



Report of: Chief Executive, Healthwatch Islington

| Meeting of | Date | Agenda Item | Ward(s) |
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| Health and Wellbeing Board | 20 April 2016 | B4 | All |

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SUBJECT: Review of Mental Health Services for Young Adults by Healthwatch Islington

1. Synopsis

Healthwatch Islington undertook qualitative surveys with young adults (18-32) to find out more about their experiences of accessing healthcare services. The full report of the review is set out at Appendix A.

2. Recommendations

That the findings and recommendations of the Healthwatch Islington review of mental health services for young adults be noted.

3. Background

Access to mental health support is an issue that residents regularly raise with Healthwatch Islington. Healthwatch liaised with local commissioners to ensure that what we gathered could add value to existing work.

Some of the recommendations of the report are being met by work being implemented by the CCG and the council. The Board is asked to consider how Board partners ensure that the findings and recommendations from this report are acted upon locally.

There is an urgent need to address issues of worklessness, a lack of accommodation and social isolation amongst many of the respondents. It is therefore recommended that a holistic approach to mental health

services is considered, one which draws together a number of practical, clinical and well-being services. These services should include social activities, advice, guidance, advocacy and psychological services.

It is recommended that the services referred to above are delivered in a range of community based settings to create a more flexible approach to the delivery of mental health services. This will broaden the scope of services available and provide a range of familial and socially connected environments for vulnerable young adults.

It is also recommended that community based organisations working with young adults with mental health needs should be provided with financial support and professional expertise to:

- Actively engage in processes and fora associated with co-commissioning. This should relate directly to the design of local services,
- be equipped to refer effectively to mental health services, and
- measure organisational activities to assess their impact on young adults with mental health needs. It is suggested that an organisational toolkit is co-produced, with commissioners and clinical staff to equip organisations to begin to undertake these developments. Healthwatch recognises the problematic nature of the current funding climate and will therefore actively pursue funding sources to support this suggestion.

4. Implications

4.1. Financial implications

There are no financial implications arising as a direct result of this report. Any plans or strategies derived or agreed in relation to this report should use existing available resources and therefore not create a budget pressure for the Islington Council, CCG or other partners.

4.2. Legal implications

None identified.

4.3. Environmental Implications

There are no significant environmental implications related to the recommendations in this report.

4.4. Resident Impact Assessment

The council must, in the exercise of its functions, have due regard to the need to eliminate discrimination, harassment and victimisation, and to advance equality of opportunity, and foster good relations, between those who share a relevant protected characteristic and those who do not share it (section 149 Equality Act 2010). The council has a duty to have due regard to the need to remove or minimise disadvantages, take steps to meet needs, in particular steps to take account of disabled persons' disabilities, and encourage people to participate in public life. The council must have due regard to the need to tackle prejudice and promote understanding.

An RIA is not required to be completed in relation to this report, however as already identified by the Board there is the potential to increase prevention and early intervention work in the area of mental health support. Increasing the accessibility of services to young adults would have a positive impact for residents.

5. Conclusion and reasons for recommendations

The themes raised in the review were not new. Stigma alongside a lack of trust in mental services was a dominant theme and therefore an area requiring additional focus. There was evidence of persistent levels of lack of access to mental health services for those facing multiple vulnerabilities, which suggests there may be a need to equip organisations not funded to deliver mental health services to offer more support.

The role the family plays in supporting those with mental health needs amongst particular communities was a key theme. Although there is recognition from many respondents that this support has played a key role in their ability to manage their mental health, in some cases family could be blocking those living with mental health needs from accessing appropriate mental health services.

A lack of adequate accommodation, worklessness, and social isolation were dominant themes throughout the consultation.

Attachments: Appendix A – Healthwatch Islington: Mental Health Services for Young Adults in Islington

Background papers: None.

Final Report Clearance

Signed by



Chief Executive, Healthwatch Islington

16 March 2016

Date

Received by

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Head of Democratic Services

8 April 2016

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Date

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