

## A Summary of the Mental Health Plan for Solihull

### DRAFT v6

We have developed a plan that sets out what we are going to promote good mental health and wellbeing for people in Solihull.

There is a growing awareness of the importance of good mental health, and more and more people are asking for support. Unfortunately, this increase in demand means that services are becoming stretched and people are finding it hard to get the support they need when they need it.

There are a number of organisations involved in supporting people with mental health needs. This includes GPs, Birmingham and Solihull Mental Health Trust and other mental health services, Solihull Council and voluntary and community groups. Other organisations such as the police, housing and education also support people to manage their mental health issues. These organisations have come together to develop a plan that aims to help people have good mental health and improve the support available to them when they need it. This is a summary of that plan.

There are 6 main things we want to improve.

1. Access to information and support so people can stay mentally well (prevention)
2. Access to support for people as early as possible, through the local GP
3. Mental health support for children and young people aged 0-25
4. Mental health support for parents, and parents-to-be
5. Improved support for people in a mental health crisis;
6. Support for people who have been through a mental health crisis to manage their condition

#### **Priority 1 – Prevention: helping people stay mentally healthy and acting early to prevent mental health issues.**

This is linked to the [Five Ways to Wellbeing](#), which are things or activities that people can do that increase their wellbeing:



This includes:

- Information about things people can do to be mentally healthy, targeting specific groups who may be vulnerable;
- Promotion of physical activities and opportunities to get involved in the community;
- Supporting people with issues which may be a source of stress and anxiety, including managing their income and getting help with benefits advice, food banks, employment advice;
- More support for parents, carers and schools so they can help children and young people;
- Training for the workforce on how to identify mental health issues and how to help people get the support need;
- Earlier help for people with mental health needs so that they can address their needs earlier;
- Delivery of the Solihull Suicide Prevention plan, to make sure support is offered as early as possible.

## **Priority 2 – Improve access to support for people when they first need it**

This is about accessing mental health support early, at or through your GP surgery and includes:

- New teams of mental health professionals working closely with GPs;
- More options for support including online, counselling, group work and Cognitive Behaviour Therapy (CBT);
- More joined up working between GPs and specialist mental health services;
- Care navigators to facilitate a range of social support in the local area;
- Easier access to specialist mental health support when required.

### **Priority 3 – Develop support for children and young people aged 0-25**

Mental health issues often develop early and it is therefore vital that we support children and young people as soon as issues arise. This includes:

- Improving access to mental health support and reducing waiting times;
- Improving access to the Solar Eating Disorder service;
- 24/7 access to crisis support with assessments in A&E departments and other hospital settings;
- Improving the transition from children's to adult's services so that people aged 18-25 are supported appropriately;
- Ensuring that mental health support is available in all schools and colleges;
- Ensuring that plans to support children and young people take mental health and additional needs such as learning disabilities and autism into account.

### **Priority 4 – Increase and improve access to maternity and parenting support**

Parents and carers are the single most significant influence on children's emotional and physical well-being, educational attainment and behaviour. Good mental health in parents leads to a secure attachment between baby and parent, and this to good mental health in later life. To support this, we will:

- Pilot Family Hubs across Solihull to provide families with easier access to a range of support in one place;
- Provide better support for parents before and after the birth of their child, targeting vulnerable groups;
- Provide support for new parents through community activities and peer groups;
- Provide parenting support programmes to increase confidence, reduce conflict, anxiety and depression;
- Deliver mental health awareness workshops for parents and carers (including face to face and online);
- Support families to support good infant mental health using Five to Thrive. This uses key messages about how to talk, play, cuddle, relax and respond to a young child and increases parent child attachment which protects against lifelong impact of childhood adversity;
- Understand unmet need for infant mental health support in Solihull;
- Raise awareness about the signs of mental health issues, including post natal depression, with people who are working with parents;
- Train the workforce so they understand about infant mental health and attachment with parents.

## **Priority 5 – Increase and improve crisis support**

Across Birmingham and Solihull there is support for people going through a mental health crisis, such as crisis cafes, crisis houses, access to specialists and a 24/7 helpline. To improve this further we will:

- Establish mental health urgent response vehicles with trained specialists;
- Ensure a consistent offer across Birmingham and Solihull
- Increase the workforce to ensure there are enough specialists to carry out mental health capacity assessments;
- Provide support in schools for serious incidents through educational psychologists;
- Provide training to front line, non-mental health staff so they are better able to support people in mental health distress;
- Ensure people in hospital with mental health needs are given the support they need in the right place;
- Reduce the number of people accessing crisis support out of their local area.

## **Priority 6 – increase and improve support for rehabilitation**

It is vital that people with serious mental illness have the support they need during their rehabilitation. To do this we will:

- Establish a new high dependency unit for Birmingham and Solihull patients;
- Develop an Intensive Community Rehabilitation Team who can support people in the community;
- Develop a range of housing options, with appropriate support.

## **How will we know if things are getting better?**

We have a number of ways of finding out if things are getting better. These are:

- Our services - all of our services have things they have to change and they measure their progress regularly
- Our plan – we have a detailed plan which sets out what we will do to improve things, and when they will be done by
- Outcomes for people in Solihull – we ask children, young people and adults how they are feeling through regular surveys. We also measure other things like how many people have mental health needs.
- We work with people in Solihull to involve them in the way services are provided, ask for feedback about services and whether things are improving. This will include people who have experienced mental health issues, especially those who are under represented (eg people from diverse ethnic backgrounds).

All of these things will be reviewed regularly to make sure things are on track.