

County Council – 16 July 2021

Item 11(a) - Notice of Motion by Cllr Oxlade

Mental Health - Briefing Note

Access to mental health services to support communities across West Sussex

West Sussex County Council is committed to working in partnership with organisations across the health and social care system in West Sussex, to ensure that anyone living and working in West Sussex can access help and support to maintain good emotional and mental wellbeing. This includes district and borough councils, the NHS, acute, community and mental health trusts, and the voluntary and community sector.

Specific developments include:

- Delivery of the new mental health social work team within the County Council, spanning both working age and mental health provision
- Refreshed model for Mental Health Act assessments via the Approved Mental Health Practitioner Hub
- Access to a Sussex mental health helpline
- Use of innovative digital technologies including virtual appointments across a range of service areas
- Launch of [e-wellbeing website](#)
- Implementation of [Foundations for our Future](#) responding to the independent review of provision across Sussex
- Refreshing the West Sussex Suicide Prevention Strategy 2017-20; a specific priority for action includes preventing suicide in people with mental ill health and for those who have co-occurring mental ill health and alcohol/substance misuse
- Further initiatives focus on suicide prevention awareness in the workforce, debt crisis service in Crawley, with a specific focus on supporting people in debt who have a mental health challenge, a pan-Sussex real time surveillance system to enable the Council to identify in real time all suspected suicides in West Sussex to provide prompt support to families and communities.

West Sussex Wellbeing

- West Sussex Wellbeing supports adults holistically in the context of their life circumstances.
- Although the majority of people work with the programme to set and achieve personal goals around lifestyle, we should recognise that in doing so this supports their emotional wellbeing as well as their physical health.
- The programme more recently introduced alcohol advisors as part of each team who can offer not just brief advice regarding alcohol (an established part of its offer) but also extended brief advice.
- During lockdown case studies from Wellbeing have shown both the value of the programme in this regard as well as the challenges people are faced with regarding their drinking during this difficult time.
- Additionally, a link to the suicide prevention campaign 'Warning Signs' (aimed at middle aged men and those who care for them) has been included on the [West Sussex Wellbeing website](#) as well as advertising the new Sussex

Bereaved through Suicide service, which is a bereavement support offer for those affected by a suicide, whether recently or historically.

Children and Young People

Overview

- Nationally, Public Health England continue to prioritise mental health and wellbeing, and West Sussex Public Health will continue to respond to and implement national guidance.
- The West Sussex Joint Health and Wellbeing Strategy 2019-24 Starting Well goals are:
 1. Good mental health for all children
 2. Children growing in a safe and healthy home environment with supporting and nurturing parents and carers
 3. Children and young people leaving care are healthy and independent
 4. Improved mother and baby health and wellbeing, especially for those in most need

Support Services

- Increased support for children and young people in crisis, including greater access to intensive home treatment.
- Improving transitions into mental health and emotional health and wellbeing services between 16 and 25 years
- Rapid response to serious incidents – ensuring a multi-agency approach and providing additional services where needed.
- Enhanced Tier 2 services delivered through the Council Youth Emotional Support (YES) service or other initiatives.
- Enhanced access to specialist Child and Adolescent Mental Health Services (CAMHS) including autism assessments for children.
- West Sussex Family Assist digital platform – providing information for parents and carers, including dads and partners, on looking after mental health and wellbeing during pregnancy and beyond, and during the pandemic.

Healthy Child Programme (HCP)

- Health visitors and the Family Nurse Partnership assess mental health and the health and wellbeing of the families they work with.
- Health and wellbeing, and mental health resources to schools, including school nursing support.
- The HCP works closely with maternity services to ensure women identified pre-birth with mental health or emotional health and wellbeing concerns, continue to be supported postnatally.

Support to Schools

- Delivery of whole school approaches to mental health/emotional wellbeing (incorporating physical wellbeing), including the Mental Health in Schools Programme and plans to increase access following award of national funding.
- Schools and HCP referrals to the Mental Health Support Teams or specialist NHS services.

- From September 2021, schools may be able to access a grant from the Department for Education to train senior Mental Health Leads to support the development of the whole school approach to wellbeing.
- Schools can continue to access a range of webinar-based training created as part of the Wellbeing Education Return.
- Self-harm prevention resources and training across schools and colleges.

Keith Hinkley

Executive Director Adults Services