Mental wellbeing in Bradford district and Craven: a strategy 2016-2021

EasyRead version
About the area

Just over half a million people live in the Bradford District, and about 56,000 in Craven.

About 1 in 4 people will have mental health problems at some time in their life. In our district, over 6,000 people are getting specialist help at any time.

People are more likely to have mental health problems if:
- they are poor
- they live in bad housing
- they don’t have a good family life
- they don’t have a good job

In Bradford we have a lot of these problems.
- Over 120,000 people are on a low income
- 1 in 5 houses in Bradford were “not decent”
- 1 in 4 people do not work
About the strategy

We aim to have a strategy that will help everyone, all through their lives. We want to tackle the things that cause mental health problems, and give people the help they need at an early stage.

This strategy is for everyone. It is for people who will need to use mental health services, and their carers.

It is for people who provide mental health services - doctors, nurses, therapists, social care staff, community groups and charities.

And it is for the people who choose what services to buy, the commissioners.

We know that our plans will not be easy to achieve. Money is tight in the NHS at the moment and we might take longer than we hope to reach our goals.
Who helped us to make this strategy?

We talked to lots of people when we were putting this strategy together.

- people who have had mental health problems
- children and young people
- families
- schools
- local councils
- local GPs
- health workers from the Bradford District Care NHS Foundation Trust
- voluntary and community sector organisations
- specialist commissioners
Our strategy

We know that helping people who have mental health problems is going to be one of our biggest challenges over the next 10 years.

We expect the number to rise, so we must do something now to make sure we can cope in the future.

We want to do all we can to prevent mental health problems from happening, and to treat them quickly to stop them getting worse.

Having good mental health doesn’t just mean not being ill. It’s about feeling good about yourself and your life. Knowing how to cope when things go wrong and being in control of your own life.

This is what we mean by mental wellbeing.
We know that people who have a physical health problem are more likely to get mental health problems too.

And these mental health problems can make their physical health worse, because they can’t look after themselves well.

And people who have mental health problems are more likely to get physical health problems.

They are more likely to have heart disease, Type 2 Diabetes or problems with breathing.

So we think it is important to treat physical and mental health together.
One in ten children between the age of 5 and 16 has a mental health problem.

One in four adults will have a mental health problem at some time in their lives.

Most of the time a problem can be treated and won’t ever come back. But for some people, mental health problems can last for years.

Our district has a very good record of caring for people with dementia, people in crisis and treating physical and mental health problems together.

So part of our strategy is to make sure people get good quality care when they need it.
Our Vision

We call our vision

Hope - Empowerment - Support

It is based on what people have said is most important for them. The 5 outcomes we expect to achieve are that people in Bradford District and Craven will:

• know more about mental health and understand how they can help themselves to stay well

• live and work in places that help them to have good mental health

• have both their mental and physical health needs met. This means services working together in a way that is easily accessible

• have services which meet their needs, help them to recover and help them to stay independent

• expect us to commission and deliver the care they need efficiently
To help us to meet our Vision, we have three **priorities** - things we think are the most important for us to do.

**Our wellbeing**

**Our mental and physical health**

**Care when we need it.**

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**Our wellbeing**
We will help people to
- find ways to cope with stress and mental health issues
- do things that keep them well
- know how to get help early if they need it
- be more in control of their lives and health

**Our mental and physical health**
Mental health is just as important as physical health. We will make sure that mental health and physical health services work together.

**Care when we need it**
When people do have mental health problems, we will make sure they can get the best treatment at the right time. We will make it easier to move between different services, and make sure people know where to go for help.

These **priorities** are supported by **48 strategic commitments**. These will help us to develop action plans that set out what we are going to do. You can see the list of all 48 at [www.bradforddistrictccg.nhs.uk/be-informed/our-publications/our-strategies](http://www.bradforddistrictccg.nhs.uk/be-informed/our-publications/our-strategies)
Where do we want to be by 2021?
We want these statements to be true for everyone who lives in Bradford District and Craven by 2021.

I have as much choice and control as possible in my life.

I know what keeps me well, and I get help and support to do the things that keep me well.

I know where to get advice, support and treatment.

I am not judged for how I feel or what I have done.

When I can’t be in control I still have my rights and my dignity. I am helped to choose the things that make me better.

I am treated with warmth and compassion. I feel respected and listened to.

My family or carer is supported and involved in my care.

I can choose different therapies and activities. I have help to get better without medication.

I understand my illness and I get the help I need to live my life as well as I can.
How will we get there?

When we design and deliver the services to help us meet this strategy, we will ask the views of:
• people who have had mental health problems
• their families and carers
• health professionals

We will make our decisions based on the best evidence; working with local universities and colleges to check that what we do is effective.

We will make sure that people with similar problems are treated the same no matter where they live.
And we will make sure that treatments are based on tried and tested ways of working that are effective.

We will make more use of personal budgets, so people have more choice and control over their own lives and support.

We will develop a plan to get all our staff working together better.
How will we get there?

We will work with the voluntary and community sector. We want to help them to do more.

We want to bring services together in one place, so people can use them more easily.

We will spend as much money on mental health in the future as we do now.

We will check to make sure that the money we spend is used properly and effectively.

We will support the use of new technology to help us to meet our aims.
How does this mental health strategy link to other issues?

There are lots of things that will affect your mental wellbeing:

- housing

- the environment

- employment

- drugs and alcohol misuse

- dementia

- learning disabilities and autism

They are all very important, and we mention them in our strategy. But we don’t go into much detail because there are separate strategies to deal with each of them.
What happens next?

The money

The law says that mental and physical health must now be treated as equally important.

We are committed to spending as much money on mental health in the future as we do now.

We will spend more money on mental health over the next 5 years as our budgets grow.

Action Plans

We will use the 48 strategic commitments to help us to make detailed plans to meet our priorities.

The Health & Wellbeing Board and the Mental Health Partnership Board will check how we are doing.

Measuring Progress

We have ways of measuring how much impact we are having on the health and wellbeing of the people of the district.