

Local Account

Service Area: Mental Health (including dementia)

The Care Act (2014)

Key Points:

- The Care Act will apply equally for people with mental health problems and dementia as it does for people who have physical health and social care needs.
- The Care Act introduces a number of changes, some of which may be of more relevance to some people who access mental health services at certain points in their lives:
 - Under the Care Act, local authorities must arrange an independent advocate to facilitate the involvement of a person in their assessment, in the preparation of their care and support plan and in the review of their care plan, if two conditions are met:
 - the person has substantial difficulty in being fully involved in these processes
 - there is no one appropriate available to support and represent the person's wishes.
 - The Care Act says that if a child, young carer or an adult caring for a child is likely to have needs when they, or the child they care for, turns 18, the local authority must assess them if it considers there is 'significant benefit' to the individual in doing so. This is regardless of whether the child or individual currently receives any services.
- The Care Act 2014 provides some clarity to the Mental Health Act 1983 and Mental Capacity Act 2005. These will remain in place and will run alongside the Care Act 2014.

SCC Intentions for the Mental Health (including dementia) service

We will:

- Work together with partner organisations which commission and provide mental health services for people in Somerset. This includes Somerset Clinical Commissioning Group and Somerset Partnership NHS Foundation Trust, as well as other service providers.
- Involve people living with mental health problems and dementia, including their families and carers in developing and delivering services.

- Implement “Positive Mental Health: A joint strategy for Somerset 2014 – 2019” and “Somerset Dementia Strategy 2013 – 2016”.

Facts and figures:

It is estimated that one in six people will have a mental health problem at any one time, while one in a hundred will have a serious mental health problem requiring specialist management and treatment. Half of all adult mental health problems have developed by age 14. Around 50% of these problems are potentially preventable (McGorry et al, University of Melbourne; Australia, 2011)* (See reference at end)

Data from the mental health dataset and the Public Health Outcomes Framework (June 2014) suggests that in Somerset:
<http://www.phoutcomes.info/public-health-outcomes-framework#gid/1000049/pat/6/ati/102/page/0/par/E12000009/are/E10000027>

- People are less ‘happy’ than England as a whole, but they are less anxious
- There are higher levels of adults with depression (6.2% adults 18+) recorded on GP registers
- The number of people in contact with mental health services is slightly higher (2,332 per 100,000) than the England rate (2,176)
- Somerset mental health services are performing well in terms of patients with a diagnosis recorded, 25.6% compared to the England average of 17.8%
- The number of people with mental illness in residential nursing care in Somerset is lower at 17.8% compared to England (32.7%)
- Detentions in Somerset under the Mental Health Act are broadly similar to the England rate of 12% per 100,000
- The percentage of people with mental illness or disability in settled accommodation at 57.4% is less good than for England as a whole (66.8%)

The term ‘dementia’ describes a set of symptoms which include loss of memory, mood changes and problems with communication and reasoning. These symptoms occur when the brain is damaged by certain diseases, including Alzheimer’s disease and damage caused by a series of small strokes. It is progressive, which means the symptoms will gradually get worse.

According to information from the Doncaster model (as used on POPPI and by NEPHO) plus model used on PANSI:

- In 2012 there were 8,720 people with dementia in Somerset
- In 2021, there will be 11,390 people with dementia in Somerset
- 19% of the Somerset population with dementia live in Mendip, 20% live in Sedgmoor, 31% live in South Somerset, 21% live in Taunton Deane and 9% live in West Somerset.

According to information from Dementia UK: Update (2014), which was a report commissioned by the Alzheimer's Society:

- There are an estimated 430 people with dementia who are under the age of 65 years old, whilst 43% of people with dementia are aged 80-89 years old in Somerset.
- Of all people with dementia, 55.4% have mild dementia, 32.1% have moderate dementia, 12.5% have severe dementia
- The national average cost per person with dementia is £32,242 – this includes health care, social care, unpaid care and other costs.

Budget Breakdown:

Mental Health Services	Budget 2014 / 2015
Mental Health Somerset Partnership commissioned services	£8,000,000
Specialist Residential Care (for people with dementia)	£3,200,000 (net - projected)
Housing related support for people with dementia	£210,911
Older People Mental Health care homes	£4,500,000 (net - projected)
Mental Health Self Management and Peer Support	£99,857
Specialist Mental Health Telephone Support	£45,066
Total spend	£16,055,834

Case Studies

Mind has a number of stories that people living with mental health problems have shared about their experiences and lives - www.mind.org.uk/information-support/your-stories/

Social Care Institute for Excellence has links to a series of short films produced by Social Care TV about different aspect of living with dementia, including

people with dementia sharing their personal experiences -
www.scie.org.uk/publications/dementia/resources/dementia-videos.asp

Plans

The “Positive Mental Health: A joint strategy for Somerset 2014 – 2019” was agreed by Somerset County Council (SCC) Cabinet in December 2014. A copy of the Cabinet paper, strategy and appendices can be found at:
www1.somerset.gov.uk/council/meetings/reports.asp?item=1151

The next stage will be for SCC to agree joint commissioning intentions with Somerset Clinical Commissioning Group (CCG) which will then form the basis of our future plans. Once these have been agreed we will update the information below which gives a flavour of what people in Somerset have told us about mental health services, some of the work to date and the pieces of work that we already know we need to focus on in the future.

What you have already told us:

- Services need to offer people increased choice and control about the care and support they receive. This includes improving the information that people receive about care and support, widening the choice of services that are on offer and improving how services involve people when planning services.
- There needs to be better promotion of positive mental health, early intervention and prevention. This includes doing more work to reduce discrimination and stigma, improving links with schools to support the mental and emotional health of young people and providing more options and better services when things start to go wrong.
- Services need to be more joined up. This includes getting better at sharing information between health and social care, better liaison between mental health services and GP practices and a greater focus on the link between mental and physical health related issues.
- Services need to be more person-centred. This involves ensuring that everyone receives individualised and person centred care, providing more support for families and carers of people who have mental health problems and improving service provision for people who have particular needs such as people with autism, learning disabilities and dementia.

What we have already done

- A strategy for mental health has been developed by SCC and Somerset CCG which has been consulted upon and agreed for implementation.

- A strategy for dementia has been agreed by SCC and Somerset CCG and is being implemented by a number of local health and social care organisations - www.somersetccg.nhs.uk/somerset-clinical-commissioning-group/about-us/publications/strategies-and-plans/
- In May 2014, we worked with Alzheimer's Society (www.alzheimers.org.uk/) to celebrate Dementia Awareness Week through a series of events.
- We have developed a Mental Health Crisis Concordat that outlines how we will work partners to improve the support that people receive when they are in crisis.
- SCC commissions Somerset Partnership Trust to deliver the Employment Support Service that assists people with mental health problems in employment
- We commission Somerset Partnership Trust to provide a Support, Time & Recovery Service.
- During 2014, we developed an autism strategy in partnership with Somerset Clinical Commissioning Group and ran a public consultation inviting people to give their views on the strategy. A copy of the draft strategy can be found at <http://www.somersetconsults.org.uk/consult.ti/autismstrategy>

What we are going to do in 2014 – 15 and beyond

We will:

- Develop service users involvement at all levels.
- Involve families and carers in everything we do.
- Launch a social care information portal that will be available to people with mental health problems.
- Celebrate Dementia Awareness Week 2015
- Promote 5 ways to wellbeing.
- Develop a mental health toolkit for schools.
- Start to implement the Mental Health Crisis Concordat plans.
- Develop joint commissioning arrangements for mental health

- Identify our vulnerable and at risk communities and develop targeted programmes of support
- Support GPs to develop their mental health skills.
- Work towards good mental health in physical health services and good physical health for people who use mental health services.

Information, community support and services

Somerset Partnership NHS Foundation Trust provides a wide range of social care and health services for people with mental health problems, as well as dementia. These include:

- Talking Therapies
- Community Mental Health Services
- Crisis Resolution and Home Treatment Teams

For more information visit www.sompar.nhs.uk/our_services/

Somerset Partnership also provides support for carers of people who are accessing the mental health services that they provide. More information can be found by visiting the Somerset Carers Network website - www.somersetcarers.org/

Mindline is a confidential listening service providing a safe place to talk if you, or someone you know, is in distress. They can also give basic information about mental health and local services. For more information visit - <http://mindtws.org.uk/our-services/mindline-htm/>

Dementia Somerset provides information about dementia and the services and support that are available to people with dementia and their carers and families in Somerset. These include:

- Befriending Service (Chard, Ilminster and Crewkerne)
- Dementia Action Alliance – Chard, Ilminster and Crewkerne
- Dementia Adviser Service
- Memory Assessment Services
- Memory Cafés
- Singing for the Brain
- Somerset Dementia Collection
- Younger People with Dementia

Visit www.dementiasomerset.org.uk/ for more information

Compass Carers is a support service for all carers across Somerset, offering information, advice and guidance as well as emotional support, signposting, training, and a telephone support service for unpaid carers. For more information visit <https://compasscarers.org.uk/>

* Age onset and timing of treatment for mental health and substance misuse disorders: implications for preventative and intervention strategies and models of care; McGorry, Purcell, Goldstone and Ammi; Orygen Youth Health Research Centre, Dept of Psychiatry, University of Melbourne; Australia 2011 <http://www.ecnp.eu/~media/Files/ecnp/communication/talk-of-the-month/mcgorry/Current%20Opinion%20Age%20of%20onset%202011.pdf>