



Shropshire, Telford & Wrekin

Sustainability and Transformation Partnership

Mental Health & Inequalities - STP Trauma & Adversity Work Stream

Presentation for T&W Health and
Well-being Board
Steve Trenchard
10th June 2020

Mental Health and Inequalities

- ▶ On average, men and women in contact with specialist mental health services (with a serious mental health condition) have a life expectancy 22.8 years and 19.6 years (respectively) less than the rest of the STP population. This is amongst the largest life expectancy gap in the country and equates to almost 40,000 years lost every year.
- ▶ Furthermore, life expectancy for both men and women has deteriorated over time showing that the inequality gap has increased over the last five years. People with mental health conditions are dying from preventable diseases.
- ▶ People with mental health conditions accounts for 7% of the total Shropshire and Telford & Wrekin population and they use:
 - ▶ 25% of emergency attendances
 - ▶ 18% of all A&E attendances
 - ▶ 14% of all diagnostic examinations.



What contributes to poor mental health?

- ▶ Deprivation
- ▶ Domestic abuse
- ▶ Break down of families resulting in children entering the care system
- ▶ Alcohol and substance misuse
- ▶ Trauma (and multiple traumas)
- ▶ Lack of employment
- ▶ Lack of appropriate, accessible, affordable and safe housing
- ▶ Loneliness and isolation



Long Term Plan Ambition

For the people of Shropshire and Telford & Wrekin we have four strategic ambitions:

- ▶ Promote good mental and physical health and prevent poor mental health
- ▶ Develop resilient, emotionally healthy communities where people are open about their emotional and mental wellbeing
- ▶ When people need care and support, we will provide it in in the right place, at the right time
- ▶ Fewer people will experience a mental health crisis and if they do, they will receive care at home or in a place close to their home.



System Trauma Informed Approach

- ▶ Long Term Plan ambition to create trauma aware and informed pathways across all services
- ▶ Based on the evidence base of Adverse Childhood Experiences
- ▶ Spanning all sectors: social care, health, police, education, fire service, voluntary and community, business
- ▶ Highly engaged system group representing all sectors
- ▶ Had an agreed approach based on digital utilisation showing a film Resilience through workshop format
- ▶ COVID-19 means system group stood down but linked the approach to workforce support on trauma given likely distress people faced



System approach to raise awareness of Adverse Childhood Experiences

- ▶ A 3 year licence for the Resilience film screenings has been purchased and this is being coordinated Midlands Partnership NHS Foundation Trust.
- ▶ The screenings will be accompanied by a facilitated workshop to inform the trauma informed approach and action plan. An initial screening for the task and finish group to identify and train facilitators for the screenings and accompanying workshops was planned for 18th May but had to be postponed due to current pandemic. This will be re-arranged as soon as possible.
- ▶ Shropshire HWB have agreed ACEs and the wider trauma informed approach across the system as a priority. One of the first screenings and workshops was planned for system leaders within HWBB across Shropshire and Telford and Wrekin to launch the approach and start building a system wide action plan. A further date needs to be identified as the original had to be postponed due to pandemic.
- ▶ A group are meeting virtually with colleagues in Wales next week to look at how they have implemented their trauma informed approach.
- ▶ As part of the COVID response areas are looking at how they can support people using trauma informed approaches in particular support for professionals in care homes etc. This is being worked up through the MH workforce group.





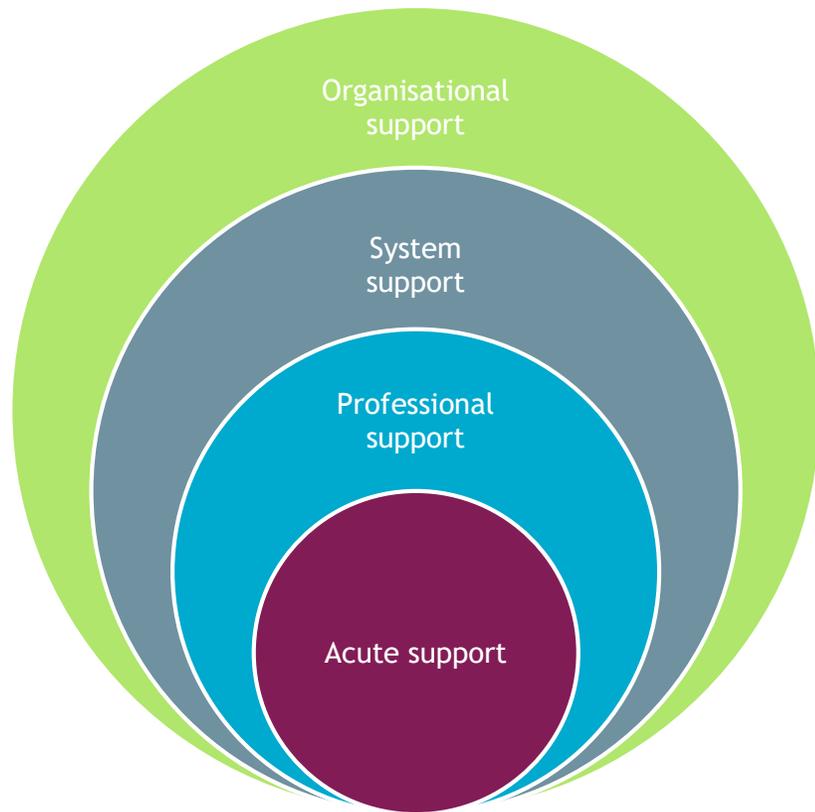
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Caring for our people: Psychological support

Support Offer



- ▶ Mixed economy of offers across system, how do we compliment and in some cases be the main provider. Therefore offer needs to enhance and provide full support.
- ▶ Make this every day business, not just for Covid but for life.
- ▶ Ensure system approach
- ▶ Support areas identified by clusters as priorities - Mental Health.



HWB - Psychological support

▶ Developing a TRiM Model open to all staff

- 50 TRiM practitioners to be trained. (Further funding to extend by 100)
- Fire service will offer support sooner.
- System coaching register.

▶ Mental Health First Aiders

- Refresher Training (27 completed)
- Peer support

▶ STW People Pages

▶ POD casts - quick access

- Paul McGee (SUMO Guy)

▶ Stress and Anxiety Workshops

- Sessions ran weekly
- Follow up support for all those who ask

▶ Bereavement support

- In Care Homes now
- Booklet developed to support
- Work in progress to roll out across STW.

Proactive Response during Covid-19 outbreak

- ▶ Telford and Wrekin have taken proactive approach to know antecedents for at risk groups e.g. domestic abuse (a common ACE)
- ▶ Web-pages in response to COVID set up:
https://www.telford.gov.uk/info/20291/domestic_abuse to support the increase we expect to see.
- ▶ Work from the CVS info can be found here:
<http://newsroom.telford.gov.uk/News/Details/14978>
- ▶ Stepped care psychological approach being developed in line with professional guidance (British Psychological Society: Meeting the psychological needs of people recovering from Covid-19 1; 16-04-2020)

