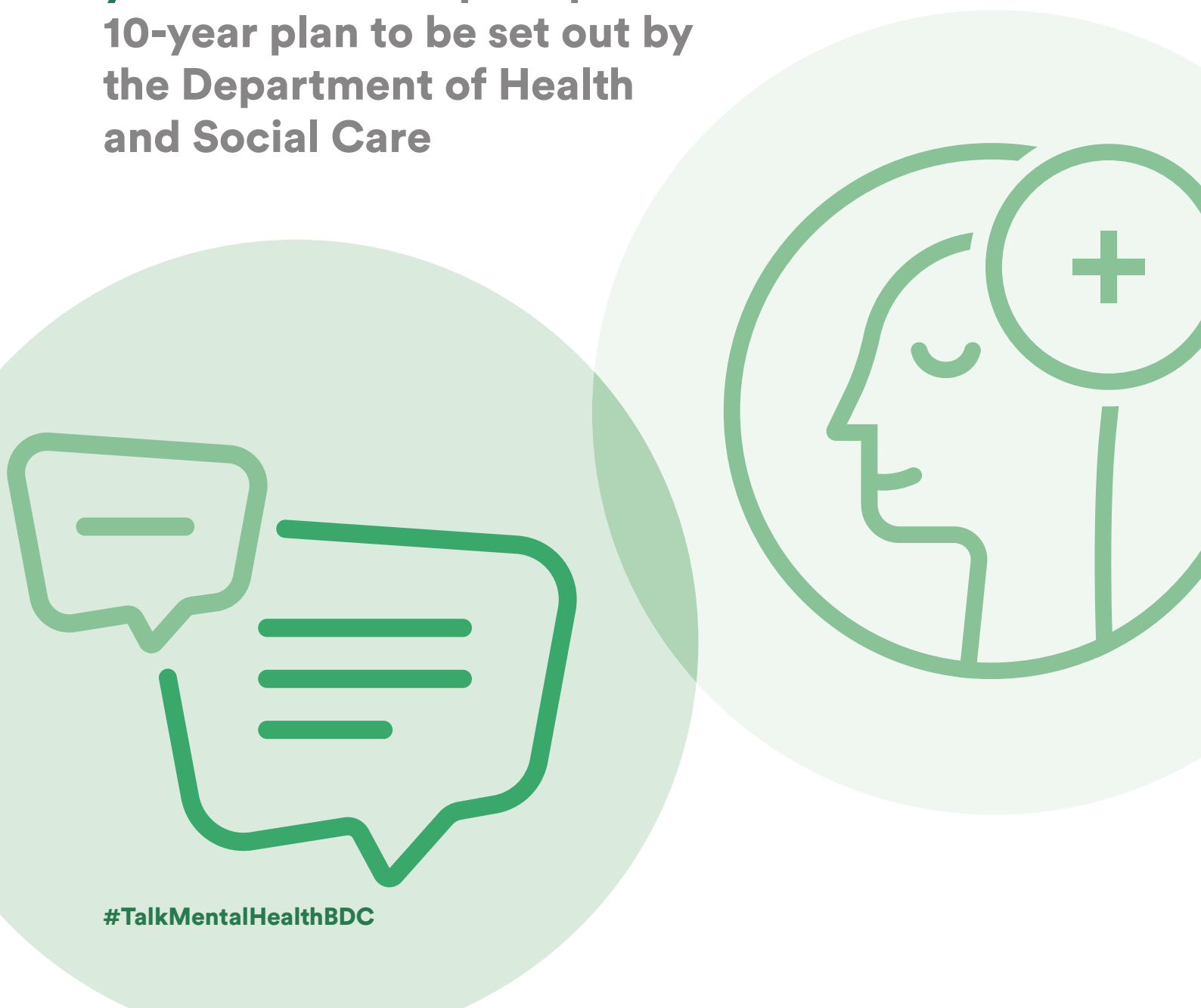


Call for evidence for new 10-year plan to improve mental health

Bradford District and Craven Health
and Care Partnership is asking for
your views to help shape the new
10-year plan to be set out by
the Department of Health
and Social Care



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Background to the new 10-year plan to improve mental health

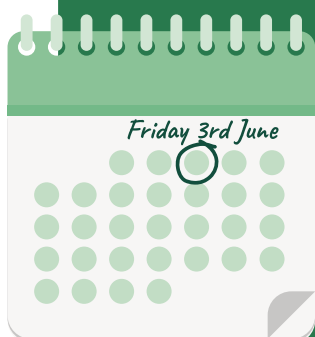
The government is committed to improving mental health and wellbeing outcomes across the country. This is a key part of the government's commitment to 'level up' and address unequal outcomes and life chances across the country. To help address this the government is developing a new 10-year plan for mental health and wellbeing.

Throughout this document we will refer to the involvement approach to the 10-year plan as 'call for evidence'.

Providing a place-based (Bradford District and Craven Health and Care Partnership) response to the call for evidence

Bradford District and Craven Health and Care Partnership is asking local people and partner organisations to share their views for the call for evidence, so that we can use your views to submit a place-based response (a local response for Bradford District and Craven). Your responses will be collated and analysed to establish key themes; these will then contribute to our place-based response. The report will be shared with the Health and Care Partnership Board for Mental Health, Learning Disabilities and Neurodiversity for sign off prior to it being submitted to the Department for Health and Social Care.

Our place-based response will be added to the Healthy Minds website (www.healthyminds.services). We will also prepare a local response to feedback we receive to show how your views will help us plan and deliver services across our partnership.



Closing date for providing a place-based response

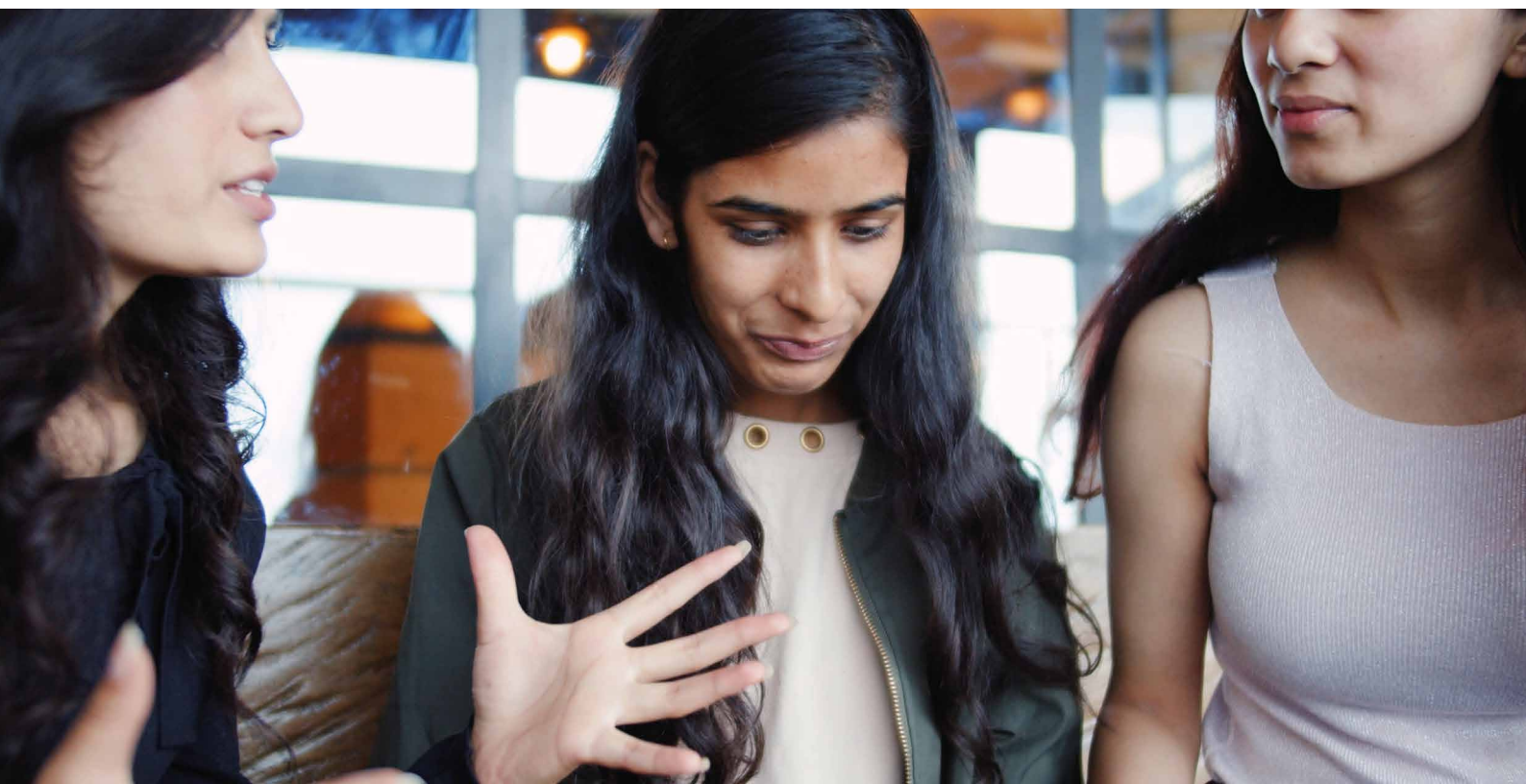
The place-based survey will close at 5pm on Friday 3 June 2022. This is to ensure we give ourselves sufficient time to provide a place-based response to the national engagement.

The national survey closes at 11.45 pm on Tuesday 5 July, and we'll be encouraging people to share their views, especially those unable to take part in our place-based survey.

Who can take part in the call for evidence?

We want to hear everyone's views on the questions asked. This includes:

- children and young people, adults, and older adults who have experienced mental ill-health
- people who have cared for someone affected by mental ill-health
- people who work or volunteer in health and social care services who support people with their mental health
- people who work or volunteer in places where they meet people who are affected by mental ill-health (such as schools, job centres and housing associations)
- academics and experts who work on mental health.



Survey for call for evidence for new 10-year plan to improve mental health

Share your views to help shape the new 10-year plan to improve mental health to be set out by the Department of Health and Social Care.

Section one: how can we all promote positive mental wellbeing?

What is mental wellbeing?

Mental wellbeing is about thoughts, feelings and how people cope with the ups and downs of everyday life. Having positive wellbeing means that every individual realises their own potential, can cope with the normal stresses of life, help engage in work productively and can contribute to their community.

Q1. How can we help people to improve their own wellbeing?

Your ideas may include actions which can be taken by different types of organisations – such as national and local government, public services such as schools and the NHS, employers and the private and voluntary sectors. It can also include things that happen between family members and local communities.

Please provide your suggestions in relation to the wellbeing of different groups:

- | | |
|--|---|
| a) Infants and their parents or primary caregivers | d) Older adults |
| b) Children and young people | e) People that are more likely to experience poor wellbeing |
| c) Working age adults | |

Q2. Do you have any suggestions for how we can improve the population's wellbeing?

This can include ideas about what local people and communities can do together, as well as things you want to see in health services, wider public services such as education settings, places of employment and the private and voluntary sectors.

Please provide your suggestions in relation to the wellbeing of different groups:

- | | |
|--|---|
| a) Infants and their parents or primary caregivers | d) Older adults |
| b) Children and young people | e) People that are more likely to experience poor wellbeing |
| c) Working age adults | |

Q3. How can we support different sectors within local areas to work together, and with people within their local communities, to improve population wellbeing?

This includes a wide range of public services, including education settings, social care, the NHS, voluntary sectors, housing associations and businesses.

Section two: how can we all prevent the onset on mental ill-health?

What do we mean by prevention?

Prevention in mental health aims to reduce the prevalence (proportion of the population), incidence (numbers of people) and recurrence (return of symptoms after recovery) of mental ill-health.

Q1. What is the most important thing we need to address in order to reduce the numbers of people who experience mental ill-health?

This might include actions which can be taken by national and local government, public services such as education settings, social care, the NHS, and the private and voluntary sectors.

Please provide your suggestions in relation to the wellbeing of different groups:

- | | |
|--|---|
| a) Infants and their parents or primary caregivers | d) Older adults |
| b) Children and young people | e) People that are more likely to experience poor wellbeing |
| c) Working age adults | |

Q2. Do you have ideas for how employers can support and protect the mental health of their employees?

Q3. What is the most important thing we need to address in order to prevent suicide?

This might include actions which can be taken by national and local government, public services such as education settings, social care, the NHS, and private and voluntary sectors.

Please provide your suggestions in relation to different groups:

- | | |
|--|---|
| a) Infants and their parents or primary caregivers | d) Older adults |
| b) Children and young people | e) People that are at greater risk of suicide |
| c) Working age adults | |

Section three: how can we all intervene earlier when people need support with their mental health?

What do we mean by 'early intervention'?

Early interventions are actions which can prevent a person from developing a 'clinical' mental health condition and/or prevent symptoms from getting worse or reaching a crisis point.

Q1. Where would you prefer to get early support for your mental health if you were struggling? Please tick all that apply.

- | | | |
|---|--|--|
| <input type="checkbox"/> family and friends | <input type="checkbox"/> in your community | <input type="checkbox"/> private sector, for example by paying for counselling |
| <input type="checkbox"/> the NHS | <input type="checkbox"/> voluntary and community sector | <input type="checkbox"/> don't mind – as long as the support is high-quality |
| <input type="checkbox"/> your local authority | <input type="checkbox"/> your workplace | <input type="checkbox"/> other – please specify |
| <input type="checkbox"/> an education setting | <input type="checkbox"/> digital-based support or advice | |
| <input type="checkbox"/> a social care provider | | |

Q2. What more can the NHS do to help people struggling with their mental health to access support early?

Please provide your suggestions in relation to different groups:

- | | |
|--|---|
| a) Infants and their parents or primary caregivers | d) Older adults |
| b) Children and young people | e) Groups who face additional barriers to accessing support for their mental health |
| c) Working age adults | |

Q3. Do you have any suggestions for how the rest of society can better identify and respond to signs of mental ill-health?

- ☐ Yes (please share your ideas below)
- ☐ No

You might want to consider community bodies, public services and private and community sectors. We are particularly interested in how society and different sectors can work together to get people support early.

Please provide your suggestions in relation to different groups:

- | | |
|--|---|
| a) Infants and their parents or primary caregivers | d) Older adults |
| b) Children and young people | e) Groups who face additional barriers to accessing support |
| c) Working age adults | |

Q4. How we ensure that people with wider health problems get appropriate mental health support at an early stage if they are struggling?

You might want to consider barriers faced by individuals, as well as how health and social care services engage with those people.

Section four: how can we improve the quality and effectiveness of treatment for mental health conditions?

What are mental health conditions?

Mental health conditions are conditions that affect your mood, thinking and behaviour. Examples of mental health conditions include depression, anxiety, eating disorders, schizophrenia and bipolar disorder. More detail is available on the NHS website: www.nhs.uk

Q1. What needs to happen to ensure the best care and treatment is more widely available within the NHS?

We want to hear about the most important issues to address in order to improve NHS mental health care and treatment over the next 10 years. We would be grateful for views on:

- | | |
|--|---|
| a) Infants and their parents or primary caregivers | d) Older adults |
| b) Children and young people | e) Groups who report worse experiences and outcomes from NHS mental health services |
| c) Working age adults | |

Q2. What is the NHS currently doing well and should continue to support people with their mental health?

Q3. What should be our priorities for future research, innovation and data improvements over the coming decade to drive better treatment outcomes?

We would be grateful for views on priorities for research across the life course, including:

- | | |
|--|--|
| a) Infants and their parents or primary caregivers | d) Older adults |
| b) Children and young people | e) Groups who have worse experiences in NHS mental health services, and/or often do not experience good outcomes |
| c) Working age adults | |

Q4. What should inpatient mental health care look like in 10 years' time, and what needs to change in order to realise that vision?

Section five: how can we all support people living with mental health conditions to live well?

What is meant by living well?

Sometimes mental ill-health and symptoms of a mental health condition will recur throughout a person's lifetime. With ongoing support and help, people can learn how to manage this and 'live well' with a mental health condition.

Q1. What do we (as a society) need to do or change in order to improve the lives of people living with mental health conditions?

You might want to consider priorities at national and local government, wider public services such as social care and education settings, and the private and voluntary and community sectors. We would be grateful for input relating to:

- a) Infants and their parents or primary caregivers
- b) Children and young people
- c) Working age adults
- d) Older adults
- e) Groups who face additional barriers to accessing support

Q2. What things have the biggest influence on your mental health and influence your quality of life?

- ☐ housing
- ☐ provision of social care
- ☐ employment and job security
- ☐ money and debt management
- ☐ social and family relationships
- ☐ physical health
- ☐ connection to your community
- ☐ other – please specify below

Q3. What more can we do to improve the physical health of people living with mental health conditions?

This will support our ambition to reduce the gap in life expectancy between people with severe mental health illness and the general population.

Q4. How can we support sectors to work together to improve the quality of life of people living with mental health conditions?

We would be grateful for input relating to:

- | | |
|--|---|
| a) Infants and their parents or primary caregivers | d) Older adults |
| b) Children and young people | e) Groups who face additional barriers to accessing support |
| c) Working age adults | |

Q5. What can we change at a system level to ensure that individuals with co-occurring mental health and drug and alcohol issues encounter ‘no wrong door’ in their access to all relevant treatment and support?

This includes people in contact with the criminal justice system.

Section six: how can we all improve support for people in crisis?

What is a mental health ‘crisis’?

Mental health ‘crisis’ refers to someone experiencing extreme distress. This may lead to self-harm or suicidal ideation. Someone may experience a crisis for a range of reasons, such as a big life change or because an existing mental health condition is getting worse. All crises will be different in their cause, presentation and progression.

Q1. What can we do to improve the immediate help available to people in crisis?

We want to hear from people who have experienced a mental health crisis, to understand what help you need. We also want to hear from those who work or have worked within services who support people experiencing a mental health crisis.

We are interested in ways to embed ‘best practice’ of multi-agency working, considering the role of the NHS, social work and social care, the voluntary and community sector, local government, education settings and the police.

Please consider:

- | | |
|------------------------------|---|
| a) Children and young people | c) Older adults |
| b) Working age adults | d) Groups who face additional barriers to accessing support |

Q2. How can we improve the support offer for people after they experience a mental health crisis?

We want to hear from people who have experienced a mental health crisis, to understand what help you need. We also want to hear from those who work or have worked within services who support people experiencing a mental health crisis.

Please consider:

- a) Children and young people
- b) Working age adults
- c) Older adults
- d) Groups who face additional barriers to accessing support

Q3. What would enable local services to work together better to improve support for people during and after an experience of mental health crisis?

We would like you to consider the range of public services involved in crisis support, including the police and NHS services, as well as voluntary and community sector and businesses.

Section seven: next steps

Q1. What do you think are the most important issues that a new 10-year national mental health plan needs to address?

- | | | |
|--|---|---|
| <input type="checkbox"/> wellbeing and health promotion | <input type="checkbox"/> treatment quality and safety | <input type="checkbox"/> crisis care and support |
| <input type="checkbox"/> prevention | <input type="checkbox"/> quality of life for those living with mental health conditions | <input type="checkbox"/> stigma |
| <input type="checkbox"/> early intervention and service access | | <input type="checkbox"/> other – please specify below |

Q2. Please explain your choice

Q3. What ‘values’ or ‘principles’ should underpin the plan as a whole?

‘Principles’ and ‘Values’ can help us to agree what the purpose of a plan should be, and what it should be seeking to achieve for people.

Q4. How can we support local systems to develop and implement effective mental health plans for their local populations?

You might want to consider barriers local systems currently face, as well as enablers which would support more effective ways of working.

Q5. How can we improve data collection and sharing to help plan, implement and monitor improvements to mental health and wellbeing?

Use the extra space below for any other information you would like to share with us.

Section eight: tell us more about you

These questions will help us to know what different groups of people need.

Are you responding with:

☐ Your own views ☐ Views from your organisation

If these are views from your organisation, what is the name of your organisation?

If you are giving your own views rather than your organisation, we need to ask a few more questions.

What is your age?

☐ I am younger than 13 ☐ I am 13 or older ☐ I do not want to say

If you are 13 or over, what is your age?

If you are younger than 13, we need to ask your parent or guardian whether it's okay for you to respond. Please ask them to fill in the next two questions.

☐ I am the parent or guardian of the child / young person responding to this survey

Name of parent / guardian:

Email of parent / guardian:

Do you have or have you had experience with mental health issues?

☐ Yes ☐ No ☐ I do not want to say

Are you:

☐ Female ☐ Male ☐ Other ☐ I do not want to say

What ethnic group are you from?

This is about things like where you and your family are from and the language you speak.

☐ White ☐ More than one ethnic group ☐ Asian or Asian British
☐ Black, African, Caribbean or Black British ☐ Another ethnic group
☐ I do not want to say

**Please return this survey to:
Freepost NHS BRADFORD DISTRICT & CRAVEN**

