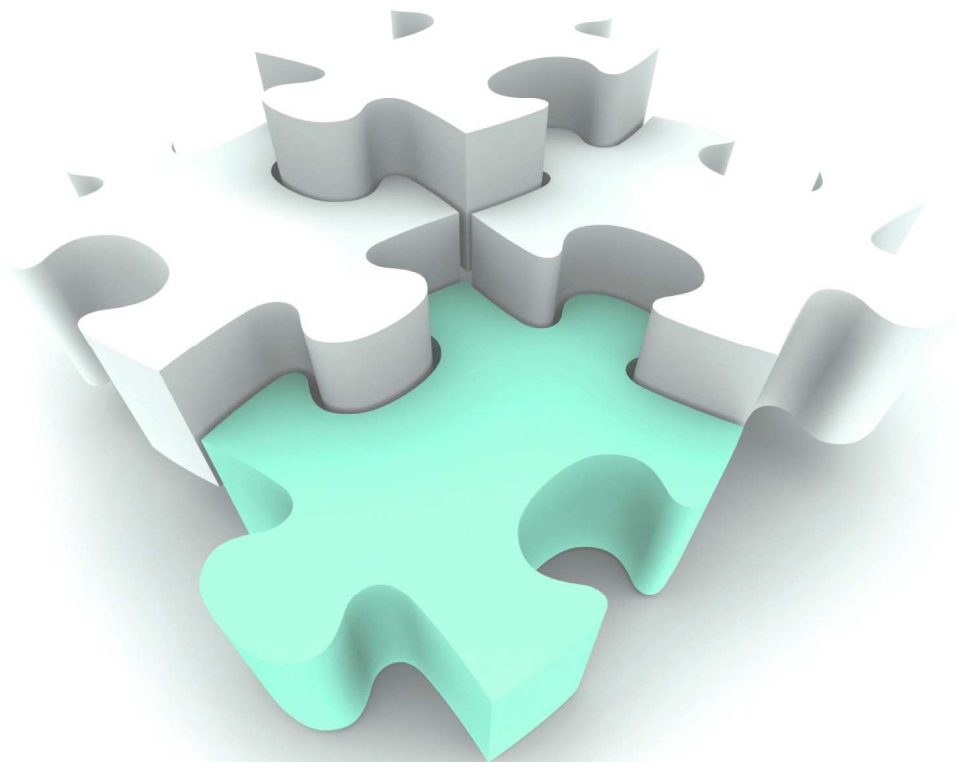


A sense of belonging

A joint strategy for improving the mental health and wellbeing of Lothian's population, 2011-2016



Summary document of draft strategy

A Sense of Belonging

A joint strategy for improving the mental health and wellbeing of the people of Lothian, 2011- 2016

Introduction

The draft strategy sets out a clear view, principles and planned ways of working on mental health and wellbeing in Lothian during the next five years. The public, people who have experience of mental health problems, people who use services, carers, the 3rd sector (voluntary sector), the four local authorities and NHS Lothian, will work together, using the strategy to improve mental health and wellbeing for people in Lothian.

What have we done?

In the last five years NHS Lothian and partners have delivered major change, meeting new national priorities, with a high level of success. We know this as we have reduced length of stay for people in hospitals, improved rates of mental wellbeing in communities, reduced symptoms for some people with mental health problems and we have more satisfied patients. Our draft strategy gives examples of our achievements.

The draft strategy will build on the work and services started in Lothian as a result of the 2005-2010 mental health and wellbeing strategy. The current strategy was developed over the last year. We asked lots of people and groups what they felt was important to include in the strategy and we held lots of events to look at those ideas.

What are the aims and approach of the strategy?

The strategy considers both mental health and wellbeing issues. Both elements are crucial in people's lives and need to be considered.

The document builds on the belief that it is very important for people to have a sense that they belong within a community. That might be where people live or what communities they feel a part of. We want to make a difference and help people make more connections in their communities, and to feel included. The strategy aims to work to make communities and places in Lothian that are fair, welcoming and include all people and groups.

For people of all ages, making sure that they feel able to cope with difficulties and have good relationships with other people, helps to make people feel healthier and less stressed. Focusing on building people's ability to cope, and making it possible for people to have good relationships, can help during times of difficulty.

The strategy focuses on key aspects such as:

- helping to support people before problems start or as soon as there are difficulties
- supporting parents
- supporting people when they are ill, either at home or in hospital settings
- using treatments which are not medicines, for example exercise or reading, for some mental health problems and illness
- activities which keep us mentally healthy

What we hope to change – Commitment to Change areas

The strategy looks at all stages of life, considering the needs of people from all ages: early years, school age, working age and older people.

The strategy describes our commitment to:

- addressing inequalities
- embedding recovery
- building social capital and wellbeing
- improving services

These are our four 'Commitment to Change' areas. We want to look at the outcomes for people and communities for each Commitment to Change area. By this we mean making sure we are making a difference to the things that people told us was important to them.

We hope that in each locality in Lothian, organisations and partners will work together to build what they would like to see within each area of work, over the next 5 to 10 years.

Priorities for the Commitment to Change areas

Commitment to Change Area 1

Tackling Health Inequalities:

Focusing on specific people and communities

This means focusing on individuals and communities more likely to experience difficulties – so that we improve health for everyone (*see section F of the draft strategy*).

We will:

- focus on particular population groups, to help improve wellbeing and reduce mental health problems. This will include supporting programmes for vulnerable families and babies, children and young people, and for older people. This is because these groups are particularly at risk of experiencing problems

- focus on some communities - some black or minority ethnic communities, some lesbian, gay, bisexual or transgender communities, veterans, gypsy and traveller communities, and people who have offended
- support mental health and wellbeing for people with learning disabilities and those with sensory impairment
- raise awareness about the consequences of violence, and support ways of improving the mental health of people affected by violence
- use the places that people live, work or study - workplaces, prisons, schools, colleges and universities - to promote good mental health and to reduce problems

Commitment to Change Area 2

Embedding Recovery: Making sure all services and places have a recovery focus

In mental health, 'recovery' has a range of meanings and does not always refer to the process of complete recovery from a mental health problem in the way that we may recover from a physical health problem. The idea of recovery is about staying in control of your life and living well despite experiencing a mental health problem (*see section G of the draft strategy*). In Lothian, there is a very active and excellent network of people who promote recovery and deliver training and raise awareness in services about what recovery is.

We will:

- have a yearly Recovery Across Lothian Action Plan
- continue to support people who are involved in this work
- continue to focus on training and awareness raising
- hold a conference once a year to highlight all the work that has happened

Commitment to Change Area 3

Building Social Capital and Wellbeing: Building involvement and a sense of belonging within communities and increasing wellbeing

It is really important to look at activities that are not within services. Building healthy communities happens outside the NHS and local authorities, and we want to make sure that people see the strengths they have themselves to make changes and improve their community. People have a lot of knowledge and experience of their own communities and can use this to improve their wellbeing and create a sense of belonging in their neighbourhoods (*see section H of the draft strategy*).

We will:

- increase the links between NHS and the community planning teams in the local authorities in Lothian; making sure that all organisations in Lothian see mental health and wellbeing as part of what they can do to help people to look after their own mental health
- use a number of non-medical solutions to help increase wellbeing, like exercise and reading schemes, and to involve people in their own care so that they can keep themselves well and take control of their health and wellbeing
- support arts and creativity and, with a range of organisations and individuals, put on a festival for mental health and arts each October
- support education and life-long learning, to make sure that individuals and communities can have the opportunity to reach their potential, and to support their own mental health
- promote the use of “greenspace” as it is good for mental health
- continue to support the work to address stigma and discrimination - that is, the problems people face by being excluded by others due to their mental health problems. NHS Lothian has been very involved previously in this work and wishes to continue to support this area, and to support other organisations and places to address stigma and sign the national “see-me” pledge to reduce it

Commitment to Change Area 4 Improving services for people

We want to have excellent services for people when and where they need them - in the right place at the right time delivered by the right people (*see section 1 of the draft strategy*).

We will continue what has been developed over the last 5 years. We are always learning from people who use and work in services about how to improve them.

We will:

- make more services available in communities - people have said that where services are located is important to them
- have hospital treatment available when it is needed
- ensure people get help as early as possible when they are experiencing mental health problems
- increase psychological treatments or “talking therapies” as they are very helpful to many people. We will develop this area so that we reach the targets set by the Scottish Government for people to be able to have these treatments
- aim to ensure people of all ages are able to access services that suit them
- continue looking at how we make sure that all people get the same opportunities for treatment in different parts of Lothian; so that people can have care that matches their needs

- make sure services support people with mental health problems at every level of care - whether GPs, in the community or in hospital - and that services are designed well to meet needs

Over the next 5 years we will look at the design of services and keep adding to our thinking about how services run.

How we will deliver the strategy

It is really important that the strategy is delivered well, using what we know to be good ways to work. We want to build on the work of the previous strategy, and to promote positive change.

We will deliver by:

- involving communities and the public. People have knowledge and experience and are a strength to their own mental health and wellbeing, whether as an individual or within a community. We want to use that knowledge
- working in partnership with lots of different organisations. This is especially important at the moment, as the economic situation is very difficult, and we need to be sure that we are doing all we can to keep a focus on mental health and wellbeing
- being clear about how we spend our money and how services will be delivered or changed during the next 5 years
- having clear timescales and milestones and ways for people to give feedback so that we can review and report on progress – for example the mental health and wellbeing newsletter, reporting on waiting times for services, or through service user groups
- meeting the Scottish Government's strategic objectives. These fit well with our own aims: people in Lothian to have fairer, healthier communities, where they feel safe

More detail on all of the above sections can be found in the main strategy document. The main document also has all the priorities in summary tables.

The strategy is at:

<http://www.nhslotian.scot.nhs.uk/ourservices/mentalhealth/default.asp>

or please telephone the number overleaf for a copy.

What happens now?

We will be consulting on the strategy from 7 January 2011 until 4 March 2011.

Please tell us what you think about our proposals by answering the questions on the following pages. Please feel free to answer any or all of them and to add any other comments in the boxes provided. You can also complete this online.

Through our online survey:

<https://www.surveymonkey.com/s/senseofbelonging>

Through twitter or facebook

Search for NHS Lothian on twitter and facebook to give us your comments. You can also post your thoughts on twitter using the hashtag #senseofbelonging

By email: senseofbelonging.lothian@nhslothian.scot.nhs.uk

By post:

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By phone: 0131 465 5545

We want to engage and meet with groups during this consultation so please contact us by email on senseofbelonging.lothian@nhslothian.scot.nhs.uk or phone us and we can set a date to come and meet with your group.

The full strategy can be found on the NHS Lothian website at

<http://www.nhslothian.scot.nhs.uk/ourservices/mentalhealth/default.asp>

What happens next?

We will draw together all the comments from the draft strategy and they will be available for people to read from mid-March on

www.nhslothian.scot.nhs.uk/YourHealth/mentalhealth

Following the consultation period the strategy will go to Lothian NHS Board at the end of March for approval.

Questions for you to consider

It would be helpful if you could answer these questions.

1. Vision and Approach

Do you agree the aims and approach of the Sense of Belonging strategy will meet the needs of Lothian's individuals and communities?

Please circle one:

Strongly agree Agree Not sure Disagree Strongly disagree

Any comments

In our draft strategy, we have set out Commitment to Change Areas which include priorities. The questions below ask you about each of the change areas.

2. Health Inequalities - Focusing on people and communities who are more likely to experience problems

Do you agree the priorities for this area are the most important?

Please circle one:

Strongly agree Agree Not sure Disagree Strongly disagree

Any comments:

3. Embedding Recovery

Do you agree the priorities for this area are the most important?

Please circle one:

Strongly agree Agree Not sure Disagree Strongly disagree

Any comments:

4. Building Social Capital and Wellbeing - Building involved communities with a sense of belonging and wellbeing

Do you agree the priorities for this area are the most important?

Please circle one:

Strongly agree Agree Not sure Disagree Strongly disagree

Any comments:

5. Improving services

Do you agree the priorities for this area are the most important?

Please circle one:

Strongly agree Agree Not sure Disagree Strongly disagree

Any comments:

6. Are there any other comments you would like to make?

7. About you

Please tell us if you are responding as an individual or as part of an organisation or group. If you are responding on behalf of an organisation or group please give its name: _____

If you would like to receive information on the final strategy please give your name and contact details. (Please note, in mid-March the outcome of the consultation will appear on our NHS Lothian website)

Name:

Organisation:

Contact details:

Copies of this summary document are available in alternative formats on request, including larger print, Braille or your community language. Phone 0131 465 5545 or email alison.mcewan@nhslothian.scot.nhs.uk for more details.