



# Agenda Item Introduction

Committee	<b>POLICY AND SCRUTINY COMMITTEE FOR HEALTH AND SOCIAL CARE</b>
Date	<b>5 JUNE 2023</b>
Topic	<b>MENTAL HEALTH AND SUICIDE PREVENTION</b>

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## BACKGROUND

On 29 November 2021 the committee received a report on Suicide Prevention which outlined the key suicide prevention activities on the Island since January 2020, through the delivery of the suicide prevention strategy alongside partners from the health, social care, and voluntary sectors, overseen by the Mental Health and Suicide Prevention Partnership. It was agreed that a further progress report to be submitted to the Committee.

## FOCUS FOR SCRUTINY

- Was a redesigned Mental Health and Suicide Prevention Strategy completed in Spring 2022?
- What further progress has been made against the associated suicide prevention action plan since the update received in November 2021?
- What challenges were faced in 2022?

## APPROACH

A report and presentation to be provided.

## APPENDICES ATTACHED

Mental Health and Suicide Prevention Report  
Appendix 1 - Mental Health and Suicide Prevention Update (Presentation)  
Appendix 2 - Island Mental Wellbeing Plan 2023-28  
Appendix 3 - Island Mental Wellbeing Plan 2023-28 - Equality Impact Assessment  
Appendix 4 - Island Suicide Prevention Plan 2023-28

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# Scrutiny Report

Committee	<b>POLICY AND SCRUTINY COMMITTEE FOR HEALTH AND SOCIAL CARE</b>
Date	<b>5 JUNE 2023</b>
Topic	<b>MENTAL HEALTH AND SUICIDE PREVENTION</b>
Report of	<b>DEPUTY LEADER AND CABINET MEMBER FOR ADULT SERVICES AND HOUSING, PUBLIC HEALTH AND HOMELESSNESS</b>

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## EXECUTIVE SUMMARY

1. In November 2021 the committee received a report on Suicide Prevention which outlined the key suicide prevention activities on the Island since January 2020. It was agreed that a further progress report would be brought to the Committee. This update will cover both suicide prevention and the broader work happening on the Island to support mental wellbeing for Island residents.
2. Since November 2021 two plans have been developed to drive progress focusing on mental wellbeing and suicide prevention. This report presents these plans to the Committee in the Appendices i.e. The Isle of Wight Mental Wellbeing Plan – 2023 to 2028 (IOW MW) and the Isle of Wight Suicide Prevention Plan – 2023 to 2028. The Mental Wellbeing plan was developed in partnership across both the Mental Health and Suicide Prevention Partnership and the Mental Health Alliance, with a joint workshop being held to further inform the Suicide Prevention Plan.
3. The Mental Wellbeing Plan focuses on the mental wellbeing of adults on the Island, whilst recognising the importance of working across the life course, and of ensuring that mental and physical wellbeing are given equal importance. The plan will focus not on mental health services, but on the actions required to support people before they require services or reach crisis point.
4. It is recognised that access to good quality mental health services is a necessary part of the system-wide approach to improving mental health and wellbeing for Island residents. This report will therefore also give a brief summary of the work happening on the Island through the Mental Health and Learning Disabilities Transformation Programme.

## RECOMMENDATION

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| <p>5. The Committee are being asked to note the Isle of Wight Mental Wellbeing Plan and the Isle of Wight Suicide Prevention Plan prior to their sign off by the Health and Wellbeing Board in July 2023.</p> |
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## BACKGROUND

### **Isle of Wight Mental Wellbeing Plan (2023-28)**

6. Everyone has mental health and wellbeing, and everyone has the right to positive mental wellbeing. However, some groups of people are more likely to experience poorer mental wellbeing compared to others. The Mental Wellbeing Plan sets out the commitment of the Mental Health and Suicide Prevention Partnership to working collaboratively to prevent mental ill health, promote positive mental wellbeing and reduce death by suicide, irrespective of anyone's circumstances.
7. The plan focuses on the need to strengthen prevention and early intervention through recognising the wider factors that influence mental wellbeing, such as the natural environment and employment. It reinforces the links between people's mental and physical wellbeing, as well as the interrelationship with deprivation and financial anxiety. It takes a two-pronged approach through a:
  - a) **Universal** approach to encourage good mental wellbeing, emotional resilience and self-care across the whole Island population, and
  - b) **Targeted** approach to tackle mental wellbeing inequalities to reach, engage and improve the mental wellbeing of those at an increased risk of trauma and those at risk of poor mental health and wellbeing outcomes.
8. The plan was co-produced with a range of partners including Age UK, Healthwatch, Housing, Isle of Wight NHS Trust, Isle of Wight Council partners and Veterans Support. It sets out a shared vision for the Island over the next five years, that the Mental Health and Suicide Prevention Partnership will:
  - a) Work together to improve the mental wellbeing of all Isle of Wight residents and ensure prevention of mental ill health is at the heart of what we do.
  - b) Enable all Islanders to seek support when needed, without judgement; to feel enough resilience to cope and to experience joy and contentment.
  - c) Acknowledge the major influence that outside factors (such as our jobs, housing, life etc.) have on mental health and wellbeing and endeavour to make these aspects part of the solution.
9. Delivery of the plan will happen in partnership; through many layers of activity and a range of organisations being involved, coordinating action to improve mental wellbeing on the Island. The aim is to ensure work to promote positive mental wellbeing and prevent mental ill health takes place in a coordinated way, and that strategies outlining work on mental health and wellbeing co-exist and overlap as part of a broad network that affect the way we live, how we take care of ourselves and our families, and our access to support from professionals.
10. The following priority outcomes have been set out in the plan with actions to achieve these split into 'now' and 'next' to ensure alignment across key partners:

- a) **Focus on partnership working** - Islanders will live, work, and thrive on a unique island where partners are committed to working together and differently to ensure positive improvements to mental wellbeing are made.
- b) **Focus on and building resilience** - Islanders will benefit from the positive aspects of being part of their community and know where to access information and support to build both individual and community resilience.
- c) **Focus on reducing stigma and discrimination** - Islanders will be comfortable talking about their mental health and wellbeing and be able to challenge prejudice around poor mental health.
- d) **Focus on suicide prevention** - Islanders will feel assured that all partners are working together on suicide prevention and supporting those lives that are impacted by suicide.
- e) **Focus on reducing inequalities and wider determinants** - Islanders will experience positive mental wellbeing, irrespective of their background, where they live or their life circumstances and value their mental wellbeing alongside their physical health.

### Isle of Wight Suicide Prevention Plan (2023-28)

- 11. Positive mental wellbeing and suicide prevention are inextricably linked. The Mental Wellbeing Plan therefore provides the broader framework for suicide prevention on the Island. The Island Suicide Prevention Plan sits beneath this to bring together focused actions on suicide prevention, acting as a key enabler in the delivery of the above-mentioned suicide prevention priority.
- 12. The impact of suicide on family, friends, workplaces, schools and communities can be devastating; suicide is a major issue for society and a leading cause of years of life lost. The suicide rate on the Isle of Wight is 13.8 per 100,000, which is statistically similar to the England rate of 10.4 per 100,000. The rate for men in this period was four times higher than the rate for women.
- 13. The [National Suicide Prevention Strategy](#) identifies six areas for action nationally and regionally as follows:
  - a) Reduce the risk of suicide in key high-risk groups
  - b) Tailor approaches to improve mental health in specific groups
  - c) Reduce access to the means of suicide
  - d) Provide better information and support to those bereaved or affected by suicide
  - e) Support the media in delivering sensitive approaches to suicide and suicidal behaviour
  - f) Support research, data collection and monitoring
- 14. These have been adapted for the Island, with seven areas for local action outlined in the Island Suicide Prevention Plan as follows:
  - a) Increase awareness and understanding of the wider determinants that influence suicidality.
  - b) Tailor approaches to suicide prevention for particular groups and be informed through insights
  - c) Adopt an early intervention and prevention approach through a comprehensive training offer and promotion of mental wellbeing and support available
  - d) Reduce access of means to suicide by promoting suicide safer communities.

- e) Ensure appropriate and sensitive communications of suicide and suicidality across all sectors on the Isle of Wight.
  - f) Work in partnership to provide the 'right support' at the 'right time' for those individuals and communities affected by a suspected suicide death.
  - g) Improve research, data sharing and monitoring.
15. Each of these priority areas has a number of actions aligned to them, with commitments for action 'now' and 'next' in line with the Island Mental Wellbeing Plan. The Mental Health and Suicide Prevention Partnership will monitor progress and risks on a bi-annual basis with regular updates of both the Mental Wellbeing and Suicide Prevention plans to the Isle of Wight Health and Wellbeing Board.

### **Mental Health & Learning Disabilities (MHL) Transformation Programme**

16. The Isle of Wight Mental Health & Learning Disabilities (MHL) Transformation Programme is working to bring together partners across the Isle of Wight health and care system to ensure a joined-up place-based approach to improving access and experience for people with health and care needs related to mental health, learning disabilities, autism and ADHD on the island, as part of the Integrated Health & Care Partnership (IHCP). A key strand of this work is to ensure the No Wrong Door service model, with the aim of making services easy to access, helping people to get the support they need. This will include:
- a) Integrated Locality service comprising Community Mental Health Team, Single Point of Access, Community Nursing & Rapid Response
  - b) An Integrated Mental Health Hub (IMHH), which has been launched in Pyle Street and South Block, St. Mary's
  - c) A Dementia Outreach Team (DOT) to effectively support people with dementia, reducing the need for mainland transfers
  - d) The Recovery Service, launched in April 2021
  - e) New Nurse led, Consultant led Memory Service on-track to improve access to Dementia diagnosis and support
  - f) Integrated patient flow and discharge co-ordinators reducing inpatient length of stay and delayed discharges
  - g) Strengthening Leadership by closer working with Community Division
  - h) Co-production – through service user engagement coordinators, strengthened engagement, peer support workers, recruitment, governance and transformation
17. This work will be overseen by the Isle of Wight Place Based MHL transformation board which will be aligned with, and mutually supportive of, the Community Transformation programme. These workstreams will continue to drive increased integration of support for the physical and mental health and care needs of people in our Island community.

### APPENDICES ATTACHED

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- Appendix 4 - Island Suicide Prevention Plan 2023-28



MWB Plan EIA 13  
April 2023 .pdf



5186PH Mental  
health wellbeing pl:



SP action plan draft  
v1.5 may 2023 Final .

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