



# Mental Health Update



SMI Intervention Pilot

Sponsored by GSK

# Agenda

- 18:30 – 19:00 Registration, networking, stands and refreshments
- 19:00 – 19:10 Introductions, welcome and overview (Fiona)
- 19:10 - 19:20 Physical Health in SMI (Emily)
- 19:20 – 20:00 MIND (Paul)
- 20:00 – 20:30 Mental Health (David)
- 20:30 – 20:45 Pilot Outline (Fiona)
- 20:45 – 21:35 CPPE Peer Discussion (Megan)
- 21:35 – 21:45 CARDIOPHITNESS (in SMI) research study (Dolly)
- 21:35 – 21:45 Wrap up and close

# Introductions and Overview

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Fiona Lowe

Chief Officer Warwickshire LPC  
and Coventry LPC



# Overview

## Domestics

- Fire alarms and toilets

## Introductions

- Dolly, Emily, Paul, David, Megan, Len, LPC

## Overview

- STP wide collaboration utilising healthy living pharmacies
- Research
- Physical Health in SMI
- MIND
- Mental Health Update
- Pilot
- CPPE
- Feedback, certificates and handouts



**Warwickshire**  
County Council



**South Warwickshire**  
Clinical Commissioning Group

# Physical Health in SMI

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Emily Vandeventer

Associate Director of Public  
Health, WCC/SWCCG

# Physical Health of people with Severe Mental Illness

Emily van de Venter, Associate Director of Public Health,  
WCC/SWCCG

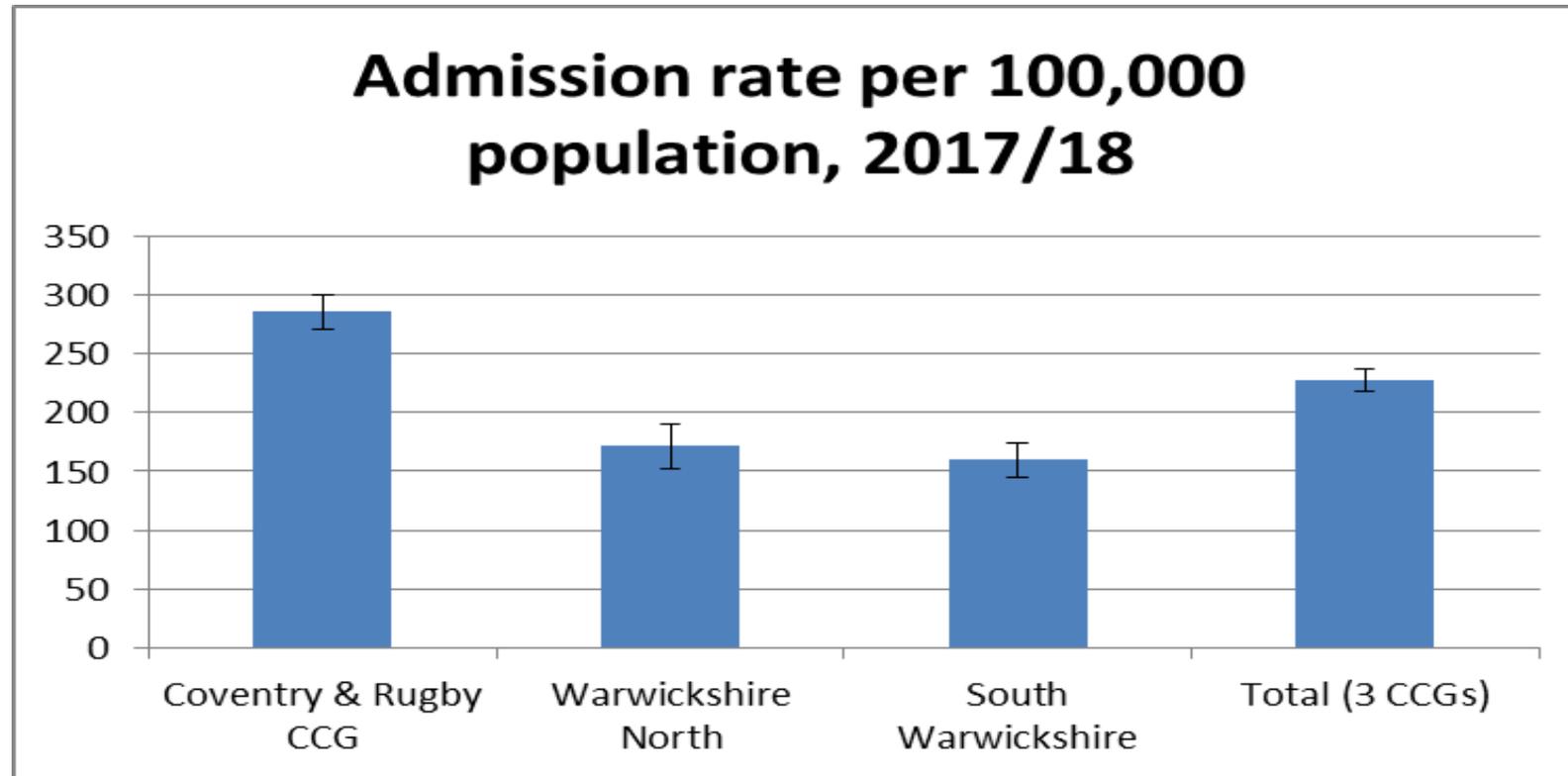
# Inequalities & inequities in health

- People with SMI die up to **20 years younger** than the general UK population
- People with mental ill health have **3.6 times more** potentially **preventable emergency admissions** than those without mental ill health

**Risk factors include:** lifestyle behaviours, barriers accessing services, wider determinants, genetics?

## Emergency Admissions for People with Severe Mental Illness; Coventry & Warwickshire

In 2017/18 PwSMIs accounted for 4.5% of emergency admissions, whilst only representing around 1% of the total population.



# Emergency Admissions for People with Severe Mental Illness

<b>All CCGs, 2015/16 to 2017/18</b>			
	<b>Number of patients</b>	<b>Cost</b>	<b>Average cost/patient</b>
<b>1 admission</b>	2,886	£3,825,605.85	£1,325.57
<b>2-5 admissions</b>	1,230	£4,694,945.65	£3,817.03
<b>6-9 admissions</b>	67	£724,625.78	£10,815.31
<b>10-14 admissions</b>	12	£119,487.11	£9,957.26
<b>15+ admissions</b>	<5	£63,984.57	
<b>Total Patients</b>	<b>4,199</b>	<b>£9,428,648.97</b>	<b>£2,245.45</b>

# Pro-active physical healthcare for people with severe mental illness

**A comprehensive cardio-metabolic risk assessment in line with the NHS health check**



**Where indicated, relevant national screening programmes to be delivered or followed up**



**Medicine reconciliation and monitoring**



**General physical health enquiry**



# Annual Physical Health Review

## **Aim:**

To improve **access** to & **quality** of physical health checks **AND** follow up interventions for people with SMI

1. Completion of recommended physical health assessments;
2. Follow-up: delivery of or referral to appropriate NICE-recommended interventions;
3. Follow-up: personalised care planning, engagement and psychosocial support.

**“don’t just screen, intervene”**

# Supporting people with SMI

## **Staff should:**

- **understand SMI** and how it might be experienced;
- understand the excess risks of poor physical health and **how best to support engagement** and access to physical health care;
- **feel confident and empowered** to talk about health holistically, including mental health, healthy lifestyles, risk reduction and physical health; and
- have **technical skills and expertise** to carry out physical health assessments and communicating the results.

# Risk factors - Smoking

## Higher smoking prevalence

- **37% prevalence** in people with longstanding MH issue (HSE, 2010). Impacts on:
  - **life expectancy** (10 yr reduction attributable to smoking)
  - **increases drug requirements** to control symptoms
  - adds to the **social stigma** this group experiences (RCP & RCPsych 2013)

**Stopping smoking:** Effect sizes are **equal or larger** than those of **antidepressant treatment** for mood and anxiety disorders.

- SMI smokers attribute the symptoms of tobacco withdrawal to anxiety
- They are **less frequently offered** stop smoking interventions

## Risk factors - Obesity

- Physical activity in people with MHDs ~**60% had below average activity levels**
- Spanish study showed high intake of **fast food**, snacking between meals and **low consumption of fruit and fish** in patients with schizophrenia
- **Metabolic alterations** with prescribed treatments
- Anti-psychotics and antidepressants - **increase appetite and thirst.**
- Apathy, **reduced levels of energy and motivation** seen with depression can cause high consumption of convenience foods

## Risk factors continued...

### ➤ **Higher risk of problematic drug and alcohol use**

2002 Scottish study, 446 people with schizophrenia 250 controls:

- **7% v 5%** reported problematic drug use in previous yr
- **20% v 6%** during their lifetime.

➤ **Medication:** Atypical antipsychotics usually first line in SMI; known metabolic effects include weight gain, DM and dyslipidaemia.

➤ **Wider determinants:** Prevalence of psychosis in the lowest income quintile around 9x times greater than in the highest (Marmot).

Excess mortality also associated with: **Loneliness and social isolation; poorer housing conditions; lower employment rates; poverty**

# System issues

## **Barriers to accessing service** (*Primrose Study*):

- **Negative perceptions** held by healthcare staff towards reducing CVD risk in SMI;
- **Challenges in accessing** GP and community-based services;
- Reported **difficulties in managing a healthy lifestyle**;
- **Missed appointments** and follow-up;
- **Lack of awareness** across healthcare staff for increased CVD risk in SMI (“*diagnostic over-shadowing*”).

# What works...

*(Primrose Study)*

Using **behaviour change theory** & strategies including:

- setting **behavioural goals** via support from others (e.g. adhering to statins, improving diet, increasing physical activity, reducing alcohol, quitting smoking);
- creating an **action plan**, including via signposting;
- recording and **reviewing progress**, and providing **positive feedback**;
- learning to **cope with setbacks**;
- facilitating the **forming of habits**.

# Sources of additional support

## ➤ **Mind Wellbeing Hubs**

## ➤ **Community links (Keyring)**

- **Provide 6x3hr sessions to provide support (1:1, group, peer) with challenges and with connecting with community**
- For people aged 17+ with a mental health need (inclusive of undiagnosed needs)
- Resident/registered in Warwickshire & not entitled to social care services

**Referral form:** [www.keyring.org/what-we-do/community-links](http://www.keyring.org/what-we-do/community-links)

# Small changes can make a big difference

- <https://youtu.be/gw4qt5IbVIs>

# Struggling to cope?

Don't wait for things to get too much.

## VISIT WARWICKSHIRE LIBRARIES

for **Reading Well Books on Prescription** (BOP) recommended self-help books, audio CDs and e-books visit: [www.warwickshire.gov.uk/booksonprescription](http://www.warwickshire.gov.uk/booksonprescription)



## GO ONLINE

**bigwhitewall.com** completely anonymous online community, free to people living in Warwickshire, available 24/7



## TELEPHONE

a team of trained and experienced support workers - 24/7 via the **Mental Health Matters Helpline** on **0800 61 61 71** and **0300 330 5487** for mobiles or try **Time Online**, the online chat service



## SPEAK TO SOMEONE

in person at **Warwickshire Wellbeing Hubs** - free one to one support, walk-in sessions and drop-in sessions visit: [www.cwmind.org.uk/wbw](http://www.cwmind.org.uk/wbw) or call: **02477 712288**



## ACCESS THERAPIES (IAPT)

a service for people who are feeling stressed, anxious, low in mood or depressed, providing advice, information and therapy - call **02476 671090** to self-refer



## FOR CHILDREN AND YOUNG PEOPLE

**Rise** - Warwickshire's emotional wellbeing and mental health services for children and young people. Call **0300 200 2021** or visit [www.cwrise.com/home](http://www.cwrise.com/home)



Find out more at [warwickshire.gov.uk/mentalhealth](http://warwickshire.gov.uk/mentalhealth)



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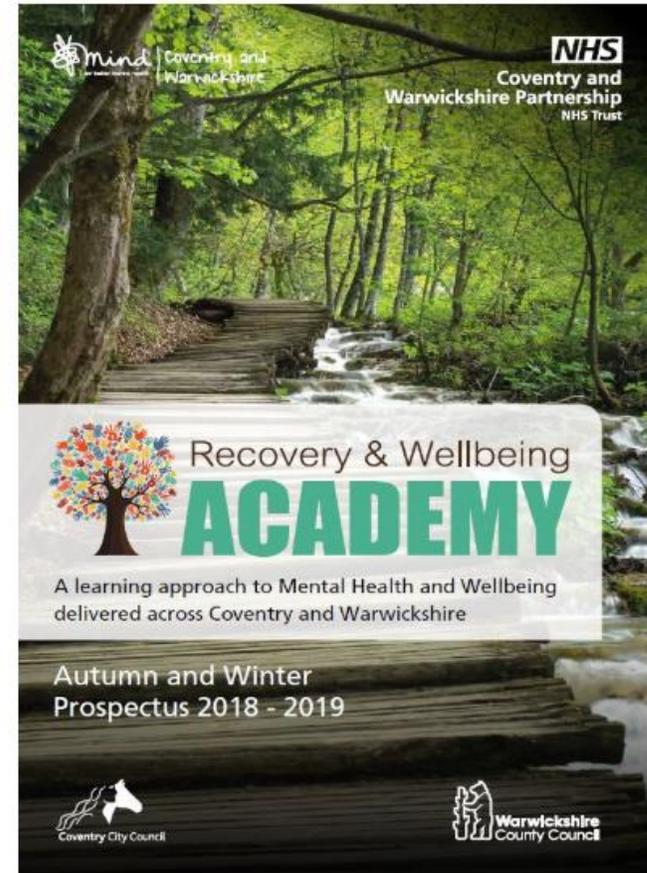
Warwickshire  
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Working for  
Warwickshire

# Sources of additional support

## Recovery and Wellbeing Academy

- [recoveryandwellbeing.covwarkpt.nhs.uk](http://recoveryandwellbeing.covwarkpt.nhs.uk)



# Additional Support

**Warwickshire Mental Health  
Employment Support Service  
(MHES)**  
Individual Placement Support (IPS)



Warwickshire

**Mental Health  
Employment  
Support Service**

Individual Placement Support (IPS)

**Office address:**

Room 21  
Koco Building  
Arches Industrial Estate  
Spon End  
Coventry CV1 3JQ

Phone: 024 7667 3938  
Fax: 024 7671 7852  
Email: MHES@rethink.org



**Leading the way to a better  
quality of life for everyone  
affected by severe mental illness.**

For further information  
on Rethink Mental Illness  
Phone 0121 522 7007  
Email info@rethink.org

 [facebook.com/rethinkcharity](https://www.facebook.com/rethinkcharity)

 [twitter.com/rethink\\_](https://twitter.com/rethink_)



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Social Fund, and Warwickshire County Council.



# Mental Health Co-production Service

## Get in touch

If you would like to be a part of our Warwickshire Mental Health Service User Co-production Service, we would love to hear from you.

📞 01926 679 207

✉ coproduction.warks@makingspace.co.uk

🏠 Making Space, Unit 38, Pure Offices, Tournament Fields,  
Warwick, Warwickshire CV34 6RA

Head Office  
Making Space  
Lyne House,  
46 Allen Street  
Warrington,  
Cheshire WA2 7JB

Visit [www.makingspace.co.uk](http://www.makingspace.co.uk)

📘 Making Space Official Page

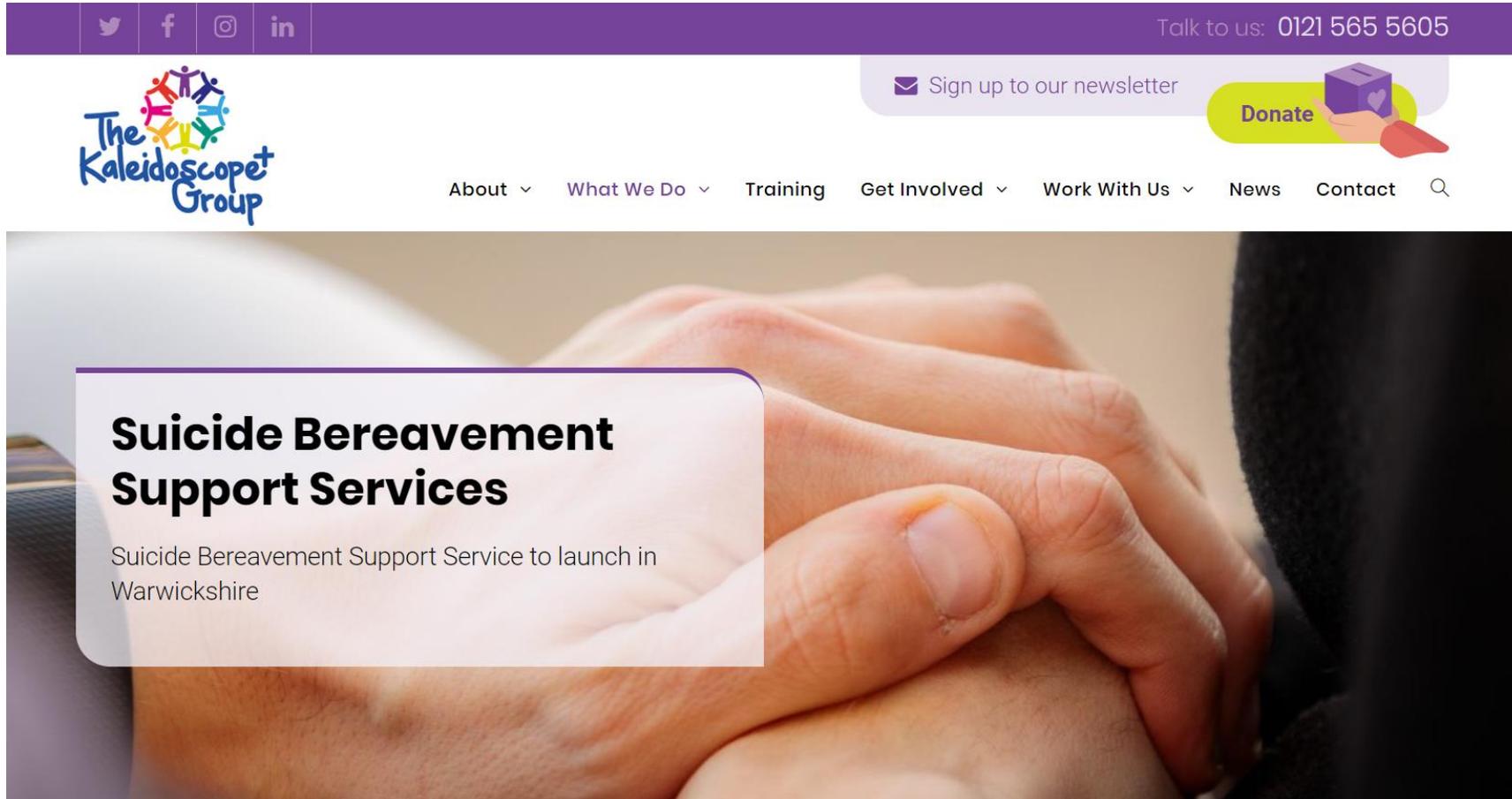
🐦 @MakingSpaceUK

🌐 Making Space Charity

📺 Making Space



# Support for people bereaved through suicide



# Substance Misuse



Children and Young People's

Services Tel: 01788 578227

mailto:info@compass-uk.org



Adult well being and recovery

Tel: 01926 353513

Warwickshire.Info@cgl.org.uk



ESH WORKS

Residential Rehabilitation

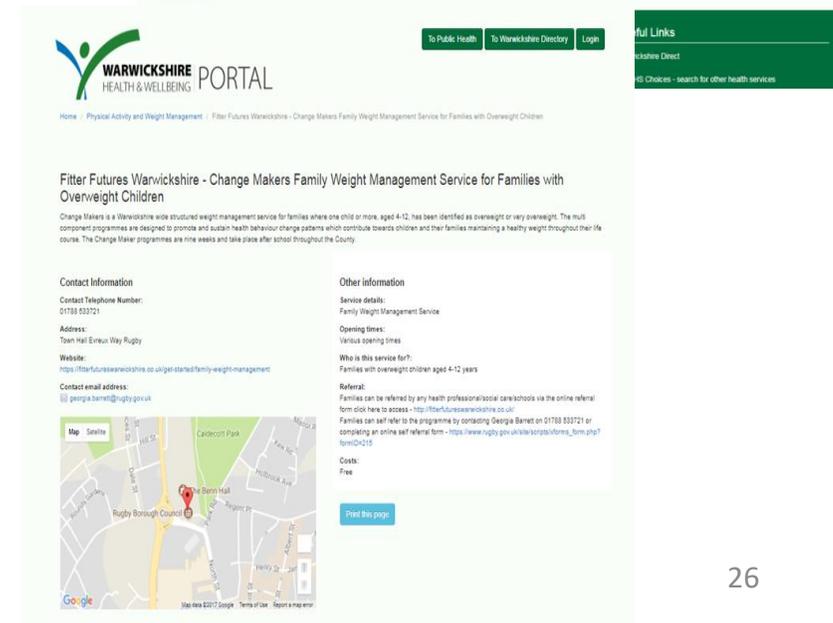
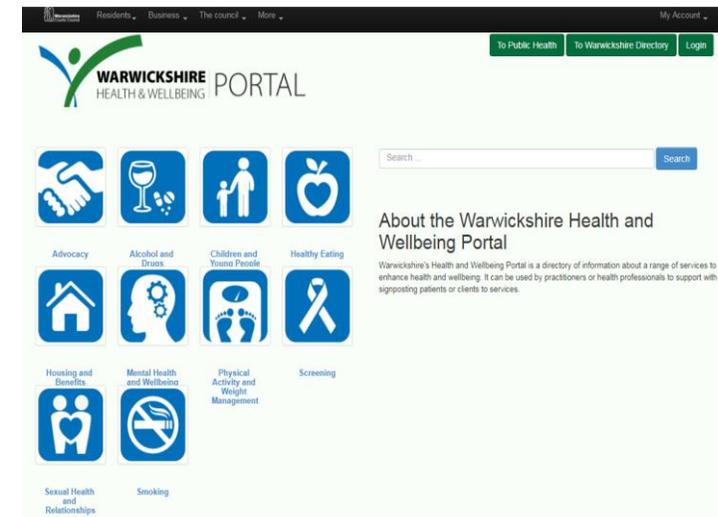
Tel: 01926 889 356

www.eshworks.org

www.warwickshire.gov.uk/alcohol

# Warwickshire Health and Wellbeing Portal

- Online directory of all public health commissioned/jointly commissioned services plus some other health and wellbeing evidence based services.
- Available for all **professionals**.
- Open access - [warwickshire.gov.uk/wellbeingportal](http://warwickshire.gov.uk/wellbeingportal).
- Signpost public to – [Warwickshire.gov.uk/health](http://Warwickshire.gov.uk/health)



# Schizophrenia

Schizophrenia is a psychotic illness in which symptoms have been present for at least 6 months

Average age of onset is 18 in men, 25 in women

Males have a higher risk of developing schizophrenia during their lifetime

Affects less than 1 in 100 people during their lifetime

Contrary to popular belief, many people lead full and happy lives, with many making a sustained recovery