

HEALTH AND WELLBEING BOARD			
Report Title	Mental Health in Lewisham		
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Class	Part 1	Date:	26 August 2022
Strategic Context	Please see body of report		

1. Summary

- COVID19 has had a detrimental impact on the mental health and wellbeing of our residents. Data following the lifting of lockdown restrictions demonstrates a return to pre-COVID levels of demand on services, however the current national economic situation poses a risk to mental health recovery post COVID19. This report has been broken down into separate operational areas to provide a whole system overview.
- A great deal of work is underway in the borough that seeks to improve our services and support offer within significant financial constraints. The cost of living crisis poses a number of risks related to the level of demand we may experience in wellbeing and mental health services, as well as the capacity and capability of our services to manage growing demand with worsening recruitment and retention of staff. A number of services (including our primary care and IAPT service) are already experiencing difficulties in this respect.
- Prevention and community-focused work continues to work with our ethnic minority

communities to improve access and experience of services, in recognition of the strong inequalities experienced by this population.

- Following the COVID19 recovering period, officers have been able to focus again on the strategic needs within the community and a number of strategies and action plans will be launched in Autumn 2022. The working groups that underpin these stood back up to full capacity. Work will be required to ensure these groups are managed in the most efficient way to ensure a lack of duplication across workstreams.

2. Recommendations

- This report provides an overview of the state of mental health in Lewisham throughout the COVID19 recovery period (2021/22). The report also provides a summary of key work planned for 2022/23. It is recommended that members take note of the key findings of the report.

3. Policy context

- The wider Emotional and Mental Health work programme is consistent with the Council's Corporate Strategy. Specifically, the priorities, "Delivering and defending: health, social care and support" and "Giving children and young people the best start in life."
- Our Health & Wellbeing Strategy priority objective, "improving mental health and wellbeing", which outlines the following ten year goals:
 - BAME representation in IAPT service will be representative of the local population;
 - Families unable to access CAMHS services will receive alternative support to prevent the escalation of mental health issues
 - Children who will benefit from support to protect their mental health will be identified at a younger age.
 - Mental wellbeing will be recognised as a key component of good health
 - The physical health of those with mental illness will have improved.
 - Suicide rates to be below the national average.
 - An improvement in under 75 mortality for those with mental illness.
- Our Children and Young People's Plan (2019-22), establishes how we will continue to work to improve outcomes for our children and young people so that:
 - Children and young people have the best start in life and are protected from harm
 - Children and young people have good physical and emotional health
 - Children and young people develop, achieve and are ready for adulthood
 - Children and young people feel listened to and respected

4. Delivery

- The Lewisham All Age Mental Health Alliance (LMHA) is the main planning and delivery vehicle for NHS Long term Plan deliverables and Borough Based priorities across Lewisham. Established with a focus on services for working-age adults, the alliance is now all-age, including children, young people and older adults to support full integration across the system.

5. Residents' mental health

- Lewisham has a population of over 305,000, making it the 13th largest borough in London by population size and the 6th largest in Inner London¹. Lewisham is within the top 20% most deprived local authorities in England, with residents experiencing higher rates of non-secure accommodation, unemployment, domestic violence, crime and single-parenthood compared to national averages^{2,3}.
- It is estimated that 21.8% of working-aged adults and 13% of older adults in Lewisham live with a common mental disorder (e.g. depression, anxiety, add another one here), both rates significantly higher than in England. Rates of depression in Lewisham are higher (8.7 per 100,000) than in England (7.6) and growing at a faster rate in Lewisham (1.56) than in London (1.19).
- Secondary age school pupils with social, emotional and mental health needs in Lewisham in 2020 was reported at 1.9% which is lower than the rate in London (2.6%). Despite this, the estimated number of young people aged between 16 and 24 years with a potential eating disorder in Lewisham is 4,380 or approximately 15% of that age group. Hospital admissions as a result of self-harm aged 10-24 years during 2018/19 were higher in Lewisham (291 per 100,000) than London (195 per 100,000).
- In March 2020, the UK was placed under a series of restrictions in relation to the identification and spread of COVID19. These restrictions caused significant disruption to people's lives and the risk to the populations' mental health was a concern from the outset.
- Research conducted by South London Listens indicated that concerns regarding financial stability and job security was high amongst Lewisham residents during COVID19 restrictions, with 38% of respondents worried about the security of their employment⁴. Research undertaken in partnership with Healthwatch demonstrated a higher level of concern regarding employment and financial security amongst our ethnic minority population in comparison to their white British counterparts⁵. Half of ethnic minority residents surveyed reported struggling to pay the bills at some point during the pandemic. This is of particular concern considering the current and projected economic climate and should continue to be monitored closely over the next year.

6. Promoting wellbeing

¹ ONS (2021) [Estimates of the population for the UK, England and Wales, Scotland and Northern Ireland.](#)

² PHE Fingertips

³ Ibid.

⁴ <https://www.slam.nhs.uk/media/news/south-london-listens-nhs-survey-reveals-toll-of-covid-19-on-south-londoners-mental-health/>

⁵ <https://www.healthwatchlewisham.co.uk/wp-content/uploads/2020/12/Snapshot-study-of-Feedback-Forums-with-Black-Asian-and-Minority-Ethnic-Communities-in-Lewisham-during-COVID-19.pdf>

- Following the lifting of restrictions, preventative services have now transferred to hybrid ways of working, with delivery both virtually and face to face. This hybrid model is supporting increased access during this period for two reasons: many individuals find online services more convenient, particularly if they are in employment, or have caring responsibilities, and many remain vulnerable to COVID19 and therefore continue to avoid face to face contact where possible. Services continue to undertake risk assessments where necessary to ensure service users' wishes, concerns and safety remain at the forefront of activity.
- The majority of our voluntary sector services experienced the highest number of referrals seen since they were launched during winter 2021/22. These numbers have now returned to expected rates; however, services are aware that the cost of energy crisis may cause referral numbers to peak again, particularly related to advocacy and supporting residents to manage the wider determinants of health.
- Advocacy services in Lewisham have seen the numbers of referrals for statutory advocacy (IMCA, IMHA, CAA and RPRR) decrease from 415 in 2020/21, to 362 in 2021/22. Work has been undertaken to streamline the process of accessing advocacy in the borough and we hope to see the new referral process support more timely access to help and support.
- The percentage of BAME service users accessing the Lewisham Community Wellbeing service has risen year on year, from 47.5% in 2019/20, 54% in 2020/21 and 60.25% in 2021/22. Our other preventative services continue to serve predominantly white population, with 45% of service users identifying as an ethnic minority.
- During the COVID19 recovery period, services have continued to have a positive impact on service users' wellbeing, with the majority of service users reporting positive outcomes following interaction with services. Services continue to monitor the tools they use to measure outcomes and work with commissioners to effectively implement and utilise them.
- Within the CYP partnership various preventative measures have been taken over the years and continue to develop in house services and voluntary sector partners to enhance the therapeutic offer to Lewisham's children and young people and their families.
- In July 2022, the Lewisham Dementia Hub launched a Dementia Befriending pilot that seeks to improve quality of life for those with Dementia and their carers, primarily by improving independence. Findings of the pilot will inform future service provision and delivery in this area.
- The Better Mental Health Fund continues to financially support projects that promote better mental health and wellbeing in the borough. Projects include:
 - Wrap around support for expectant and new parents from an ethnic minority background with mental health needs
 - Delivery of culturally appropriate Mental Health First Aid training across a range of services
 - The appointment of a school wellbeing lead to promote good wellbeing practices among our children and young people
 - The development of community support offers for minoritised and vulnerable groups including mentoring, advocacy and befriending

- Delivery of anti-stigma campaigns and mental health promotion using different media forms.
- Lewisham has been working closely with South London Listens to enact, and align with the four key priorities of the South London Listens Action Plan Nov 21 – Nov 23. The priorities are:
 - Loneliness, social isolation and digital exclusion
 - Work and wages
 - Children, young people and parental mental health
 - Access to mental health services for migrants, refugees and diaspora communities.

7. Primary care

- The number of patients registered to a Lewisham GP receiving a depression diagnosis fell in 2020/21, however approximately 1-1.5% of the population continue to receive a depression diagnosis each year. There is significant variation in the rates of depression diagnosis across the borough, with some practices diagnosing 4% of patients and some diagnosing less than 0.5%⁶. Work continues in primary care to improve access to GP services and reduce inequalities in access and diagnosis across the borough and South East London more broadly.
- IAPT exceeded referral targets during Q1 2021/22 and over the year received a total of 11,622 referrals. This is a decrease of 2,487 compared to 2020/21, where there was a significant dip in referrals during the first three months of COVID19 lockdown. The service continues to manage a high turnover of staff related to supporting workplace training and progression; work continues nationally to improve staff retention in IAPT services to improve care continuity and ensure maximum capacity for treatment.
- A higher proportion of the Lewisham working age population continue to be referred to IAPT (1127 per 100,000) in comparison to national figures (953 per 100,000) and higher proportions are also entering IAPT services and completing their treatment with them. Similar differences are seen among our older age adults⁷. Patients in Lewisham continue to report poorer outcomes through the IAPT pathway than their national counterparts⁸.
- The proportion of BAME service users within IAPT has declined from 50% in 2020/21, to 39% in 2021/22. Work is underway to understand how to better tailor interventions for a culturally diverse population and improve outcomes for our ethnic minority population.
- Referrals to Primary Care Mental Health teams recovered following an initial decrease in the early stages of the pandemic and have increased during 2021/22. Difficulties in recruiting across the PCMHTs has meant high use of agency staff, impacting the timeliness of triage due to additional training needs. Agency staff recruitment is

⁶ https://fingertips.phe.org.uk/profile/general-practice/data#page/3/gid/2000003/pat/165/par/E38000098/ati/7/are/G85104/iid/90646/age/168/sex/4/cat/-1/ctp/-1/yr/1/cid/4/tbm/1/page-options/tre-ao-1_car-do-0

⁷ <https://fingertips.phe.org.uk/profile/common-mental-disorders/data#page/0/gid/1938132720/pat/222/par/E40000003/ati/165/are/E38000098/iid/93495/age/164/sex/4/cat/-1/ctp/-1/yr/1/cid/4/tbm/1/page-options/tre-do-1>

⁸ https://fingertips.phe.org.uk/profile/common-mental-disorders/data#page/0/gid/8000043/pat/222/par/E40000003/ati/165/are/E38000098/yr/1/cid/4/tbm/1/page-options/tre-do-1_ovv-do-0

expected to rise over the next year due to numbers of staff leaving substantive employment within public sector organisations to agency services due to the cost of living crisis.

- Dementia diagnosis rates have improved from 67.9% in 2020/21 to 68.1% in 2021/22. This rate has continued to improve throughout 2022 and both the SLaM Dementia Strategy and Lewisham Dementia Strategy will seek to deliver further improvements in rates of diagnosis in the borough.

8. Recovery services

- Demand for community mental health services has increased during the COVID19 recovery period. Waiting times have also increased in some of the CMHTs. This was largely effected by the closure of the MAP Treatment Team and this service user were redirected to the CMHTs. The discharge rates are low and we are working with the CMHT using OMS to improve this.
- There are increased rates of new referrals coming from our inpatient and crisis services. There are also increased transfer of care from other boroughs in SLaM due to being housed in the Lewisham area. Lewisham has many more supported living accommodation than other boroughs.
- For CAMHS, the accepted referral rate continues to improve from 75% for quarter 1 in 21/22 to 79% in 22/23. This also means that we have exceeded the accpeted referral target rate of 77%. Significant work has been carried out to reduce the numbers waiting longer than 52 and 39 weeks (2 and 25 respectively), this is a signficante reduction on the 21/22 end of year figure and also sees Lewisham significantly below other boroughs within the South East region. Work continues to further reduce waiting times and is a key priority area within the CAMHS transformation plan.
- Work is being undertaken to determine the impact of virtual or face to face assessments in identifying and supporting vulnerable expectant/new parents.
- There is now a well-established Dynamic Support Register in CYP, which provides multi-agency oversight of young people with complex mental health and ASD / LD diagnoses, this offers identification and support to this cohort to prevent escalation. There is appetite to expand this model to include lower levels of need to prevent escalation.
- The Positive Behaviour Support Service, which supports young people up with ASD and/or learning disability in additional to mental health challenges, who are at risk of a hospital admission or placement / family breakdown continues to be expanded to a wider range of clients and by Autumn 2022, will be expanded to include those up to 25 years of age.
- The Emotional Support Service continues to support children and their families affected by child sexual abuse, with work underway to further expand this service over 22/23.
- Work continues to strengthen Lewisham's 'edge of care' services, designed to support families in difficulty so that children do not have to come into care unless absolutely necessary. This includes the introduction of therapeutic clinicians in the children's social care workforce, to provide consultation to social work practitioners so that practice is therapeutically informed, and delivers responsive and flexible therapeutic services direct to families.
- South East London Integrated Care Board is currently delivering a vanguard project

that seeks to improve access to mental health support and interventions to those who have committed violent acts. As part of this project, funding has been allocated to recruit two violence reduction case managers to work with young people aged 18-24.

- The Youth Offending Service Therapy Hub known as LYFT is co-located with CAMHS and offers coordinated therapeutic interventions, emotional and mental health support to young people and their families, with a trauma informed approach at its core.
- Further development of the therapeutic / multi-disciplinary skill set in Family Thrive has enabled earlier identification of emerging mental health and emotional wellbeing needs.

9. Crisis services

- In 2021/22, there was a lower number of Mental Health Act Assessments (1463) than in 2020/21 (1719). Approved Mental Health Practitioner (AMPH) contact by age appears to show that the both COVID19 lockdown and recovery period has affected the 18-34 age group the most clearly, however numbers of those between the ages of 35-49 and 65+ are both higher in 2021/22 than in 2020/21.
- Working age adult bed use has fluctuated during the COVID19 recovery period, with services currently working over the target of 85% occupied bed days, with this currently at 105%. There are a number of measures including transformation and QI work being undertaken to achieve the set target.
- While Home Treatment Team caseloads did initially increase in late 2020 / early 2021, these have now returned to pre COVID19 levels and have stayed within expected variation during 2021/22.
- Liaison meetings with key stakeholders from UHL and SLAM continue to enable partnership management of operational challenges leading to A&E waiting time breaches. Data validation continues across partner systems to ensure our breaches data is correct.
- There has been little change in the average length of stay over the last twelve months. This area has remained a keen daily focus for the operational teams throughout the pandemic and SLAM's quality centre is working to increase flow and reduce length of stay across all four boroughs.
- The Crisis Collaborative, launched in July 2021, commissioned a new community crisis café in Deptford, which will open in November 2022 and be delivered by voluntary sector partner 999 Club. The café will deliver time-limited, crisis-solution focused interventions to those experiencing mental health crisis, away from the accident and emergency department.
- Numbers of children who attend local police stations and require an appropriate adult has reduced slightly from 204 in 2020/21 to 181 in 2021/22. The numbers of adults however has risen, from 499 in 2020/21 to 560 in 2021/22. Due to external funding pressures, the council will no longer commission a provider to deliver appropriate adult services for those over 18 in the borough. The system impact of this change will be monitored by the Crisis Collaborative.
- Lewisham has a lower suicide rate than the national picture, and while suicide rates in the borough have remained within expected variation, they have continued to increase over the past four years. In Lewisham, the peak of male suicides occur between the ages of 25 and 45; for females, this is between the ages of 45-49. In the borough, approximately three quarters of those who take their life through suicide in the are

male.

- The Lewisham Suicide bereavement service opened in August 2021 and supported 17 people impacted by suicide for the remainder of 2021/22. As the service is now fully up and running it is expected referral numbers will rise over 2022/23.
- The Lewisham Bereavement Service have been providing support to those whose loved one(s) has died of COVID19 and have seen a steady decline in the numbers of referrals after a peak in Q1 2021/22. The complexity of the grief process means these numbers could rise in the future, however these are being monitored closely.
- Teams in Lewisham have been working to map the 0-24 self-harm pathway against the i-thrive framework. This includes developing definitions and thresholds of need, co-created with input from professionals and children and young people. This work will be expanded upon by mapping pathways for groups known to be at high risk of experiencing mental health difficulties.

10. Future work

10.1. The Mental Health Alliance will continue to work on its agreed key aims including:

- Reducing Health Inequalities; working to improve access, experience and outcomes and increase the support available for our BAME community
- Enhance and expansion of the community and primary mental health services including increasing the workforce through national and local transformation programmes, working to improve the number of people with SMI who receive a physical health checks and re-procurement of our community wellbeing service and dementia hub.
- Improve our Crisis Care pathway including opening of the new crisis café in Deptford, implement two crisis houses in the borough; CYP and adults, work with acute care colleagues to improve flow for people who attend A&E
- Continue to work with South London Partnership (SLP) to improve the offer of care for patients in the complex care, rehabilitation pathway by ensuring there is the right provision for step up and step down.

10.2. The South East London CAMHS Transformation Plan is currently under development. Ten key priorities have been identified for children and young people's mental health, with local deliver plans in development for implementing improvements. The ten priority areas are:

- Waiting times
- Transition to Adult Services
- Inequalities in Access
- Parental Mental Health
- Schools
- Supporting Children Responding to Trauma and Distress
- Young Offenders
- Children and Young People Eating Disorders
- A&E Presentations

- Crisis Stepdown

- 10.3. The Lewisham All Age Autism Strategy was developed throughout 2021/22 and is due to be published Autumn 2022. The strategy was coproduced with over 200 residents, carers and professionals across the borough. The strategy outlines our commitment to becoming an autism inclusive borough and details the standards autistic people should expect from those who live and work in the borough.
- 10.4. The Lewisham Suicide Prevention Strategy (including a ten year suicide audit) is in development and is due to be published Autumn 2022. The strategy and action plans have been coproduced with service-user representatives, voluntary services and professionals across the borough and set out the strategic direction over the next three years. The work outlined in the strategy will be overseen by a borough wide Lewisham Suicide Prevention Partnership group, where professionals work in equal partnership with service-user representatives and voluntary services to improve outcomes across a range of areas.
- 10.5. The Lewisham Dementia Strategy is being developed collaboratively with our stakeholders across Lewisham and is due to be launched in February 2023. The strategy will outline the commitment to support people living with dementia to live well including; involving them in decisions about their care, dying well with dementia, supporting carers, training and education.
- 10.6. The Lewisham Carers Implementation Plan will seek to improve the quality of life for our unpaid carers living and working in the borough, with a focus on improving wellbeing and preventing mental ill health through three agreed priorities; visible, valued and supported. The Implementation Plan is due to be published in Autumn 2022 and has been coproduced with unpaid carers across the borough.
- 10.7. Teams will work to support the development of a GP-led clinic for young people, delivered in partnership with CAMHS and Youth First, which will focus on improving emotional health outcomes for young people at risk.
- 10.8. Lewisham teams are involved in a range of initiatives and programmes across South East London including, suicide and self-harm, violence reduction and improving ADHD/ASD support and UEC MH Discharge.
- 10.9. Mental Health continues to be a priority within the Health Inequalities workstreams led by our Public Health Teams. This is particularly important considering the compounded impact the cost of living crisis may have on our ethnic minority residents.
- 10.10. A wellbeing service designed to support our Syrian and Afghan resettled population will launch in autumn 2022. The service will provide stepped care to resettled residents and encourage mainstream service access through training for professionals and translation/befriending services. This work seeks to make a significant contribution to the work underway to make Lewisham a borough of sanctuary.

11. Financial implications

- 11.1. The services mentioned in this report are delivered through the agreed identified budget.

12. Legal implications

- 12.1. There are no significant legal implications of this report.

13. Climate change and environmental implications

13.1. There are no significant climate change and environmental implications of this report.

14. Crime and disorder implications

14.1. There are no significant crime and disorder implications of this report.

15. Health and wellbeing implications

15.1. The services in this report have a positive impact on health, mental health, and wellbeing by providing direct mental health and wellbeing interventions in addition to indirect support regarding the wider determinants of health.

16. Equalities implications

- 16.1 COVID-19 has had a disproportionate impact on specific groups including older adults, and those from Black, Asian and Minority Ethnic groups.
- 16.2 Reducing health inequalities is a key workstream within the all-age mental health alliance. Key areas of work being undertaken to reduce health inequalities are outlined in the main body of text.

17. Report author and contact

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