

Mental Health and Suicide Prevention update

Policy & Scrutiny Committee for
Health & Social Care

5th June 2023

What do we know about mental wellbeing on the Island?

Mental wellbeing vulnerability during the Covid-19 pandemic:

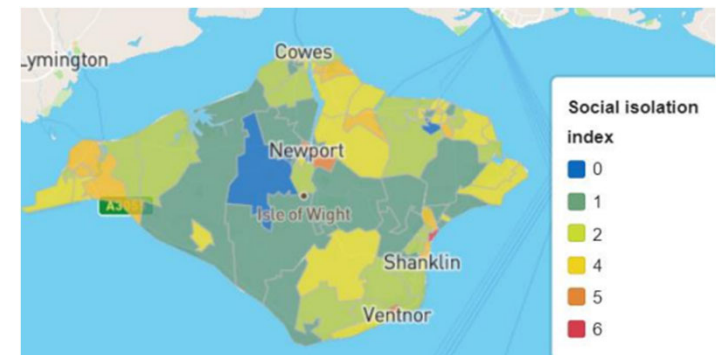
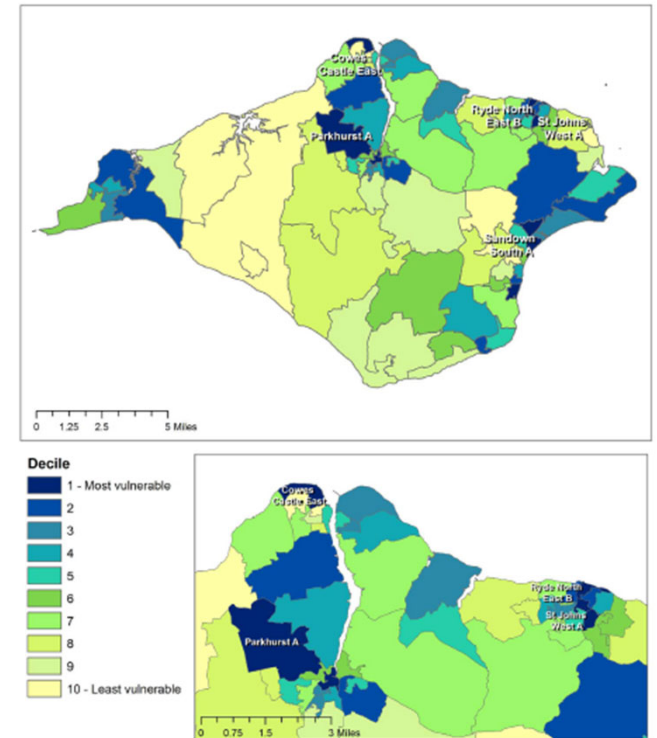
- those living in the urban areas of the Island, such as Cowes, Newport, Ryde and the Bay were more likely to be vulnerable to poorer outcomes - in part due to a younger demographic impacted by Covid restrictions.

Older people: increased risk of social isolation in Shanklin, Newport and Ventnor

Mental Health Alliance: 2021 Island Mental Wellbeing survey (200 responses)

- Mental health in last 12 months:
 - Negative: worries about family, work, loneliness, not sleeping
 - Positive: walking, appreciating nature, family time, pets
- Where people go for support: primary care (72%), family and friends (61%)

Isle of Wight Mental Wellbeing Vulnerability by LSOA



The Isle of Wight Mental Wellbeing plan

We will

- 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.
- Enable all Islanders to seek support when needed, without judgement, as well as feel enough resilience to cope with life's difficult moments and experience joy and contentment too
- Acknowledge the major influence that outside factors (such as our jobs, housing, life etc.) have on mental health and wellbeing and we will endeavour to make these aspects part of the solution too.



Isle of Wight Mental Health and Suicide Prevention Partnership



Agreed Priorities



1. 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 health and wellbeing are made
(focus on partnership working)
2. 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
(focus on and building resilience)
3. Islanders will be comfortable talking about their mental health and be able to challenge prejudice around poor mental health
(focus on reducing stigma and discrimination)
4. Islanders will feel assured that all partners are working together on suicide prevention and support to those lives that are impacted by suicide
(focus on suicide prevention)
5. 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
(focus on reducing inequalities and wider determinants)

Island Suicide Prevention Plan

Suicide prevention: Islanders will feel assured that all partners are working together on suicide prevention and supporting those lives that are impacted by suicide.

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. It sets out our ambition to work in partnership to prevent suicide and support those lives impacted by suicide.

The main mechanism for coordinating and implementing these actions is through the development and implementation of a Suicide Prevention Action Plan for the Island

Areas for Action

The following actions are proposed as key actions for the Suicide Prevention Action Plan on the Island:

1. Increase awareness and understanding of the wider determinants that influence suicidality.
2. Tailor approaches to suicide prevention for particular groups and be informed through insights
3. Early intervention and prevention approach through training offer and promotion of mental wellbeing and support available
4. Reduce access of means to suicide by promoting suicide safer communities.
5. Ensure appropriate and sensitive communications of suicide and suicidality across all sectors on the Isle of Wight.
6. Work in partnership to provide the 'right support' at the 'right time' for those individuals and communities affected by a suspected suicide death.
7. Improve research, data sharing and monitoring.

Our progress so far...

- Since the publication of the [Isle of Wight Suicide Prevention Strategy 2018-2021](#), mental health, wellbeing and suicide prevention have been a focus of the Mental Health and Suicide Prevention Partnership with represented organisations working together to coordinate the Island's approach to suicide prevention and early intervention.
- Below outlines some of the achievements over the last four years, in partnership with the ICS.

Work in partnership to roll out a Local Real Time Surveillance System to strengthen our ability to respond to suspected suicides in a timely manner.

Jointly commissioned Amparo Suicide Bereavement Support Service. Amparo provide practical & emotional support for anyone (all ages) recently or historically affected by suicide.



Mental wellbeing communications plan developed and rolled out, promoting self help, raising awareness of support available and reducing stigma

Strengthened networks and partnership working through the Mental Health and Suicide Prevention Partnership and Mental Health Alliance to promote mental wellbeing, share best practice, provide networking opportunities and link up of services. Mental Health small grants: 17 organisations (22/23); 15 organisations (23/24)

Work with schools through the PEACH programme (Partnership for education, attainment and childrens health) to raise awareness of mental and physical wellbeing for children, young people and staff; emphasising a whole school ethos of support, including development of a postvention protocol

Workforce Development: the commissioning of free training on mental health first aid, suicide prevention first aid and mental wellbeing for all partners

No Wrong Door Mental Health Strategy on a page



Deliver high quality, compassionate care

Make sure our services are clinically and financially sustainable

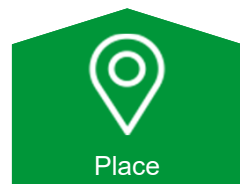


Make our Trust a great place to work



Work with our partners and our community to improve services

Join up health and care services by working more closely with others



Invest in buildings and IT that help our teams make a difference for people

- Improve access to services with a 'no wrong door' approach
- Introduce 'trusted assessment' so people only tell their story once

- Work together and be innovative as we recruit new colleagues and strengthen services
- Develop a culture of living our values and helping people to be at their best

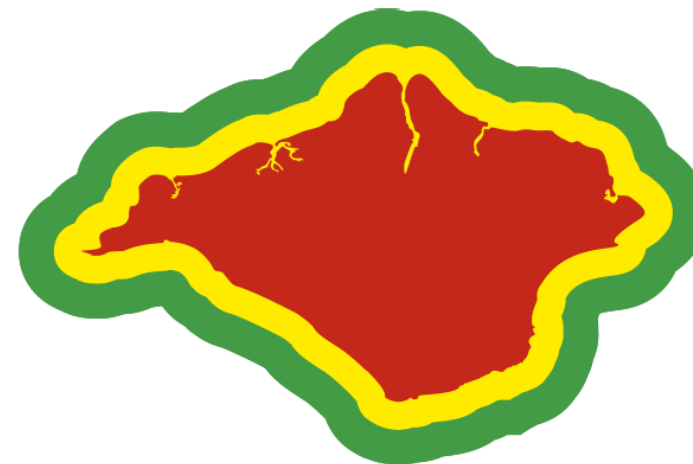
- We will move our services alongside primary care (GPs)
- We will support service users with wellbeing measures closer to home
- We will develop a system approach across health, social care and voluntary sector to lead these changes

- We will secure the investment needed to improve MHLD estate for staff and service users.
- We will invest in technology that makes accessing and providing services easier.

No Wrong Door service model

'No wrong door' has the simple aim of making services easy to access and in helping people to get the support they need

- Integrated Locality service comprising CMHT, SPA, Community Nursing & Rapid Response
- The Integrated Mental Health Hub (IMHH) was launched (in Pyle Street and now at South Block, St. Mary's)
- The Dementia Outreach Team (DOT) launched effectively supporting people, significantly reducing the need for mainland transfers
- The Recovery Service launched in April 2021 & Woodlands de-registered with the CQC
- New Nurse led, Consultant led Memory Service on-track to improve access to Dementia diagnosis and support
- Integrated patient flow and discharge co-ordinators reducing inpatient length of stay and delayed discharges
- Strengthening Leadership by closer working with Community Division and improved our culture (e.g. staff survey results)
- Co-production –strategy delivered SUECs, strengthened engagement, peer SWs, recruitment, governance and transformation



Local NETWORK

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Low complexity services will be based and delivered locally alongside GPs and NHS community services

Island HUB

Services of moderate to high complexity will be coordinated centrally but delivered locally or as an island-wide service

ACUTE Centre

The most complex services and inpatient care will be delivered through a central acute service

Transforming place-based IOW Mental Health & Learning Disabilities services – priorities

Integrated locality team developments with primary care, community physical health services, and voluntary sector

Implementing the Dementia Strategy and improving care and experience for people with dementia and for older people with MH needs

Transitions between services, including the crucial transition between CAMHS and adult services

Improving access to Children & Young People's MH services

Improved support for autistic people and people with ADHD

Acute MH pathway transformation

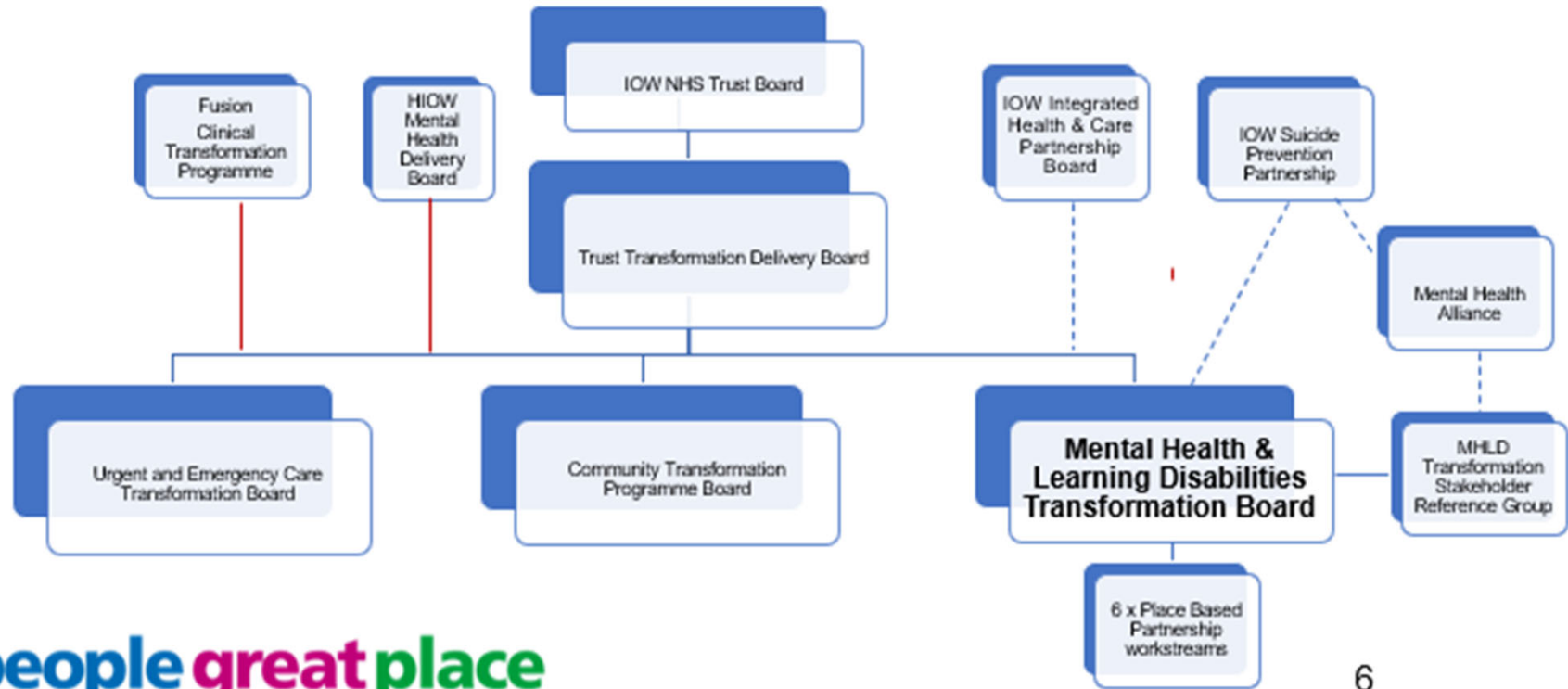
Working with our partners to increase the range of options for people to manage their mental health at an earlier stage, preventing escalation into crisis

Embedding Lived Experience workforce in every service & at leadership levels

Isle of Wight Place Based MHL D Transformation Board

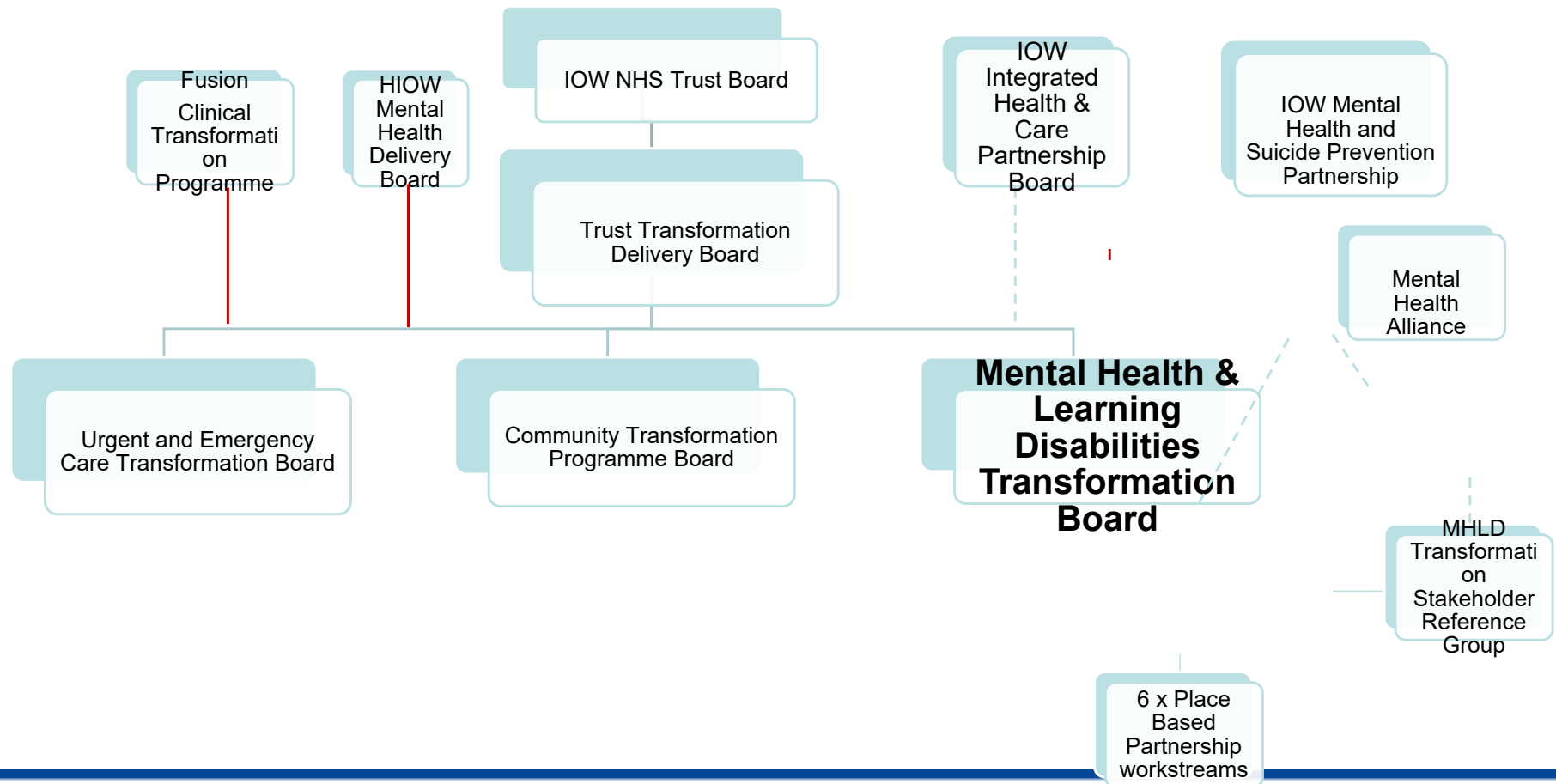
- Brings together IOW place-based partners across health and care system, including primary care, adult social care, IOW NHS Trust, HIOW ICB, Public Health, Healthwatch, voluntary and charitable organisations and the independent sector
- Aims to develop a coherent approach to improving access and experience 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).
- It will facilitate a clear and coherent Isle of Wight voice and enable genuine codesign and partnership in shaping and delivering the Hampshire & IOW (HIOW) ICB Mental Health Delivery Programme, and the creation of a new MHL D & Community Trust for HIOW through Project Fusion.
- It will be aligned with, and mutually supportive of, the Community Transformation programme and the two programmes will continue to drive increased integration of support for the physical and mental health and care needs of people in our island community.
- The Mental Health & Learning Disabilities Transformation Programme will report to both the IOW Integrated Health & Care Partnership Board and to the HIOW ICB Transformation Programme Board.
- The priorities are:
 - Reviewing the provision of **acute mental health services** for adults of all ages for the IOW as part of an overall HIOW approach
 - Development of a system wide **MH Crisis pathway** to respond to the increased demand for services related to the impact of the pandemic
 - Development and delivery of the HIOW **No Wrong Door** Community MH Transformation programme
 - Respond to the increased demand for **Children and Young People's (CYP)** mental health services by developing and delivering improved Crisis, Eating Disorder, CAMHS, **Transitions (16-25s)** and community support
 - Development of services for **Older People with Mental Health Needs**, fully aligned with the CTP Dementia Strategy implementation programme
 - Development and delivery of a sustainable **Neurodiversity Pathway** for autism and ADHD on the island, aligned with HIOW regional services

Isle of Wight Place Based MHL D Transformation Board



great people great place

Isle of Wight Place Based MHLD Transformation Board





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