

PETERBOROUGH AND FENLAND Mind

Mental Health in Peterborough

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National Overview

- **EMPLOYERS**
- **1 in 6 of us affected at any one time**
- **1 in 4 of us will be affected in our life time**
- **NICE guidance and report from Sainsbury Centre for Mental Health**
 - **530000 believed they had absence because of stress, depression, anxiety**
 - **242000 reported mental health related absence in 2008 (H&S Board survey)**
 - **13.7 million days lost**
- **Impact on a company with 1000 employees**
 - **Ave days sick per employee 8**
 - **Proportion with mental health 40.5% 3240 days**

National Overview

- Presenteeism- people who stay at work because of the stigma attached to mental health
- Leads to reduced productivity
 - **Days absent due to mental health** **3240 days**
 - **Presenteeism ratio 1:5 days lost** **4860 days**
- **Also leads to increased turnover**
- **Annual cost to employers 26 billion 2006 or 28.3 billion 2009**
 - **Absence** **£8.4 b**
 - **Presenteeism** **£15.1 b**
 - **Turnover** **£2.4 b**

NICE Guidelines

- NICE GUIDANCE at www.nice.org.uk/PH22
- Promote a culture of participation, equality and fairness based open communication and inclusion
- NHS organisations to meet Dept of Health Public Health Standards
- Social Care and Childrens Departments to meet Dept of Communities and Local Government performance framework.
- Relevant local authorities to fulfil remit to promote economic, social and environmental wellbeing of communities.

EXCLUSION

People with mental health issues are likely to;

- Be unemployed
Over 40% people on invalidity benefit
- Have poor housing or are homeless
- Have fewer educational qualifications
- Have fewer sporting and cultural opportunities
- Be assaulted
- To be in debt
- Have poorer health
- Have lower life expectancy (10 years below average)
- Have suffered discrimination
- Suffer assault and hate crime
- To smoke

LOCAL POSITION

- **Mental Health – 17,774 people visit GP**
- **Schizophrenia 330-830**
- **Affective psychosis 170 – 830**
- **Depressive disorders 3320 – 8310**
- **Anxiety 2660 – 8310**
- **Over 40% of local people on invalidity benefit**

WHAT WE PROVIDE

- Peterborough and Fenland Mind
 - £130k
 - Momentum 100 people
 - Fear Fighter and COPE 194 people
 - Women's Service
 - Social Drop –in average 6 per session
 - Befriending scheme
 - Health
 - Greater Dogsthorpe Partnership
 - Libraries
- Cambridgeshire Independent Advocacy Service (CIAS)
 - £176k
 - Independent Mental Health Act Advocacy
 - Individual Advocacy
 - Group Advocacy
 - Support to User Group
 - Disability Forum
 - ACE Project (Multi-agency hard to reach clients)
 - £30k

Peterborough and
Fenland Mind

OTHER PROVISION

- Spend c£20million.
- 2.2% in the voluntary sector.
- MH Trust - Foundation Trust.
- New Cavell Centre.
- PPIF to LINK – Local Involvement Network.

Other Provision

- Rethink Carers Project
- Rethink Voluntary Carers Group
- Stonham Housing
Eastlands 14 Flats
- Axiom Housing
Eastfield support 11 people
- Richmond Fellowship
Employment Support
- Manic Depression Fellowship
Self Help Group
- Samaritans
- Supporting People
- GPs
- Oakdale Counselling

MODELS FOR DEVELOPMENT

- **Employers:- Develop business case for investment in mental wellbeing of employees**
 - **Mindful Employer**
 - **Mental Health Awareness**
 - **Support for Managers/ Supervisors**
 - **Training – Mental Health First Aid**

Community Development

- **Greater Dogsthorpe Pilot (extend to other neighbourhoods)**
- **Health Trainers**
- **Community leaders**
- **Parenting**
- **Mental Health Awareness for Community Groups**
- **Signposting , information and guidance**
- **Anti-stigma campaigns**
- **Anti-social behaviour**
- **Libraries reading prescription scheme**
- **Volunteering**

MODELS FOR DEVELOPMENT

- **Social Inclusion**
 - **Advocacy ACE (Adults with Chronic Exclusion – multi-agency problems)**
 - **Employment (Richmond Fellowship)**
 - **Education (Nation Institute Adult Education / National Institute Mental Health)**
 - **Housing**
 - **Leisure**
 - **Disability Discrimination and Equality Legislation (Equality Impact Assessments)**

CRIMINAL JUSTICE

- **Bradley Report; mental health and criminal justice system**
 - **70% prison population with mental health problems**
 - **? 40% prison staff with mental health issues**
 - **Pre-release schemes**
 - **PF Mind already work with Probation**
 - **Court Diversion**
 - **Appropriate Adults**
 - **Section 136**

GREEN ISSUES

- **IMPROVED MENTAL HEALTH ASSOCIATED WITH:-**
 - **DIET**
 - **EXERCISE**
 - **ACTIVITY**
 - **ARTS AND CREATIVITY**
 - **ACCESS**
 - **INVOLVEMENT**