

# Market Position Statement

## Adult Mental Health

May 2024

# Demand and Need

- Levels of Newham residents with long-term mental health problems who are in work continues to remain just below the England average of 65.3% at 55.5% 2022/23. We could make an assumption that this is due to increasing good mental health in the population. Or more likely due to under-reporting of mental health difficulties within resident communities.
- 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. There is no more recent data on this.
- The recorded prevalence for depression in residents aged 18+ in 2022/23 showed Newham as the lowest (worst) borough at 7%, significantly lower than London average of 13%.
- Newham accommodates 317 adults with mental health problems with supported accommodation schemes; 127 placements are with providers outside of Newham (Azeus May 2024).
- 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. A recent research study by Blossom CIC interviewed 450 south Asian women 80% acknowledged that cultural background influenced perception of mental health and wellbeing (2023-24).
- 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 remains lower in Newham might reflect the continuing higher levels of stigma in discussing mental health disorders in some ethnic communities.

# Meeting the MH Needs

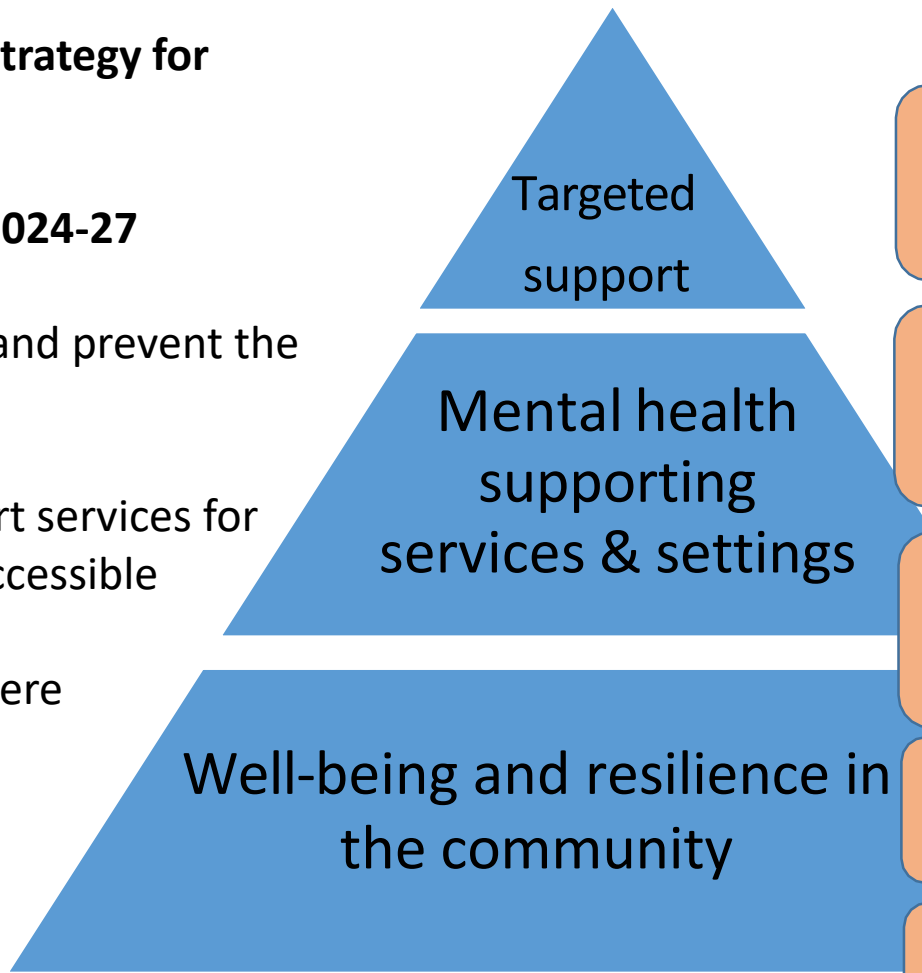
**10 year All Age Supported Living Strategy for Newham** – in development

**50 Steps to a Healthier Newham 2024-27**

**Step 8** Promote mental wellbeing and prevent the impact of poor mental health

**Step 9** Make treatment and support services for people with mental illness more accessible

**Step 10** Make Newham a place where everyone can feel connected



## Action plan themes

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

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

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

# Commissioned Services

- The majority of targeted mental health support provided to residents is delivered via our own Adult Social Care Mental Health Teams and the Well Newham Hub's.
- The Majority of clinical services are operated and led by East London Foundation Trust. In September 2023 ELFT established the Newham Recovery College.
- LBN commission a number of mental health services outside of this including:
  - Supported Living Provision of 53 units within Newham
  - A floating support pilot
- LBN commission 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 through the Healthier Lives Programme and Our Newham Works

# Commissioned Services

Our Health Partners have:

- Re-commissioned the Crisis Café Provision (The Together Café's) provided by MIND, Tower Hamlets, Redbridge and Newham. Offering Art Therapy, Group and One to One Support (2024-2028).
- Commission Community Connectors in adult mental health provided by; MIND, Aston Mansfield and Community Links in partnership with ELFT (2026).
- Parents in Mind (delivered by NCT) - Perinatal peer support for parents and dads (2024-2025).
- ADHD peer mentoring support delivered by WHUF and Aston Mansfield (2025).
- Supported Employment Programme, provided by Twinings CIC in Partnership with Working Well Trust from July 2024 - 2028.

# Additional Mental Health Activity

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

- Suicide prevention strategy and action plan
- Coordinating a Newham mental health action plan
- Signed up to the National Prevention Concordat for Better Mental Health
- Strengthening partnership working with Newham's voluntary community and faith sector organisations through the 50 steps to a Healthier Newham and the mental health small grants programme
- Developed the Well Newham Hub and Hub Advisors providing a directory of voluntary and community sector support that promote good mental health and wellbeing and
- Supporting the roll out of Good Thinking App in Newham including small grants to support train the trainer within the voluntary and faith sector.

# Commissioning Intentions

- Commissioning Specialist supported accommodation for adult mental health through the dynamic purchasing vehicle (DPV).
- Test through a pilot the approach for adult mental health floating support 2024 -25 with capacity for call off for floating support services through the DPV under category 3 or through a mini competition process.
- Pilot the use of the Outcome Star in Mental Health Supported Accommodation settings.

# Gaps, Areas for Development

- Deeper dive needs analysis for specialist supported accommodation for females with complex needs alongside enduring mental health difficulties.
- Deeper dive analysis on the need for specialist accommodation for adults in the forensic mental health system.
- Connecting Supported Accommodation Schemes with the community mental health offer through Healthier Lives, Change Grow Live and the Community Connectors and Recovery College.