Mental Health in London

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Mental Illness costs society about 100bn, 30bn is work related.

1 in 6 people will have mental health problems at any time and 1 in 100 will have severe MH problems.

MH is the largest single cause of disability, it presents 23% of the total burden of ill health.

Improved mental health and wellbeing is associated with:
- better educational achievements
- employment rates
- improved life expectancy
- reduced crime and violence
- positive economic regeneration

9 out of 10 people with MH problems reported being stigmatised (Mind).

50% with lifetime illness experience symptoms before age of 14, ¾ by their 20s.

Why mental health matters - nationally.

Increased emphasis on mental health service transformation.
Why mental health matters - London

Mental Illness cost London about 7.5b each year

Stark inequalities in mental health needs due to factors such as deprivation, ethnic diversity, poor housing etc.

Great variation in access of services

London is a global city with opportunities and challenges

Over 110,000 young people in London have mental illness

Londoners report higher levels of anxiety than rest of the country

LONDON MENTAL HEALTH
The invisible costs of mental ill health

MAYOR OF LONDON
From children to older people: impact across the life course

**Influencing factors**

**Children and young people**
- Lone parent
- Illness – disability
- Emotional wellbeing and attachment
- Income/Employment in family

**Working age**
- Childhood experience
- Employment
- Housing
- Relationships
- Deprivation
- Density

**Older people**
- Physical illness and disability
- Loneliness
- Retirement

**Conditions**

**Children and young people**
- Conductive disorder
- Emotional disorder
- Hyperkinetic disorder (ADHD)
- Less common disorders (e.g. eating disorder)

**Working age**
- Psychotic disorders
- Non-psychotic (depression, anxiety, personality disorders)
- Dual diagnosis

**Older people**
- Organic disorder (Dementia)
- Other cognitive impairment
- Depression

**Wider consequences**

**Children and young people**
- Crime and antisocial behaviour
- Poor educational attainment
- Family breakdown

**Working age**
- Crime and antisocial behaviour
- Domestic violence
- Unemployment
- Homelessness

**Older people**
- Isolation
- Antisocial behaviour
Determinants of health (1992) Dahlgren and Whitehead
People’s lived experience

- Anti-social behaviour
- Lack of fire safety
- Poor construction
- Insufficient local amenities
- Overcrowding
- Small rooms
- Noise
- 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...........

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

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

Mental Health Taskforce and STPs

London Health Board

Mental Health Transformation Board
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 SMI
   - Health checks 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).

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

What are we doing to improve mental health and wellbeing in Haringey?

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 and for young people through www.opendooronline.org.
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