

Better Mental Health for All

A Rotherham where everyone can thrive mentally, emotionally, and socially, in safe, inclusive, and supportive environments

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Current Picture

- Rotherham Health and Wellbeing Board adopted the public mental health strategy, Better Mental Health for All, in 2017.
- The Better Mental Health for All Strategy and Action Plan for Rotherham 2017-2025, outlined actions that partners of the Health and Wellbeing Board (HWB) were committed to take to improve the mental health for all people living and working in Rotherham.
- Delivery of this was overseen by the Better Mental Health for All Group which represented all partners of the HWB.
- Rotherham Health and Wellbeing Board, submitted a detailed application form in 2023, to become a signatory of the Prevention Concordat for Mental Health. This was approved in September 2023.

Stakeholder Event

Partners of the Health and Wellbeing Board attended a workshop in July facilitated by Andy Bell, Centre for Mental Health. Stakeholders at the workshop:

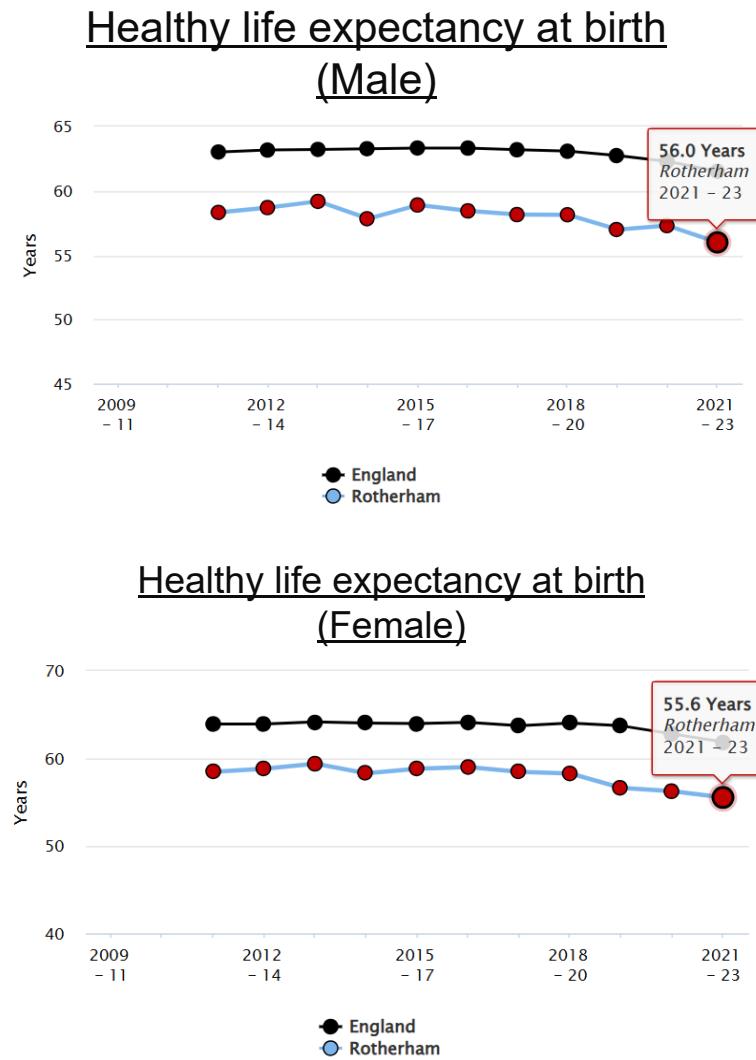
- Heard from the lived experience of local communities in Rotherham
- Worked collaboratively on a vision of a mentally healthier place to live
- Looked at mental health in Rotherham today
- Heard insights and ideas from national research and good practice from across the country on what works to promote good mental health.
- Identified priorities for promoting and protecting mental health in Rotherham.

Healthy life expectancy and mental health

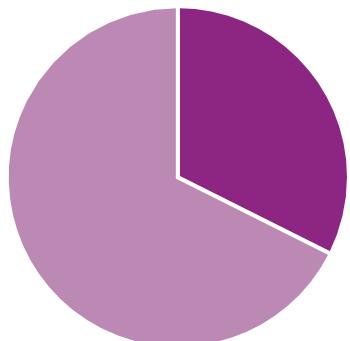
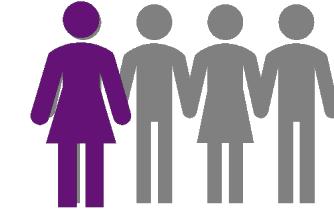
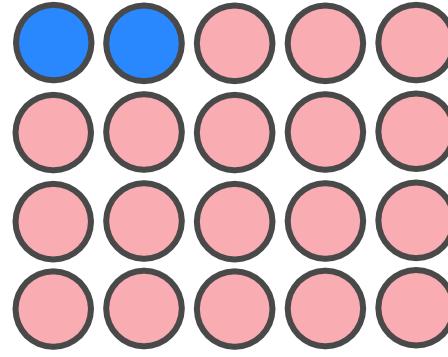
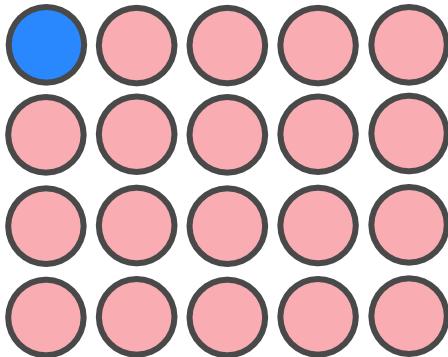
Healthy Life Expectancy (HLE) is closely linked to mental health, and mental ill-health and poor wellbeing are associated with reduced HLE:

- Reduced quality of life
- Increased mortality risk
- Physical health connection

In Rotherham HLE has been decreasing from 59 in 2015-17 to 56 years in 2021-23 for both males and females.

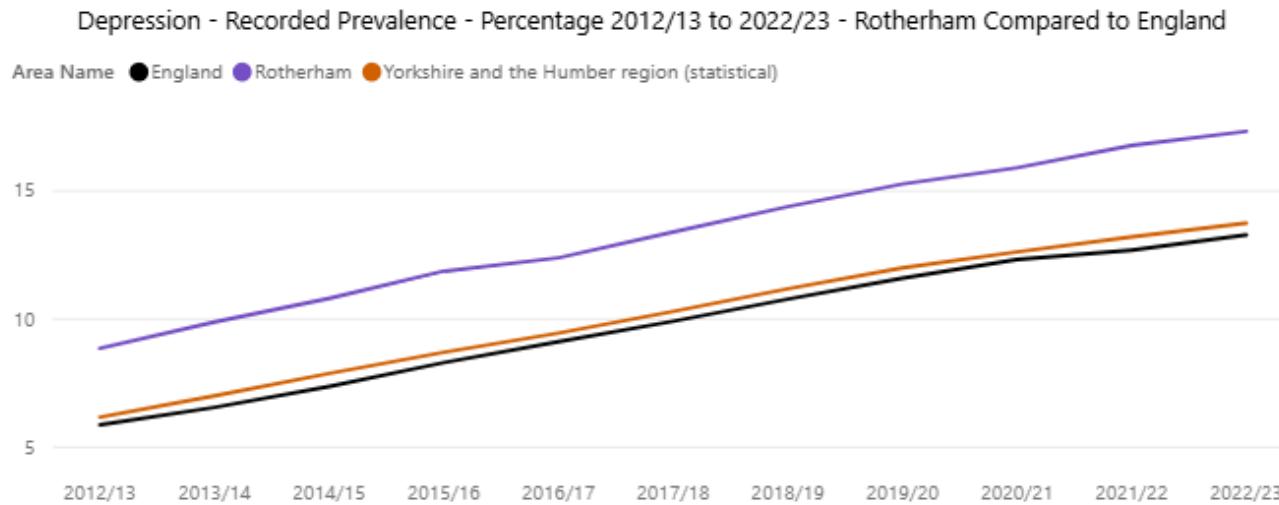


Wellbeing



Mental health conditions

- It is estimated that 19% of the population aged 16 and over, and 12% of the population aged 65 and older have a common mental health condition.
- The prevalence of depression in Rotherham has increased between 2013 and 2022, from 9.9% to 17.3%, remaining above the England average of 13.2%.
- 1.5 out of every 100 individuals were newly diagnosed with depression in 2023/24.



Children and young people

- 40% of secondary school children report their mental health as 'fair' or 'poor'.
- Girls were twice as likely to report persistent loneliness (22.4%) compared to boys (10.6%).
- 1 in 2 children in care had emotional wellbeing that was a cause for concern in 2023/24.

Engagement around mental health

Groups and individuals told us.....

- Increased stress and pressure was identified as a major cause of poor mental health
- Bereavement can cause loneliness and poor mental health.
- COVID, brought challenges and opportunities. Some people said that others are still anxious about going out.
- They didn't want to be a burden to their families. Some families live a long distance away and even if they lived nearer, families have their own lives.
- Caring for someone can lead to the carer feeling lonely and having poor mental health.
- Feeling lonely can lead to thoughts of suicide.
- Having poor mental health and feeling lonely can lead to unhelpful ways of coping and negative effects on health and wellbeing; increased substance abuse (alcohol, drugs, tobacco), increased gambling, frequent sickness, new pains and hallucinations.
- Lack of societal inclusion causes poor mental health (physically and digitally)

Engagement around mental health

- Having people to talk to is a key to prevention
- The natural environment, particularly for walking was a huge positive
- Creativity, the arts at an individual, community and large scale helps with people's mental health
- Safe spaces in town to meet

Quotes around mental health

'The hardest part is telling people how you feel'

'Once I opened up and spoke to people, it did really help'

'your job can affect your health'

'It's a very big picture, mental health, it's not just one thing, there can be many things.. involves that constitutes to a person's mental health.'

'Planning - thinking even about architecture and building and how you develop housing. We've sort of created housing that's sort of all isolated'.

'it is just about community and volunteers and people who are willing to go in and chat to people.'

What is important for improving wellbeing?

- Children and young people:
 - Safe spaces to chat with others
 - Resources for accessing support
 - Online support
- Adult health survey:
 - Family and friends
 - Exercising
 - Patient groups

What can help (focus group)?

People just saying 'hello'

Don't stop in the house, go out and find things to do

This has been a great help to me, joining this group

What Mental Health Means to Us (11-24 year olds)

to be happy

prioritising the mindset you in

leading a healthiest life possible

prioritising our mental space like you would if you had hurt your knee

ensuring you can live your life to the fullest

feeling good

to not feel sad

thinking well

how we feel

to feel happy around others

something we should learn about from a young age

been able to cope

my mental health determines how much I enjoy my day

to not feel stressed

feeling content

a feeling of fulfilment

something my parents struggle with so I feel like I may do too

with good mental health I can be productive

to feel like I am contributing to my area in a positive way

something we talk about more than we used to at home

having a mind that gives me resilience

how we feel when we get up

What Does a Mentally Healthy Rotherham Look Like?

- feeling proud of where we live
- feeling safe
- news and media focussing on the good things happening
- celebrating mental health more
- when we are physical well it impacts us mentally
- having a sense of belonging to where we live
- a positive label of the town makes us feel happy to live here
- things to look forward to
- celebrating achievements
- celebrating who I am and feeling safe to do so - example Pride
- reducing/ending loneliness
- more discipline in schools to respond to bullying
- celebrating community differences
- accepting one another for our likes and dislikes
- better healthier food that mum tells me impacts our wellness
- more access to therapists and councillors?
- no money worries

What Does a Mentally Healthy Rotherham Look Like? (2)

- not as much access to alcohol?
- keeping fit
- moving for mental health like we do at SYPA!
- I do CBT and that helps
- opportunities to meet people in a safe place
- not having too much takeaway food
- learning at school from been little things to do to make me happy
- more places for those with sensory/neurodiverse health
- I feel places like this help us be mentally healthy
- helping my parents as well as me
- where people feel a sense of purpose
- been proud to live here
- breaking the stigma of asking for help
- being myself
- feeling accepted
- embracing diversity

Better Mental Health for All

Vision: A Rotherham where everyone can thrive mentally, emotionally, and socially, in safe, inclusive, and supportive environments.



Council Plan

- Places are thriving, safe, and clean
- An economy that works for everyone
- Children and young people achieve their potential
- Residents live well
- One Council that listens and learns.

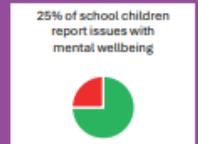
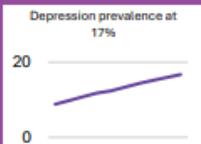
Health and Wellbeing Board Strategy

Support the people of Rotherham to live in good and improving mental health throughout their lives, accessing and shaping the services and resources they need.

Place Plan

Supporting people and families to live independently in the community, with prevention and self-management at the heart of our delivery.

Key Data – Rotherham JSNA



Building blocks for good mental health



Key Values

- Prevention First
- Equity and Inclusion
- Co-production
- Whole-System Approach
- Address Commercial Determinants

Links to other plans and strategies

- Adult Social Care Mental Health Strategy
- All Age Autism Strategy
- Best Start and Beyond
- Carers Strategy
- Dementia 100 framework tool
- Employment and Skills Strategy
- Financial Inclusion Plan
- Healthy Homes Plan
- Learning Disability Strategy
- Loneliness Action Plan
- No Families Left Behind
- Prevention and Health Inequalities Plan
- Prevention Concordat
- Rotherham Housing Strategy
- Rotherham Mental Health Needs Assessment
- Suicide Prevention and Self Harm Action Plan

Support priority groups

- Children and young people (up to age 25)
- Later life (55+)
- Communities who experience inequalities
- Perinatal / early years
- Working Age Adults

Take action in priority places

- Care environments
- Family Hubs
- People's homes
- Rural and urban environments
- Schools
- Workplaces

Advocate for opportunities

- Creative health
- Drug and alcohol projects
- Moving Rotherham
- Neighbourhood health
- Safe, inclusive and supportive communities
- Sustainable transport
- Ward plans

Embed public health influence

- Five Ways to Wellbeing
- Making every contact count
- Measuring the impact
- Mental health in all policies
- Understanding and using data

Next steps

- The Better Mental Health for All Group will work to identify key actions for delivery over a 2-year period
- The infographic and identified key actions will demonstrate the HWB's ongoing commitment to early intervention and prevention and will support the ongoing commitment to OHID's Prevention Concordat for Mental Health onwards.
- The Better Mental Health for All Group will agree on outcome measures
- Annual updates will be reported to the HWB.

Thank you

Any Questions