

HEALTH AND WELLBEING BOARD



TO:	Health and Wellbeing Board
FROM:	Mariam Motala, Frances Riley
DATE:	Wednesday, 4 December 2024

SUBJECT: Blackburn with Darwen's Place -based Mental Health and Suicide Prevention Strategy

1. PURPOSE

The purpose of this strategy is to have a shared document, that drives actions and holds the Place-based Partnership accountable for delivery. This strategy outlines Blackburn with Darwen's commitment to supporting individuals of all ages and needs across the mental health continuum. This strategy:

- Outlines what is meant by mental health and wellbeing.
- Describes the vision and strategic priorities for mental health and suicide prevention as relevant to people in Blackburn with Darwen.
- Describes the leadership and governance that will deliver the vision and the contributions that can be made by all partners.
- Defines the values and the approach that underpin how the vision will be achieved in alignment with other key strategies in Blackburn with Darwen and Lancashire and South Cumbria.
- Uses local data, and insight gathered from lived experience, to present the current picture of mental health needs in the borough, including both risk and protective factors.
- Identifies local assets and services which currently exist to support local people and any gaps in provision.
- Provides a framework for action across the life-course and across the mental health continuum, using public and population health principles.

2. RECOMMENDATIONS FOR THE HEALTH & WELLBEING BOARD

Approve the Blackburn with Darwen Place-based Mental Health and Suicide Prevention Strategy 2025-2030 (attached as Appendix 1).

3. BACKGROUND

The mental health of local residents has a significant impact on Blackburn with Darwen as a place and is a key priority for all the health and care organisations in the borough. Having good mental health and wellbeing allows individuals to be prosperous, to contribute to our economy, to play a part in our communities and ultimately to be happier and healthier. It is associated with a range of better outcomes for people of all ages and backgrounds.

Local data shows that many young people and adults in Blackburn with Darwen experience poor mental health:

- The prevalence of depression has been increasing in the borough year-on-year, with the percentage of aged 18+ patients with depression, as recorded on GP disease registers, at 17.2%. (2023) This is significantly higher than the national figure of 13.2%.ⁱ
- There are over 2,400 people (all ages) with a diagnosis of severe mental illness (including schizophrenia, bipolar disorder or other psychoses), accounting for 1.34% of the total GP registered population. This is higher than the England prevalence of 1.00%.ⁱⁱ
- 3.3% of school pupils from Blackburn with Darwen were identified as having social, emotional and mental needs, slightly higher than the national rate of 3%.ⁱⁱⁱ
- Between 2021 – 23, there have been 49 deaths by suicide in the borough, 36 males and 13 females. The rate of suicides is 12.0 per 100,000 and is higher than England rate of 10.7^{iv}
- Hospital admissions for self-harm among those aged 10-24 is at a rate 599.5 per 100,000, significantly worse than national and regional rates. Rates of admissions for 10–14-year-olds is the 4th highest amongst upper tier authorities in the North West.^v

The vision for the new strategy is “Every person to have the best mental health that they can, at every stage of their life.”

The vision will be achieved by the delivery of the 6 strategic priorities. These are:

- Create caring and understanding Communities that work together to support mental health and prevent suicide
- To deliver real and effective prevention and early intervention support that works
- Provide quick and responsive mental health treatment services
- Improve the health and wellbeing of people with severe mental illness (SMI)
- To prevent suicide
- Ensure everyone has fair and easy access to mental health support and well-being resources regardless of their circumstances

4. RATIONALE

This strategy provides a shared vision for mental health and suicide prevention for Blackburn with Darwen over the next five years (2025-2030). It is an all age, place-based strategy, developed collectively by a range of local health and care organisations. It outlines how these partners plan to implement actions and recommendations from multiple Blackburn with Darwen and Integrated Care Board documents, reinforcing our approach and clarifying how these initiatives will be delivered in a way that is meaningful to Blackburn with Darwen residents.

5. KEY ISSUES

Governance and implementation

This is a 5-year strategy and the ambitions set out within the document have been developed in accordance with these timescales. A clear governance and accountability structure is in development to allow partners to work together to achieve the strategy vision.

The Place-based Partnership will oversee and be accountable for the delivery of the underpinning actions of the Strategy. They will form an All-age Mental Health Delivery Group to ensure the achievement of the strategy’s ambitions. It will contain representatives from all sectors and will report progress on delivery of the strategy to the Place-based Partnership.

- Initially, a two-year action plan will be produced which will outline specific actions to be delivered by each partner organisation.
- The action plan will include key performance indicators, that will be used to measure progress and success.
- This will be produced with partners and people with lived experience and will build on actions already identified through the engagement process.
- The action plan will be renewed after two years, alongside a refresh of the data in order to ensure they stay relevant to the needs in the borough.

The Place-based Partnership will ensure the independencies between the delivery of this strategy and other work done by the Partnership, (e.g. the delivery of the Neighbourhood Plan, the development of the Co-Production Strategy) are clarified, and effectively managed to ensure linkages are made.

The Health and Wellbeing Board will oversee the strategy and receive an annual update on the delivery outcomes articulated in the strategy.

6. POLICY IMPLICATIONS

This strategy sets out the expectations for mental wellbeing and mental health services, detailing what residents can be expected from these services. The strategy also specifies the approach these services should adopt to fulfil those expectations. This may have implications on how we commission and deliver mental wellbeing and mental health services in the future within Blackburn with Darwen.

7. FINANCIAL IMPLICATIONS

There are no new financial implications relating directly to this strategy.

8. LEGAL IMPLICATIONS

There are no new legal implications with regards to this strategy

9. RESOURCE IMPLICATIONS

The Mental Health Delivery Group will take the operational function for this strategy and link effectively with all stakeholders to deliver the strategic priorities.

10. EQUALITY AND HEALTH IMPLICATIONS

Equality Impact Assessment (EIA) not required – the EIA checklist has been completed.

11. CONSULTATIONS

The formal engagement period for the Strategy was between the 30th May – 10th July 2024. This took the form of:

- A formal Engagement Session which was held on the 5th June. 70 participants attended.
- An online survey that was launched 30th May. 129 people completed this survey. 60 of the

people who completed this survey, identified as having or have had a mental health condition.

- 20 Focus Group Sessions, which included:
 - Staff from NHS Mental Health services
 - People with lived experience
 - Children and Young People
 - Older Adults
 - People bereaved by suicide
 - People seeking asylum
 - Learning Disability and Autism Group

In total, approximately 300 people have contributed to the development of this strategy.

VERSION:	
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DATE:	28/10/2024
BACKGROUND PAPER:	Appendix 1: Blackburn with Darwen Mental Health and Suicide Prevention Strategy 2025-2030

ⁱ Office for Health Improvement and Disparities (2023). Mental Health and Wellbeing JSNA. Available from <https://fingertips.phe.org.uk/profile-group/mental-health/profile/mh-jsna/data#page/1/gid/1938132922/pat/6/par/E12000002/ati/402/are/E06000008/yr/1/cid/4/tbm/1/page-options/car-do-0>

ⁱⁱ Quality and Outcomes Framework 2022/23 [QOF 2023-24 | NHS Digital](#)

ⁱⁱⁱ Number and percentage of pupils with Special Educational Needs, 21/22 – Department for Education.

^{iv} Suicides in the UK, Office of National Statistics

^v Hospital Episode Statistics, NHS Digital