

## 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 adult was launched in 2017 to 2022. A new one for 2023-2027 is being developed alongside people from statutory mental health services, voluntary and community sector organisations and people with lived experience of mental health needs. The existing strategy aims to achieve five outcomes, which reflects the North West London Sustainability and Transformation Plan, the West London Mental Health Transformation Plan as well as the Council's Better Lives Programme, with its emphasis on people connecting with each other within their communities, building resilience and promoting wellbeing.

COVID-19 has had a direct as well as indirect impact on the mental health and wellbeing of residents in Ealing, including increased depression, stress and anxiety. Social Isolation, economic uncertainty and disruptions to routine and social networks have triggered substance misuse, domestic violence and the increased risk of suicide. Challenges were exacerbated in those with the least resources and those more vulnerable to inequalities, including children and young people, older adults, those from BAME groups, those of low income, other socially excluded groups and people with Learning Disabilities and existing Mental Health disorders.

An integrated impact assessment was undertaken across Ealing and resources were mapped to understand existing support available, with gaps and areas of need identified to ensure accessible and equitable resources were available for all, and a COVID-19 MH Action plan was subsequently developed which focused on key themes:

- 1) Promoting Positive Mental Health and Wellbeing:** This seeks to improve the understanding of looking after mental health and wellbeing, improving information of and uptake of services and improving communication and engagement strategies.
- 2) Better outcomes and support for people with common mental health needs:** This seeks to support accessibility of skills and employment for people with Mental Health needs, including provision of advice and guidance to employers on mental health support for employees.
- 3) Working Better Together:** The aim is to work with volunteers and community champions to provide social supporting, social prescribing, linking with NWL CCG social prescribing services, signposting and promoting volunteering and employment opportunities.
- 4) Reaching all our communities:** Ensuring health and wellbeing and reducing health inequalities is a key priority, focusing on tackling stigma and discrimination, building trust and coproducing solutions with BAME groups. This priority area also focuses on developing local digital offers for young people and non-NHS frontline workers, ensuring access to face to face support and mental health services for those who may not be able to access online.

Some impacts of the increased effect on Mental Health include:

- More frequent use of public services such as more likely to visit a GP or A&E with Mental Health emergencies, have an emergency admission, more likely to enter residential care.
- Community support needs to be embedded to decrease relapse risk and risk of readmission
- Increased likelihood of developing health conditions such as depression, dementia, diabetes, or stroke.
- Increase in suicide attempts and subsequent impact on physical health

## **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 grant funded services to

- upgrade prevention and wellbeing for the whole population, building on people's resilience and community resources
- reach all our communities and improve equality and access to services
- improve outcomes and support for people with common mental health needs
- deliver a model of care for people with serious and long-term mental health needs and reduce waiting times
- provide support to neurodiverse residents
- work better together

This will be delivered through grants for talking therapies and community support for common and complex needs and autism support.

## **Main changes from 2019/23 funding arrangements**

- Funding will be used to ensure co-design informs service delivery to meet the diverse needs of the community.
- There will be a focus on grass work organisations, embedded within communities to ease access and equality in services and reduce the risk of readmission.
- All funding for mental health which are part of the 2023-27 programme will be via grants as opposed to a mix of grants and contracts as in the 2019-23 programme.