



Aberdeenshire
Health & Social Care
Partnership

Adult Mental Health and Wellbeing Strategy 2019 - 2024

Draft for Consultation

DRAFT

DRAFT



Contents

Foreword	4
Introduction	5
Summary of strategic priorities and actions	6
Main principles	7
How this strategy has been developed	8
The wider picture	10
Mental health and wellbeing	13
Local population needs - Aberdeenshire	15
Mental health services in Aberdeenshire	19
Strategic priorities	21
How will we know we have made a difference?	25
References	26
Appendix 1 - Key policies, strategies and legislation	28
Appendix 2 - Groups and organisations that participated in engagement	31

Foreword

We are pleased to introduce the Aberdeenshire Adult Mental Health and Wellbeing Strategy 2019-2024.

The priorities set out in this document have been shaped by the views and opinions of a wide range of people, including people living with mental health problems, unpaid carers, our third sector partners and mental health practitioners across health and social care. We would like to take this opportunity to thank everyone who has taken part in the engagement process to date. Your views and ideas have been central to the development of this strategy and we plan to build on this approach as we move towards implementation.

It is estimated that one in six of us will experience a mental health problem at some point in our life. Public perceptions of mental health are changing, however, many people living with mental health problems continue to experience stigma and discrimination.

Being able to access the right type of care and treatment at the right time is key to making sure people get help when they need it. We will take steps to make sure that people have access to mental health treatment, care and support at the right point, as early as possible. In particular, we will work closely with child and adolescent mental health services to ensure our approach is well coordinated, especially during periods of transition.

We know that people living with mental health problems are less likely to have a job, are more likely to experience poorer physical health and have lower life expectancy. Mental health problems should not be a barrier to living a healthy and fulfilling life. As such, reducing mental health inequalities forms an important part of this strategy.

Good mental health is important to everyone and promoting mental health and wellbeing across Aberdeenshire will be a key priority.

Collaboration is at the centre of this strategy. Our partners in health and social care, the wider public, third and private sectors, as well as local communities and individuals, all have a part to play in ensuring we are successful in achieving our aims.



Adam Coldwells
Chief Officer



Dr Lynda Lynch
Chair of Integration
Joint Board



Councillor Anne Stirling
Vice Chair of Integration
Joint Board

Introduction

Welcome to Aberdeenshire Health and Social Care Partnership's Adult Mental Health and Wellbeing Strategy 2019 – 2024. This strategy sets out our mental health and wellbeing priorities for the next 5 years.

This strategy is for all adults (including older adults) who are residents of Aberdeenshire. This includes people who currently access mental health services in primary care, secondary care, community settings and HMP Grampian, as well as people who may require support in the future.

Recognising that mental health affects all ages, the strategy has close links with Aberdeenshire's Mental Health & Wellbeing Strategy for Children and Young People.

Separate strategies and action plans for people living with dementia, substance use problems, autistic adults, unpaid carers and suicide prevention are currently in place or being updated. We recognise that the success of this strategy very much depends on effective links, and we have worked to ensure that the priorities outlined in this document fully support these areas.

Our work in developing this strategy has been informed by an assessment of local and national mental health trends, as well as extensive public engagement, including discussions with people living with mental health problems, unpaid carers, our wider communities, third sector partners and mental health practitioners.

This strategy aims to create a framework for action, setting out our key priorities for mental health and wellbeing, bringing organisations, groups and individuals together to ensure action is taken collaboratively.

Our vision for people living with mental health problems is consistent with the Partnership's wider vision for all people:

“Building on a person’s ability, we will deliver high-quality person-centred care to enhance their independence and wellbeing in their own communities”

Based on our community engagement, as well as local and national strategies, the following mental health and wellbeing strategic priorities have been identified:

Strategic Priorities

1. **People are supported to maintain and improve their own mental health and wellbeing**
2. **People have access to the right treatment, care and support at the right time**
3. **We deliver person-centred, recovery focussed services, that promote choice and control**
4. **We reduce mental health inequalities**

Summary of strategic priorities and actions

1. People are supported to maintain and improve their own mental health and wellbeing

- 1.1 Support people to self-manage mental health problems effectively, with a focus on technology enabled support and educational group work, including wellbeing and resilience coaching.
- 1.2 Ensure mental health and wellbeing information, advice and guidance is readily available in communities and is well advertised and promoted.
- 1.3 Promote mental wellbeing and reduce stigma, by increasing public and workplace awareness of mental health and mental health problems.
- 1.4 Work with our partners to identify and promote a range of community opportunities that support wellbeing and recovery.

2. People have access to the right treatment, care and support at the right time

- 2.1 Improve access to treatment, care and support at an early stage.
- 2.2 Improve access to psychological therapies.
- 2.3 Build and maintain effective links with emergency services.
- 2.4 Improve access to crisis services.
- 2.5 Increase use of technology enabled support to improve access to services.
- 2.6 Identify and challenge barriers that prevent people from accessing services.

3. We deliver person-centred, recovery focussed services, that promote choice and control

- 3.1 Improve care, treatment and support pathways, with a focus on young people in transition and over-represented groups.
- 3.2 Implement models of treatment, care and support that promote recovery and inclusion.
- 3.3 Promote and encourage self-directed support where appropriate.
- 3.4 Implement a consistent personal outcomes measurement tool.
- 3.5 Improve integrated working across health and social care teams.
- 3.6 Build stronger partnerships with the third sector.
- 3.7 Ensure carers of people living with mental health problems are identified, their needs assessed, and views taken into account.
- 3.8 Establish an effective structure for implementing the strategy.
- 3.9 Improve participation and co-production, involving people living with mental health problems and their carers in service development.

4. We reduce mental health inequalities

- 4.1 Improve access to accommodation options (including supported accommodation) for people living with mental health problems.
- 4.2 Improve employment opportunities for people living with mental health problems.
- 4.3 Improve debt advice and support for people living with mental health problems.
- 4.4 Reduce social isolation of people living with mental health problems.
- 4.5 Improve physical health outcomes (including physical activity) for people living with mental health problems, working in close partnership with GPs, Aberdeenshire's Culture and Sport service, wider NHS and Aberdeenshire Council services and the third sector.
- 4.6 Ensure health and social care staff take a common approach to preventative work, using a 'Make Every Opportunity Count' approach.



Main principles

The following principles will be key to the achievement of our priorities and will be central to any decisions we make regarding delivering mental health and wellbeing services in the future.

Recovery

Putting recovery into action means focusing support on people's strengths and promoting choice, not just treating or managing symptoms. There is no single definition of the concept of recovery, but the guiding principle is hope and the belief that it is possible to regain a meaningful life, despite serious mental health problems.¹

Recovery does not always refer to a complete recovery in the way that we may recover from a physical health problem. For many people living with mental health problems, the concept of recovery is about staying in control and having meaning and purpose.

A commitment to working in a recovery focussed way is central to achieving the aims set out in this strategy.

Self-management, choice and control

Enabling people to take control, articulate their own needs and decide their own priorities is central to supporting people to manage their own wellbeing effectively.

This strategy seeks to foster an environment where person centred conversations can take place, encouraging people to make use of the support and resources within their communities.

Equal status with physical health

We know that people living with mental health problems experience poorer physical health when compared to people without. We also know that poor physical health can have a negative impact on mental health. This strategy seeks to deliver parity for mental and physical health and includes actions to help improve people's physical health.

Partnership working

We will work closely with our partners in health and social care and the wider public, third and private sectors to ensure our approach is joined up. There are a number of organisations and groups across Aberdeenshire that provide mental health and wellbeing services and support. The success of this strategy will very much depend on how well we can all work together to achieve positive outcomes.

How this strategy has been developed

Our understanding of Aberdeenshire's mental health and wellbeing needs has been informed by:

- Engagement with our communities, including people with lived experience of mental health problems.
- Knowledge and experience of staff working within the community.
- Views from partners across health and social care, including the third sector.
- Analysis of national and local data and statistics.
- Priorities identified in Aberdeenshire Health and Social Care Partnership's Strategic Plan and Locality Plans.

A human rights-based approach

We have used the PANEL principles (Participation, Accountability, Non-discrimination, Equality and Legality) in the development of this strategy. These principles will be central to implementing our actions, ensuring people's views and experiences are fully considered.

Equalities

An equalities impact assessment (EIA) has been undertaken. The main aim of the strategy is to improve mental health and wellbeing for everyone in Aberdeenshire. It is anticipated that the strategy will have a positive impact on all protected characteristics, particularly for people with disabilities and younger and older people.

Engagement feedback

Over 270 people have engaged directly in the development of the strategy to date. A series of engagement events took place throughout Aberdeenshire in August 2018. This work has been complemented by workshops undertaken by groups and organisations, 1:1 and focus group discussions. Please see Appendix 2 for a list of organisations who took part in the engagement process.

A number of themes were identified as part of the engagement process:

Accessibility:

- People told us that they wanted to see more locally based mental health services (including local drop in support), without the need for referral.
 - Solutions such as better use of technology and the use of interventions to support people in distress were common suggestions.
 - People wanted to see more support available for people experiencing common mental health problems (including anxiety and depression).
 - A shortage of accessible transport was highlighted as a particular issue across all areas.
-

Mental health improvement:

- People wanted to see more self-management and prevention support available.
- People wanted to see more being done to tackle discrimination and stigma in communities.
- People wanted general agencies and services to have greater awareness of prevention and early intervention.

Effective services

- People wanted to see better transitions pathways for all ages, in particular young people leaving children's mental health services.
- The need for more recovery-based approaches was a consistent theme. More peer support groups and workers were highlighted as suggestions across all areas.
- People felt that more joined up working was needed to support people with co-occurring mental health and substance use problems.

Community connections and social inclusion

- Information on available services varied across Aberdeenshire, and it was felt that there needed to be more information available on wellbeing and community support in a range of formats.
- It was felt that more 1:1 support to help people access local groups and activities was needed.
- The need for good housing options (in particular supported accommodation and supported living) and assistance to find and keep a job were raised as important areas.
- People felt that community groups should be supported to maintain links with health and social care organisations to assist in ensuring safety, positive communication and volunteer development.

Partnership working

- Working in partnership was an important factor for many people.
- A number of wider local government and NHS services, public and third sector organisations attended the events, and felt that there were opportunities to work more collaboratively in the future.
- Opportunities to help improve mental and physical health in partnership with Aberdeenshire's Culture and Sport services and the third sector were also highlighted.

Involvement

- People told us that they would like to be more involved in decisions around how future services are developed. This included people with lived experience of mental health problems, families, carers and third sector providers.
-

The wider picture

National priorities

The Scottish Government's Mental Health Strategy 2017-2027 sets out a number of areas for improvement in mental health services across Scotland:

- Prevention and early intervention
- Access to treatment, and joined up accessible services
- The physical wellbeing of people with mental health problems
- Rights, information use and planning

Underpinning these areas is the ambition that mental health problems must be prevented and treated with the same commitment, passion and drive as is the case for physical health problems.ⁱⁱ

Improving access to mental health services - Action 15

A key part of the national strategy is a commitment to improve access to mental health professionals across a range of settings, including A&E departments, GP practices, police station custody suites and prisons (Action 15). Work is underway to implement Action 15 at a local level, and a number of priorities set out in this strategy are linked to this work.

Local priorities

Aberdeenshire Health and Social Care Partnership has identified 4 programmes of work which focus on improving the experience and quality of services for people using integrated health and social care services:

- Enabling Health and Wellbeing
- Safe, Effective and Sustainable
- Facilitating Shared Ownership and Engagement
- Reshaping Care

These high-level programmes provide strategic direction for the Partnership.

The Mental Health and Wellbeing Strategy fully supports each programme of work and will determine where we focus our resources for mental health service delivery and improvement over the next 5 years.

A full range of relevant strategies, policies and legislation that have informed the development of this strategy can be found in appendix 1.

Strategic fit with national and local priorities

The Adult Mental Health and Wellbeing Strategy contributes to all 4 Scottish Mental Health Strategy priorities, as well as Aberdeenshire Health and Social Care Partnership's future strategic direction:

Strategy	Priorities			
National Mental Health Strategy	Prevention & Early Intervention	Accessible Joined Up Services	Physical Health and Wellbeing	Rights Information Use and Planning
Aberdeenshire Health and Social Care Strategic Plan	Enabling Health and Wellbeing			
	Safe, Effective and Sustainable			
	Facilitating Shared Ownership and Engagement			
	Reshaping Care			
Aberdeenshire Adult Mental Health Strategy	People are supported to maintain and improve their own mental health and wellbeing	People have access to the right treatment, care and support at the right time	We deliver person-centred, recovery focussed services, that promote choice and control	We reduce mental health inequalities

Locality plans

Locality plans have been developed for each of Aberdeenshire's 6 administrative areas. These plans detail key health and social care priorities at each local level.

A number of mental health priorities have been identified within each locality plan, which are being progressed by local teams and partner organisations. The priorities outlined in this plan fully support these actions, and will help inform on future locality planning decisions.



Figure 1: Aberdeenshire Locality Areas

Community planning

Aberdeenshire Community Planning Partnership brings together public, private and voluntary sectors in order to deliver better services in Aberdeenshire. Work takes place at a local and strategic level to meet the aims of Aberdeenshire's community plans. We recognise the important role that community planning will play in the delivery of this strategy and we will take steps to ensure that we work in close partnership with each local community planning group.

Mental health and wellbeing

Improving mental health for the people of Scotland is a key national priority.ⁱⁱⁱ

Mental health involves our emotional, psychological and social wellbeing, and affects how we think feel and act. We all experience emotions, such as happiness and sadness. These emotions are all part of our mental health.

Mental health is shaped by a wide range of individual, social, and environmental factors which operate through all stages of life. Linked to this, the concept of wellbeing can be understood as how well we feel and function, on both a personal and social level.^{iv}

Good mental health is essential for achieving outcomes for individuals, families and communities.

Poor mental health is reflected in adverse impacts on individuals, families, communities, and to the local economy and is strongly associated with inequalities in both health and wellbeing.

Environmental Factors

Protective Factors

- Safe, secure employment
- Equality of access to services
- Positive physical environment including housing

Risk Factors

- High unemployment rates
- Economic recession
- Inequality and deprivation
- Exposure to trauma

Social Circumstances

Protective Factors

- Community cohesion
- Physical safety and security
- Close and supportive relationships
- Education achievement

Risk Factors

- Poor social connections
- Social exclusion
- Isolation
- Childhood adversity
- Low income

Individual Factors

Protective Factors

- Problem solving skills
- Ability to manage stress or adversity
- Communication skills
- Good physical health

Risk Factors

- Low self-esteem
- Loneliness
- Problem substance use
- Unemployment
- Debt

Figure 2: Determinants of Mental Health: Taken from Good Mental Health for All (2016) NHS Health Scotland ^v

Mental health problems

Mental health problems can influence the way we think, feel and behave and affect around one in six people across Scotland.^{vi}

Mental health problems can range from more common conditions such as stress, anxiety and depression, to rarer problems such as bi-polar and schizophrenia. Factors including poverty, genetics, childhood trauma, discrimination, or ongoing physical illness make developing mental health problems more likely, but mental health problems can affect anyone.

We appreciate that people may prefer to use terms such as ‘mental illness’, or ‘mental health issues’ to describe their experience more accurately. The use of language is very important, and we recognise that terms can and do evolve and change over time. Within this strategy, we will use the term ‘mental health problem’.

Mental health and mental health problems are not simply at opposite ends of a single spectrum. People diagnosed with a mental health problem can still have high levels of mental wellbeing. It can be helpful to understand mental health as a ‘continuum’, where people can move among states of mental wellbeing regardless of mental health problems.

The model in Figure 3 emphasises that it is possible to have good mental wellbeing while living with a mental health problem.^{vii}

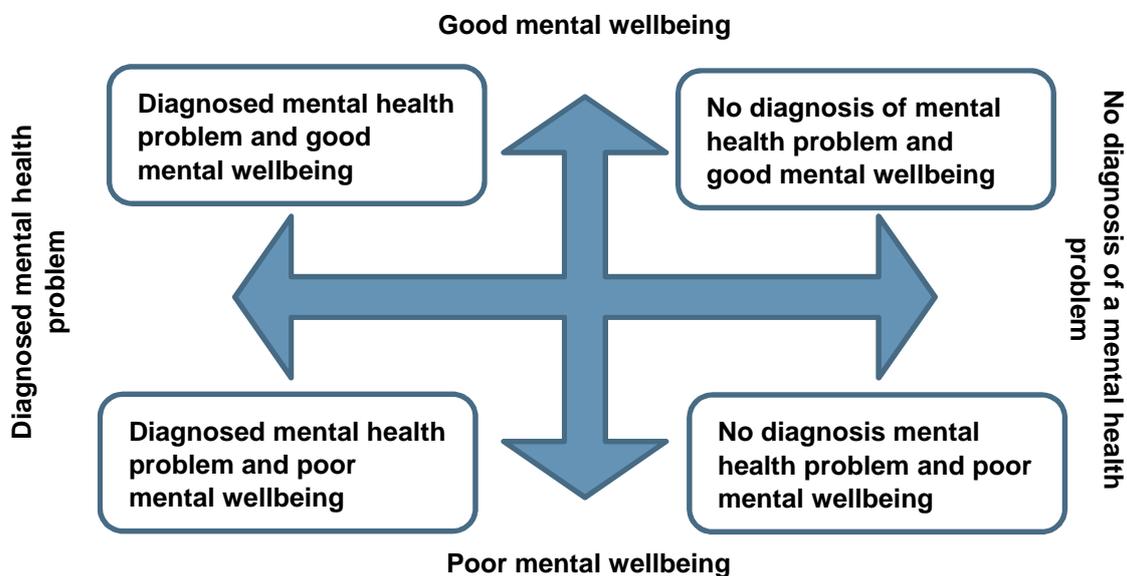


Figure 3: Mental Health Continuum

Local population needs - Aberdeenshire

Aberdeenshire is a predominantly rural area and the development of oil and gas over the last 40 years has seen a rapid growth in population. Aberdeenshire continues to experience low levels of unemployment and is one of the safest places to live in Scotland. The employment rate for Aberdeenshire is 81%, which is higher than the Scottish level of 74%.^{viii} Local housing supply has increased, however need still continues to outstrip supply.^{ix}

The rural nature of Aberdeenshire presents a number of challenges, with social isolation and lack of transport being particular issues. Areas of deprivation do exist, and men born in the 15% most deprived areas of Aberdeenshire can expect to live 5 years less than those born in the most affluent 15%.^x

The population of Aberdeenshire is expected to increase by 20% by 2039 (the 3rd highest increase in Scotland). In the 65+ age range, this increase is even greater, where a 64% increase is anticipated.^{xi}

In terms of mental health and wellbeing, 66% of adults in Aberdeenshire report good psychological wellbeing, compared to 61% for Scotland.^{xii}

The proportion of adults in Aberdeenshire reporting the presence of a common mental health problem is approximately 9% for men and 13% for women. This compares with 14% and 17% across Scotland.^{xiii}

In Aberdeenshire, the number of hospitalisations due to mental health problems has fallen over the last 7 years. However, the number of people prescribed drugs for anxiety, depression or psychosis has increased.^{xiv}

Mental health inequalities

Certain groups of people are at higher risk of developing mental health problems, due to a greater exposure to unfavourable social, economic and environmental factors including:

- Material Inequality – poor housing, poverty, lack of employment opportunities.
- Social Inequality – stigma and discrimination, immigration status, ethnicity, sexual orientation, disability, problematic alcohol or drug use, experience of violence or abuse.
- Health Inequality – having long term physical health conditions.^{xv}

People with lifelong mental health problems die on average 15 to 20 years earlier than people without. This is mostly due to undiagnosed or unmanaged physical health problems and lifestyle factors which negatively impact on physical health.^{xvi}

A key focus of this strategy will be to reduce health inequalities through improved access to mental health support, and by improving outcomes in housing, employability and physical health.

Children and young people

Mental health problems affect all ages, with early years providing the best opportunity to reduce the need for support at a later stage in life. Childhood adversity has been shown to account for around a third of future mental health problems. Furthermore, 50% of mental health problems are established by the age of 14 and 75% by the age of 24.^{xvii}

There are clear local strategies, primarily Aberdeenshire's Getting It Right For Every Child (GIRFEC) Mental Health and Wellbeing Strategy, that seek to address the mental health needs of children and young people. Close links with this adult strategy will be key to ensuring we take a seamless approach across all ages.

The transition from adolescence to adulthood is an extremely important stage of life. This is often a challenging stage for young people living with mental health problems, especially if transitioning from young people's mental health services.

Building on the work being undertaken by the Scottish Government, this strategy will have a particular focus on ensuring effective pathways for young people transitioning from children's mental health services.

Adults

Around one in six adults report symptoms of a mental health problem.^{xviii} Women are more likely to seek help for a mental health problem than men, and are more likely to be diagnosed with common mental health problems such as anxiety and depression.^{xix}

We know that up to 75% of people with common mental health problems do not receive treatment.^{xx}

Depression and anxiety are the most common mental health problems experienced during pregnancy, with 12% of women experiencing depression and 13% experiencing anxiety at some point.^{xxi} This strategy aims to support people to self-manage their mental health and wellbeing, and improve access to mental health treatment and support at an early stage.

Older adults

Research suggests that there are five key factors that affect the mental health and wellbeing of older people: Discrimination; Participation in meaningful activities; Relationships; Physical health; Poverty.^{xxii}

Aberdeenshire's population is ageing rapidly, and older people are more vulnerable to mental health problems. In the UK, depression affects around 22% of men and 28% of women aged 65 and over, yet it is estimated that 85% of older people with depression receive no help.^{xxiii} A key focus of this strategy will be ensuring older adults are able to access support and have good experiences of transition from mental health services.

People with substance use problems

Substance use problems are often interrelated with mental health problems. The relationship between mental health and problem substance use is wide ranging:

- Drugs and/or alcohol can be used to cope with or relieve symptoms of mental health problems.
- Drugs and/or alcohol use may exacerbate mental health problems.
- Drugs and/or alcohol can increase the risk of developing mental health problems.
- There may be risk factors (e.g. unemployment and social isolation) that contribute to mental health and substance use problems.

We recognise that people with co-occurring mental health and substance use problems can experience difficulties accessing the right type of support. Mental health, drug and alcohol services are all responsible for helping people with co-occurring conditions. Working closely with Aberdeenshire's Alcohol and Drug Partnership (ADP), this strategy has a specific focus on improving the care and treatment pathway of people with mental health and substance use problems.

Suicide prevention

In Scotland, approximately three quarters of probable suicides are men. Locally, the suicide rate for Aberdeenshire has decreased by 4.1% between 2003-07 and 2013-17.^{xxiv} Certain risk factors are associated with an increased risk of suicide, including relationship breakdown, drug and alcohol misuse, unemployment, social isolation, a history of trauma and poverty. We also know that people with a diagnosed mental health problem have a higher risk of completing suicide.^{xxv} Suicide prevention is a key national priority, and we will work closely with North East Scotland Suicide Prevention Forum to ensure a coordinated approach is taken locally.

Community justice

Compared to the general population, the prevalence of mental health problems among people in contact with the justice system is high. Mental health problems commonly co-exist with substance use, physical health problems, homelessness and relationship breakdowns.^{xxvi} We will work closely with our partners in community justice to ensure that people get mental health support as early as possible, and that people's transitions back into the community are supportive and well-coordinated.

Veterans

Most military service personnel do not experience mental health problems, while in service or afterwards in civilian life. However, if people do experience mental health problems, they may need particular services and treatments.^{xxvii} Experiences during service and transition to civilian life may trigger mental health problems. Post-traumatic stress disorder (PTSD), depression and anxiety affect a significant minority of veterans. Ensuring veterans receive mental health support at an early stage is a key focus of this strategy.

Carers and families of people living with mental health problems

Supporting others can mean a range of things including giving emotional support, helping someone to get help for a mental health problem, personal care, advocating and budgeting. Carers of people living with mental health problems are usually the first to be aware of a developing crisis, often at times when professional help has not yet been established.^{xxviii}

We will work closely with our partners to fully support the implementation of Aberdeenshire's Adult Carers Strategy.

Lesbian, Gay, Bisexual and Transgender (LGBT) people

LGBT people are more likely to experience mental health problems, when compared to the general population. Nationally, 52% of LGBT people say they have experienced depression in the last year, and 61% of LGBT people say they have experienced anxiety.^{xxix}

Autistic adults

Around 70% of autistic adults have experienced a mental health problem,^{xxx} and approximately 40% have symptoms of anxiety at any time.

People with learning disabilities

It is estimated that around 40% of adults with a learning disability also experience mental health problems. This is a much higher rate than the general population.

Refugees and asylum seekers

Asylum seekers and refugees are often at greater risk of developing mental health problems. This increased vulnerability is linked to pre-migration experiences (such as war trauma) and post-migration conditions (such as family separation).^{xxxi}

We will work closely to ensure people who are at a higher risk of developing mental health problems are able to access the right type of treatment care and support at the right time.

Mental health services in Aberdeenshire

Aberdeenshire Health and Social Care Partnership is responsible for providing adult mental health services in our communities and HMP Grampian. A range of health and social care services are delivered:

Team	Service
Adult Community Mental Health Team	<ul style="list-style-type: none"> • Clinical Services (e.g. Community Mental Health Nursing; OT; Psychology) • Mental Health Officer Service • Social Work
Older Adult Community Mental Health Team	<ul style="list-style-type: none"> • Clinical Services (e.g. Community Mental Health Nursing; OT; Psychology) • Mental Health Officer Service • Social Work
Public Health Team	<ul style="list-style-type: none"> • Mental Health Promotion • Mental Health Training
Primary Care Psychological Therapy Service	<ul style="list-style-type: none"> • Self-Help • Psychoeducation • Evidenced Based Talking Therapies
Health Centre at HMP Grampian	<ul style="list-style-type: none"> • Clinical Services (including Mental Health Nursing and Psychology)

GPs are often the first point of contact that people have when experiencing mental health problems and play a crucial role in improving people's mental health and wellbeing. There are 31 GP Practices in Aberdeenshire, which vary in size and cover a mix of rural and urban settings across a large geographical area.

People living with mental health problems are also supported by a range of services including Welfare Rights, Employability and Housing Options.

Third Sector

Aberdeenshire Health and Social Care Partnership commission a number of third sector organisations to deliver mental health services including:

- Independent advocacy
- Supported accommodation
- Direct access community support

The third sector also plays a vital role in delivering a range of non-commissioned mental health services for people living with mental health problems.

Community groups and organisations play an important role in supporting people experiencing mental health problems and poor mental wellbeing. We recognise that there are a vast amount of services and groups in existence across Aberdeenshire, which provide assistance to people in their local communities.

The following diagram demonstrates the types of mental health treatment, care and support across Aberdeenshire. Services are delivered by a range of organisations, including Aberdeenshire Health and Social Care Partnership, third sector organisations and wider community groups.

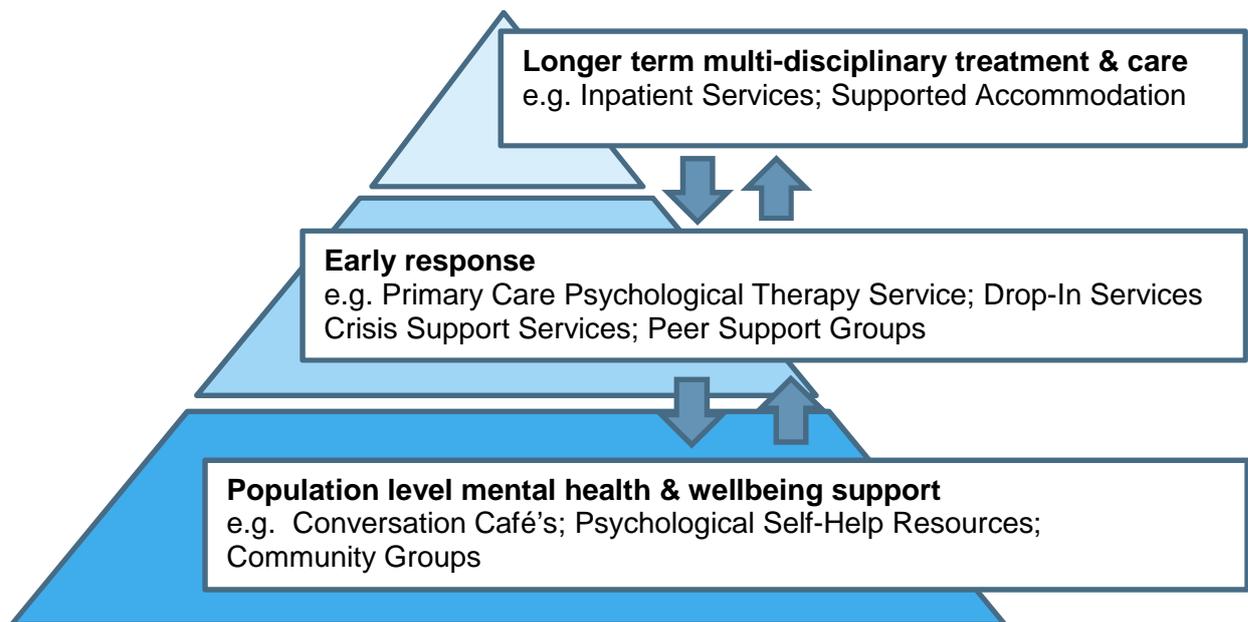


Figure 4: Types of mental health and wellbeing support, care and treatment in Aberdeenshire

Strategic priorities

Through engagement with our communities, and taking account of national and local priorities, the following strategic priorities have been identified.

1. People are supported to maintain and improve their own mental health and wellbeing

Mental health improvement covers all actions that protect and promote the mental health and wellbeing of everyone in the population by:

- **Raising awareness** of the benefits of building resilience to help cope with stress and adversity.
- **Preventing** mental health problems by reducing risk factors and learning coping strategies.
- **Supporting** people with mental health problems to improve their mental health and wellbeing through **self-management**.
- **Reducing** stigma and discrimination.
- **Promoting** recovery.^{xxxii}

Why is this a priority?

- Improved mental health and wellbeing is associated with a range of better outcomes, including improved physical health, better educational achievement and employment outcomes.
- Effective approaches to promotion and prevention are essential if we are to reduce the impact of mental health problems on our communities.
- When asked during the engagement process, people identified self-management and prevention work as key areas.

What we will do:

- 1.1 Support people to self-manage mental health problems effectively, with a focus on technology enabled support and educational group work including wellbeing and resilience coaching.
 - 1.2 Ensure mental health and wellbeing information, advice and guidance is readily available in communities and is well advertised and promoted.
 - 1.3 Promote mental wellbeing and reduce stigma, by increasing public and workplace awareness of mental health and mental health problems.
 - 1.4 Work with our partners, including individuals, families, Aberdeenshire's Culture and Sport Service, Aberdeenshire Alcohol and Drug Partnership and the third sector, to identify and promote a range of community opportunities that support wellbeing and recovery.
-

2. People have access to the right treatment, care and support at the right time

We need to ensure that people living with mental health problems are able to access the right treatment, care and support when they need it, as close to their local area as possible.

Early intervention involves the prompt engagement, assessment and delivery of interventions for people at risk or in the early stages of experiencing a mental health problem. Early intervention aims to minimise delays in support and maximise the prospect of recovery.

We need to make sure that services are accessible and connect people with their local communities.

Why is this a priority?

- Early intervention has a number of benefits, including improved recovery, reduced need for hospitalisation, and reduced disruption and distress.
- Improving access to mental health treatment, care and support was identified as a key theme across all local engagement events. This was raised as particular issue for people living in rural locations, young adults, new and expectant mothers, BSL users, vulnerable adults and people who do not meet eligibility criteria for statutory services.
- Lack of transport and having to travel long distances were consistently highlighted as a major barrier to accessing services.

What we will do:

- 2.1 Improve access to treatment, care and support at an early stage.
 - 2.2 Improve access to psychological therapies for mild to moderate mental health problems.
 - 2.3 Build and maintain effective links with emergency services.
 - 2.4 Improve access to crisis services.
 - 2.5 Increase use of technology enabled support to improve access to services.
 - 2.6 Identify and challenge barriers that prevent people from accessing services.
-

3. We deliver person-centred, recovery focussed services that promote choice and control

Delivering services that promote choice, control and strengths are key to helping people living with mental health problems to recover. We will take a whole system approach, ensuring people have positive experiences of care, treatment and support (particularly during transition), where recovery is the expected outcome for all.

It is important that we work collaboratively with people living with mental health problems, their carers, and wider partners in the public and third sectors, to ensure we are meeting people's needs effectively. We need to build on the excellent work that employees carry out across Aberdeenshire, supporting and empowering our workforce to deliver recovery focussed services.

Why is this a priority?

- Young people's experiences of transitions from adolescent mental health services are crucial. Enabling effective transitions is key to providing a foundation for young people's future wellbeing and mental health.
- The use of evidenced based treatment, care and support is central to ensuring we deliver effective, recovery focussed services.
- Feedback highlighted the need to support and work in close partnership with unpaid carers and families of people living with mental health problems.
- Greater participation and involvement of people living with mental health problems in the development of services was highlighted as a key theme.
- Better integration between health and social care teams (in particular the use of joint ICT systems) was highlighted as an area for improvement.

What we will do:

- 3.1 Improve care, treatment and support pathways, with a particular focus on young people in transition, older adults, people with co-occurring substance use problems, veterans and prisoners in HMP Grampian.
 - 3.2 Implement models of treatment, care and support that promote recovery and inclusion.
 - 3.3 Promote and encourage self-directed support where appropriate.
 - 3.4 Implement a consistent personal outcomes measure tool for people using mental health services.
 - 3.5 Improve integrated working across health and social care teams.
 - 3.6 Build stronger partnerships with the third sector to ensure the sector is integral to people's care, treatment and support pathway.
 - 3.7 Ensure carers of people living with mental health problems are identified, their needs assessed, and contributions taken into account in care planning.
 - 3.8 Establish an effective structure for the implementation of the Adult Mental Health and Wellbeing Strategy.
 - 3.9 Improve participation and co-production, involving people living with mental health problems and their carers in the implementation of the Adult Mental Health and Wellbeing Strategy.
-

4. We reduce mental health inequalities

Mental health problems are strongly linked to health and social care inequalities and can have a huge impact on mental health and wellbeing: ^{xxxiii}

- 9 out of 10 people living with mental health problems have been affected by stigma and discrimination. ^{xxxiv}
- People living in the most deprived areas of Scotland experience the poorest mental health. ^{xxxv}
- People with lifelong mental health problems die on average 15 to 20 years earlier than people without.
- Many people living with long term mental health problems want to work, but the rate of employment is much lower. ^{xxxvi}
- Housing and mental health are closely related, with access to safe affordable housing essential for our wellbeing. ^{xxxvii}
- It is estimated that adults in debt are three times more likely to have a common mental health problem. ^{xxxviii}
- People living with mental health problems are more likely to be socially isolated and to live alone. ^{xxxix}

Why is this a priority?

- For people living with mental health problems, access to suitable accommodation can have a positive impact on recovery and mental health.
- Taking part in social, training, volunteering and employment opportunities can support the process of individual recovery and reduce social stigma and discrimination.
- Addressing stigma and discrimination within communities was consistently raised as a priority across all engagement events.
- Improved access to appropriate housing options for people living with mental health problems (including supported accommodation) was a common theme.
- Lack of routine health screening for older adults was also identified as a gap in some areas.

What we will do:

- 4.1 Improve access to accommodation options (including supported accommodation) for people living with mental health problems.
 - 4.2 Improve employment opportunities for people living with mental health problems.
 - 4.3 Improve debt advice and support for people living with mental health problems.
 - 4.4 Reduce social isolation of people living with mental health problems.
 - 4.5 Improve physical health outcomes (including physical activity) for people living with mental health problems, working in close partnership with GP's, Aberdeenshire's Culture and Sport service, wider NHS and Aberdeenshire Council services and the third sector.
 - 4.6 Ensure health and social care staff take a common approach to preventative work, using a 'Making Every Opportunity Count' approach.
-

How will we know we have made a difference?

It is important that we are able to evaluate how well we are performing against the priorities set out in this strategy.

Each mental health and wellbeing priority will be linked to an action plan, which will include specific, measurable, achievable, realistic and timebound (SMART) actions.

We will use existing indicators where possible to measure performance, and establish new ones where there are gaps. Many indicators will be new, so year one will be focussed on establishing a performance management framework and setting a baseline position.

A mental health and wellbeing steering group will meet on a regular basis to review and monitor progress.

The strategy will be formally reviewed on an annual basis, with performance being reported to the Aberdeenshire Integration Joint Board (IJB).

The local framework will be complemented by a national Mental Health Quality Indicator Profile (Action 38 of the Mental Health Strategy 2017-2027).

The profile will be launched in 2019 and will provide a more complete picture of mental health services in Scotland, allowing for comparison between health and social care partnership areas. The profile will consist of 30 indicators, providing information on the following 6 outcomes:

Mental health services should be:

- 1) Timely
- 2) Safe
- 3) Person Centred
- 4) Effective
- 5) Efficient
- 6) Equitable

**If you require this document in another format,
further information, or would like to make comment
on any aspect of this strategy, please contact:
Aberdeenshire Health and Social Care Partnership:
integration@aberdeenshire.gov.uk**

References

- ⁱ Mental Health Foundation. *Recovery*. Retrieved from <https://www.mentalhealth.org.uk/a-to-z/r/recovery>
- ⁱⁱ Scottish Government (2016) Mental Health Strategy 2017-2027 <https://www.gov.scot/Resource/0051/00516047.pdf>
- ⁱⁱⁱ Scottish Government (2016) Mental Health Strategy 2017-2027 <https://www.gov.scot/Resource/0051/00516047.pdf>
- ^{iv} Mental Health Foundation (2015) What is wellbeing, how can we measure it and how can we support people to improve it? <https://www.mentalhealth.org.uk/blog/what-wellbeing-how-can-we-measure-it-and-how-can-we-support-people-improve-it>
- ^v NHS Health Scotland (2016) Good Mental Health for all <http://www.healthscotland.scot/media/1805/good-mental-health-for-all-feb-2016.pdf>
- ^{vi} Scottish Government. (2016). *The Scottish Health Survey: 2016 edition, volume 1, main report*. Retrieved from <http://www.gov.scot/Publications/2016/09/2764/downloads>
- ^{vii} Keyes, C.L. (2002). The mental health continuum: From languishing to flourishing in life. *Journal of Health and Behavior Research*, 43, 207-222.
- ^{viii} Aberdeenshire Strategic Assessment 2018-19 <http://publications.aberdeenshire.gov.uk/dataset/b6e157d6-a12f-413b-8208-d892daa66e7c/resource/89856247-0405-4f73-83ff-fc8b7a770109/download/cusersspellascdocumentsnew-performance-pageaberdeenshire20strategic20assessment202018.pdf>
- ^x Data Source: The Scottish Health Survey (SHeS) results 2013-2016. Mean wellbeing scores across Scottish Health Boards, sorted by Mean adult WEMWB score (2013 – 2016 combined figure). Retrieved from <https://www.gov.scot/Publications/2017/10/6398/downloads#res525327>
- ^{ix} Aberdeenshire Local Housing Strategy 2018-2023 <https://www.aberdeenshire.gov.uk/media/21913/aberdeenshirelocalhousingstrategy2018-2023.pdf>
- ^x Aberdeenshire Strategic Assessment 2018-19 <http://publications.aberdeenshire.gov.uk/dataset/b6e157d6-a12f-413b-8208-d892daa66e7c/resource/89856247-0405-4f73-83ff-fc8b7a770109/download/cusersspellascdocumentsnew-performance-pageaberdeenshire20strategic20assessment202018.pdf>
- ^{xi} Aberdeenshire Strategic Assessment 2018-19 <http://publications.aberdeenshire.gov.uk/dataset/b6e157d6-a12f-413b-8208-d892daa66e7c/resource/89856247-0405-4f73-83ff-fc8b7a770109/download/cusersspellascdocumentsnew-performance-pageaberdeenshire20strategic20assessment202018.pdf>
- ^{xiii} Mental Health and Wellbeing Scotpho Indicators: Aberdeenshire <https://scotpho.nhsnss.scot.nhs.uk/scotpho/homeAction.do>
- ^{xiv} Mental Health and Wellbeing Scotpho Indicators: Aberdeenshire <https://scotpho.nhsnss.scot.nhs.uk/scotpho/homeAction.do>
- ^{xv} Mental Health Foundation (2018) Health Inequalities Manifesto <https://www.mentalhealth.org.uk/publications/health-inequalities-manifesto-2018>
- ^{xvi} British Journal of Psychiatry (2011) Physical health disparities and mental illness: the scandal of premature mortality <https://www.cambridge.org/core/journals/the-british-journal-of-psychiatry/article/physical-health-disparities-and-mental-illness-the-scandal-of-premature-mortality/06CD314810155127BFE42EEDFFFE49BB>
- ^{xvii} Mental Health Foundation (2018) Health Inequalities Manifesto <https://www.mentalhealth.org.uk/publications/health-inequalities-manifesto-2018>
- ^{xviii} Mental Health Foundation (2015). *Fundamental Facts about Mental Health*. Mental Health Foundation. London.
- ^{xx} Scottish Government. (2015). *What Research Matters for Mental Health Policy in Scotland*. Retrieved from <http://www.gov.scot/Resource/0049/00494776.pdf>
- ^{xxi} NICE Clinical Guidance (2014) Antenatal and postnatal mental health: clinical management and service guidance <https://www.nice.org.uk/guidance/cg192/chapter/introduction>
- ^{xxiii} Smyth, C, (2014). Depression in old age 'is the next big health crisis'. *The Times*. [online] Available at: <http://www.thetimes.co.uk/to/health/news/article4057224.ece>
- ^{xxiv} Probable Suicides in Scotland (2018) Summary Briefing Note NHS Health Scotland
- ^{xxv} Teuton J, Platt S, Atkinson A. Prevention of suicide and self-harm (2014): research briefing. Edinburgh: NHS Health Scotland; 2014.
- ^{xxvi} Scottish Government (2016) Mental Health Strategy 2017-2027. Retrieved from <https://www.gov.scot/Resource/0051/00516047.pdf>

^{xxvii} Armed Forces and Mental Health, Mental Health Foundation <https://www.mentalhealth.org.uk/a-to-z/a/armed-forces-and-mental-health>

^{xxviii} Mind What counts as supporting or caring for someone else? <https://www.mind.org.uk/information-support/helping-someone-else/carers-friends-family-coping-support/>

^{xxix} Stonewall LGBT in Britain Health Report (2018) http://www.stonewall.org.uk/sites/default/files/lgbt_in_britain_health.pdf

^{xxx} Journal of Autism and Developmental Disorders (2016) Psychiatric Co-occurring Symptoms and Disorders in Young, Middle-Aged, and Older Adults with Autism Spectrum Disorder <https://link.springer.com/article/10.1007/s10803-016-2722-8>

^{xxxi} Mental Health Foundation. Mental Health Statistics: Refugees & Asylum Seekers <https://www.mentalhealth.org.uk/statistics/mental-health-statistics-refugees-and-asylum-seekers>

^{xxxii} Mental Health Foundation (2016) Mental Health And Prevention: Taking local action for better mental health <https://www.mentalhealth.org.uk/sites/default/files/mental-health-and-prevention-taking-local-action-for-better-mental-health-july-2016.pdf>

^{xxxiii} Elliott, I. (June 2016) Poverty and Mental Health: A review to inform the Joseph Rowntree Foundation's Anti-Poverty Strategy. London: Mental Health Foundation.)

^{xxxiv} National Mental Health Development Unit (2010) <https://www.lancashirecare.nhs.uk/media/Publications/Mental%20Health%20Fact%20Files/nmhd-actfile-6.pdf>

^{xxxv} NHS Health Scotland. *Adult Mental Health Indicators*. www.healthscotland.com/scotlands-health/population/mental-health-indicators.aspx

^{xxxvi} NHS Health Scotland (2017) http://www.healthscotland.scot/media/1626/inequalities-briefing-10_mental-health_english_nov_2017.pdf

^{xxxvii} NHS Health Scotland (2017) http://www.healthscotland.scot/media/1626/inequalities-briefing-10_mental-health_english_nov_2017.pdf

^{xxxviii} NHS Health Scotland (2017) http://www.healthscotland.scot/media/1626/inequalities-briefing-10_mental-health_english_nov_2017.pdf

^{xxxix} Mental Health Foundation (2018) Health Inequalities Manifesto <https://www.mentalhealth.org.uk/publications/health-inequalities-manifesto-2018>

Appendix 1: Key policies, strategies and legislation

Mental Health Strategy 2017-2027

The Scottish Government's key actions for improving mental health over the next 10 years. The strategy contains 40 actions, split into 4 areas: Prevention and Early Intervention; Joined up accessible services; Physical health and wellbeing; Rights, information use and planning.

Good Mental Health for All 2016

NHS Scotland's vision to improve mental health and wellbeing at a national, local and community level.

Suicide Prevention Action Plan: Every Life Matters 2018

The Scottish Government's actions on suicide prevention, ensuring support is available to anyone contemplating or affected by suicide.

The Road to Recovery: A New Approach to Tackling Scotland's Drug Problem

Focuses on recovery, prevention, treatment, rehabilitation, education, enforcement and protection of children.

Scotland's National Dementia Strategy 2017-2020

Sets out key outcomes for people with dementia and their families and carers, including increased control over diagnosis, and better access to post diagnostic support.

The Scottish Strategy for Autism: Outcomes and Priorities 2018-2021

Sets out updated actions linked to 4 strategic outcomes for autistic people: A Healthy Life; Choice and Control; Independence; Active Citizenship.

The Keys to Life: Improving quality of life for people with learning disabilities - Strategic outcomes 2015-17

Sets out updated actions linked to 4 strategic outcomes for people with learning disabilities: A Healthy Life; Choice and Control; Independence; Active Citizenship.

Scottish Fire and Rescue Service Strategic Plan 2016 – 2019

Details commitments to improve community safety, response and resilience, including engagement with vulnerable groups and ensuring wellbeing and safety of communities.

Police Scotland Annual Police Plan 2018-2019

Details actions on prevention and early intervention, in particular developing Distress Brief Intervention referrals to support people crisis, and provide staff with distress, mental health and vulnerability training.

Scottish Ambulance Service - Towards 2020: Taking Care to the Patient

Details actions on developing new care pathways with a specific focus on mental health.

Mental Health (Care & Treatment) (Scotland) Act 2003

Sets out when and how people can be treated if they have a mental disorder, when people can be treated or taken into hospital against their will and what a person's rights are and the safeguards that ensure these rights are protected.

Adults with Incapacity (Scotland) Act 2000

Provides a framework for safeguarding the welfare of adults who lack capacity due to mental illness, learning disability or a related condition or an inability to communicate.

Adult Support and Protection (Scotland) Act 2007

Seeks to protect and benefit adults at risk of being harmed.

Aberdeenshire Health and Social Care Partnership Commissioning Plan 2018-2019

Sets out the Partnership's commissioning intentions, and includes the four programmes work linked to this strategy.

Aberdeenshire Health and Social Care Partnership Locality Plans 2018-2021

Locality plans have been developed for each of Aberdeenshire's 6 administrative areas. These plans detail key health and social care priorities at each local level.

GIRFEC Mental Health & Wellbeing Strategy 2016 – 2019

Sets out Aberdeenshire's key mental health and wellbeing outcomes for children and young people, including effective promotion of mental health and wellbeing and reducing stigma.

Aberdeenshire's Local Outcomes Improvement Plan 2017-2027

Provides vision and focus based on agreed local priorities, focussing on 3 priorities: Changing Aberdeenshire's relationship with alcohol; Reducing child poverty; Connected and cohesive communities.

The Aberdeenshire Strategy for Autism 2014-2024

Key actions include training and development, better access to information, assessment and diagnosis, stakeholder involvement, service delivery and transitions.

Aberdeenshire Dementia Strategy 2015-2018

Aberdeenshire Health and Social Care Partnership's key dementia objectives, with a focus on timely diagnosis, effective post diagnostic support and health promotion.

Aberdeenshire Adult Carers Strategy 2018-2022

Sets out how unpaid carers across Aberdeenshire will be supported, focussing on health and wellbeing, carer identification, information and advice, breaks from caring, training and education and recognition.

Aberdeenshire's Health Improvement Delivery Plan 2018-19

This plan has a focus on improving mental health and wellbeing and reducing social isolation and loneliness.

Aberdeenshire Community Justice Outcome Improvement Plan 2017-2018

Sets out Aberdeenshire's community justice priorities and the actions that partners will take collectively to prevent and reduce reoffending and improve outcomes for community justice.

Aberdeenshire Sport & Physical Activity Strategy 2018-2028

Has a specific focus on improving health and wellbeing through sport and physical activity.

Aberdeenshire Culture Strategy 2018-2028

A key focus of the strategy is on supporting programmes which improve mental health and wellbeing.

Aberdeenshire Local Housing Strategy 2018-2023

Sets out Aberdeenshire's key housing plans, and includes an assessment of housing need which shows an increased demand for housing of all types and tenure across Aberdeenshire.

Aberdeenshire Passenger Transport Strategy 2014

Sets out Aberdeenshire's objectives for passenger transport services in the Aberdeenshire area, including supporting services that improve quality of life of people without private means of travel, and provide accessible and affordable transport options.

Appendix 2

Groups and organisations that participated in the engagement process

Aberdeenshire Alcohol and Drug Partnership
Aberdeenshire Area Committees
Aberdeenshire Council
Aberdeenshire Health and Social Care Partnership
Aberdeenshire Integration Joint Board
Aberdeenshire Voluntary Action
Aberdeen City Health and Social Care Partnership
Advocacy North East
Alzheimer Scotland
AVA Substance Misuse and Mental Health Providers Forum
Barnardo's
Bon Accord Care
Braemar 3rd Age Group
Choose Life
Citizens Advice
Community Substance Misuse Group – Stonehaven
Contact the Elderly
Conversation Cafes
Cornerstone SDS
Garioch Links Café and Peer Support Group
Gordon Rural Action
Grampian Opportunities
Kathy Julius Yoga Trust
Inverurie Out and About Group
Hanover Housing Association
Home Start Kincardine
Kincardine and Deeside Befriending
LEAD Scotland
HMP Grampian – Prisoner Focus Groups
Mackie Academy Pupils
Mearns Academy Pupils
Mental Health Aberdeen
Mental Health Carers Support Group – Stonehaven
My Life Dynamic (SAMH)
National Autistic Society
Networks of Wellbeing
NHS Grampian
Penumbra
Police Scotland
Pillar Kincardine
Quarriers
SAMH

Scottish Prison Service
St Andrews RC Church
The Arches
The Garioch Partnership
The Spark
Turning Point
The University of Aberdeen
Y Suffer in Silence

Please contact integration@aberdeenshire.gov.uk if your organisation or group is missing from this list.
