

# **Aim 2: All Rotherham people enjoy the best possible mental health and wellbeing and have a good quality of life**

11 December 2024

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# Rotherham's strategic priorities for mental health and wellbeing

**Aim 2: All Rotherham people enjoy the best possible mental health and wellbeing and have a good quality of life**

- Promote better mental health and wellbeing for all Rotherham people
- Take action to prevent suicide and self-harm
- Promote positive workplace wellbeing for staff across the partnership
- Enhance access to mental health services

# The Context

- In primary care, the recorded prevalence of depression in Rotherham (aged 18+) was 17.29%, this is higher than the England value of 13.25%
- The suicide rate for all person in Rotherham for 2021-2023 is 12.6 per 100,000 which is statistically similar to the national average for England, at 10.7. However there has been a slight increase in male deaths in Rotherham in this same period.
- The overall rate of self-harm among 10–24-year-olds in Rotherham, in 2021, was 226 per 100,000, compared with the all-England rate of 319 per 100,000. By age group, the rates of self-harm for 2022 were 147.75 per 100,000 for 10–14-year-olds, 302.2 per 100,000 for 15–19-year-olds, and 253.2 per 100,000 for 20–24-year-olds. In Rotherham, 15–19-year-olds are more likely to self-harm than 10-14- and 20–24-year-olds.

# Strategic Priority1: Promote better mental health and wellbeing for all Rotherham people

The progress made in this priority are:

- Social media messages promoting RotherHive and Five Ways to Wellbeing and regular messaging via neighbourhoods ebulletins are ongoing, this includes the voice of Rotherham people from focus group discussions.
- Good progress made within one year on from the Board being approved as a signatory for the Mental Health Prevention Concordat. An update was given to the Board in September.

# Strategic Priority 2: Take action to prevent suicide and self-harm.

The progress made in this priority include:

- Zero Suicide Alliance Training has been promoted across the Partnership, including the Autism and suicide module.
- Suicide Prevention and Safeguarding session delivered at Primary Care's Protected Learning Time Event on 14<sup>th</sup> November.
- Activity to address themes and at risk groups identified through real time data.
- Social media was used to promote ZSA training and stories from people with lived experience on World Suicide Prevention Day.
- A Task and Finish group are currently looking at suicide prevention comms and engagement work to reach out to neurodivergent communities.
- Amparo promoted their service at Primary Care's Protected Learning Time event in July, and its training sessions also promoted to staff across Place.

## **Strategic Priority 3: Promote positive workplace wellbeing for staff across the partnership.**

The progress made with priority 3 include:

- Rotherham has launched employment for everyone
- Working with employers willing to offer employment or internship
- worked with local businesses across South Yorkshire to co-design 'employability days'

# Strategic Priority 4: Enhance access to mental health services

The progress made in priority 4 are :

- Set National Milestones are being reached
- The Mental Health Peer Support Service and The Mental Health Community Connectors Service are now fully available and mobilised to support people with mental health issues
- Process to lead to the contract award for the pilot service for those who have attempted suicide is ongoing
- Rotherham Safe Space is now offering an alternative to crisis Service four nights a week
- The Rotherham Crisis Pathway Specification has now been agreed at Place Leadership Team and internally by RDaSH and RMBC

# Areas to address and next steps

- No action under Aim 2 is off track
- The social media messages and the Regular messaging going out via neighbourhoods ebulletins in creating awareness on mental health issues should be strengthened.
- The progress being made with the implementation of Mental Health Prevention Concordat should be sustained
- There is the need for more regular sessions of suicide and self-harm awareness, and targeted training that includes themes from real time data.
- It is of utmost importance that the Task and Finish group currently looking at suicide prevention communication and engagement complete their work and reach out to neurodivergent communities on time.
- Continue to engage partners in the development and mobilisation of the integrated primary/secondary care mental health transformation
- There is a Suicide Prevention Symposium being held on the 2<sup>nd</sup> December to develop the 2025-2027 Suicide Prevention and Self Harm Action Plan.
- What should be our focus for the refreshed Health and Wellbeing Strategy?