Improving Mental Health

Context

Funding for this stream will support people with common mental health needs and those with serious and long term mental health needs in their recovery, and promote mental wellbeing for all.

Ealing’s Mental Health and Wellbeing Strategy for adults was launched in July 2017. The Strategy was developed alongside people from statutory mental health services, voluntary and community sector organisations and people with lived experience of mental health needs. The strategy for Ealing aims to achieve five outcomes which are the priorities for this funding stream:

Outcome 1: Radically upgrading prevention and wellbeing for the whole population: including reducing stigma and social isolation; identifying mental health needs earlier; addressing the links between physical and mental health; suicide prevention

Outcome 2: Better outcomes and support for people with common mental health needs: including those with long term physical health conditions; better access to primary care

Outcome 3: Delivering a new model of care for people with serious and long term mental health needs: including crisis response; community based support; primary care; early intervention; carer support.

Outcome 4: Working better together: health, social care, housing, police and communities; adults and children; substance misuse, alcohol and mental health; learning disabilities and mental health; criminal justice

Outcome 5: Reaching all our communities: geographical; age; BAME; LGBT; class. Equality of access and treatment; reducing suicide; reducing restraint; carers support

This reflects the North West London Sustainability and Transformation Plan which focuses on the first three priority areas of work within the plan. For each of these areas there is an action plan which explains how the outcomes will be achieved.

The Council’s Better Lives Programme, with its emphasis on people connecting with each other within their communities, building resilience and promoting wellbeing, will also support the delivery of the Strategy’s aims. The West London mental health transformation taking place across the three boroughs commissioning the West London Mental Health Trust also mirrors these aims, strengthening prevention and early intervention, responding quickly in crisis, and making sure people get the support they need in the least intensive setting possible.

Ealing’s plans for children and young people’s mental health and wellbeing are part of the North West London Like Minded transformation, reflecting the national Future in Mind strategy which was launched in 2015. This includes a focus on developing eating disorder services, improving the pathways for young people, developing the children’s workforce and improving crisis services.

Budget

The proposed budget for the provision of mental health services is £0.385m per year for 4 years (2019/20 to 2022/23) subject to annual approval.

Proposed funding priorities
The contribution of the voluntary and community sector is an integral part of delivering the above objectives and improving mental health and wellbeing in Ealing. Our priority will be for the voluntary sector to continue to work with the council and the NHS to deliver Ealing’s strategic priorities through contracted services to

- upgrade prevention and wellbeing for the whole population
- improve outcomes and support for people with common mental health needs including those who use the substance khat
- deliver a new model of care for people with serious and long term mental health needs
- work better together
- reach all our communities

**Main changes from 2015/19 funding arrangements**

Grants were awarded through the Health and Social Care grants programme to organisations within the ‘Being Part of the Community’ area, and for Talking Therapies. Public Health also awarded small grants to organisations for small, local wellbeing projects.

The mental health services grant-aided through ‘Being Part of the Community’ provide a crucial strand of the way people are supported to live well in their communities; encouraging volunteering, training and employment support, and supporting people to build their confidence and resilience. The grant to support Talking Therapies opens up access to these treatments so that more people receive the help they need. The services provide treatments endorsed by the National Institute for Health and Care Excellence (NICE) and/or the British Association of Counselling and Psychotherapy (BACP), and are able to reach a range of our diverse communities.

As these services are critical to delivering better mental health and wellbeing services in Ealing, and are a vital part of the plans to improve mental health through transformation, it is proposed that they are contracted in future rather than grant-aided. Although funding via a contract cannot be ring-fenced around the voluntary sector it is likely to be the case that through its understanding of the marketplace, the sector may be uniquely placed to deliver the outcomes required.

We would also expect mental health and wellbeing, including dual diagnosis, to be addressed in projects which could be funded through the small grants fund, allowing a range of local groups to apply to run projects improving their communities’ wellbeing.