

Our Mental Health Strategy Executive Summary:

For everyone who lives, works
or studies in South West London



Executive summary

Mental health is of critical importance to individuals, communities and wider society and we want South West London to be the best place to live for emotional wellbeing.

Whilst we have high quality mental health services across our six boroughs, we have many challenges to tackle. We know that our services don't always meet the needs of our local communities and we have unequal service availability, access and outcomes; rising demand, acuity and complexity; and workforce gaps.

In South West London we don't spend as much as some other areas on mental health – 10% of our NHS budget compared to nearly 14% as an average across England – and we want to address this, investing more in prevention and early support and in mental health for children and young people specifically.

Our new South West London Mental Health Strategy has been developed through analysing population needs and listening to issues raised by residents, stakeholders and those with lived experience of mental health issues. This is a Strategy that focuses on prevention (from pregnancy and birth onwards for the whole life course) as much as treatment which values emotional wellbeing and community resilience. And this Strategy is for everyone who lives, works or studies in Croydon, Kingston, Merton, Richmond, Sutton and Wandsworth.

Our vision is that in South West London we want everyone to have access to the right support at the right time for their emotional wellbeing and mental health. We recognise that many influences come from wider factors such as employment, education, housing, and community and we will work in partnership with local authority colleagues to address these. Our services will work effectively together with people who use our services as early as possible to meet needs and ensure everyone receives the support they need in the most appropriate setting.

The aims of this strategy are to:

- Prevent mental illness and provide early support for recovery as we know this promotes good recovery and reduces the burden of ill-health.
- Increase equity of access, experience and outcomes for all South West Londoners – reducing unwarranted variation and ensuring a fair and sustainable allocation of resources.

- Better support and equip our children and young people and those that support them to manage their mental health and emotional wellbeing in the future.
- Design a new model for the mental health workforce including voluntary and community sector and peer support to tackle mental health recruitment and retention issues.
- Expand bio-psycho-social care to address the mortality gap and the opportunity to increase years of quality life.
- Co-produce delivery of this strategy with service users and residents in South West London, putting partnership with those who use services and those in our communities at the heart of everything we do.



We have high aspirations for the mental health and wellbeing of our South West London residents and communities. To reflect these we have set ourselves ambitious goals over a ten year period:

By 2032/33 we will have:	
Population	Services
<ul style="list-style-type: none"> Increased equity of service access to reflect community demographics with no unwarranted variation in outcomes Improved mental and emotional wellbeing for residents in South West London Reduced the 'mortality gap' between those with Serious Mental Illness (SMI) and the general population Eliminated racial inequality around overrepresentation of black people in detention, inpatient and crisis care Ensured no person known to mental health services presents to A&E, unless for a physical health issue Eliminated restrictive practices Zero suicide Significantly reduced self-harm Eliminated inpatient stays outside of South West London for South West London residents Closed unneeded acute inpatient beds 	<ul style="list-style-type: none"> Fully integrated mental healthcare in place for people with SMI and physical health needs, social care needs (including supported living), Learning Disabilities and Autism (LDA), homelessness and substance misuse Allocated resources based on need Redirected mental health investment with the majority of spend occurring in primary care, Voluntary and Community Sector Enterprises (VCSEs) and community settings Increased funding into mental health, benchmarked with other areas nationally and increased the proportion of funding spent on children and young people mental health specifically Fully staffed services with new roles in our workforce and positive staff wellbeing, satisfaction and morale Embedded research and evaluation of services, operational models and initiatives as standard practice using meaningful recovery and experience measures Services responsive to population health needs and flexibly delivering changes

We will deliver our Strategy through work across four themes with specific focus and content:

1

Prevention and early support including:

- a) Support for children and young people and families
- b) Healthy environments
- c) Mental health literacy and reducing stigma

2

Bio-psycho-social model including:

- a) Physical healthcare for people with SMI
- b) Neighbourhood teams & integration
- c) Complex needs & co-occurring issues

3

Inequalities including:

- a) At risk communities
- b) Unwarranted variation

4

Timely access including:

- a) Least restrictive care & recovery
- b) Waiting times
- c) Transitions
- d) Discharge

Our Strategy will link to wider South West London Integrated Care System (ICS) programmes especially around workforce, population health management and digital technology.

We will deliver our work using annual plans with strategic leadership and drive through the South West London Mental Health Partnership Delivery Group (PDG) which comprises clinical and non-clinical representatives from across

our six places, our mental health providers and our Integrated Care Board (ICB) teams.

In year 1 we will focus on making improvements to children and young people’s mental health and embedding transformation of community services for adults with SMI. We will support these areas of change by completing a detailed strategic review of mental health investment to date and

the outcomes delivered from this, agreeing approaches to outcomes measurement and evaluation and reviewing public mental health work to identify future initiatives for deployment in South West London and ensuring mental health leadership and resourcing is in place.

We are excited about the changes that we can make in collaboration and we invite you to join us on our journey.

