

Market Position Statement

# Mental Wellbeing and Health

May 2023

## Demand / Need

- Newham levels of long-term mental health problems dropped slightly in 2016/17 in contrast to increasing levels nationally, which might indicate some improvement locally.
- The prevalence of common mental health disorders in Newham residents (adults) in 2017 was significantly higher than for London and England. Newham was ranked as the 2nd highest borough in London.
- The recorded prevalence for depression in residents aged 18+ in 2017/18 showed Newham as the lowest (best) borough at 5.4 %, significantly lower than London and England.
- Mental health conditions tend to be under-reported and diagnosed amongst some ethnic groups potentially leading to under-reporting and diagnosis might be under-reported amongst Asian communities and amongst Asian females in particular.
- The increase in self-reported long-term mental health problems may reflect lessening of the stigma associated with reporting these conditions. However, the fact that reported prevalence is remains lower in Newham might reflect the continuing higher levels of stigma in discussing mental health disorders in some ethnic communities.

Well Newham - 50 Steps to a Healthier Borough Health and Wellbeing Strategy 2020-2023 – Part 2: The Evidence for Action

# Meeting the mental health needs of Newham



## Action plan themes

Targeted  
support

Protect the mental health and well-being of residents with high vulnerability and/or experiencing social isolation

Mental health  
supporting  
services & settings

Build connection and engagement to a wide range of support provided by clinical and non-clinical partners

Well-being and resilience in  
the community

Provide accessible and culturally appropriate mental health and well-being support services

Strengthen mental health and well-being support across the life course

Promote mental well-being and actively tackle stigma and discrimination

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# Commissioned Services



- The majority of Mental Health support provided to residents is delivered via our own Mental Health Care Teams
- We do however commission a number of mental health services outside of this.
- These are primarily services which deal with specific aspects of mental wellbeing or health, and which offer preventative support, with a view to halt the development of more profound mental health issues
- Two of these services have recently been supplemented with a grant from the Office for Health Improvement and Disparities (OHID) of £383,391, which ended on 9<sup>th</sup> May 2022.

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# Commissioned Services

## Bereavement Service

- LBN has had a commissioned Bereavement service which was recommissioned in 2021 for three years. The core funding for this service is £50,000 p.a. and is derived from the Better Care Fund, (50% LBN Adults & 50% WEL CCG)
- The contract holder is MIND in Tower Hamlets and Newham
- The OHID funding received in June 2021 funded an expansion of the service to provide:
  - Early bereavement support for residents bereaved by COVID 19 or other sudden death,
  - support for residents experiencing long-term trauma/PTSD, and
  - specialist provision for residents with a Learning Disability/Autism.

# Additional areas of Newham's mental health activity



In addition to commissioned services, adults and health are leading the following areas of activity:

1. Suicide prevention strategy and action plan
2. Coordinating a Newham mental health action plan
3. Sign up to the National Prevention Concordat for Better Mental Health
4. Strengthening partnership working with Newham's Voluntary Community and Faith sector organisations

# Direction of Travel / Commissioning Intentions

- The Bereavement service contract ends in May 2024
- Specialised Supported Living provision for residents with mental health conditions is in development as part of the overall transformation of Supported Living provision through the Supported accommodation Dynamic Purchase System.

# Gaps

- Newham currently does not have a Recovery College. Joint work to create a Business Case between East London Foundation Trust and London Borough of Newham is underway.