



Dudley Health & Wellbeing

Longer, safer, healthier lives for all



Mental health and wellbeing for all

A strategy for Dudley adults • 2018-2023

FORWARD

Our strategy is about how we (individuals, families, communities, organisations and local politicians) can make Dudley a place where everyone can experience good mental health and wellbeing



We want to work together with people in Dudley to promote good mental wellbeing for all, prevent poor mental health through timely intervention, improve services for people who have mental health problems and support people with mental health problems to achieve good outcomes.

We are **inviting everyone** to play an active part. This strategy sets out the approach that local organisations (public sector and voluntary sector organisations) in Dudley will take to **improving the mental health and wellbeing of people in Dudley** and also what individuals and communities can do for themselves and each other and what we can do together

Information about people's mental wellbeing in Dudley tell us that focusing on **3 goals** will have the biggest impact:

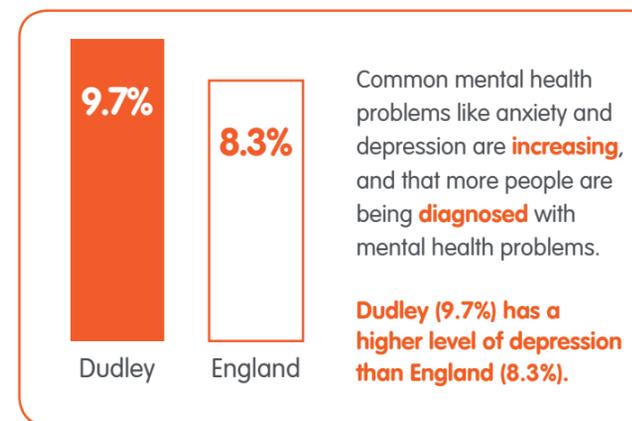
- Healthier:** be physically and mentally healthy
- Happier:** to work with us to develop strong communities, to take an active role in looking after themselves and others
- Valued:** thrive to feel connected, a valued part of society, productive, and safe, living in good housing and having paid work

Underpinning these goals is our relationship with local people in Dudley; we want to work together to develop opportunities for local people to shape our approach to mental health and wellbeing in Dudley.

The strategy supports Dudley's Health and Wellbeing strategy and Dudley's Emotional Health and Wellbeing Strategy for children and young people.

Challenges and strengths

We have looked at local information and gathered people's views on mental wellbeing and mental health services in Dudley and we know we face a number of challenges: We found out that ...



Mental health vs Physical health

People with serious mental health problems have **worse physical health** than people without mental health problems, and live shorter lives - **18 years shorter for men and 15 years for women**

Men are much more likely than women to commit suicide- on average, **15 in 100,000** men commit suicide in dudley every year-, but this is much higher in disadvantaged areas - **25/100,000**

People have **low levels of understanding** of mental health and awareness of the support and services available, and how they can help themselves and each other

people with mental health problems are **less likely** to be in paid work and there is an **employment gap** for people with mental health problems in Dudley.

People seeking help can **experience difficulty** in accessing support, lengthy waits, varying quality and poor timeliness of support and services. young people can experience access difficulties when transferring from child to adult services. Support is limited for new moms needing help with their mental health.

Despite these challenges, Dudley has many strengths

People also told us:

that they really valued the innovative work that is happening in Dudley, such as the Integrated Plus programme, mental health gateway workers and psychological support to people with a long term health condition

We have a thriving voluntary and community sector with a huge range of support for people which is easy to access and people can self refer - counselling, advocacy, day to day help, support groups and advice

We have a newly commissioned integrated adult wellness service that people with mental health problems can access for help and support with their physical and mental health

About the range of useful resources and information that is available in different formats, such as the information champions- giving face to face information, books on prescription, self help guides and the community information directory providing a comprehensive on line resource.

We have great peer support groups and support networks including the carers support network – all easy to access

We will build on this work to help achieve our shared goals



Our Improvement Priorities

The information and views we gathered allowed us to identify 6 priorities :

HEALTHY: 1. We need to develop mental health services that focus on improving physical health as well as mental health, with prevention and self help at the heart of delivery, that makes use of digital solutions.



THRIVING: 2. We need to develop employment support that helps people find work but also helps them stay in work



HAPPY: 3. We need to promote mental wellbeing, develop strong resilient communities who can do more for themselves and each other and raise awareness of the support and services that are available



4. We need to develop plans to achieve a zero suicide ambition



5. We need to support people, workplaces and organisations to promote mental wellbeing and to support those with mental health problems We need to develop wellbeing friendly environments.



6. We need to develop our mental health services to be consistently good, easy to access and with tapered support when you stop using a service. A particular focus is needed on

- out of hours support for people in crisis
- maternal mental health services
- the transition from young people to adult services



How will we achieve our Strategic Goals?

Only by working together - Everyone has a role to play

WHAT WE WILL DO AS ORGANISATIONS

WHAT WE CAN DO TOGETHER

WHAT YOU CAN DO

- Make sure our staff value mental and physical health equally
- Serve healthy food to our staff and service users
- Continue to develop smoke free places
- Support people to keep themselves fit and well

- Offer support for people to make healthy lifestyle choices through the "Lets Get Healthy Dudley" website
- Educate and influence others to live more healthy lifestyles
- Proactively offer opportunities to be physically active.

- Keep healthy and active
- Use the Lets Get Healthy website to identify opportunities to get healthy in Dudley
- Get involved as a health champion or volunteer

- Listen to feedback and use it to improve our services
 - Provide information in accessible formats and make navigation easier
- Offer support to people with mental health problems:
- To keep their existing employment
 - who are having problems with their housing
 - to access education and training opportunities

- Use individual Placement Support to support people
- Facilitate access to education, training and carer advice
- Raise awareness of employers in the workplace
- Offer a range of opportunities for people to be involved in designing and evaluating services in Dudley with employment

- Take opportunities to develop new skills
- Ask for help if you are having debt problems
- Take opportunities to access training and education opportunities
- Give constructive feedback to help our services improve
- Engage in opportunities to develop services in Dudley

- Make sure our staff can support our service users to stay mentally well
- Work together with other organisations to make sure we are providing the right opportunities and support
- Support the wellbeing of our staff in the workplace

- Facilitate peer support
- Maintain community spaces where people can socialise
- Implement our suicide prevention plan
- Reduce the stigma around mental health
- Promote resilience and positive coping strategies

- Develop friendships
- Participate in community activities
- Develop family relationships
- Volunteer and support others

HEALTHIER

THRIVING

HAPPY

What will our mental health services look like?

We will need to reorganise our services in response to what you have told us.

To ensure that we can work together to achieve this, many of the things we take for granted will need to change. For example...

We will need to work in a more preventative and positive manner which will rely on you taking more control for keeping yourself physically fit and emotionally healthy.



We will help you do more for yourself and for others.



- **Services** will need to be joined up so that you are treated as a whole person, not a set of separate symptoms.
- **Services** will need to allow you to dip in and out and leave a service and help you take control of your own health and do more to keep yourself mentally and physically well
- **Services** will need to be easily accessible 24/7, and cover all ages especially when you are in crisis and need quick, timely support.



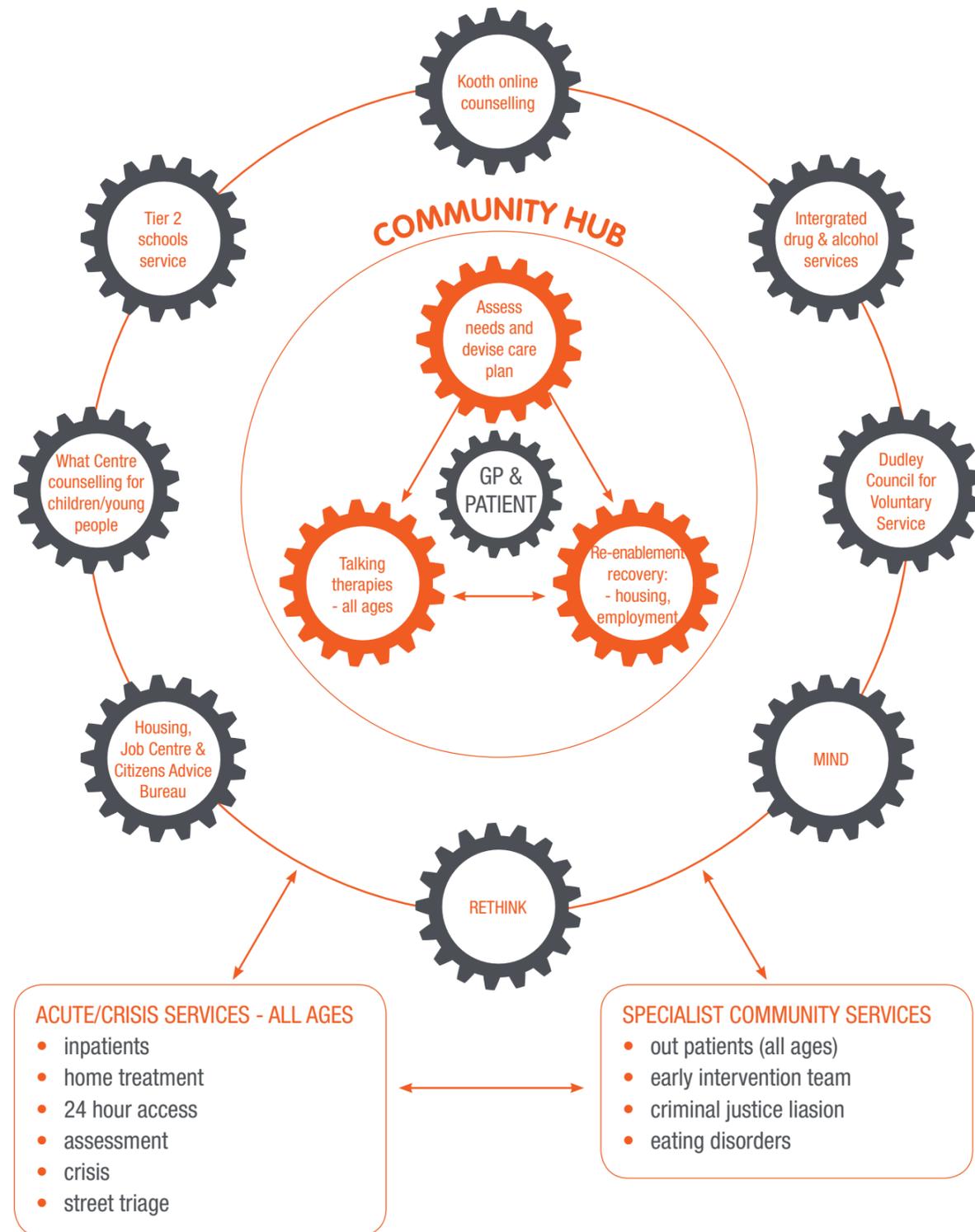
For the past 3 years we have been listening to what you have told us in various formal and informal settings.

Easy access, consistency and co-ordination are the three most important things identified by the people of Dudley as being the key foundations of a good service.

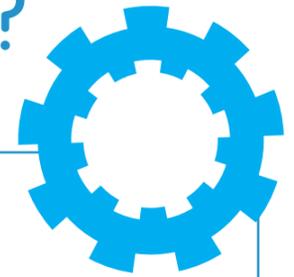
We have developed a model for mental health which reflects these and will enable mental health services and users to achieve better quality, better outcomes and better recovery.



Emotional health, wellbeing and happiness service



How will success and outcomes be measured?



HEALTHIER

- More people with a mental health problem who
 - are regularly physically active
 - have regular physical health checks
 - are stopping smoking and less reliant on alcohol or drugs
- Less people with a mental health problem developing a long term health condition
- The gap in life expectancy between people living with mental health problems and those who don't will be reduced.

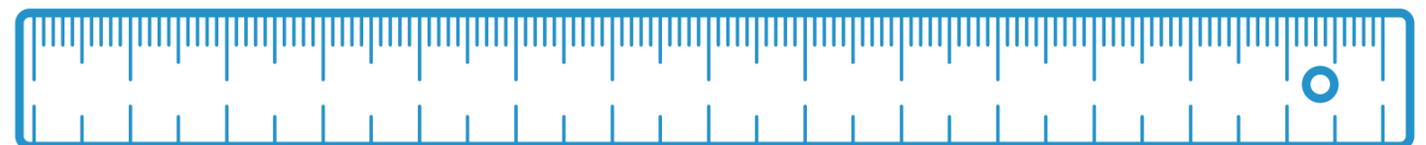
THRIVING

- More people with a mental health problem
 - supported to access and stay in employment and access education and training.
 - will live in stable housing
 - taking responsibility and ownership of their own life choices
- The employment gap between people living with mental health problems and those who don't will be reduced



HAPPIER

- More people with a mental health problem
 - will have socially supportive networks in the community
 - will be offered the right support at the right time
- Less people in Dudley becoming mentally unwell
- More people will be involved in mental health and wellbeing programmes in the community
- Employers will have reduced rates of staff absence due to work related stress
- Less people with a mental health problem will self-harm or end their life through suicide



How can you help?

These are some of the ways you could help us do this

- By talking more about mental health which will help to reduce the stigma associated with mental health problems and illness
- By getting involved and engaged with promoting mental health and wellbeing with your families, friends, local communities and other groups
- By offering to support family, friends, colleagues and neighbours with a listening ear
- By providing feedback to services about what works well and what doesn't
- By speaking out and following formal processes when services are not provided to acceptable levels
- By becoming members of boards, panels, monitoring processes and providing feedback when you've used services



For more information visit www.dudleyhealthandwellbeing.org.uk



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