**Mental Health – Adults of Working Age**

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| **Demographic Information** |
| The size of Buckinghamshire’s population of adults aged 18 to 64 is predicted to remain fairly stable in coming years. The local demographics indicate that in 2010, approximately 48,000 adults would exhibit common mental health disorders, such as anxiety and depression. This figure will rise only slightly by 2030. In addition it is expected that approximately 2,600 people with more severe mental illnesses are helped to live independently by health and social care partners. This number is estimated to rise only slightly by 2030. This latter group (some of whom will require help with accommodation and support with living) are those most likely to come into contact with Oxford Health NHS Foundation Trust who provide mental health services in the county. |
| **National Guidance** |
| **A Vision for Adult Social Care: Capable Communities and Active Citizens**, **DH, 2010**  People should get personal choice and control over their services - from supported housing through to personal care. Even those with the most complex needs can benefit from personalised services.  All mental health services should aim to support adults to overcome the problems associated with mental health issues and to maximise their independence and sense of well-being. Success can be measured when the individual achieves their individually stated outcomes – for some this may include complete recovery, whereas for others stability is the main focus. |
| **Core Outcomes** |
| An understanding of people’s Emotional Needs as well as their physical needs   * Community Participation - Increased number of people with mental health problems participating in or engaging with local community activities. * Social Networks - Increase in the size and range of networks for people with mental health problems. * Physical Health - Improved physical health for people with mental health problems. * Mental Well-being - Improved quality of life, confidence and self-esteem for people with mental health problems. * Service User Satisfaction - Increased levels of satisfaction of service users with the delivery and outcomes of the service. * Service User Involvement - Increased levels of involvement of service users in the design, delivery, management, review and development of services. |
| **Key Requirements of Service Provision** |
| * Mental health services cover a wide range of conditions, some of which may affect someone’s ability to get on with their daily life. Mental illness can affect anyone, of any age and background, as well as having an impact on the people around them such as their family, friends, and carers. Most people recover from their mental illness. * Support and understanding is required as long-term problems can lead to considerable disruption and difficulty in people’s lives and poor mental health can result from a complex interaction of biological, social and psychological factors, but are still usually discussed in medical terms. |
| **Specific staff skills, experience and training** |
| Specific Training can be made available through Oxford Health NHS Foundation Trust in partnership with Buckinghamshire County Council to demonstrate the required competence and commitment to help service users maximise their independence.  All staff should have an understanding of basic mental health awareness  The Service and staff would also provide:   * Consistency and stability in the environment and in all interaction * Continuous external motivation and positive intervention * Support and encouragement to participate in community activities * Knowledge and understanding of relevant legislation, guidance and protocols including, but not limited to, the Mental Capacity Act, Deprivation of Liberty Safeguards and Safeguarding. |
| **Care and Supported Housing** |
| **Adult Mental Health**  The Council budget for mental health services is mainly allocated to the provision of accommodation based services. The Council directly commissions a number of services with social care outcomes using the local needs assessment to plan services for people with mental health issues including those with more complex needs.  Service Users with mental health issues can and do recover, as much as individually possible, leading a fulfilling life and contributing to society and the local economy.  It is intended that mental health providers will be able to work with service users in a truly person centred way. Fundamentally, this means acknowledging that an individual's road to recovery lies to a large extent in the value of the holistic approach to support and care.  Services should be able to provide support to the Service User to achieve their recovery even at times when they are perhaps temporarily too unwell or lack the personal resources to do this for themselves. The aim is for staff to provide the person with support to manage their own condition as far as possible and to help them access the resources they want, to live their lives.  Ultimately the Council wants services that promote people's recovery by giving people hope, control and the opportunity to meet their full potential through independence, and having more meaningful and fulfilling lives. The service will look at the person as a whole and not just a series of needs.  There has been a shift in culture within care and supported housing, from seeing supported housing as a long-term solution to a more flexible service working towards greater independence. Independence would include meaningful activity by improving Service User choice through employment and housing, alongside reducing stigma and discrimination associated with mental health issues.  The principles underlying this approach include –   * Giving service users greater choice and control * Provision of good quality services which will be outcome focused and innovative * Promote health and well-being by promoting access to universal services provided locally to where people live * Reduce dependence on services and promote independence and Self Directed Support to meet the changing needs and expectations * Prevent service users from becoming socially excluded and in need of more intense support from social care and health care agencies * Help service users to access mainstream services |