



## SHEFFIELD ALL-AGE EMOTIONAL AND MENTAL HEALTH AND WELLBEING STRATEGY

### SHEFFIELD HEALTH AND CARE PARTNERSHIP BOARD

18 APRIL 2023

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<b>Sponsor</b>	Dr Steve Thomas, Clinical Director – MHLDDA, SY ICB Sheffield Place
<b>Purpose of Paper</b>	
<ul style="list-style-type: none"> <li>• The Sheffield All-Age Emotional and Mental Health and Wellbeing Strategy sets the scene for supporting Sheffield people – from young to old – with their emotional health and mental wellbeing. It is positive, ambitious, and focussed on delivering change in partnership and collaboration across Sheffield;</li> <li>• The strategy will be underpinned by an annually updated delivery plan which will have clear objectives and outcomes anticipated;</li> <li>• The strategy has been endorsed by the MHLDDA delivery group. It has been through various organisations’ committees as part of the sign-off process.</li> </ul>	
<b>Key Issues</b>	
<ul style="list-style-type: none"> <li>• The scale of mental and emotional health and wellbeing need in Sheffield is great. Nationally, Mental ill health represents 28% of ill health that the NHS deals with and is the largest single cause of disability. The strategy recognises the importance of working together in these areas;</li> <li>• This strategy represents a real partnership between organisations and has been seen by executive teams at many different organisations across Sheffield. The strategy’s delivery plan will be a partnership document, and a range of organisations will continue together to the delivery of the strategy’s objectives. This will be overseen by the MHLDDA Delivery Group;</li> <li>• It should be noted that there is an all-age Learning Disability Strategy and an all-age Autism Strategy both in development, with completion due by summer 2023. The 13 recommendations of the Dementia Strategy are due to be reviewed and refreshed commencing in autumn 2023. All of these strategies will also sit under the MHLDDA delivery group for oversight and governance.</li> </ul>	
<b>Is your report for Approval/Consideration/Noting</b>	
For noting and approval.	
<b>Recommendations/Action Required by the Sheffield Health and Care Partnership Board</b>	
The Sheffield HCP Board is asked to note this strategy.	



<b>What assurance does this report provide to the Sheffield Health and Care Partnership Board in relations to the ambitions of the Health and Wellbeing Strategy 2019-2024</b>	
	Please ✓
Every child achieves a level of development in their early year for the best start in life	✓
Every child is included in their education and can access their local school	✓
Every child and young person has a successful transition to independence	✓
Everyone has access to a home that supports their health	
Everyone has a fulfilling occupation and the resources to support their needs	✓
Everyone can safely walk or cycle in their local area regardless of age or ability	
Everyone has equitable access to care and support shaped around them	✓
Everyone has the level of meaningful social contact that they want	✓
Everyone lives the end of their life with dignity in the place of their choice	
<b>Are there any Resource Implications (including Financial, Staffing etc)?</b>	
Some Project Management resource will be required to implement the delivery <i>plan</i> of the strategy, in common with the position of other delivery groups which sit under the Sheffield Place based structures.	
<b>Have you carried out an Equality Impact Assessment and is it attached?</b>	
The EIA is available at <a href="#">13. Appendix 2 - EIA - All-Age Mental and Emotional Health and Wellbeing Strategy.pdf (sheffield.gov.uk)</a> .	
<b>Have you involved patients, carers and the public in the preparation of the report?</b>	
Patients, carers and the public were involved in the preparation of the strategy.	



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#### 1. Background: why do we need a strategy?

- 1.1 In line with our City-wide strategies, it is our collective vision that citizens of Sheffield experience “*Good emotional and mental health and wellbeing, for all, at every stage of life.*”
- 1.2 The Sheffield All-Age Emotional and Mental Health and Wellbeing Strategy (Appendix 1) sets the scene for supporting Sheffield people – from young to old – with their emotional and mental health and wellbeing. It promotes and enables partnership working across Sheffield, regionally and nationally to create the foundations and conditions for delivering upon our vision.
- 1.3 The scale of mental and emotional health and wellbeing need in Sheffield is great. We know that 138,000 children, young people and adults in Sheffield will experience a health problem each year and it is estimated that 15,000 children and young people live with a parent who lives with a mental health disorder. Many will be young carers.
- 1.4 Nationally, mental ill health represents 28% of ill health that the NHS deals with and is the largest single cause of disability. Half of all mental health problems are established by the age of 14, rising to 75 per cent by age 24 and one in four 17- to 19-year-olds in England had a probable mental disorder in 2022 - up from one in six in 2021.
- 1.5 The proportion of homeless people in Sheffield with a diagnosed mental health condition (63%) is over double that of the general population (around 25%).
- 1.6 Many of those who have severe and enduring mental illness in adulthood are diagnosed when they are children or young people. We know that we need to act now to provide early support from young to old with their emotional and mental health; otherwise, we risk the following:
  - Risk of suicide – Yorkshire and Bassetlaw has a higher suicide rate than the England average;
  - Inequality – rates of detention under the Mental Health Act were over four times higher for Black/Black British ethnicity than White British ethnicity;
  - Job Loss – nationally 300,000 people in work with a long-term mental health condition lose their jobs every year;
  - Higher Mortality – the average life expectancy for someone with a long-term mental health illness is at least 15-20 years shorter than for someone without (from preventable causation);
  - Impact of Covid 19 – to respond to the significant increase in emotional and mental health concerns associated with Covid-19, which exacerbate pre-existing social and health inequalities across our communities, which are further amplified by the cost-of-living crises.



## 2. Content of the strategy

2.1 This strategy presents a real opportunity to work together to deliver new ways of working. It is positive, ambitious, and focussed on delivering real change for the benefit of individuals and family members across Sheffield around the following seven outcomes:

- Mental and emotional health and wellbeing are at the heart of all we do as a city;
- Mental and emotional health and wellbeing is valued the same as physical health;
- Mental wellness, resilience and the prevention of illness are promoted at the earliest opportunity;
- Discrimination and inequalities that lead to poor health and mortality are tackled;
- Children and young people's emotional health and wellbeing is a top priority;
- The right care and support are provided at the right time and as close to home as possible;
- People are recovering from mental illness and are able to live healthy and fulfilled lives.

2.2 Protecting, improving and responding to the mental health of Sheffield's population is something no single organisation can do alone, and in this strategy, we want to provide a framework for partners to work together with a clear shared agreement on what outcomes we strive to achieve. We need our services to be excellent, joined up, and to support people in a person-centred way at the right time.

2.3 Working in partnership, we know we can begin to make the changes we need. To that end, the Strategy is focused around four main delivery areas:

- Addressing the wider determinants of health;
- Supporting the mental and emotional health and wellbeing of our children and young people;
- Provide earlier help to people who need it;
- Provide effective and good quality care and treatment services.

2.4 To ensure delivery upon the Strategy, an annually updated delivery plan will be maintained with clear objectives and outcomes anticipated. This will be a partnership document, and a range of organisations will continue together to the delivery of the strategy's objectives.

2.5 Governance and oversight of delivery upon the Strategy will be undertaken by the Mental Health Learning Disability Dementia and Autism delivery group to assure that the strategy is achieving its intended outcomes.

2.6 There are no short term financial, commercial or legal implications associated with approving this strategy. All individual projects within the priorities and the delivery plan of the MHLDDA delivery group will be assessed as how they contribute to the strategy and for their affordability and viability, and financial and commercial implications will be reported and recorded as part of the approval process.

## 3. Consultation and engagement

3.1 A significant amount of consultation and engagement has gone into developing this strategy since 2019:

- We co-produced the approach to developing the strategy;
- We hosted consultation events with a range of individuals, groups, and partners, including with children and young people;
- We looked at what the numbers tell us about people's mental and emotional health and wellbeing in Sheffield;



- We made sure we aligned our strategy with other organisation's strategies and the things they had learned from their consultation events;
  - We invited and received comments on the final draft from a range of partners, including Experts by Experience;
  - We talked to Elected Members at a joint briefing on 11th January 2023 to gain members' views about the Strategy.
- 3.2 The MHLDDA delivery group has voluntary sector organisations sitting on its membership, with clear connections to Experts by Experience. It is a priority of the delivery group to see strong consultation and engagement carried out in all commissioning exercises, and for co-production to be an increasing feature of this commissioning landscape.
- 3.3 An Equalities Impact Assessment (EIA) has been completed, but the impact on Sheffield people of setting out our aims in this way can only be a positive one. There continues to be significant areas of improvement needed in this area. The Commission for Equality in Mental Health report 2020 stated that:
- People within black and African-Caribbean communities may be more likely to experience post-traumatic stress disorder, schizophrenia, and suicide risk, and to be sectioned under the Mental Health Act;
  - Women are significantly more likely to experience physical or sexual abuse and associated mental health problems;
  - LGBTQ+ people are more likely to face mental ill health but have lower IAPT recovery rates;
  - People with autism and deaf people are much more likely to experience poor mental health;
  - There are strong associations between mental ill health and children and adults living in higher deprivation areas (and similar lower IAPT recovery rates);
  - People over the age of 65 may be less likely to be recognized as needing therapy support.
- 3.4 Once fully approved, the strategy will be made available on the ICB's website.

#### **4. Action/Recommendations for HCP**

The HCP Board is asked to note and approve this strategy as:

- The strategy is a positive development for the city and will enable partner organisations to work together to improve mental and emotional health and wellbeing of individuals and carers across the city;
- It demonstrates all the commitment of all partners of the MHLDDA delivery group and their aspirations to work in partnership for the benefit of citizens of Sheffield in relation to their emotional and mental health and wellbeing.

Paper prepared by: Louisa King

On behalf of: Dr Steve Thomas, Chair MHLDDA Delivery Group

30 March 2023