An agreed purpose for improved mental health in Birmingham

THIS DOCUMENT HAS BEEN DEVELOPED BY REPRESENTATIVES FROM THE FOLLOWING ORGANISATIONS:

BIRMINGHAM AND SOLIHULL MENTAL HEALTH NHS FOUNDATION TRUST
BIRMINGHAM CHILDREN’S HOSPITAL NHS FOUNDATION TRUST
BIRMINGHAM CITY COUNCIL
BIRMINGHAM CROSSCITY CLINICAL COMMISSIONING GROUP
BIRMINGHAM HEALTH AND WELLBEING BOARD
BIRMINGHAM SOUTH CENTRAL CLINICAL COMMISSIONING GROUP
FORWARD THINKING BIRMINGHAM
NATIONAL PROBATION SERVICE
SANDWELL AND WEST BIRMINGHAM CLINICAL COMMISSIONING GROUP
STAFFORDSHIRE AND WEST MIDLANDS COMMUNITY REHABILITATION COMPANY
WEST MIDLANDS POLICE
We all want to provide better help for people who are suffering from, or who are at severe risk of, mental health problems.

A targeted ‘stakeholder conversation’ took place with key stakeholders from across the city. Refinements have been made to this agreed purpose, based on this feedback.

In response to the ‘Improving outcomes for people with mental health problems’ conversation, a number of key outcomes have been established:

• The majority of respondents felt that the document had helped them understand Birmingham’s mental health priorities.

• The overwhelming majority of respondents agreed that the outcomes and priorities highlighted in the survey were very, or moderately, important.

• The majority of respondents felt that all of the outcomes and priorities were equally important, but the most important was identified as prevention.

Therefore this sets out, not to be a broad strategy document, but an agreed statement of purpose for improving the mental health of people from across Birmingham. It looks to address the improved outcomes that we have all agreed to work to deliver across health, social care, local authority, police and criminal justice services.

This shared purpose will be used to ensure that all of our work programmes clearly define how they will deliver at least one of these outcomes. The Mental Health System Strategy Board, which is represented by all of the organisations listed on the front cover, will then be very clear over the coming years about what we should achieve, but also on how well we are doing in delivering these outcomes.
The key areas of focus are:

1. **Prevent**
   *Prevent:* Preventing mental health problems and getting help earlier, for people starting to suffer poor mental wellbeing.

2. **Protect**
   *Protect:* Those who are most vulnerable from the adverse effects of mental health problems.

3. **Manage**
   *Manage:* Preventing mental health crises and managing them better when they do happen.

4. **Recover**
   *Recover:* Helping people with mental health problems to recover back into everyday life.
Prevent

Preventing mental health problems and getting help earlier, for people starting to suffer poor mental wellbeing.
**What will this mean?**

We will:

- Support young people to have the coping skills they need to withstand episodes of low mental wellbeing, such as that related to exam stress or family disputes;
- Increase employment, education and training opportunities, as we know that they are important in promoting mental wellbeing;
- Support more looked after children and ex-offenders to be in work, either paid or unpaid, or training; and
- Tackle all types of domestic abuse and violence, as these are major causes of mental health problems, which affect whole families and future generations.

**How will we measure success?**

We will:

- Fewer children affected by their parents’ poor mental health;
- Fewer people aged 0-25 being admitted to emergency departments for deliberate self-harm;
- Fewer suicides;
- Improved school surveys, relating to mental wellbeing;
- Fewer repeat violent episodes; and
- Fewer children and young people reporting that they are frequently bullied.

**We need to:**

- Describe the effect that poor adult mental health and behaviour has on children and families;
- Be much better at understanding the change from childhood to adulthood, and the consequences for some, on their mental health;
- Understand the effects of isolation on wellbeing and how we can improve this, especially for older people; and
- Commission, or buy, and provide mental health services which meet the agreed outcomes in this document.
Protecting vulnerable people from the adverse effects of mental health problems.
What will this mean?

We know that mental health problems impact upon certain groups more than others. We also know that certain groups of people are more vulnerable to crime and other types of anti-social behaviour.

These people include:

- The homeless;
- Former looked after children;
- Prisoners and ex-prisoners;
- People who misuse alcohol and/or drugs;
- Victims of abuse;
- Lesbian, Gay, Bisexual and Trans (LGBT) communities; and
- Afro-Caribbean communities.

We will ensure these very vulnerable people have excellent support, to protect them from declining mental health.

How will we measure success?

We will see:

- Improved access for Afro-Caribbean communities to early support services and fewer people in acute and specialist mental health services;
- Improved access to early help for victims of abuse;
- Fewer unresolved dual diagnosis (mental health and substance misuse) clients;
- Fewer homeless people;
- Fewer repeat offenders;
- Better physical health of these groups of people; and
- Fewer people with dementia and learning disability suffering from crime.

We need to:

- Redefine complexity and recognise that our systems aren’t simple to understand, especially for the most vulnerable;
- Have clear rules on managing people who have both mental health, and substance misuse, problems; and
- Understand these very vulnerable groups better.
Manage
Preventing mental health crisis and managing them better when they do happen.
Manage

What will this mean?

• Fewer people of all ages having a mental health crisis, or developing urgent problems, due to their misuse of drugs and alcohol;
• Fewer people with deteriorating mental health problems in police cells and emergency departments;
• People with chronic mental health problems having excellent management plans, to prevent the rapid worsening of their condition; and
• Better support for all carers to prevent and reduce crisis, especially people with dementia.

How will we measure success?

We will see:

• All crisis assessments happening within four hours;
• No children in police cells;
• Fewer repeat admissions for mental health crises; and
• Fewer acute medical admissions, which are precipitated by dementia.

We need to:

• Have faster access to specialist mental health support, for the police and probation services and emergency departments;
• Ensure that there is adequate professional support to manage people with multiple needs;
• Redefine a crisis, which must be about the person, not the organisation;
• Be much more accessible to those affected by a crisis; and
• Make sure that carers of people suffering dementia can get meaningful help quickly, during a crisis.
Recover

Helping people with mental health problems recover back into everyday life.
What will this mean?
It means all of those things that many people take for granted; such as entering into and maintaining employment, a home, relationships and not being discriminated against. For young people it means; going to school, having friends and not being bullied.

We need to:
• Redefine the purpose of mental health services; especially for people aged over 25, to have a sustainable recovery, with as much independence from mental health services as possible;
• Make stronger connections with local services who work to increase education, training and employment opportunities;
• Identifying the needs of individuals to enable them to remain in employment; and
• Recognise that lack of employment is a crucial factor in people developing chronic conditions and being discriminated against.

How will we measure success?
We will see:
• Less re-offending;
• More people, who have previously misused substances, in sustainable employment;
• More young people in education, training or sustainable employment;
• People with chronic mental health problems in sustainable employment; and
• Reduced adult and youth homelessness.