

AssessmentNo	546	Owner	kconway
Resource	HSCP		Service/Establishment Joint
	First Name	Surname	Job title
Head Officer	Sylvia	Chatfield	Head of Mental Health, Addictions and Learning Disability
	(include job titles/organisation)		
Members	Anna Crawford - Primary Care Development Lead, West Dun HSCP Lauren McLaughlin - Health Improvement Lead, West Dun HSCP Kate Conway - Interim Integrated Operations Manager, West Dun HSCP		
	<i>(Please note: the word 'policy' is used as shorthand for strategy policy function or financial decision)</i>		
Policy Title	Mental Health and Wellbeing in Primary Care Plan		
	The aim, objective, purpose and intended out come of policy		
	<p>The Mental Health & Wellbeing in Primary Care Service will build on our existing Mental Health Teams which are established within our 2 localities reflecting our natural communities. By the end of the four year plan (2025/26), every citizen in West Dunbartonshire should be supported by an expanded multidisciplinary team providing early intervention to support their mental health and wellbeing. The team will be aligned to our existing primary care and mental health network ensuring seamless support for patients. The current wellbeing nurses, embedded within GP Practices, will provide triage to ensure patients access the correct treatment and support from the new Mental Health and Wellbeing in Primary Care Team and our existing mental health network where appropriate. In year 1, we will invest in existing service to improve access for our patients, reducing waiting times to treatment and support. We will build on the existing multidisciplinary team with the introduction of Occupational Therapists within Primary Care to support Mental Health & Wellbeing. The aim of the plan is to develop a service based in Primary care that will support people to better manage their mental health and wellbeing and provide them with support to better self manage in the future.</p>		
	Service/Partners/Stakeholders/service users involved in the development and/or implementation of policy.		
	<p>Within the Local Planning Group there is a representative with lived experience. We are organising a stakeholder event in October to engage with wider stakeholders on how the service should be developed and implemented. Further events will be organised to inform the ongoing development and implementation of the service across the HSCP.</p>		
Does the proposals involve the procurement of any goods or services?		Yes	
If yes please confirm that you have contacted our procurement services to discuss your requirements.		Yes	
SCREENING			
<i>You must indicate if there is any relevance to the four areas</i>			
Duty to eliminate discrimination (E), advance equal opportunities (A) or foster good relations (F)		Yes	
Relevance to Human Rights (HR)		Yes	
Relevance to Health Impacts (H)		Yes	

Relevance to Social Economic Impacts (SE)	Yes
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Who will be affected by this policy?

The MHWPC plan will design a new service that will be accessible by all groups in West Dunbartonshire locality to support and improve the mental health and emotional wellbeing of citizens.

Who will be/has been involved in the consultation process?

HSCP developed a local planning group which consists of representatives across the HSCP, Education and 3rd sector. We also have a representative with lived experience on the group. (list provided below) We have undertaken a survey of GP / Practice Managers to understand how services could be improved. We held a stakeholder event where we sought input from stakeholders on the priorities for year 1, timescales for this were tight and therefore did not enable us to have wider engagement prior to submission of high level plan with year 1 priorities. We are working with the 3rd sector, WDC engagement Team to organise a wider stakeholder event in October 2022 (including wider 3rd sector and citizen representation, including people with lived experience), The session will inform how and where the service should be developed and what supports and treatments should be prioritised within the service. Dr Fiona Wilson, Clinical Director & Chair Sylvia Chatfield, Head of Mental Health, Addictions & Learning Disabilities (Local Authority Representative) Anna Crawford, Primary Care Development Lead Dr Susan Langridge, GP sub-committees Sheila Downie, Service Manager - Specialist Children's Service Zoe Mair, Nurse Team Lead - CAMHS Fiona Taylor, Head of Health & Community Care - (Lead for Primary Care) Kate Conway, Integrated Operations Manager - Mental Health (including Adult) / Action 15 Lead Linda Roberts, Primary Care Mental Health Team (Psychological Therapies) Claire Cusick, Education Advisor Education Cerys MacGillivray, Consultant Clinical Psychologist Older People John Whyte, Stepping Stone Dr Alison Walsh GP Dr Neil Murray, GP Lorraine Nocher, Finance Jacqueline McGinley, Addictions Lauren McLaughlin, Health Improvement Allison Miller, Health Improvement Selina Ross, WD Community Voluntary Service Communities Mental Health And Wellbeing Fund John Mooney, lived experience Ross Turner, Psychology Diana McCrone, Staff Side Representative Julie McKelvie, Occupational Therapist Lead

Please outline any particular need/barriers which equality groups may have in relation to this policy list evidence you are using to support this and whether there is any negative impact on particular groups.

	Needs	Evidence	Impact
Age	Many people have been adversely affected by COVID restrictions and as recovery plans are implemented many people continue to report poor mental health, wellbeing and emotional distress as well as isolation.	WHO states that Over 20% of adults aged 60 and over suffer from a mental or neurological disorder (excluding headache disorders) and 6.6% of all disability (disability adjusted life years-DALYs) among people over 60 years is attributed to mental and neurological disorders. Older people may experience life stressors common to all people, but also	Positive - The MHWPC Service provides additional provision to support people of all ages experiencing poor mental health & wellbeing recognising the needs and subsequent actions to improve access to older people who may not readily access such services.

		<p>stressors that are more common in later life, like a significant ongoing loss in capacities and a decline in functional ability. Older adults may experience reduced mobility, chronic pain, frailty or other health problems, for which they require some form of long-term care. In addition, older people are more likely to experience events such as bereavement, or a drop in socioeconomic status with retirement. All of these stressors can result in isolation, loneliness or psychological distress in older people. In relation to YP, a survey of S3 stage in WD school 2021 indicates 38% YP reported good or very good mental wellbeing following Covid restrictions (68% pre Covid)</p>	
Cross Cutting	<p>The compounding nature of people across several categories who may be more likely to experience mental health issues and in turn struggle to engage with the services which could help them.</p>	<p>A lot of evidence to show that people with several protected characteristics may be more likely to experience common mental health problems and emotional distress.</p>	<p>Positive - The MHWPC Service promotes fair, flexible, free and equitable access by challenging inequalities, supporting delivery partners and providing guidance that will support people living in WD.</p>
Disability	<p>The MHWPC Service plan aims to address the higher levels of</p>	<p>From the WD Adults & Older people SNA 2022, data indicated</p>	<p>Positive - The MHWPC Service promotes fair,</p>

	<p>poorer mental health and wellbeing of people living with a disability whether that be physical or a learning disability</p>	<p>458 individuals in West Dunbartonshire with a learning disability are known to HSCP learning disability services. 2,810 people in West Dunbartonshire are living with sight loss 2,440 have partial sight and 370 are blind. Deaf people are twice as likely to experience mental health difficulties (All Wales Deaf Mental Health and Well-Being evidence to the Commission)</p>	<p>flexible and equitable access by challenging inequalities, supporting delivery partners and providing guidance that will have a positive impact for this group of service users.</p>
<p>Social & Economic Impact</p>	<p>The service outlined by the MHWPC Service plan need to be situated locally, free at the point of need and easy and fast to access. Local Community supports are needed to reduce the need for travel costs, time off work/school and for those with caring responsibilities in an area where levels of deprivation are high.</p>	<p>Poverty is the biggest driver of poor mental health and there is a structural relationship between wider socio-economic inequality and mental health. Equally poor mental health and emotional distress can increase the risk of living in poverty. (Scottish Government Mental Health Transition and Recovery Plan 2020). The current prevalence and impact of poverty in West Dunbartonshire is well understood with an understanding that there are increasing pressures with the cost of living crisis. (Adult Strategic Needs assessment (2022))</p>	<p>Positive - The MHWPC Service promotes fair, flexible, free and equitable access by challenging inequalities, supporting delivery partners and providing guidance that will support people living in WD.</p>

<p>Sex</p>	<p>Need to increase access for women to assessment and treatment for common mental health problems. Need to intervene earlier for men in order to have a positive impact on suicide rates.</p>	<p>Evidence from National Suicide data show that It is also worth noting that men continue to complete suicide in much larger numbers. NRS data . women are more likely than men to experience mild to moderate mental health problems and are particularly vulnerable to this if they experience domestic abuse. WD Adults and Older People SNA 2022 show wellbeing scores for females were lower than males</p>	<p>Positive - The MHWPC Service promotes fair, flexible and equitable access by challenging inequalities, supporting delivery partners and providing guidance that will have a positive impact for this group of service users.</p>
<p>Gender Reassign</p>	<p>People who are transgender are more likely to experience poorer mental health & wellbeing including emotional distress.</p>	<p>NHS GG&C NHS Lothian and Public Health Scotland "Health Needs Assessment of Lesbian, Gay, Bisexual, Transgender and Non-binary (LGBT+) people in Scotland indicates that trans men and trans women often have the highest proportion of self reported poor mental health and also have the higher PHQ2 score (indicating depression) when compared with lesbian/gay women, bisexual people and gay men.</p>	<p>Positive - The MHWPC Service promotes fair, flexible and equitable access by challenging inequalities, supporting delivery partners and providing guidance that will have a positive impact for this group of service users.</p>
<p>Health</p>	<p>Determinants of mental health interact with inequalities in society putting some</p>	<p>Scottish Health Survey 2020 shows the mean WEMWBS score for adults in West</p>	<p>Positive - The MHWPC Service promotes fair, flexible and equitable access by</p>

	<p>people at a far higher risk of poor mental health than others.</p>	<p>Dunbartonshire (2019) was 48.5, this is less than both NHSGGC (49.2) and Scotland (49.8). When the mean score is analysed by gender females in West Dunbartonshire are lower at 47.8, than NHSGGC (49) and Scotland (49.7). This is different in males with those in West Dunbartonshire (49.3) having similar mean scores with those in NHSGGC (49.2) but less than Scotland (49.9). Data from WD SNA for adults shows in 2020/21 23% of WD population prescribed drugs for anxiety/depression/psychosis The rate of patients registered with depression is increasing year on year in West Dunbartonshire. Suicide remains a significant issue in West Dunbartonshire. Poverty is the biggest driver of poor mental health and and equally poor mental health can increase the risk of living in poverty. (Scottish Government Mental Health Transition and Recovery Plan 2020). The current prevalence and impact of poverty in West Dunbartonshire is</p>	<p>challenging inequalities, supporting delivery partners and providing guidance that will have a positive impact for all people accessing the service.</p>	
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		well understood with an understanding that there are increasing pressures with the cost of living crisis. (Adult Strategic Needs assessment (2022))	
Human Rights	no needs identified		
Marriage & Civil Partnership	No identified needs		
Pregnancy & Maternity	New parents are more likely to experience poorer mental health & wellbeing including emotional distress.	1 in 5 women are affected by mental health issues during pregnancy and the first year after birth (NHS Inform) Dads & partners can experience depression after the the birth too. (NHS Inform)	Positive - The MHWPC Service promotes fair, flexible and equitable access by challenging inequalities, supporting delivery partners and providing guidance that will have a positive impact for this group of service users.
Race	People from ethnic /minority/racial backgrounds are more likely to experience poorer mental health than white people.	While the overall ethnic minority population in West Dunbartonshire is low ~7% (based on Census 2011) the 2021 national pupil census showed that 491 ~3.95% of school population were Minority Ethnic pupils. 411 reported Pupils with a main home language which was neither English, Gaelic, Scots, Doric nor Sign Language with 41 languages spoken at home. The top five languages spoken at home (excluding English, Gaelic, Scots, Doric and Sign Language) were Polish, Arabic, Urdu, Portuguese	Positive - The MHWPC Service promotes fair, flexible and equitable access by challenging inequalities, supporting delivery partners and providing guidance that will have a positive impact for this group of service users.

		and Chinese (Cantonese). However, Men & women from African/Caribbean communities in the UK have higher rates of PTSD and risk of suicide (Khan et al 2017)	
Religion and Belief	No identified needs		
Sexual Orientation	Poor mental wellbeing and experiencing emotional distress is more like to occur in LGBTQ+ communities than when compared with heterosexual/cisgender people.	NHS GG&C NHS Lothian and Public Health Scotland "Health Needs Assessment of Lesbian, Gay, Bisexual, Transgender and Non-binary (LGBT+) people in Scotland indicates a wealth of evidence indicating that LGBT+ people in Scotland are at much higher risk of mental health problems Studies have linked mental health problems and emotional distress but have also highlighted that mental health problems are compounded by experiences such as bullying, discrimination, hate crimes and social isolation. This was also apparent from the qualitative research in which the issues around social and mental health were clearly interlinked. The quantitative survey undertaken as part of the needs assessment showed that overall more	Positive - The MHWPC Service promotes fair, flexible and equitable access by challenging inequalities, supporting delivery partners and providing guidance that will have a positive impact for this group of service users.

		<p>than half (54%) of respondents said they had mental health problems e.g. depression/anxiety/stress, but this was higher for trans masculine (75%), non-binary people (72%) and bisexual women (61%).</p>	
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Actions

Policy has a negative impact on an equality group, but is still to be implemented, please provide justification for this.

No negative impacts identified

Will the impact of the policy be monitored and reported on an ongoing bases?

The impact of the service plan will be monitored and reported through the Mental Health Wellbeing Local Planning Group established in March 2022. The group will liaise with locality groups and report to HSCP SMT / IJB (frequency and reporting to be agreed) The local planning group will report into the NHS GG&C Primary Care Mental Health and Well-being Services Group. Reports will be submitted to the Scottish Government in March and October each year. Group is chaired by Dr Fiona Wilson, Clinical Director, West Dunbartonshire HSCP.

Q7 What is your recommendation for this policy?

Introduce

Please provide a meaningful summary of how you have reached the recommendation

This new investment will make primary care mental health services more accessible for all groups with particular benefits expected for people with disabilities and older people given the connection to GP services. Monitoring will continue to understand the impact.