

Predictions for post Lockdown increase in demand for mental health services across system partners

To:	Live Well South Tees Health and Wellbeing Board	Date:	3 September 2020
From:	Dominic Gardner , Director of Operations – Teesside; Tees, Esk and Wear Valleys NHS FT Mark Adams , Joint Director of Public Health; Public Health South Tees Catherine Parker , Public Health Consultant; Public Health South Tees	Agenda:	5
Purpose of the Item	<p>The Aims of this session are to generate a discussion on how the <u>whole system</u> can:</p> <ul style="list-style-type: none"> Understand and mitigate the impact of poverty and debt on mental wellbeing Understand and amplify the community “protective factors” which protect mental wellbeing Work together to meet additional demand for mental health services over the next 5 years 		

1 PURPOSE OF THE REPORT	
1.1.	To consider mental health in context from the social determinants of health that impact on health, specifically poverty and debt; to the community protective factors and the potential to coordinate and amplify these; to the impact on services across the system.
1.2	To agree a long term, mission-led approach to tackle the causes, mitigations and impact as a <u>system issue</u> ; working in partnership with each other to ensure our population, in our place, benefit from a coordinated, joined-up response.
2 BACKGROUND	
2.1	<p>The session has been planned according to the whole system approach previously agreed:</p> <ul style="list-style-type: none"> Mission-led: considering mental health post-covid in depth and the response of the system to the challenges outlined Place-based: focus on place, not organisations – the session has been designed around the Population Intervention Triangle:

- **Civic-level**, considering the impact of debt on mental wellbeing
- **Community**, considering community “protective factors” and the establishment of a Wellbeing Network
- **Service**, considering the role of Tees, Esk & Wear Valley NHS FT within the broader system of services, community and civic-level

Components of the Population Intervention Triangle



2.2 This presentation estimates how large the surge of additional “Covid-19 generated” demand for primary and secondary mental health services is going to be. Once suppressed existing demand has bounced back in the next few weeks this forecasts:

- Significant volume of additional needs presenting to services which will challenge all partners across the systems over the next 5 years
- At system level, over 5 years the number of additional people who will develop a mental illness which requires help and support from any part of “the system” are significant

3 RECOMMENDATIONS

3.1 That Live Well South Tees Health and Wellbeing Board:

- **Plan for the long term:** this is a 5 year surge in demand
- Recognise and agree that we have to tackle this as a system issue, and a shared responsibility
- Give the mental health impacts of the pandemic the same priority as physical health
- Commission the development of a unifying Wellbeing Policy that supports universal collation of ONS 4 wellbeing data from community level through to service level
- Commit long term to a wellbeing-led planning approach, that develops all policies through a ‘lens’ of wellbeing inequalities, including the systematic use of wellbeing measures as outcomes for all services
- Support the Financial Inclusion Groups in each area to understand:
 - what support is available to tackle debt across Partners
 - understand the potential to work together to enhance the support available to reduce the impact of debt
- Create a stronger reporting process to the Live Well South Tees Health and Wellbeing Board from those groups looking to mitigate the effects of poverty
- Develop Poverty Impact Assessments to support decision-making across Partners

4	BACKGROUND PAPERS.
4.1	No background papers other than published works were used in writing this report.
5	CONTACT OFFICER.
5.1	Kathryn Warnock – South Tees Integration Programme Manager 0782505430 Kathryn.warnock@nhs.net