

# Mental Health in London

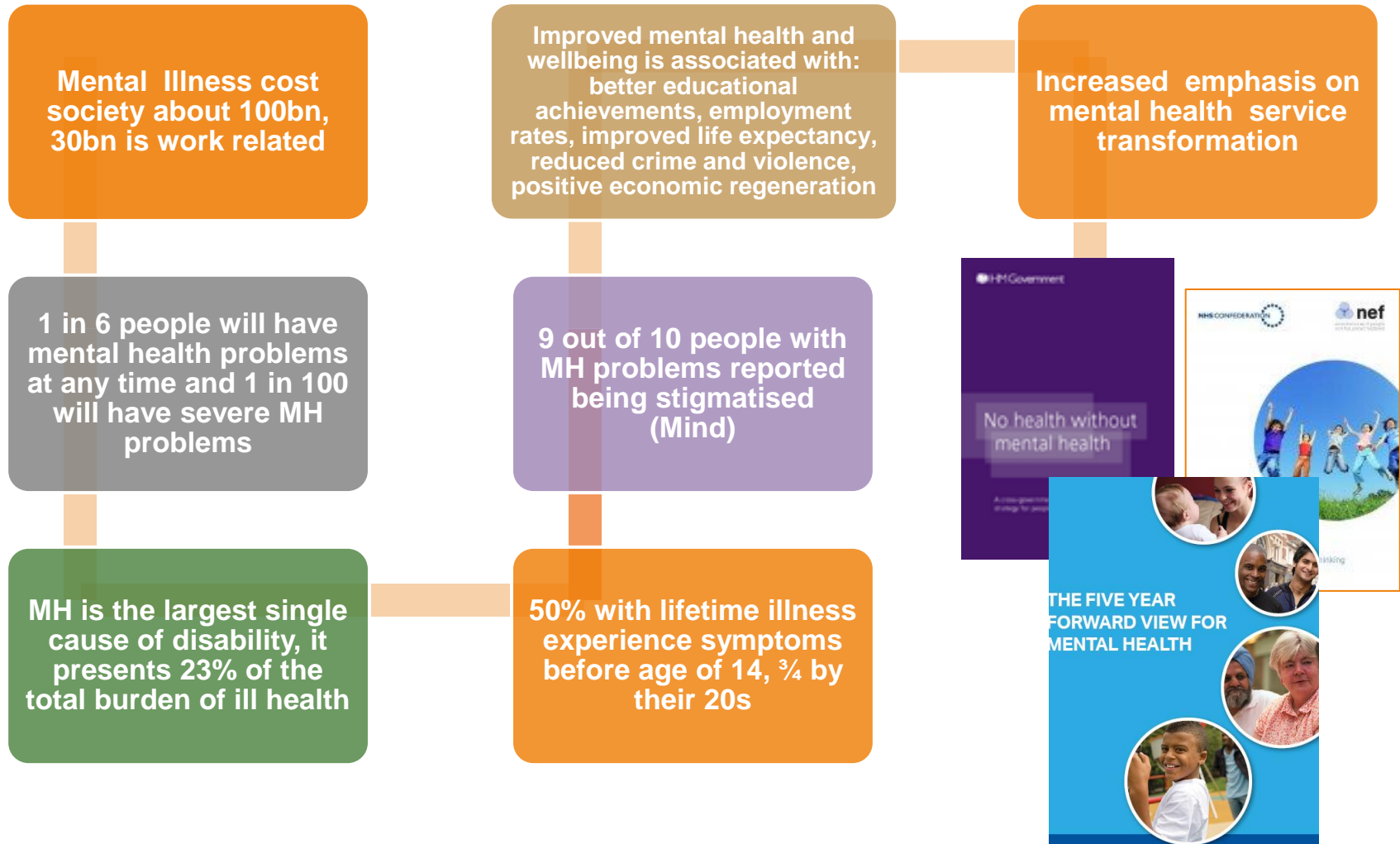
**London and the South Mental Health Commissioning Data and  
Economics Masterclass, 13<sup>th</sup> June 2016**

Dr Tamara Djuretic

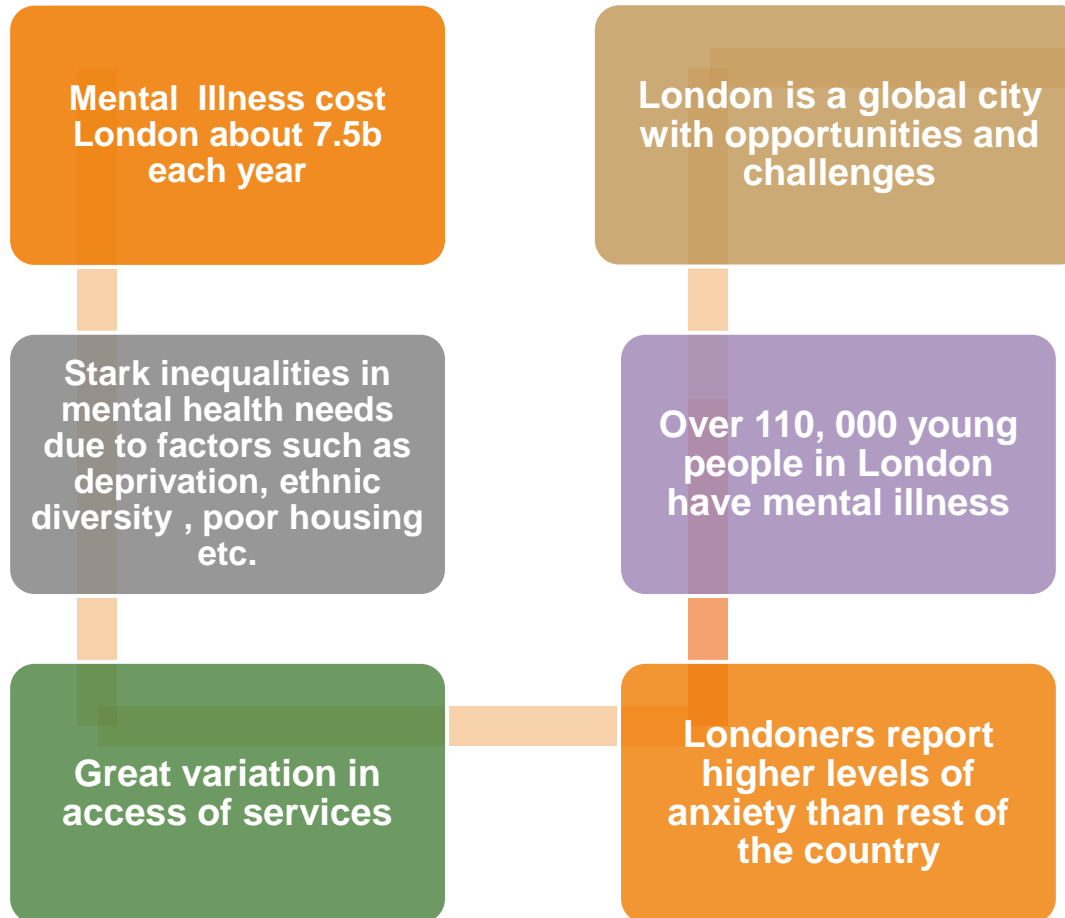
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# Why mental health matters - nationally



# Why mental health matters - London

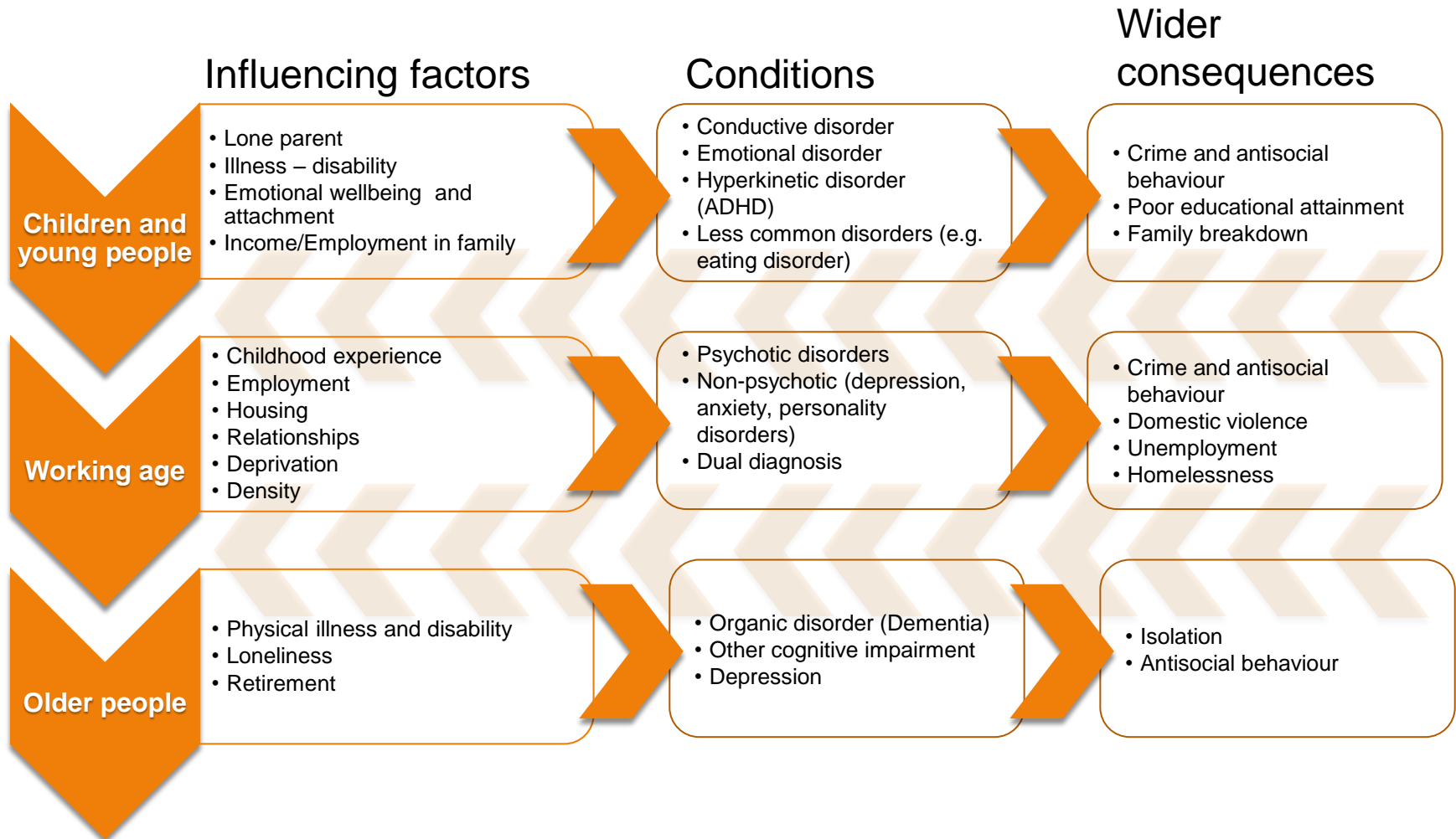


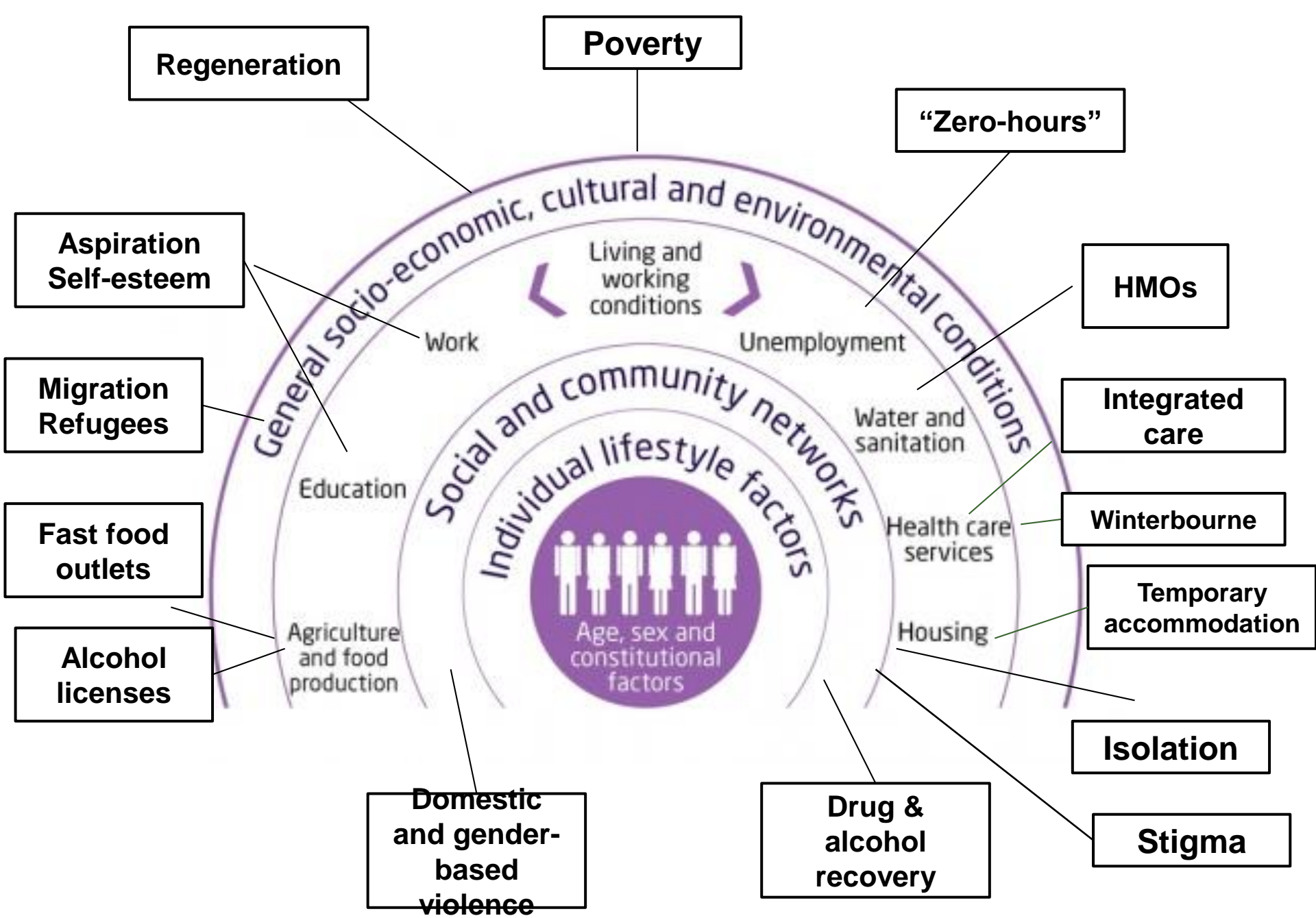
**LONDON MENTAL HEALTH**  
The invisible costs of mental ill health



MAYOR OF LONDON

# From children to older people: impact across the life course





Determinants of health (1992) Dahlgren and Whitehead

# People's lived experience

Anti-social  
behaviour

Lack of fire  
safety

Poor construction



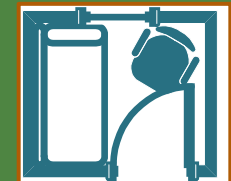
Noise



Overcrowding



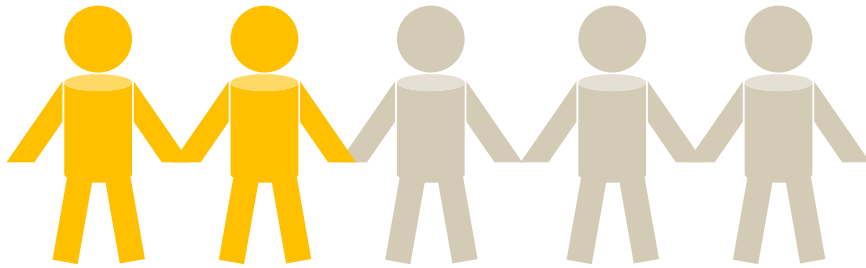
Small rooms



Insufficient  
local amenities

Poor  
health

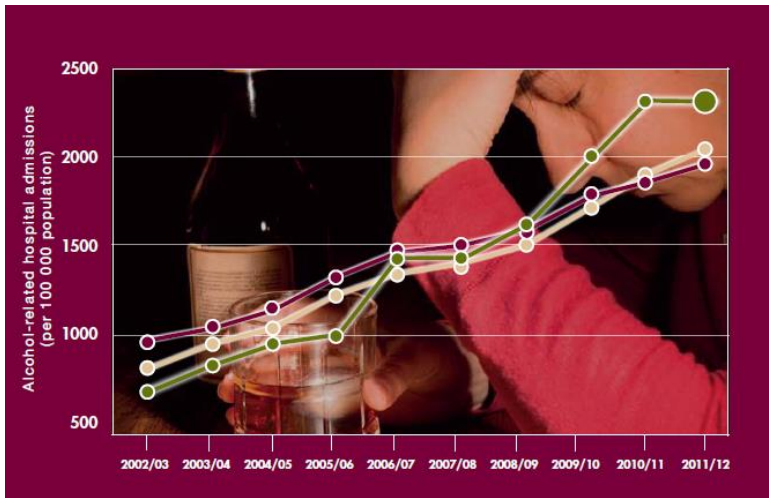
# Some key influencing factors – children and young people



Two in five children in London **are not ‘school ready’** by the age of five (PHE Fingertips)

**5.7%** of households in London with dependant children have **no adult in employment** (Census 2011) – 186, 000 households

# Key influencing factors - adults



Alcohol-related hospital admissions **significantly increased** over the last ten years in London and England (PHE Fingertips).

Crime in London is on increase with **36%** of Londoners reporting being **worried about crime** in their local area (GLA).

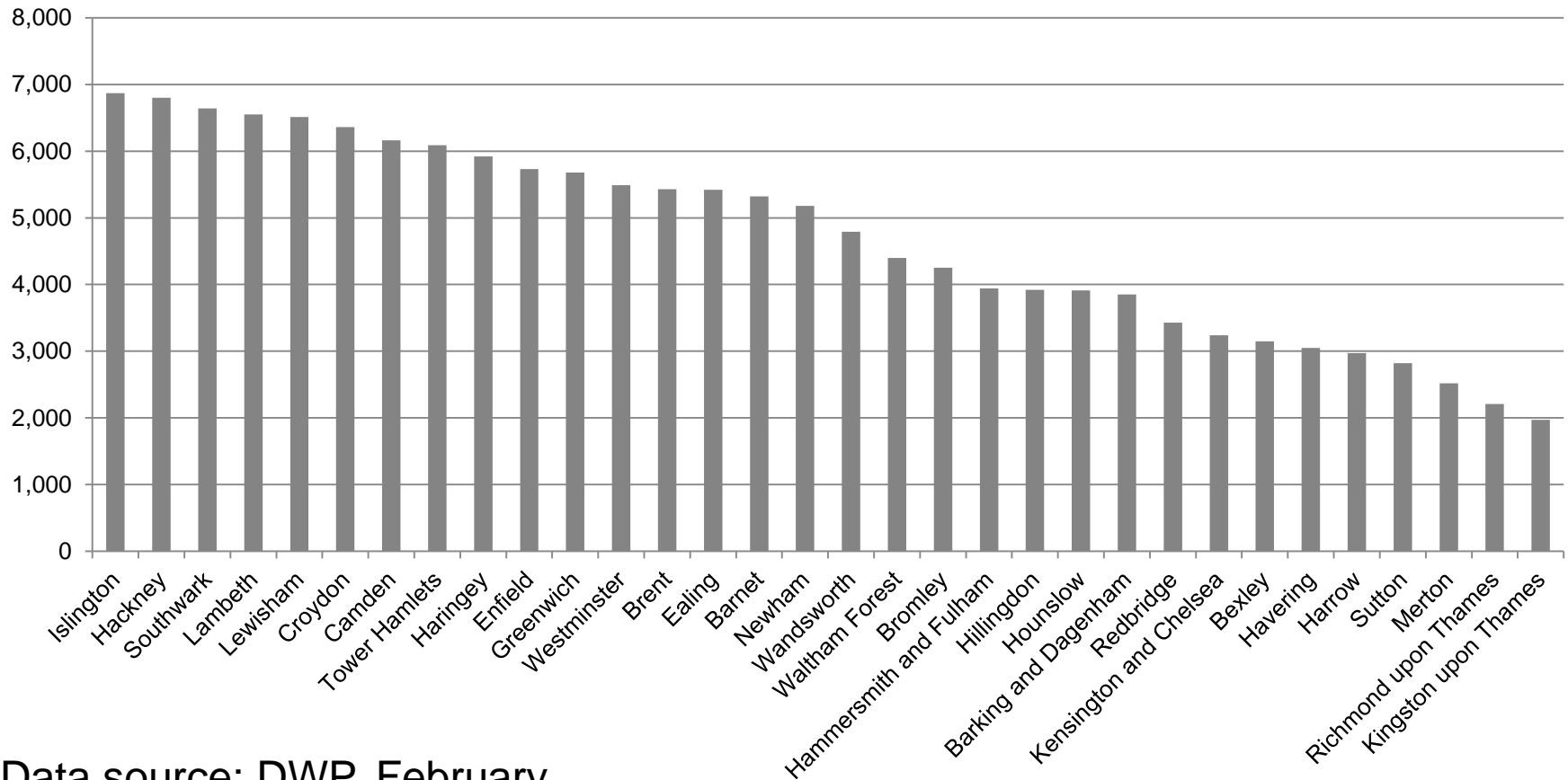


# Burden of mental ill health in London

- App. **100, 000 children and young people** have mental health problems (Meltzer et al. 2000);
- Estimated **900, 000 adults** have common mental health problems (Singleton et al., 2001);
- Estimated **20%** of women will experience mental health problems during perinatal period
- Further **100, 000 adults** have known serious mental illness (QoF 2014/15)

# App. 150, 000 people in receipt of unemployment benefits have mental ill health, London, 2015 (46% of all claimants)

## Unemployment support claimants with mental ill health, London

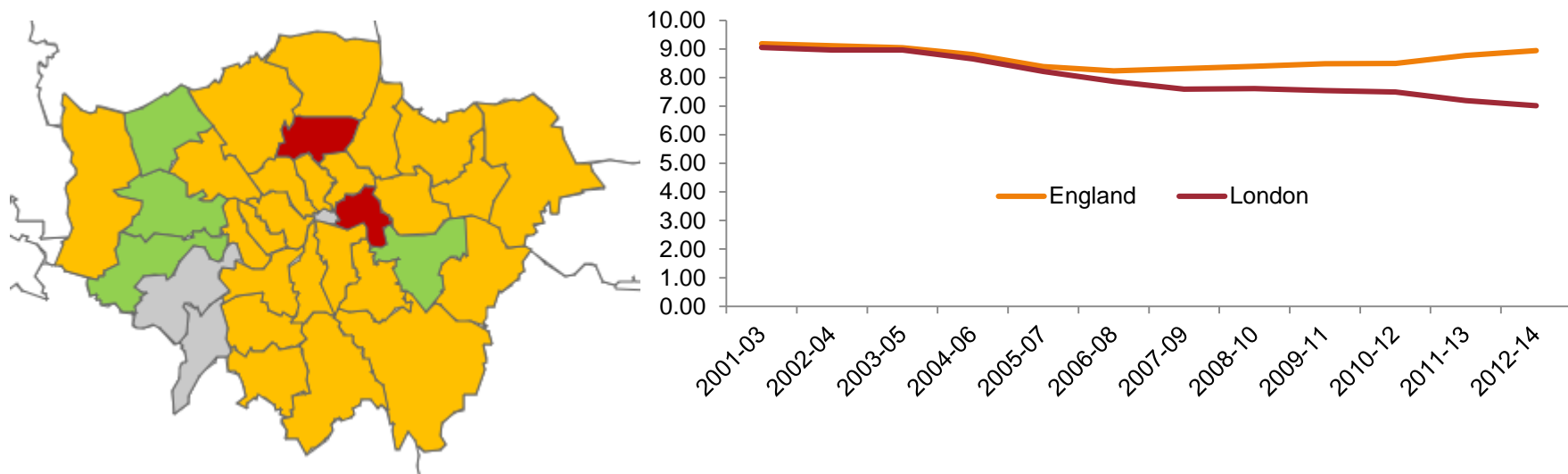


Data source: DWP, February 2015

# Suicide rates in London are decreasing but there is a great variation between the boroughs.....

**Suicide rates in London, compared with England, 2001-03 to 2012-14 (age-standardised rate per 100,000 population)**

**Suicide rates in London, compared with England, 2001-03 to 2012-14 (age-standardised rate per 100,000 population)**



Data source: PHE Fingertips, 2015



What is happening in  
London?

# Healthy London Partnership

A radical upgrade in prevention and public health

Preventing ill health and making Londoners healthier

Designing care around Londoners' needs

Giving London's children the best start in life

**Transforming care for Londoners experiencing mental illness**

All Londoners to be able to access the best cancer care in the world

Joining up to transform the lives of the homeless

Transforming how care is delivered to every Londoner

Transforming London's urgent and emergency care system

Transforming London's primary care

Creating world class specialised care services

Making change happen

Connecting Londoners and health and care providers to allow for real time access to records and information

Ensuring Londoners are engaged and involved in their own health and the health of their city

Aligning funding and incentives to promote transformation of care

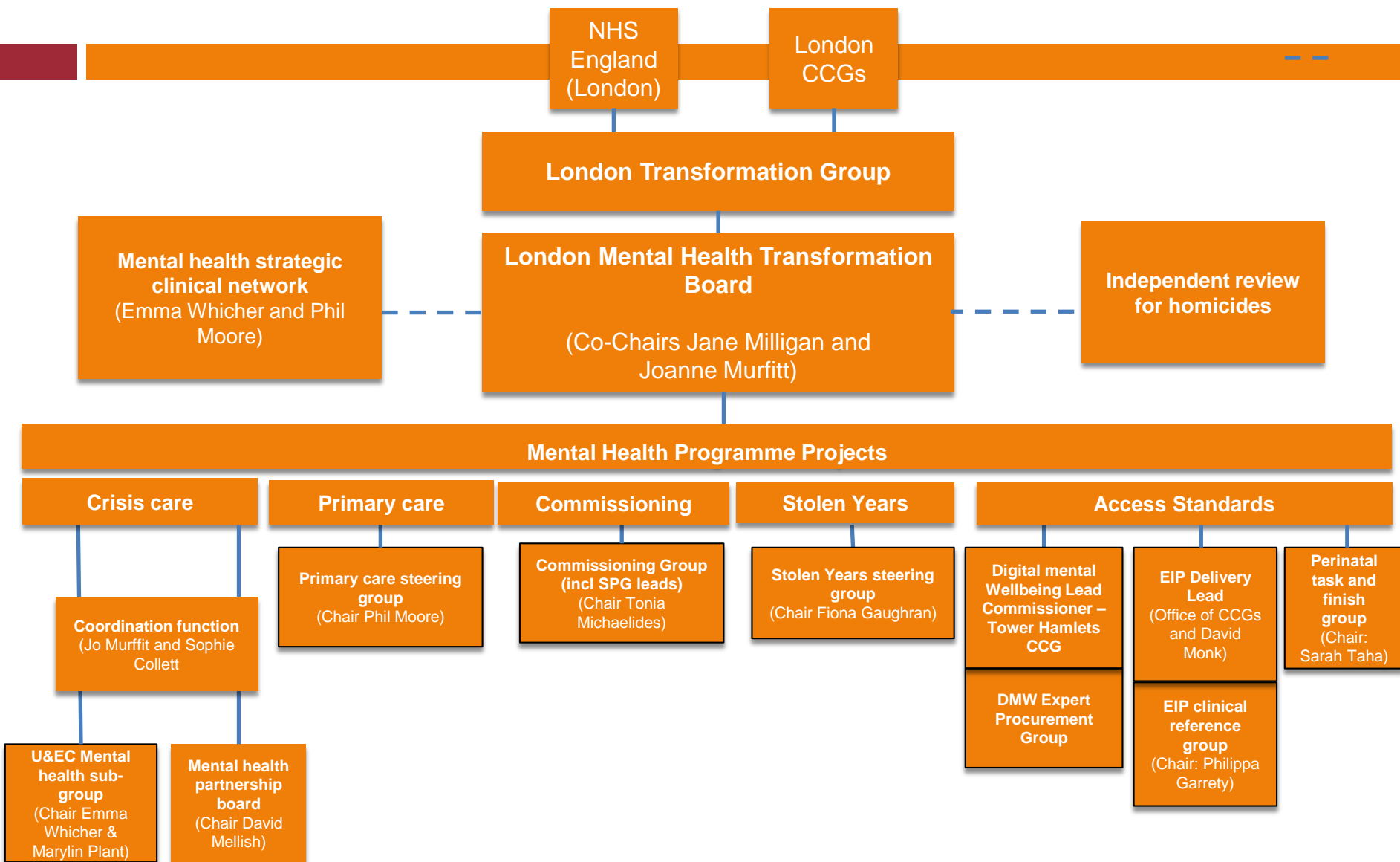
Developing London's workforce to enable transformation of care

Transforming London's estate to deliver high quality care

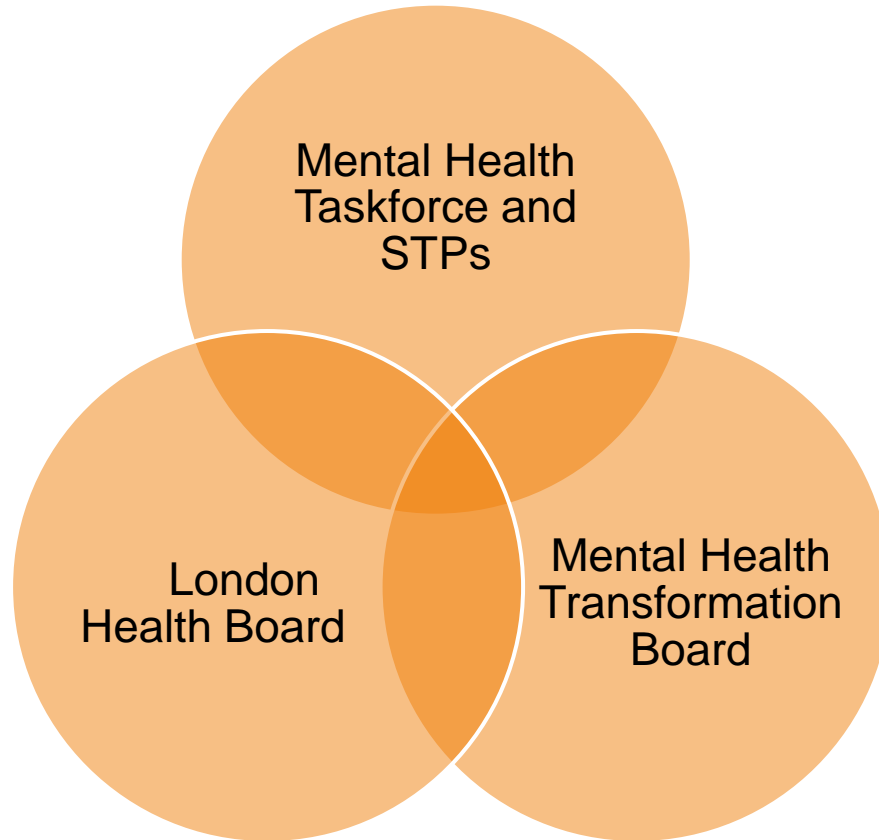
# Mental Health Programme Governance

Accountable

Information sharing/  
endorsement



# Emerging strategic landscape



# Prioritising mental health at local level

## 1) Leadership

- HWB Strategies across London have mental health and wellbeing as key priority and
- JSNAs chapters
- MH Champions in 13 boroughs

## 2) Strategic shift to prevention and 'early help'

- Across the council – children and young people services, employment, housing; a life-course approach
- Tackling stigma - Mental Health First Aid
- Smoking cessation services for people with SMIs
- Healthchecks for people with mental health problems

## 3) Working in partnership



**Supporting new parents** with the Family Nurse Partnership benefiting the parental and children's mental wellbeing. *"I like seeing her every two weeks, feel better after the visit, more positive"* 18 year old mum

**Building connections and resilience between people** through the Tottenham Thinking Space residents forums and Time Bank (Spice Innovations) initiatives *"Thinking Space for me has been a breath of fresh air. It's nice not just to hear people complaining, but to have thoughts, ideas and solutions about how they would like to tackle these issues. I might not agree with them, but I think, 'Do something!'"* (Interviewee, 'fathers and sons' group) ([www.tavistockandportman.nhs.uk/Tottenham](http://www.tavistockandportman.nhs.uk/Tottenham)).

**Supporting people to address their underlying circumstances** through welfare hubs (Citizens Advice Bureau) in general practice in the most deprived areas of the borough.

**Training all front line staff across the borough in Mental Health First Aid** *"I now feel better able to support my community when presented/coming into contact with people in mental health crisis."* (Neighbourhood Connector).



**Building emotional resilience and mental wellbeing in all primary and secondary schools** through Therapeutic Story Writing and training teachers in mental health.

**Using sport to improve mental wellbeing and address stigma among young people** in partnership with the Tottenham Hotspur Foundation and New Choices for Youth.

**Providing free 24/7 online peer to peer mental health support** for adults struggling with common mental health issues at [www.bigwhitewall.com](http://www.bigwhitewall.com) and for young people through [www.opendooronline.org](http://www.opendooronline.org)



*LikeMinded*  
BRINGING YOU TOGETHER FOR MENTAL  
HEALTH AND WELLBEING IN NW LONDON

August 2015

# Improving mental health and wellbeing in North West London

Case for Change



# Individual Placement and Support



## Working Capital

# Challenges and opportunities at the local level

- High levels of need, and increasing; complexity of needs
- Finite resources
- Under-developed recovery models and models of care in the community
- Shift from focusing on mental illness to wellbeing
- Improving quality of primary care
- Integrating physical and mental health
- Integrating health and social care and devolution pilots
- Data and intelligence sharing across partnership
- Adequate housing and employment opportunities