commission

The Commission has been concerned to ensure that its work leads to practical action that makes a difference to mental health and wellbeing in the West Midlands. It is therefore seeking to get agreement from relevant partners to actions published in the form of a Concordat, rather than publishing a set of recommendations.

Drawing on the evidence received the Commission has now developed a series of proposed actions relating to its key lines of enquiry. It is expected that before the document is published, all the key organisations and stakeholders in the region including the NHS (commissioner and providers), WMCA and the Police will have signed up to support the actions and their implementation. The proposed actions are grouped under six themes:

- Supporting people into work
- Providing safe and stable places to live
- Mental health and criminal justice
- Developing approaches to healthcare
- Getting the community involved
- Working with other cities and regions

Supporting people into work

We will:

- Launch a three-year programme to help 5,000 more people with mental health needs gain and stay in employment. This has never before been attempted on this scale.
- Launch a 'West Midlands Workplace Wellbeing Commitment' in Spring 2017, where public and private sector employers sign up to demonstrate their commitment to the mental health and wellbeing of their staff.
- Encourage companies bidding for public sector contracts to show this commitment by including it in relevant procurement criteria.
- Work with the Government to trial an innovative 'Wellbeing Premium' - a tax incentive for employers demonstrating their commitment to staff wellbeing - that will reduce staff sickness absence, improve productivity and prevent people leaving work due to mental ill health.

Providing safe and stable places to live

We will:

- Help to develop an innovative scheme based on the principles of Housing First to support those with complex needs or who are homeless to move into good quality housing and where possible, into work. We will bid for funding from social enterprises and the Government to roll out this scheme.

Mental health and criminal justice

We will:

- Implement a programme to make more regular and widespread use of the Mental Health Treatment Requirement in the Magistrates and Crown Courts, which offers offenders with mental health problems the option of a treatment plan that addresses the underlying causes of offending. Working with the Ministry of Justice, this programme will help recovery, reduce reoffending, and reduce the cost and impact of crime on the local community.
- Develop a programme that more effectively supports people with mental ill health as they prepare to leave prison and settle back in the community. We will pilot this scheme within a prison in the WMCA footprint.

Developing approaches to healthcare

We will:

- Launch a 'Zero Suicide Ambition' approach – which aims to prevent and reduce suicides across the region. Involving NHS organisations, local authorities, the police, community organisations and the wider community, it will aspire to save lives, challenging the assumption that for some people, suicide is inevitable
- Establish a group of local and national experts to recommend a primary mental health care model for the region that ensures people's mental health needs are more effectively supported. We want mental health to be embedded into primary care by the end of 2018.
- Help to ensure the region meets national access and waiting time standards for early intervention in psychosis services. Our region is falling behind other areas where this is very successful – for example in Cornwall around half of people receiving early intervention return to education and employment.

- Establish a group of local and national experts to examine if the principle of early intervention should be applied to other areas of mental health care, so we could support people much earlier, whatever their age.
- End out of area placements for acute mental health patients (except in exceptional circumstances where specific specialist treatment is required) – where mental health patients are placed outside the area of the five NHS Trusts in the region - by the end of 2017.
- Help to explore effective alternatives to inpatient care that meet the individual needs of people with mental ill health, and test which work best before implementing them. Working with housing associations, the NHS and local authorities, we'll establish a network of crisis houses, and explore the case for host families in the region
- Apply for a grant for a major project to substantially reduce the use of restraint in inpatient settings.
- Help to trial 'Integrated Personal Commissioning' in the region for those with mental ill health, where health and social care funds available for an individual are pooled, giving power to that person to spend resources as they wish. We'll work with NHS England
- Establish a group to develop better specialist 'perinatal' mental health services across the region for women during pregnancy and after they give birth to their babies
- Examine why detentions under the Mental Health Act are rising in the region, particularly numbers of repeat detentions, and if there are inequalities.

Getting the community involved

We will:

- Launch a programme of community initiatives to raise awareness of mental health and wellbeing, guided by people with experience of mental ill health and driven by the community. This includes:
 - an annual 'Walk out of Darkness' - a 10k sponsored walk through the region to raise funds for organisations supporting people with mental ill health awareness of mental health (This will take place on 10 May 2017)
 - an annual awards ceremony to recognise people in local communities who do amazing work supporting others

- Launch a large public health programme to train up to 500,000 people across the region in Mental Health First Aid and wider mental health literacy over the next ten years that will improve people's knowledge of mental health and how they can support each other. We'll campaign for Government to amend First Aid legislation for employers, to include mental health first aid.

Working with other cities and regions

Working with the International Institute for Mental Health Leadership (IIMHL) the region will participate in the development a global network of city regions, all of which have chosen to pursue major city-wide initiatives on mental health and wellbeing. The region will join cities such as London, New York, Philadelphia, Vancouver, Stockholm and Melbourne in this initiative to build links between key leaders in these cities, to share learning, ideas and programmes of work.

Next steps

The delivery of the actions to be set out in the Commission's action plan report will be subject to the agreement of the WMCA as well as other partner organisations and stakeholders. The process of seeking that agreement is now underway, including the establishment of a Task & Finish Group involving the Constituent Councils, the LEPs, NHS and other relevant partners which is working through the proposed actions from the Commission, identifying any obstacles to implementation and agreeing how these can be overcome, and identifying how commitments to the actions can be secured. We are seeking to launch the action plan on 31st January 2017.

Work has already commenced on a number of the actions in order to provide a platform for ongoing implementation. The work will be led and overseen by an Implementation Director. Following positive discussions with the Police & Crime Commissioner and the Chief Constable, agreement has been reached to second Superintendent Sean Russell to the role of Implementation Director for a period of two years, starting at the end of November 2016. Superintendent Russell will report to Sarah Norman, CEO of Dudley Borough Council.

Finance

The costs of the Implementation Director post are split three ways, with the WMCA, the Police and Crime Commissioner and NHS England (national mental health policy department) each contributing a third of the costs.

The Commission has been successful in securing funding from the Work and Health Unit within the Department of Work and Pensions and the Department of Health to support to actions relating to the programme to help people with mental health needs into employment. This programme of work forms part of the recent Green paper on Disability and Employment published on the 31st October.

An approach has been made to a social enterprise entrepreneur and Comic Relief with further discussions being had with the Department for Communities and Local Government as part of its homelessness prevention programme to support the action relating to Housing First.

The Commission is working with an organisation called Social Finance to explore and potentially secure social investment to aid the further funding of the actions relating to employment and housing including the development of the well being premium, which is also being discussed with the Treasury and Department for Work and Health as part of fiscal devolution discussions.

The Commission is exploring funding for the proposed mental health and criminal justice programmes with the Ministry of Justice, NHS and the Police & Crime Commissioners Office.

There may be other modest resources required to support implementation which are still being quantified.