

# Mental Health Needs Assessment for Adults in Kent: Thanet CCG 2014



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# Introduction

Mental Illness is still one of the most complex, hard to define and stigmatised aspects of the health and social care landscape. As such it provides a challenge for epidemiologists and public health specialists to map and chart the range of issues that impact on a person's mental health and wellbeing. It must also be noted that under the banner of 'mental health' there exist almost as many different conditions as the whole spectrum of 'Physical Health'. Indeed there are also areas where the diseases of the mind and body are so interrelated as to make any separation artificial and erroneous.

The severity, duration and impact of mental illness varies hugely, and so prevalence data alone for the various disorders will not provide all of the information required to estimate medical and social care needs, or the extra considerations for education, employment, acceptance, understanding and accommodation by society plus the reasonable adjustments that are required for routine services for people who suffer with mental illness. All services need to be flexible so that they can be tailored to the circumstances of individuals.

New to the landscape of 'Mental Illness' are the terms, 'Mental Wellbeing' and 'Recovery' which acknowledge that everyone has a mental health and those people with mental illness can recover and live productive lives. Mental illness affects people of all ages and stages of life, across society, impacting upon family life, friends and relationships, education, finding work, working, caring for others, leisure pursuits and retirement, as well as the impacts purely characteristic of the disorder.

The data and datasets set out and explored here are not the full picture of mental health in Kent and her NHS CCG's. Therefore this Needs Assessment will only contribute to a wider assessment of population-based need which is beyond the scope of this report. This will require discussion with commissioners, service providers, patients, carers and others to:

- Evaluate existing services,
- Understand capacity and pathways, in relation to evidence of best practice,
- Understand patient perspectives and
- Take account of views of patients and their carers on different aspects of care and support.

This needs assessment will cover the Adult 'working age' population and will not assess needs of children and young people. This will be tackled in an update of the Children & Young People's Mental Health Needs Assessment in 2014. However some elements will be tackled here, such as self-harm. This report will not assess the needs of dementia sufferers. It will touch briefly on the mental health of older people- but this is an area that demands a needs assessment of its own.

Where possible we have compared local data to national or regional figures. Occasionally it is not possible to break data down to CCG level for Health and Wellbeing Boards and County wide data is also provided.

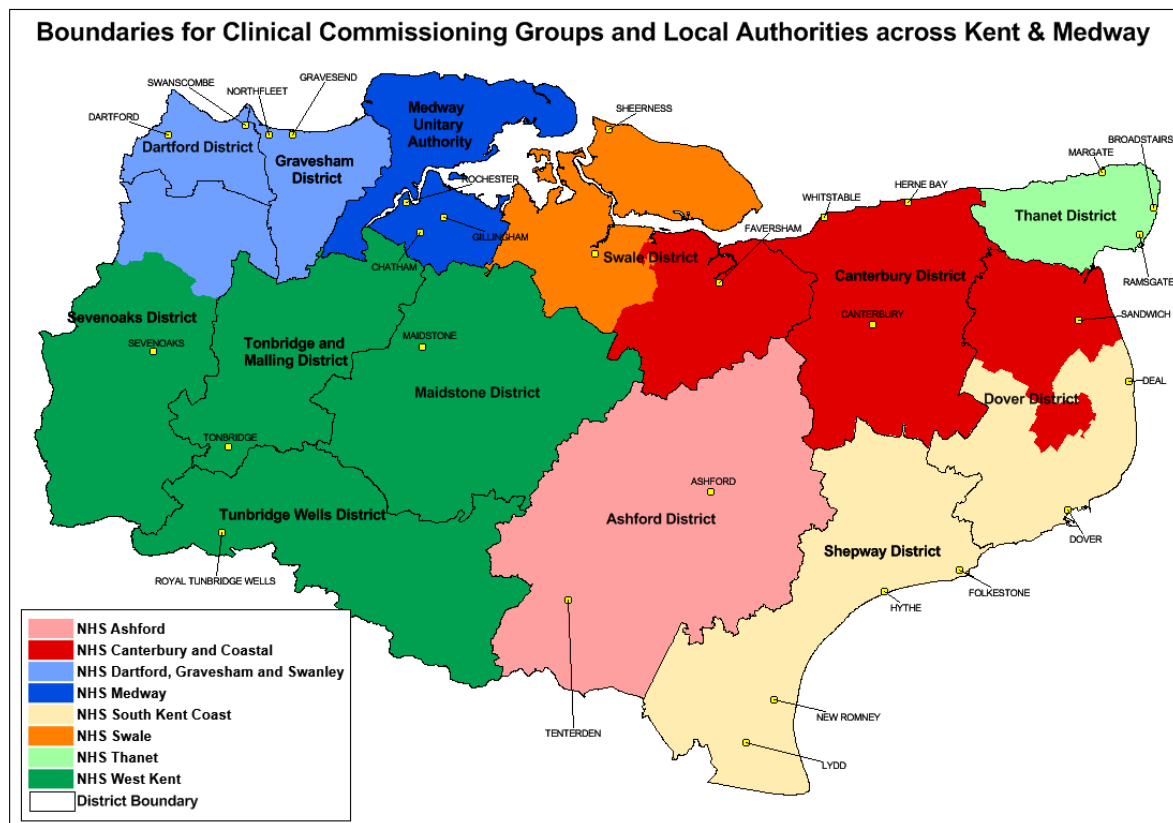
Changes brought in to effect from April 2013 through the Health and Social Care Act now place the responsibility for local public health with Kent County Council. The close working relationship with the NHS continues through the provision of public health support and advice to seven clinical commissioning groups covering the area, Dartford, Gravesham & Swanley CCG, West Kent CCG, Swale CCG, Ashford, Canterbury and Coastal, South Kent Coast and Thanet CCGs.

This report, Mental Health Needs Assessment of the Population of Kent (MHNA) has been written for all the commissioning partners of the Kent Health and Wellbeing Board in order to:

- provide a robust evidence base of the links between mental health and illness and the wider determinants of health;
- provide information on current and future mental health and wellbeing needs of the people of Kent, in order to improve mental health and wellbeing;
- inform the Commissioners in Kent and others about where services and interventions need to be focused to achieve better mental health and wellbeing outcomes; and
- inform public mental health strategies for each locality and Kent as a whole.

The MHNA is a working document, developing as more information is collected and collated. This is because new data and information becomes available regularly and will help update an annual refreshed needs assessment. This will include epidemiological information and evidence for current and potential interventions, as it becomes available. Comments and views arising out of public discussion will be incorporated into the MHNA as they are collected. This is planned as a continuing process, to ensure that the assessment remains sensitive to the population's changing needs.

Figure 1



Jess Mookherjee : Consultant in Public Health, February 2014

## Aims

**The aims of the mental health needs assessment are:**

- to gather information to plan, negotiate and change services for the better and to improve health in other ways.
- to build a picture of current services, i.e. a baseline.
- to encourage discussion on why services might need changing for the better?

## Objectives

**The objectives of the mental health needs assessment are:**

**Intelligence:** it provides a baseline of the current picture of mental health in Kent which can then be used to measure the impact of interventions or service development.

**Planning:** to help decide what services are required i.e. for how many people, the effectiveness of these services, the benefits that will be expected, and at what cost.

**Efficiency:** having assessed needs, measuring whether or not resources have been appropriately directed i.e. Do those who need a service get it? Do those who get a service need it? This is related to audit.

**Equity:** reduce health inequalities through early identification and improving the spatial allocation of resources between and within different groups.

**Involvement of stakeholders:** conducting a mental health needs assessment can stimulate the involvement and ownership of the various stakeholders in the process and ensure that the Kent Live it Well Strategy has active engagement from all those effected by Mental Illness. This will be a priority for 2014.

# Key Findings and Recommendations for Thanet CCG

The data quality for this needs assessment is poor. It has been almost impossible to make an overall assessment of service use and need. Nationally this is also a problem therefore this does not single Kent out – however improvements to data input and output are vital for commissioning.

It should also be noted that due to the different modelling approaches used within this needs assessment to demonstrate the various needs of the mentally ill population of both Kent and the CCG overall numbers must be viewed with caution and discrepancies may exist.

High deprivation, as found in Thanet means mental health and wellbeing must be a priority for the CCG. In Thanet there is considerable variation of treatment at primary care level - with some practices showing a high prevalence and others showing very low prevalence when compared to Kent and England average prevalence. This, married with high hospital admissions for schizophrenia and psychoactive psychosis and a highly deprived population with high levels of health inequalities and poor overall demonstrate why mental health and wellbeing should be a priority in Thanet.

- **As a matter of urgency improve data input, data systems, data quality and evaluation of secondary mental health data. Public Health Kent to audit secondary service data.**
- **Understand more fully the high hospital admissions for psychosis in Thanet.**

## Chapter 1: Mental Health in Context

Mental health is not just the issue of primary care or secondary care services and social services. Mental Health is an issue for all. Stigma and hostility towards people with mental illness is still prevalent and stops people seeking help and makes those suffering more vulnerable. Thanet is one of the most deprived areas of Kent and as such all partners need to rally together in a 'Call to Action' to tackle root causes of distress: unemployment, poverty, stigma, addictive and violent behaviour. However, Thanet also has many assets, nature and landscape, art and culture, heritage and history and a relatively young population in urban areas. Work together to create a better Thanet.

- **A “Mental Wellbeing Oversight Board” or similar to be set up to report to the Kent and Thanet Health and Wellbeing Boards on the progress**

towards the National “Closing the Gap” report and it’s 25 priorities (many of which are reflected in the other recommendations of this Needs Assessment)

- The vulnerable population in Kent is aging. Consider reviewing ‘Supporting People’ and Housing Services and Policies for vulnerable people in light of the population estimates in this needs assessment and link this with ‘integrated care’/Better Care funds.
- As this needs assessment covers only adults of working age: urgently assess need of young adults transitioning from child to adult services. Adult services must respond to the differing needs of vulnerable groups: see “Friends and Family Test”
- Improve data, pathways and quality of mental health services for people in the criminal justice system and mental health service users who come into contact with police.

## Chapter 2: Mental Health: Some Definitions

There are as many mental health conditions as there are physical health conditions and no needs assessment for mental health can do them all justice. Many conditions are ill defined and clinicians who are not experts need the help and support of experts. It is important to review pathways periodically – particularly when new guidance emerges. Thanet has a relatively poorer than Kent average population – whose access to services are historically patchy.

- Review the quality of the pathways for the various mental illnesses. Plan pathway reviews against NICE guidance prioritising Dual Diagnosis, Personality Disorder, Psychosis and self-harm. The pathway reviews can form the basis of the next iteration of the Thanet needs assessment.

## Chapter 3: Population

Thanet has many challenges compared to other areas in Kent. However community building and increasing the natural resilience that many people and communities have can be a way to mitigate the impact of poverty and unemployment. In every area there will be dedicated community leaders and people willing to go the extra mile and local Health and Wellbeing Groups can find them.

- Thanet Health and Wellbeing Board prioritise local ‘asset mapping’ and link the results of this to the pathways for both common and severe mental illness.

- Use the progress made with ‘connected communities’ to understand patterns of service use thereby improving access to psychological therapies and other wellbeing programmes.
- Map the local assets for wellbeing and publicise to the local population.
- Run targeted wellbeing campaigns using Kent Six Ways to Wellbeing (Wheel of Wellbeing).

## Chapter 4: Risk Factors and Health Inequalities

Thanet has a long history of health inequalities and this is well documented. Health inequalities and short life expectancies are a well-known outcome of psycho social stress. In the long-term – this has a corrosive impact on the body and lowers immune systems and leads to physical illness. If untreated and compounded by life events – this can lead to mental illness. Therefore people who have the greatest risk of poor outcomes should be proactively sought out by services rather than hoping that people in need will stumble upon the right ‘department’. Consider how many of the risk groups in table 6 are in the poorest five wards in Thanet and how services can proactively engage them.

- **Thanet has a high degree of Health Inequality: addressing this should be one of the highest priorities for the Health and Wellbeing Board. Thanet HWBB should ensure that resources are distributed proportionately to need. Thanet HWBB’s health inequalities plan should contain ways to tackle employment and skills, access to health and wellbeing services, housing and homelessness and community cohesion and support.**
- **Improve access to psychological therapies - particularly for people with a history of sexual abuse, relationship breakdown, substance misuse problems and for offenders and ex-military.**
- **Improve the quality of the annual health check for people with severe mental illness in Thanet.**
- **Ensure that the health and wellbeing of the migrant population is addressed by using ‘health trainers’ and ‘community health champions’ to publicise the services that are on offer and monitor and evaluate uptake of commissioned services accordingly.**
- **Proactively provide information and advice on parenting and relationship counselling – targeting young families - via primary care, children’s centres, churches and hospitals.**

## Chapter 5: Prevalence and Chapter 6: Service Use (Demand)

Most people with a mental illness in Thanet will have a common mental illness. There will be a projected rise of just over 5% by 2020 of common mental illness and 3.8% rise in severe mental illness by 2020. Thanet has a small but significant amount of people (mainly men) with Attention Deficit disorder and Personality Disorder. There is a large difference between people with moderate forms of the illness and severe forms and only a small proportion of people with these conditions will be eligible for a secondary service. Therefore it is important that there are community programmes for men with behaviour problems, particularly related to work skills.

Data is poor – it is almost impossible to make an assessment of whether there are enough of the right services available and an audit of services needs to happen urgently. Data that is available points to high degrees of unmet need. However Thanet appears to have patients with serious mental illness registered in primary care in greater proportion than other CCGs. Thanet has the second highest hospital admission rate for all mental health conditions in Kent and the highest (and statistically significant) admission rate for schizophrenia in Kent. There are also higher than Kent average rates for hospital admissions due to psychoactive substances. This indicates better proactive care pathways are needed in Thanet. Due to pressure on resources it will be vital public health and social care services align to NHS services.

- **Improve ‘social marketing’ of psychological counselling services**
- **Empower local GP’s with skills and knowledge to refer to counselling services (particularly via primary care link workers)**
- **Thanet has a high rate of both common and severe mental illness: incentivise and prioritise primary care to be proactive in diagnosis and referral and ensure that secondary services are responsive.**
- **Ensure equity audit on primary care mental health is undertaken.**
- **Audit and evaluate services for adult ADHD and Personality Disorder for the Thanet population.**
- **Align public health and social care services with NHS services particularly in areas of greatest deprivation.**
- **Urgently ensure that the available data is cleansed and understood more fully, both through previous national data sifting processes and local commissioning.**
- **Urgently conduct health equity audit on Community/Secondary Mental Health services.**
- **Ensure there is a local ‘deep dive’ into the APMS survey to ensure that national estimates are accurate. This is underway for the 2015 survey and led by Public Health in Kent**

## Chapter 7: Long-term Conditions and Morbidity

Of all people with a Long Term Condition in Thanet, 30% also have a mental health problem. People with mental health problems (particularly serious mental health) die on average 20 years earlier than people with no mental health problem. Most people with a mental health condition die of Cardio Vascular Disease. The Risk Stratification project in Kent found that 75% of those in the study with a serious mental health condition had three or more long-term conditions. Mental health commissioners need to work closely with the Better Care Programme to improve integrated services.

- **Train psychiatric staff to be more vigilant and better equipped to notice patient's physical health deterioration.**
- **Train mental health staff in healthy lifestyle awareness**
- **Work Force wellbeing initiatives to be targeted in mental health trusts**
- **Follow NICE Guidance – where physical health of mental health patients is the responsibility of the GP and primary care.**
- **Older people's mental health (non-dementia) should be prioritised for assessment in 2014.**
- **Mental health to form a key work stream in the 'Better Care' Programme.**

## Chapter 8: Suicide and Self-harm

In Kent the suicide rate for men is 8.43 per 100,000 people, for women, 2.24 per 100,000 people and for combined population 5.24 per 100,000 people for 2008-10 (figure 63). Thanet has the second highest suicide rate for men in Kent – 14 per 100,000 people. Rates of suicide are likely to be an underestimation.

Self-harm rates in the UK are higher than Europe. Kent has higher self-harm admission rates than the England average. The highest risk group for self-harm are young women aged 17-25. Self-harm is not well understood and does not always lead to suicide. The main at risk groups are women recovering from drug and alcohol abuse and female offenders. There also appears to be a national increase in reported self-harm in high secondary schools.

- **Improve data collection and links with coroners' courts for more responsive data.**
- **Improve data integration with police and paramedics to prevent escalation of risk**
- **Improve training to key front line professionals**

- **Develop bespoke training for police and GPs on mental health awareness and risk assessment/management techniques**
- **Develop wellbeing programmes in Thanet for men**
- **Work with KIASS and other young people experts to assess what works in addressing self-harm in younger people**

Table 1

<sup>11</sup> <b>Disease or medical condition</b>	<b>ICD 10 code</b>
Dementia	F00-F03
Other organic, including symptomatic, mental disorders	F04-F09
Psychoactive substance abuse	F10-F19
Schizophrenia, schizotypal & delusional disorders	F20-F29
Mood disorders	F30-F39
Neurotic, stress-related & somatoform disorders	F40-F48
Behavioural syndromes	F50-F59
Disorders of adult personality & behaviour	F60-F69
Mental retardation	F70-F79
Disorders of psychological development	F80-F89
Behavioural/emotional disorders – usual child/teen onset	F90-F98
Suicide	X60-X84
Undetermined injury (included within broader definition of suicide)	Y10-Y34 excluding Y33.9
<b>International Classification of Diseases: classification used in Singleton's national adult survey</b>	<b>ICD 10 code</b>
Any neurotic disorder	F40-F48
* Mixed anxiety/depression disorder	F41.2
* Generalised anxiety disorder	F41.1
* All phobias	F40
* Obsessive compulsive disorder	F42
* Panic disorder	F41.0
Depressive episode	F32-F33
Personality disorder	F60-F69
Probable psychotic disorder	F20-F29, F30-F31

<sup>1</sup> The International Classification of Diseases (ICD 10) classifies some conditions in the mental and behavioural disorders section. However, suicide and undetermined injury are found within another section dealing with external causes of deaths.

## What is a Health Needs Assessment?

A health needs assessment is a systematic method for reviewing the health issues facing a population, leading to agreed priorities and resource allocation that will improve health and reduce inequalities. It:

- is a recommended public health tool to provide evidence about a population on which to plan services and address health inequalities
- provides an opportunity to engage with specific populations and enable them to contribute to targeted service planning and resource allocation
- provides an opportunity for cross - sectorial partnership working and developing creative and effective interventions.

### Potential benefits subsequent to undertaking health needs assessment are:

- strengthened community involvement in decision making
- improved team and partnership working
- professional development of skills and experience. Improved communication with other agencies and the public
- better use of resources.

### The challenges of undertaking a health needs assessment include:

- working across professional boundaries that prevent information-sharing
- developing a shared language between sectors
- accessing relevant data
- accessing the target population.
- maintaining team impetus and commitment
- translating findings into effective action.

It is important to acknowledge these challenges.

### Approaches to health needs assessment are:

**Epidemiological:** this focuses on the quantitative needs of the population in line with the available evidence base.

**Comparative:** this compares services available locally with those in other areas of the country.

**Corporate:** this is based on the views of interest groups including health organisations, health professionals, politicians, the media, users and carers.

**Participatory appraisal:** seeks to incorporate the values of the wider community in setting priorities.

This report focuses on the epidemiological approach using currently available data.

# 1. Mental Health in Context

## National policy

People from different groups of society have different abilities to access support and to engage in communities and this makes some people more susceptible to mental health problems. Recognising the impact of both risk and protective factors relating to the circumstances of people's lives is imperative when designing health improvement interventions.

Mental health has been high on the agenda with both the last and current governments. In February 2011 the Department of Health published the national public health strategy 'No Health without Mental Health: A cross government mental health outcomes strategy for people of all ages'.<sup>2</sup> This document identified six outcomes:

1. More people will have good mental health
2. More people with mental health problems will recover
3. More people with mental health problems will have good physical health
4. More people will have a good experience of care and support
5. Fewer people will suffer avoidable harm
6. Fewer people will experience stigma and discrimination

The current government has committed to ensuring the wellbeing of the whole population. Improving mental health and wellbeing is associated with a range of better outcomes for all people. These include improved physical health and therefore life-expectancy, better educational achievement, increased skills, reduced risky health behaviours such as smoking and alcohol misuse, reduced risk of mental health problems and suicide, improved employment rates and productivity, reduced anti-social behaviour and criminality, and higher levels of social interaction and participation. Addressing these areas for the whole population will demonstrate large steps to reducing inequalities experienced in mental health and also in preventing more serious mental health conditions developing.

The links between mental health crisis and the police have been highlighted in the "Mental Health Crisis Concordat" (January 2014) which highlights essential improvements in joint working between police, paramedics and health and social care services.

After focusing heavily on physical health for many years, there is growing recognition of the importance and wide ranging impact of mental health. Mental ill health represents up

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<sup>2</sup> Department of Health. *No Health without Mental Health: A Cross-Government Mental Health Outcomes Strategy for People of All Ages*. 2011

to 23% of the total burden of ill health in the UK and is the largest single cause of disability.<sup>3</sup>

The Royal College of Physicians identified the importance of public mental health, particularly in the early identification and early intervention at the start of the life-course. The document “No Health without Mental Health” also discusses the uses of universal and targeted approaches to prevention and how these need to be applied to the population. It highlights the importance of dual diagnosis, (see section 5), and identifies areas where there are inequalities that need to be addressed. It also emphasises the need for providers to be involved in commissioning of services to ensure need is identified and met, the need for commissioners to consider the effects of mental health and mental illness across the life course and also the wider economic impact of promoting positive mental health and wellbeing.<sup>4</sup>

Therefore, in January 2014, the Coalition Government set out its “Closing the Gap: 25 Priorities for Essential Change in Mental Health”. Notably the report emphasises the physical health and integrated care of people and the tackling of stigma and discrimination. All of the 25 priorities that relate to ‘working age’ people are reflected in the recommendations of this needs assessment as the national report picks up many issues that are also acutely felt in Kent.

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/281250/Closing\\_the\\_gap\\_V2\\_-\\_17\\_Feb\\_2014.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/281250/Closing_the_gap_V2_-_17_Feb_2014.pdf)

## **Economic**

In secondary care, 11% of the annual health budget is spent on mental health. Nationally more than £2 billion is spent annually on social care for people with mental health problems.<sup>5</sup> With increases in the population, and particularly in the older age groups with increasing life expectancy, it is estimated that the cost of treating mental health problems could double over the next 20 years.<sup>6</sup>

The impact of mental health on people’s wider lives can affect their educational attainment, employment, housing, family relationships and there are wider costs of mental health problems than just health related costs. Costs to the individuals, their families and their communities in lost potential are essentially incalculable. However detailed estimates suggest the overall calculable cost of mental health problems in England to be around £105 billion and around £30 billion of this estimate is work

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<sup>3</sup> Who (2008) *The Global Burden of Disease: 2004 update*, available at: [www.who.int/healthinfo/global\\_burden\\_disease](http://www.who.int/healthinfo/global_burden_disease)

<sup>4</sup> The Royal College of Psychiatrists. *No Health without Public Mental Health: the case for action*. 2010.  
<http://www.rcpsych.ac.uk/pdf/Position%20Statement%204%20website.pdf>

<sup>5</sup> Department of Health (2009) *Departmental Report 2009: The Health and Personal Social Services Programmes*, available at: [www.official-documents.gov.uk/document/cm75/7593/7593.pdf](http://www.official-documents.gov.uk/document/cm75/7593/7593.pdf)

<sup>6</sup> Mccrone P, dhanasiri s, Patel A et al. (2008) *Paying the Price: The cost of mental health care in England*. London: King’s Fund, 220–226.

related.<sup>7</sup> This is largely due to sickness absence and reduced productivity. There are also large costs associated with the impact on the criminal justice system and also the housing system and particularly the homelessness services. One of the largest areas of cost is the benefit system. The most common reason for incapacity benefit claims is mental health, with 43% of the 2.6 million people on long-term health-related benefits have a mental or behavioural disorder as their primary condition.<sup>8</sup>

## Life course

Mental health problems can begin very early in life, often earlier than other causes of disability. There are also connections between mental health problems in childhood and in young adulthood, with one in ten children aged between five and 16 years having a mental health problem.<sup>9</sup> Over half of people with a lifetime mental health disorder at the age of 26 will have met the diagnostic criteria first by the age of 14.<sup>10</sup> Mental wellbeing during pregnancy and the antenatal period can have an impact on the wellbeing of the child, so is an important time within the life course. One in ten new mothers experience postnatal depression.<sup>11</sup> During adulthood poor mental health can impact upon people's ability to maintain employment, housing and secure family relationships. Depression in older people affects up to 25% of the population and up to 40% of those living in care homes.<sup>12</sup>

In 2008, the Government Office for Science produced a report based on the project 'Mental Capital and Wellbeing: Making the most of ourselves in the 21st Century'. The report looks at how our population is changing and how this will impact on our wellbeing and mental health. The report includes a comprehensive diagram of a synthetic view of the mental capital trajectory and factors that may act upon it. This diagram is shown in figure 2<sup>13</sup>. It is clear that mental health is an issue throughout the life course and in many different areas of people's lives.

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<sup>7</sup> Centre for Mental Health (2010) *The Economic and Social Costs of Mental Health Problems in 2009/10*, available at: [www.centreformentalhealth.org.uk/pdfs/Economic\\_and\\_social\\_costs\\_2010.pdf](http://www.centreformentalhealth.org.uk/pdfs/Economic_and_social_costs_2010.pdf)

<sup>8</sup> Department for Work and Pensions (2010) statistical summaries, available at: [http://campaigns.dwp.gov.uk/asd/index.php?page=statistical\\_summaries](http://campaigns.dwp.gov.uk/asd/index.php?page=statistical_summaries)

<sup>9</sup> Green h, McGinnity A, Meltzer h et al. (2005) *Mental Health of Children and Young People in Great Britain, 2004*. Basingstoke: Palgrave Macmillan

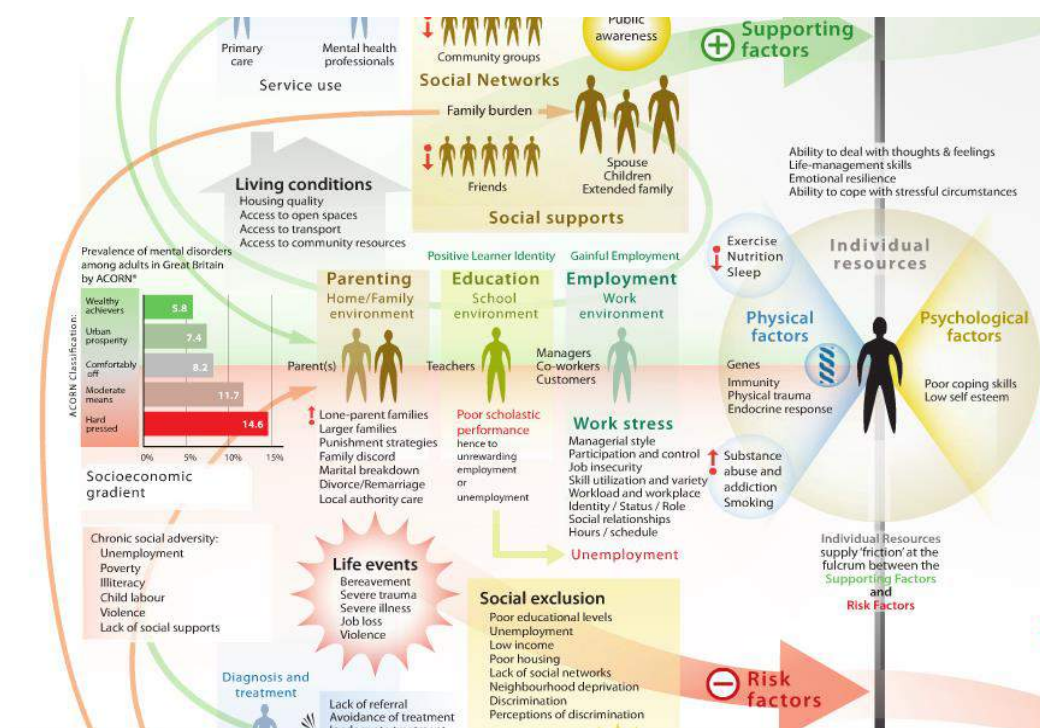
<sup>10</sup> Kim-Cohen J, Caspi A, Moffitt T, Harrington H, Milne B, Poulton R. *Prior juvenile diagnoses in adults with mental disorder*. Archives of General Psychiatry 2003; 60: 709–717.

<sup>11</sup> Gavin n, Gaynes B, Iohr k et al. (2005) *Perinatal depression: a systematic review of prevalence and incidence*. *Obstetrics and Gynaecology* 106: 1071–1083

<sup>12</sup> Age Concern. *Improving services and support for older people with mental health problems*. London: Age Concern; 2007

<sup>13</sup> The Government Office for Science, London (2008) Foresight Mental Capital and Wellbeing Project Final Project report – Executive summary.

Figure 2



## Local policy

Mental health promotion and mental health are priorities for a range of organisations locally. The Kent Live it Well strategy is supported by all partners. However, there have been many changes in commissioning since the Live it Well strategy was produced and it is hoped this report will help the strategy reflect these changes. All the Health and Wellbeing Boards in Kent recognise the importance of mental health and its impact on quality of life throughout the life course. Consequently the Joint Health and Wellbeing Strategies include mental health, in terms of promoting mental wellbeing and support to people with specific mental health needs, as a priority. Therefore this needs assessment will contribute to the production of local mental health strategies and inform the priorities set out within Clinical Commissioning Groups and Local Authority commissioning plans and integrated health and social care plans.

## Methodology

Since no single source of information will provide a true picture, this mental needs assessment has identified distinct areas which, we believe, taken together provide a good body of evidence.

- Analysis of risk factors
- Expected prevalence of mental health conditions
- Service utilisation vs expected need
- Mortality indicators

## 2. Mental Health: Some Definitions

Good mental health is a desired and universal quality for everyone, including those with a diagnosed mental health condition. Equally every single one of us, will experienced periods of poor mental health at some time in our lives. In addition mental and physical health are closely linked in terms of cause and effect. Mental health both determines (causes) physical health status and is an outcome (the result) of physical health status.

The term '**flourishing**' has recently been used to describe, positive mental health.

The term '**resilience**' is used to describe the positive protective factors which act as a 'buffer' against poor mental health. This could be thought of as a kind of mental health immune system.

**Risk factors** are things which pose a threat to positive mental health. An increasing body of evidence tells us what these risk factors are, covering social and environmental factors.

Actions to prevent mental illness and improve the mental health of the whole population requires **a lifelong / life course approach**, enhanced by particular protection for those in high-risk groups and a focus on improving the services and outcomes for those in receipt of treatment.

The key life-stages and actions cover:

Table 2

Laying the foundations	Building mental wellbeing and resilience in infancy and childhood (including supporting parents).
Transition from adolescence to adulthood	Including the needs of vulnerable groups such as looked-after children, young carers, people with learning disabilities, those with neurodevelopmental disorders and young parents.
Better mental health and wellbeing in adulthood	Including the importance of employment, housing and access to green spaces in preventing mental illness and risks posed by climate change, alcohol misuse, violence (including sexual and domestic violence and abuse) and discrimination.
Support for high risk groups	Including people experiencing discrimination and exclusion, those who are socially isolated, experiencing violence or at risk of harm, carers, homeless people, offenders, people with long-term physical illness, armed forces.

## Stigma and Discrimination

There are three commonly held misconceptions related to mental health needs:

- people with mental health problems cannot make their own decisions
- people with mental problems are dangerous
- people with mental health problems need to be looked after

Each of these misconceptions are damaging to people with mental health problems and reduce opportunities for recovery<sup>14</sup> and self-control. The associated stigma can also prevent people approaching services for help. Communities themselves will have different views and beliefs about mental health problems, which will impact on how this is talked about, acknowledged, or hidden.

Experiencing racism has been shown to triple the likelihood of developing depression and psychosis. Experiencing racism from an employer increases the risk of depression by 60%.<sup>15</sup>

Facing discrimination is damaging to self-belief and can prevent people from taking opportunities. Research suggests that correlations between perceived discrimination and mental health problems are as strong as those connected with social status.<sup>16</sup>

One of the objectives of the Government's mental health strategy<sup>17</sup> is that fewer people with mental health problems experience stigma and discrimination. There is a high-profile national campaign currently, 'Time to change', which aims to end the stigma and discrimination faced by people who experience mental health problems<sup>18</sup> and has already demonstrated impact on public attitudes with a 15% reduction in reported levels of discrimination.

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<sup>14</sup> National Programme for Improving Mental Health and Well-being in Scotland [www.wellscotland.info](http://www.wellscotland.info)

<sup>15</sup> Karlsen, S. & Nazroo, J. Y. (2002) The relationship between racial discrimination, social class and health among ethnic minority groups. *American Journal of Public Health*.

<sup>16</sup> R. C. Kessler, K. D. Mickelson, D. R. Williams. The prevalence, distribution and mental health correlates of perceived discrimination in the united states. *Journal of Health and Social Behaviour*. 40:208-230.1999

<sup>17</sup> See HM Government, above.

<sup>18</sup> Time to talk, time to change (2011) Annual report <http://www.time-to-change.org.uk/sites/default/files/Time%20to%20Change%20Annual%20Report%202010-11.pdf>

Table 3

Category	Condition	Link to NICE Guidance
Common Mental Illness	depression, generalised anxiety disorder, panic disorder, obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD) and social anxiety disorder	<a href="http://www.nice.org.uk/nicemedia/live/13476/54520/54520.pdf">http://www.nice.org.uk/nicemedia/live/13476/54520/54520.pdf</a>
Severe Mental Disorder	schizophrenia (psychosis)  bi-polar disorder Personality Disorder  Serious eating disorder	<a href="http://publications.nice.org.uk/schizophrenia-cg82">http://publications.nice.org.uk/schizophrenia-cg82</a>  <a href="http://www.nice.org.uk/cg38">http://www.nice.org.uk/cg38</a>  <a href="http://www.personalitydisorder.org.uk/about/pd-resources/nice-guidelines/">http://www.personalitydisorder.org.uk/about/pd-resources/nice-guidelines/</a>

Common MH	Name	Definition & Symptoms	Epidemiology	Treatment
Anxiety	<b>Generalised Anxiety Disorder</b>	<p>GAD is a long-term condition which causes you to feel anxious about a wide range of situations and issues, rather than one specific event.</p> <p>People with GAD feel anxious most days and often struggle to remember the last time they felt relaxed. GAD can cause both psychological (mental) and physical symptoms. These vary from person to person, but can include</p>	GAD affects about 1 in 20 adults in Britain. Slightly more women are affected than men, and the condition is most common in people in their 20s.	GAD can significantly affect your daily life, making it difficult to carry out everyday tasks. However, several different treatments are available to ease your psychological and physical symptoms. These include psychological therapy and medication.

		feeling irritable or worried and having trouble concentrating or sleeping		
	<b>Panic Disorder</b>	<p><b>Panic disorder is where you have recurring and regular panic attacks, often for no obvious reason.</b></p> <p>Everyone experiences feelings of anxiety and panic at certain times during their lifetime. It is a perfectly natural response, particularly when you are in a dangerous or stressful situation. However, for people with panic disorder, feelings of anxiety, stress and panic occur regularly and at any time.</p>	<p><b>At least one person in 10 experiences occasional panic attacks, which are usually triggered by a stressful event.</b></p> <p><b>In the UK, approximately one person in 100 has panic disorder. Most people first develop the disorder when they are in their twenties. The condition is approximately twice as common in women as it is in men.</b></p>	<p>The main aim of treatment for panic disorder is to reduce the number of panic attacks that you have and to help ease the severity of your symptoms. The two main types of treatment for panic disorder are psychological therapy and medication</p>
	<b>Post Traumatic Stress Disorder</b>	<p><b>Post-traumatic stress disorder (PTSD) is an <a href="#">anxiety</a> disorder caused by very stressful, frightening or distressing events</b></p> <p>PTSD can develop immediately after someone experiences a disturbing event or it can occur weeks, months or even years later. Someone with PTSD will often relive the traumatic event through nightmares and flashbacks, and may experience feelings of isolation, irritability and guilt.</p> <p>They may also have problems sleeping, such as <a href="#">insomnia</a>, and find concentrating difficult.</p>	<p>PTSD is estimated to affect about 1 in every 3 people who have a traumatic experience, but it's not clear exactly why some people develop the condition and others don't.</p>	<p>These symptoms are often severe and persistent enough to have a significant impact on the person's day-to-day life</p> <p><b>watchful waiting</b> - waiting to see whether the symptoms improve without treatment</p> <p><b>psychological treatment</b> - such as trauma-focused <a href="#">cognitive behavioural therapy</a> (CBT) or eye movement desensitisation and reprocessing (EMDR)</p> <p><b>antidepressant medication</b> - such as <a href="#">paroxetine</a></p>

				or <a href="#">mirtazapine</a>
<b>Depression</b>	<b>Clinical Depression</b>	<p><b>Feeling sad persistently for months.</b></p> <p>Persistent feelings of sadness, hopelessness and losing interest in activities and feeling tearful. Often accompanied by symptoms of anxiety.</p> <p>There can be physical symptoms too, such as feeling constantly tired, sleeping badly, having no appetite or sex drive, and complaining of various aches and pains. There are social symptoms such as neglecting home life and hobbies and poor performance at work.</p> <p>There are differing intensities – ranging from mild- to moderate to severe.</p> <p>Unlike Bereavement (which shares many symptoms) – there is no looking forward to the future.</p>	<p>NICE Guidance states worldwide that 4-10% of the population are likely to suffer Major Depression, and 2.5% to 5% for Mild depression.</p> <p>In UK point prevalence estimate was 2.6% but when linked with Anxiety rose to 11.6%. The rates for women are double that of men.</p>	<p><b>There are far more people with depression then seek treatment for it.</b></p> <p><b>Often people are misdiagnosed or the depression is not picked up (NICE)</b></p> <p><b>Treatments include</b></p> <ul style="list-style-type: none"> <li>- <b>Antidepressants</b></li> <li>- <b>Cognitive behaviour therapy</b></li> <li>- <b>Counselling</b></li> <li>- <b>ECT</b></li> <li>- <b>Psychology</b></li> <li>- <b>Complementary therapies</b></li> <li>- <b>Lifestyle interventions</b></li> </ul>

Severe	Schizophrenia	<p><b>Schizophrenia is a long-term mental health condition that causes a range of different psychological symptoms, including:</b></p> <ul style="list-style-type: none"> <li>•hallucinations - hearing or seeing things that do not exist</li> <li>•delusions - unusual beliefs not based on reality which often contradict the evidence</li> <li>•muddled thoughts based on the hallucinations or delusions</li> <li>•changes in behaviour</li> </ul> <p>Doctors often describe schizophrenia as a psychotic illness. This means sometimes a person may not be able to distinguish their own thoughts and ideas from reality.</p>	<p>Schizophrenia is one of the most common serious mental health conditions. About 1 in 100 people will experience schizophrenia in their lifetime, with many continuing to lead normal lives.</p> <p>Schizophrenia is most often diagnosed between the ages of 15 and 35. Men and women are equally affected.</p>	<p>Schizophrenia is usually treated with a combination of medication and therapy appropriate to each individual. In most cases, this will be antipsychotic medicines and cognitive behavioural therapy (CBT).</p> <p>People with schizophrenia will usually receive help from a community mental health team (CMHT), which will offer day-to-day support and treatment.</p> <p>Many people recover from schizophrenia, although they may have periods when symptoms return (relapses). Support and treatment can help reduce the impact of the condition on your life.</p>
	Bipolar disorder	<p>Known in the past as manic depression, this is a condition that affects your moods, which can swing from one extreme to another and it is characterised by will have periods or "episodes" of:</p> <ul style="list-style-type: none"> <li>•depression - where you feel very low and lethargic</li> <li>•mania - where you feel very high and overactive (less severe mania is known as hypomania)</li> </ul> <p>The symptoms of bipolar disorder depend on which mood you are experiencing. Unlike simple mood</p>	<p>Patients may initially be diagnosed with <a href="#">clinical depression</a> before having a manic episode later (sometimes years later), after which you may be <a href="#">diagnosed with bipolar disorder</a>.</p> <p>During a manic phase of bipolar disorder patients may feel very happy and have lots of ambitious plans and ideas e.g spend large amounts of money on things that you cannot afford and would not normally want, Not feeling like eating or sleeping, talking quickly and becoming annoyed easily are a common characteristics of the</p>	<p>Treatment can include:</p> <ul style="list-style-type: none"> <li>•medication to prevent episodes of mania, hypomania (less severe mania) and depression - these are known as mood stabilisers and are taken every day, on a long-term basis</li> <li>•medication to treat the main symptoms of depression and mania when they occur</li> <li>•learning to recognise the triggers and signs of an episode of depression or mania</li> <li>•psychological treatment - such as talking therapy to help deal with</li> </ul>

		swings, each extreme episode of bipolar disorder can last for several weeks or longer, and some people may not experience a "normal" mood very often.	manic phase of bipolar disorder. During the manic phase, people often feel very creative, viewing mania as a positive experience. However, during the manic phase of bipolar disorder, symptoms of psychosis may be present.	depression and to give you advice about how to improve your relationships •lifestyle advice - such as doing regular exercise, planning activities that you enjoy and that give you a sense of achievement, and advice on improving your diet and getting more sleep
	<b>Personality Disorder</b>	<p>Personality disorders are conditions in which an individual differs significantly from an average person, in terms of how they think, perceive, feel or relate to others.</p> <p>Changes in how a person feels and distorted beliefs about other people can lead to odd behaviour, which can be distressing and may upset others.</p> <p>There are broadly three categories of personality disorder:</p> <p><b>Cluster A:</b> difficulty relating to others/ distrustful and suspicious  <b>Cluster B:</b> Difficulty regulating feelings/ unpredictable and disturbing  <b>Cluster C :</b> overwhelming emotions/ withdrawn and isolated</p>	<p>In England, it is estimated around one in every 20 people has a personality disorder. However, many people have only mild conditions so only need help at times of stress (such as bereavement). Other people with more severe problems may need specialist help for longer periods.</p> <p>The main symptoms are:</p> <ul style="list-style-type: none"> <li>•being overwhelmed by negative feelings such as distress, anxiety, worthlessness or anger</li> <li>•avoiding other people and feeling empty and emotionally disconnected</li> <li>•difficulty managing negative feelings without self-harming (for example, abusing drugs and alcohol, or taking overdoses) or, in rare cases, threatening other people</li> <li>•odd behaviour</li> <li>•difficulty maintaining stable and close relationships, especially with partners, children and professional carers</li> <li>•sometimes, periods of losing contact</li> </ul>	<p>This depends on the severity of the disorder and whether there are ongoing problems.</p> <p>Some mild to moderate personality disorders improve with psychotherapy.</p> <p>Different types of psychological therapies have been shown to help people with personality disorders. However, there is no single approach that suits everyone and treatment should be tailored to the individual. Not all talking therapies are effective and it is essential they are delivered by a trained therapist.</p>

			<p>with reality Symptoms typically get worse with stress.</p> <p>People with personality disorders often have other mental health problems, especially depression and substance misuse.</p>	
	<b>Severe Eating Disorder</b>	<p>Eating disorders are characterised by an abnormal attitude towards food that causes someone to change their eating habits and behaviour.</p> <p>A person with an eating disorder may focus excessively on their weight and shape, leading them to make unhealthy choices about food with damaging results to their health</p>	<p>Around 1 in 250 women and 1 in 2,000 men will experience anorexia nervosa at some point. The condition usually develops around the age of 16 or 17.</p> <p>Bulimia is around five times more common than anorexia nervosa and 90% of people with bulimia are female. It usually develops around the age of 18 or 19.</p> <p>Eating disorders include a range of conditions that can affect someone physically, psychologically and socially. The most common eating disorders are:</p> <ul style="list-style-type: none"> <li>•anorexia nervosa - when someone tries to keep their weight as low as possible, for example by starving themselves or exercising excessively</li> <li>•bulimia - when someone tries to control their weight by binge eating and then deliberately being sick or using laxatives (medication to help empty their bowels)</li> <li>•binge eating - when someone feels compelled to overeat</li> </ul>	<p>Treatment usually involves monitoring a person's physical health while helping them to deal with the underlying psychological causes. This may involve:</p> <ul style="list-style-type: none"> <li>•using self-help manuals and books, possibly under guidance from a therapist or other healthcare professional</li> <li>•cognitive behavioural therapy (CBT) - therapy that focuses on changing how someone thinks about a situation, which in turn will affect how they act</li> <li>•interpersonal psychotherapy - a talking therapy that focuses on relationship-based issues</li> <li>•dietary counselling - a talking therapy to help people maintain a healthy diet</li> <li>•psychodynamic therapy - counselling that focuses on how a person's personality and life experiences influence their current thoughts, feelings, relationships and behaviour</li> <li>•family therapy - therapy involving the family discussing how the eating disorder has affected them and their</li> </ul>

			Some people, particularly young people, may be diagnosed with an eating disorder not otherwise specified (EDNOS). This means you have some, but not all, of the typical signs of eating disorders such as anorexia or bulimia.	relationships •medication - for example, a type of antidepressant called selective serotonin reuptake inhibitors (SSRIs) may be used to treat bulimia nervosa or binge eating
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**Source:** NHS Choices (accessed January 2014)

## Scale of Mental Health Problems for Adults in Thanet CCG

### Adults in Thanet

The most recent population estimates of mental disorders among adults aged 16 - 74 (based on the report of the Adult Psychiatric Morbidity Survey in England, 2007) are:

#### In the past week

- Common mental disorders, 16.2%, 13013 people aged 18-64 and this is expected to increase by 5.1% by 2020.
- Current PTSD: 3199 people aged 18-64 and this is expected to decrease to 3175 by 2020. *(This could be due to the projected age increase in the population as PTSD is less common in older age groups)*

#### Over the previous year

- The estimated number of adults (18-64 years) with psychotic disorders in Thanet is 323.
- The estimated number of adults (aged 18-64) with borderline personality disorder in Thanet is 364.
- The estimated number of adults (aged 18-64) with antisocial personality disorder in Thanet is 278.
- The estimated number of adults (aged 18-64) with two or more psychiatric disorders, is 5802 persons aged 18-64 .

### Suicide

- In Kent however the suicide rates are slightly lower compared to England however suicide is responsible for 1% of all deaths in Kent and is the highest cause of death in people aged 25-44 years.
- In Thanet in 2012 there were 14 deaths by suicide.

## 3. Population of Thanet CCG

### 3.1 Population: size, age and sex

Thanet's population exhibits a considerable smaller proportion of under 50s compared to the Kent and Medway profile, but has a higher percentage of over 55s. The largest section of the local population is aged 60 to 64. This will have an impact on health services because people over 60 will generally have greater health needs and service usage.

Figure 3

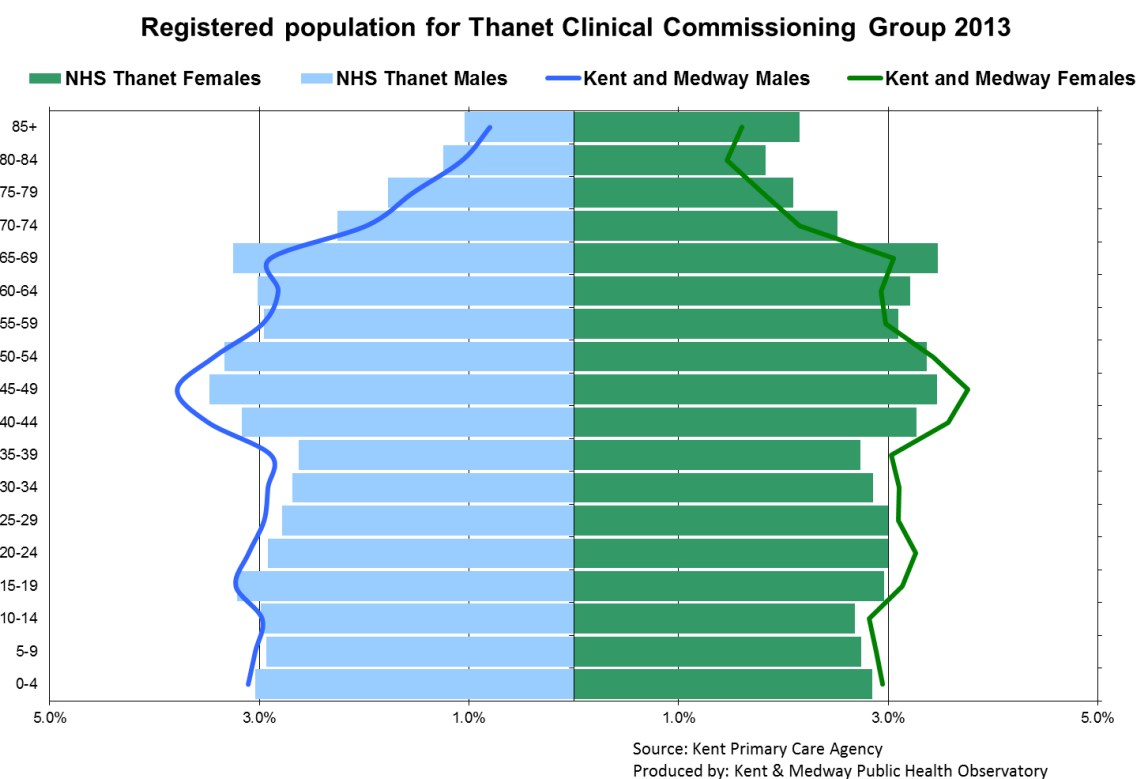
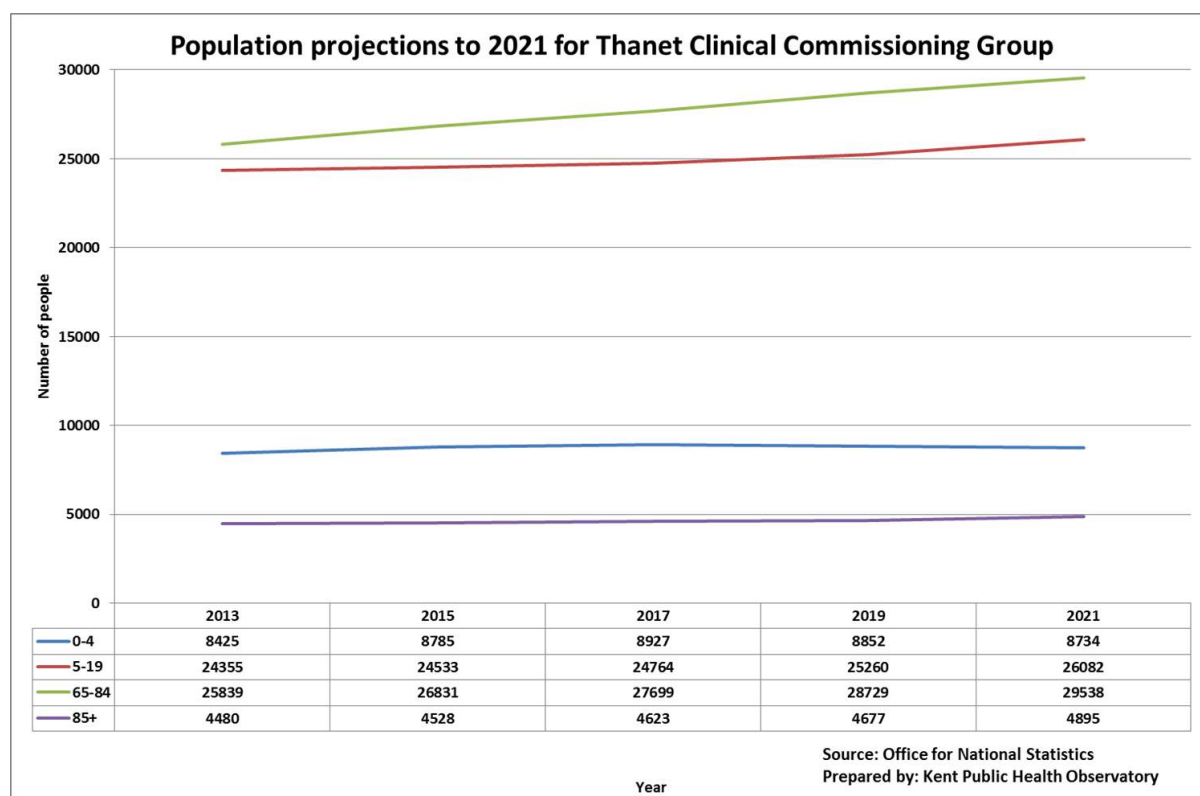


Figure 4 Projected population increase for Thanet CCG



Population projections from the Office for National Statistics (ONS) show a rise in all age groups over the next five years (except the five to 19 range) with the largest percentage rise occurring in the 65+ age group.

In Kent there are a number of population groups that are transitory and mobile, which will make them vulnerable to mental health problems due to lack of awareness. Many of these vulnerable groups will have their own separate needs assessments – however their mental health needs will be summarised in this report (see section 4 Risk Factors and 8 Health Inequalities). Previous needs assessments have shown that there are higher proportions of these vulnerable groups in Thanet compared with other Kent CCG areas.

- Immigrant populations
- Military and ex-military
- Gypsies and travelers
- Children leaving care (see separate report)
- Offenders in the community
- Homeless people

### 3.2 Life expectancy

In Kent, males born between 2010 and 2012 have a life expectancy of 79.9 years and females have a life expectancy of 83.4 years. Although both of these are higher than the England figure they rank lowest out of all the counties within the South East region. Thanet, Gravesham and Shepway have the lowest life expectancy in Kent.

The higher death rate associated with mental illness has been extensively documented. Of the few studies of life expectancy in people with mental illness, some have reported a gap of 14 years for males and six for females while others a gap of 20 years for males and 15 for females. Little is known on whether life expectancy between people with mental illness and the general population has changed over time. However a recent report from the BMJ<sup>19</sup> reviews evidence that the gap in life expectancy between people with mental health problems and those without mental health problems has increased since 1985. (See Health of People with Mental Health Problems.)

### 3.3 Ethnicity

The 2011 Census shows us that the White ethnic group is the largest group both within Kent and nationally. Just under 1.4 million of Kent's residents are from the White ethnic group which accounts 93.7% of the total population. This is a higher proportion than the national figure of 85.4% and the South East figure of 90.7%.

Figures from ONS Census 2011 show that the population of Thanet is predominantly white, although there are increasing concentrations of people from different Black and Ethnic Minority (BME) backgrounds, particularly in the Cliftonville West ward.

The percentage of the BME population is significantly higher in working age groups, compared to those in the 0-15 age group and those who have retired. The proportion of the BME population in Thanet is expected to increase.

*No health without mental health* noted that the evidence on the incidence of mental health problems in black and minority ethnic groups (BME groups) is complex. This is due to the fact that the term BME covers many different groups with very different cultural backgrounds, socio-economic status and experiences in wider society. (see section 4 Risk Factors and 8 Health Inequalities.)

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<sup>19</sup> <http://www.bmj.com/press-releases/2013/05/21/life-expectancy-gap-widens-between-those-mental-illness-and-general-population> (accessed December 2013)

Table 4 2011 Census: White and BME population in Kent districts, the South East and England

	All people	N white	% white	N BME	% BME
<b>England</b>	53012456	45281142	85.4%	7731314	14.6%
<b>South East</b>	8634750	7827820	90.7%	806930	9.3%
<b>Kent</b>	1463740	1371102	93.7%	92638	6.3%
<b>Ashford</b>	117956	110520	93.7%	7436	6.3%
<b>Canterbury</b>	151145	140620	93.0%	10525	7.0%
<b>Dartford</b>	97365	85070	87.4%	12295	12.6%
<b>Dover</b>	111674	107966	96.7%	3708	3.3%
<b>Gravesham</b>	101720	84226	82.8%	17494	17.2%
<b>Maidstone</b>	155143	145996	94.1%	9147	5.9%
<b>Sevenoaks</b>	114893	110029	95.8%	4864	4.2%
<b>Shepway</b>	107969	102215	94.7%	5754	5.3%
<b>Swale</b>	135835	131155	96.6%	4680	3.4%
<b>Thanet</b>	<b>134186</b>	<b>128194</b>	<b>95.5%</b>	<b>5992</b>	<b>4.5%</b>
<b>Tonbridge &amp; Malling</b>	120805	115872	95.9%	4933	4.1%
<b>Tunbridge Wells</b>	115049	109239	94.9%	5810	5.1%
<b>Kent &amp; Medway</b>	1727665	1607681	93.1%	119984	6.9%

### 3.4 Deprivation

The estimates of households in poverty are based on data from the Family Resources Survey (FRS). The FRS is an annual survey of about 24,000 households in the United Kingdom. The ONS' aim was to publish data on households in poverty at the small area level.

In 2007/08 19.7% of households in Kent were estimated to be in poverty, after housing costs. For the KCC area alone the proportion was 19.5%. The average proportion of households in poverty for the KCC area places the county 102nd out of 152 county and unitary authorities. This is within the lowest third of authorities (1 being the most poor).

13% of Kent MSOAs are within England's highest 20% with regards to the proportion of households in poverty. In contrast, 18% of Kent MSOAs are within England's lowest 20% illustrating the extremes within the county. The lowest proportion of households in a single MSA that are in poverty was 8.6% (in Sevenoaks). The highest proportion was 37.0% (in Thanet).

There is also a great degree of variation in poverty within each Kent district. Seven of the 12 Kent districts have MSOAs which are in both the national highest and lowest 20% of households in poverty, illustrating that areas with relatively high poverty levels are located close to areas with relatively low levels. This is particularly

apparent in Shepway, where 23% of the district's MSOAs are within England's highest 20% in poverty, and yet 15% are within England's lowest 20% in poverty. The highest levels of deprivation are seen by communities living within the district of Thanet, Swale, Medway and Dartford and Gravesham (figure 5). Thanet is one of the most socially and economically deprived areas in Kent (figure 6). The Thanet Health and Wellbeing Board will need to take into account how to tackle the wider socio-economic problems of the area as well as build upon the areas many 'assets' e.g using community asset building approaches like 'Connected Communities'.

Figure 5

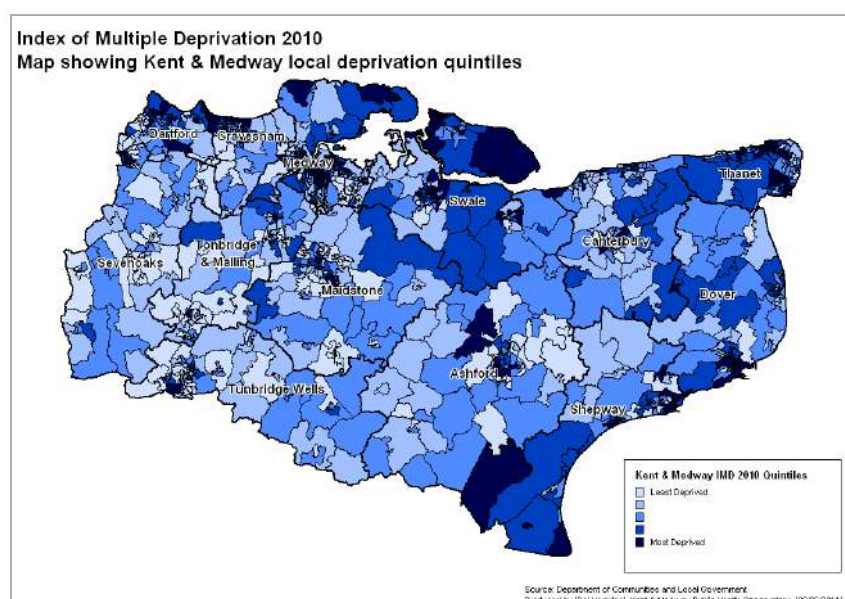
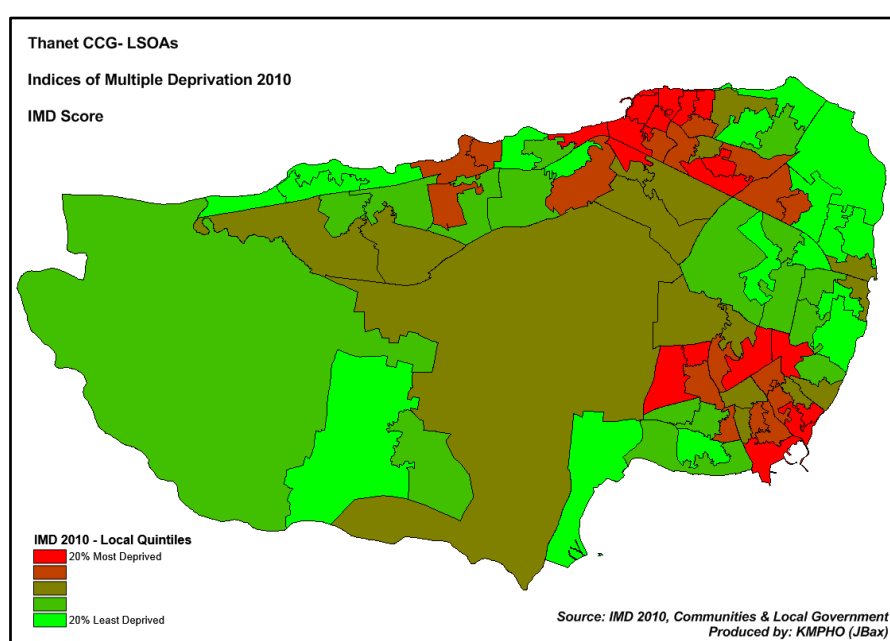


Figure 6



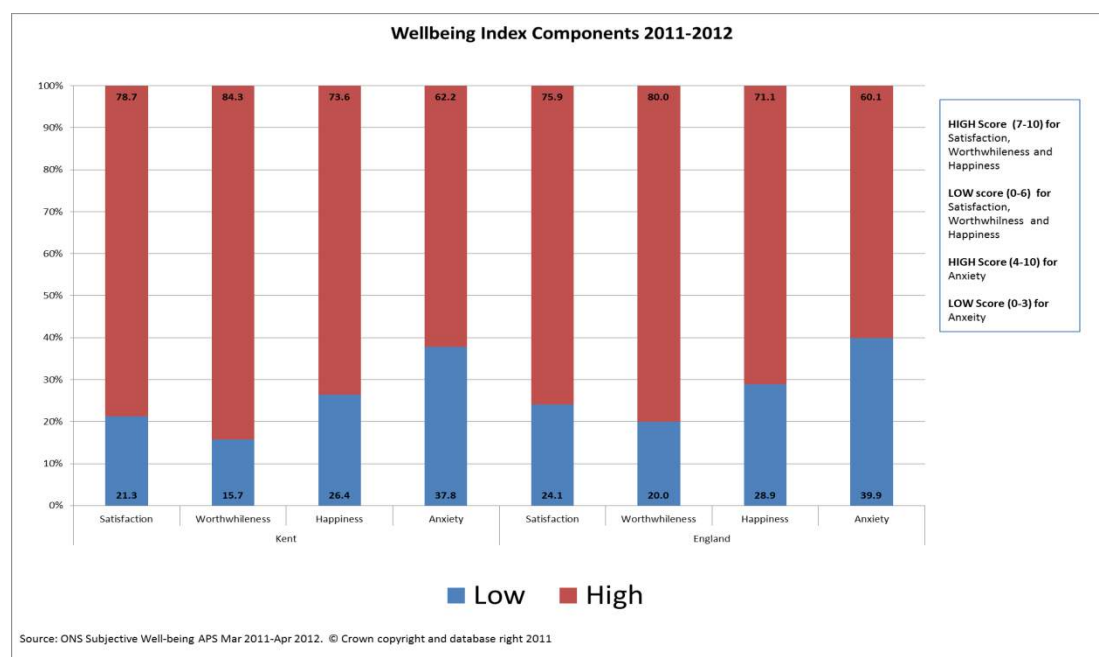
Major risk factors for mental health problems are poverty, poor education, unemployment, social isolation and major life events. Socially excluded and deprived people are at a higher risk of developing mental health problems. A review of large scale studies of mental health problems undertaken by Social Exclusion Unit of the Cabinet Office in 2004,<sup>20</sup> reported that such problems are more common among people who are unemployed, have fewer educational qualifications, have been looked after or accommodated, are on a low income or have a low standard of living.

The main reasons for the link between deprivation and mental health risk are:<sup>21</sup>

- Increased risk of major traumatic life events and stress factors
- Poorer coping strategies leading to poorer resilience
- Feelings of shame and inferiority and exclusion resulting from social comparison

## Wellbeing

Figure 7



The Office of National Statistics is now measuring population level wellbeing. Unfortunately this is currently only available at county level. Kent scores high on most of the measures compared to England. However Kent did have slightly more people scoring high on anxiety than might be expected given the population demographics of the county. However the county is large and it will be interesting to

<sup>20</sup> Mental Health and Social Exclusion (Cabinet Office 2004)

<sup>21</sup> Spirit Level : Why Equality is Better for Everyone (2009: Wilkinson and Pickett)

see what the local scores of wellbeing are. Kent Public Health are embarking on a series of programmes to improve population level wellbeing starting by mapping local assets that will help communities to mobilise in support of wellbeing. This will complement the work on mental health needs in this assessment.

Please see the Annual Public Health Report for Kent 2013 for more information on this approach.

Annual Public Health Report for Kent 2013:

<http://www.kmpho.nhs.uk/reports-and-strategies/annual-public-health-report/>

## 4. Risk Factors and Health Inequalities



This diagram attempts to show that mental health and wellbeing are 'protected' by good environmental factors, positive social and economic circumstances and a person's own ways to cope with life. All of these factors, when adverse, can impact negatively on a person's mental health.

## Risk factors

This section describes some of the key risks to mental health, and identifies some of the groups of people in Kent who are exposed to these risks. This information needs to be considered alongside the estimate of prevalence (the number and pattern) of mental distress and mental illness which is calculated in section 4 of this report. The prevalence estimates will indicate the number of people, type of condition and the level of co-morbidity (how many people may have more than one condition).

It is important to emphasize that these different determinants interact with each other in a dynamic way, and that they can work for or against a particular individual's mental health state. Table 5 provides an illustrative set of factors that may threaten or protect mental health. For example, an individual's level of self-worth could be enhanced or diminished depending on social support or economic security at the household level, which in turn might be influenced by the extent of political stability, social justice or economic growth in a country.

Table 5

<b>Level</b>	<b>Adverse factors</b>	<b>Protective factors</b>
<b>Individual attributes</b>	Low self-esteem	Self-esteem, confidence
	Cognitive/emotional immaturity	Ability to solve problems and manage stress or adversity
	Difficulties in communicating	Communication skills
	Medical illness, substance use	Physical health, fitness
	Loneliness, bereavement	Social support of family & friends
	Neglect, family conflict	Good parenting/family interaction
<b>Social circumstances</b>	Exposure to violence/abuse	Physical security and safety
	Low income and poverty	Economic security
	Difficulties or failure at school	Scholastic achievement
	Work stress, unemployment	Satisfaction and success at work
	Poor access to basic services	Equality of access to basic services
<b>Environmental factors</b>	Injustice and discrimination	Social justice, tolerance, integration
	Social and gender inequalities	Social and gender equality
	Exposure to war or disaster	Physical security and safety

Individuals who have a secure and supportive period of adolescence and childhood behind them, and who are able to exercise emotional control and social aptitudes, are better equipped to deal with the set of choices and challenges that inevitably present themselves in adulthood.

One of the most critical choices to be made - and a key determinant of an individual's wellbeing - concerns the 'work-life balance'; in economic terms, the allocation of time between production (whether paid for or not) and consumption (including leisure time with family and friends).

Stress and anxiety are a frequent outcome for persons spending too much time working, caring for others or operating in a difficult / insecure work environment, as it is for those able and willing to work but unable to do so because of adverse socio-economic circumstances.<sup>22</sup>

Unemployment in particular is a well-established risk factor for mental ill-health (while returning to or getting work is a well-recognized protective factor). Unemployment is associated with greater healthcare use and higher death rates. The association also works in the opposite direction; that is, mental ill-health is a significant predictor of unemployment, and in its wake, of debt or impoverishment.<sup>23</sup>

### **Estimates of numbers at risk of having mental health conditions amongst some of the vulnerable groups in Kent**

The over and under representation of particular groups and communities in mental services reveals a lot about the status of different groups within our society, and provides a useful indicator of social exclusion, and cultural understandings of mental health.

This section describes who these people might be, and perhaps what their social and cultural needs are. It is not possible to do justice to the detail of all of the groups who are known to have particular needs, and further more in depth needs assessments may be required where there are particular gaps in knowledge and understanding.

Risk factors disproportionately affect the mental health of people from higher-risk and marginalised groups. Those at higher risk include individuals who have experienced violence or abuse, Black and minority ethnic individuals, those with intellectual disability and homeless people. Prisoners have a twenty-fold higher risk of psychosis, with 63% of male remand prisoners having an antisocial personality disorder, compared with 0.3% of the general population. Such groups are also at a higher risk of stigma and discrimination. Targeted intervention for groups at higher risk of mental illness can prevent a widening of inequalities in comparison with the general population.

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<sup>22</sup> WHO (2004). *Prevention of mental disorders: Effective interventions and policy options*. World Health Organization; Geneva, Switzerland

<sup>23</sup> Lund C, De Silva M, Plagerson S, Cooper S, Chisholm D, Das J, Knapp M, Patel V (2011). Poverty and mental disorders: breaking the cycle in low-income and middle-income countries. *Lancet*, 378: 1502-14

In 2007, NHS Health Scotland and the National Resource Centre for Ethnic Minority Health (NRCEMH) produced a report focused on the six equality and diversity strands of: Gender; Age; Disability; Sexual Orientation – LGBT; Race and Ethnicity; Spirituality. The report made the point that it is not being a woman, or being black or gay, per se that cause mental distress, but the fact that some aspects of social identity can expose people to discrimination, stigma and prejudice.

The experience of discrimination and prejudice can undermine mental health and wellbeing directly through exposure to, for example, harassment, and indirectly through the experience of poverty, deprivation, exclusion and inequality with which they are associated.

Table 6

	<b>% at risk of mental health problems</b>	<b>Estimated number with mental health problems in Kent</b>
Asylum seekers & refugees	50%	16 <sup>24</sup>
Gypsies and travellers	35%	3,500 <sup>25</sup> or 1639 <sup>26</sup>
People who are lesbian, gay or bi-sexual	39.4%	9,450 <sup>27</sup>
People with a learning disability	25%	1125 <sup>28</sup>
Those with severe or profound hearing impairment	33.3%	3000 <sup>29</sup>
Marital status: separated	23.3%	7643
Marital status: divorced	27.1%	30,600
Adult survivors of childhood sexual abuse*	12.4%*	13,290 <sup>30</sup>
Released prisoners	90%	4387 <sup>31</sup>
Carers	18%	25,000 <sup>32</sup>
Sufferers of Hate Crime	60%	742 <sup>33</sup>
Adolescents leaving Care to live independently	80%	144
Veteran and ex-military**	1-6%	12000 <sup>34</sup>

<sup>24</sup> KCC

<sup>25</sup> University of Kent 2009

<sup>26</sup> Kent Public Health Gypsy & Traveller Needs Assessment 2013

<sup>27</sup> University of Kent 2009

<sup>28</sup> PHE Profiles

<sup>29</sup> KCC We Are The People of Kent 2008

<sup>30</sup> Baker & Duncun : Child Sex Abuse, A study in Prevalence in Great Britain. 1985 Child Abuse Neglect cited in Centre for Health and Social Research paper "A safe Place to Talk: Needs Assessment of Adult Survivors of Sexual Abuse" 2001

<sup>31</sup> Approximate number from <http://www.kentprobation.org/index.php?page=15>

<sup>32</sup> Applying national rate from Kent Carers Strategy to Kent Registered adult population

<sup>33</sup> Karlsen, S. & Nazroo, J. Y. (2002) The relationship between racial discrimination, social class and health among ethnic minority groups. American Journal of Public Health

\* *with significant levels of neurotic symptoms.*

\*\* *Please see Specific Needs Assessment for more details – young military reservists are at higher risk than non-reservists and ex-military aged 18-25 are 50% more likely to commit suicide than general population.*

## **Mental Health and Health Inequalities: Mind the Gap: Building Bridges to Better Health for all in Kent**

Inequality in mental health means the unequal distribution of factors that promote and protect positive mental health and factors that are detrimental to mental health. Despite investment to address social disadvantage, deep inequalities remain in our society with the gap between the rich and poorest increasing.<sup>35, 36</sup> Our unequal society and the costs of this to the mental health service should be a central concern for us all; it leads to an unequal distribution across population groups of mental health problems and illness and in people's ability to recover and lead fulfilling lives.

If our aim is to create a fairer and more just society then we need to address the chronic stress and fractures that having less power, status and control brings; and work with people to build strong communities and empowering services. To do this we need to work across all areas of policy to influence the factors that serve as determinants of mental health and enable inequalities and disadvantage to grow.

Both Wilkinson<sup>37</sup> and Marmot<sup>38</sup> show clearly that the chronic stress that occurs as a result of living in economic deprivation and facing the adverse life events that often as a consequence (e.g anti-social behaviour, crime, unemployment and debt) is a mechanism that results in poorer physical and mental health. However it is not only that unhappiness and anxiety caused by these stressors that lead people to 'self-medicate' using drugs, alcohol, poor quality food, tobacco products and other risky behaviours like gambling; but the stress hormones themselves can lead to a corrosive action on the organs and systems in the body that result in a host of poor health outcomes (figure 8). This is why there is an inextricable link between mental health and health inequalities.

The Kent wide Mind the Gap: Building Bridges to Better Health for all in Kent - Health Inequalities Strategy aims to do just this.

[www.kmpho.nhs.uk/EasySiteWeb/GatewayLink.aspx?allid=326085](http://www.kmpho.nhs.uk/EasySiteWeb/GatewayLink.aspx?allid=326085)

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<sup>34</sup> Veteran and Ex-military needs assessment: Dr.Grace Howarth & Jess Mookherjee : K&MPHO 2011

<sup>35</sup> Howell (2013) Global Risks 2013 Eight Edition: An initiative of the risk response network. Switzerland. World Economic Forum

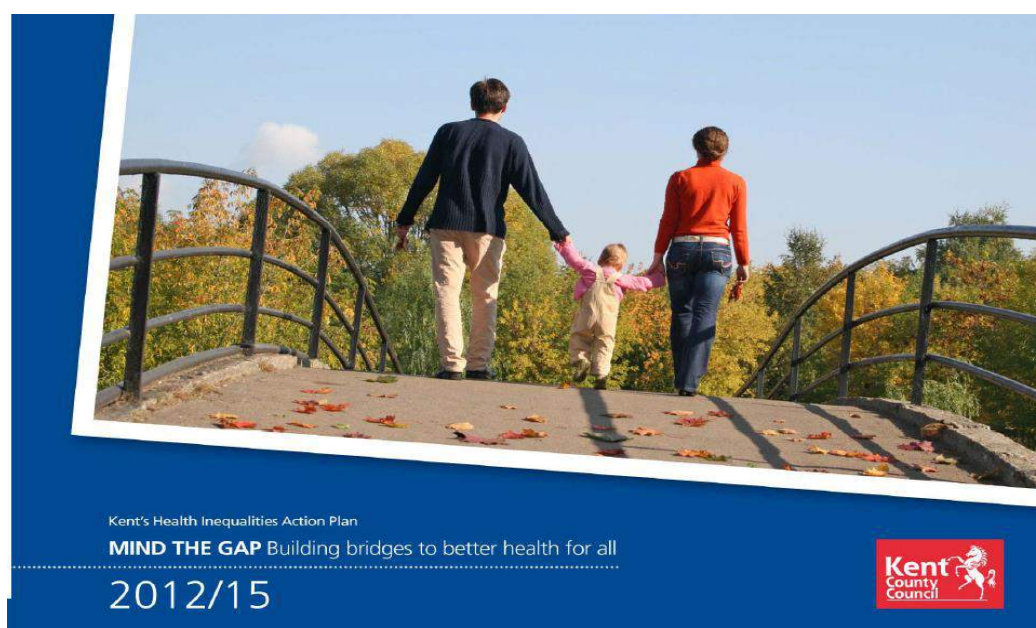
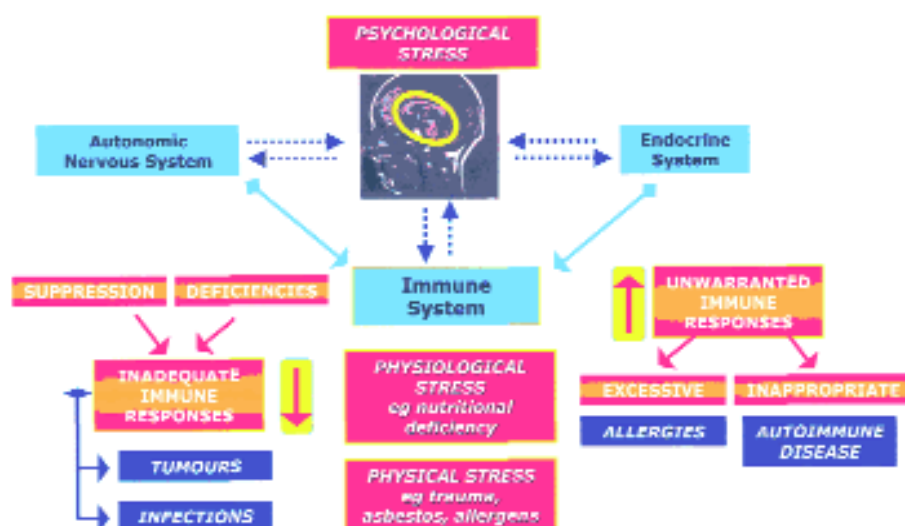
<sup>36</sup> Black O and O'Sullivan I (editors) (2012) Wealth in Great Britain Wave 2: Main results from the wealth and assets survey 2008-2010 (part 3). Office for National Statistics [www.ons.gov.uk](http://www.ons.gov.uk)

<sup>37</sup> Wilkinson, R. G. (1996). Unhealthy Societies: The Afflictions of Inequality. New York: Routledge

<sup>38</sup> Marmot & R. G. Wilkinson (Eds.), Social Determinants of Health (2nd ed., pp. 224-237). Oxford, UK: Oxford University Press

There is no need for this report to repeat the details of this important document, much of the actions detailed in it and the local plans that contribute to its delivery will enable mental wellbeing to improve and have an impact, over time, on mental health outcomes. However, as health inequalities are a key risk factor in poor mental health, the following section summarises some of the key facts from the Kent Health Inequalities Strategy.

Figure 8<sup>39</sup>



<sup>39</sup> <http://www.positivehealth.com/article/mind-matters/clinical-psychoneuroimmunology-mind-body-integrated-health>

## **Link between health inequalities and mental illness in Kent**

Adverse mental health outcomes are two to two and a half times higher among those experiencing greatest social disadvantage compared to those experiencing least disadvantage.<sup>40</sup> In addition those living with disability or a mental health problem remain at highest risk of poverty.<sup>41</sup> Socio-economic pressures such as poverty and low levels of education are recognised risks to mental health for individuals and communities. The greater the gap between the rich and the poor, the greater differences are observed in health (table 7). Reducing the impact of poverty and inequality is likely to have a positive impact on mental wellbeing of the population in Kent.

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<sup>40</sup> Murali V and Oyeboode F (2004) Poverty, Social Inequality and Mental Health. *Advances in Psychiatric Treatment* 10: 216-224 doi: 10.1192/apt.10.3.216

<sup>41</sup> Parckar G (2008) *Disability Poverty in the UK*, London: Leonard Cheshire

Table 7 Mental Health, Health Inequalities and Economic Deprivation

District	Unemployment rate (%) as at September 2013	ASB (anti-social behaviour) rate per 1000 (2013/14)	Long term health problem activities limited a lot	%16-18 year olds not in education or training	% of children living in poverty	Number of households in temporary accommodation	Percent Fuel Poor
<b>Ashford</b>	2.1	19.8	7.1	4.6	16.2%	104	7.6%
<b>Canterbury</b>	2.0	28.8	8.2	3.4	17.1%	64	10.2%
<b>Dartford</b>	2.3	29.4	6.8	4.0	16.7%	38	7.3%
<b>Dover</b>	3.0	33.2	9.7	5.1	20.4%	37	10.0%
<b>Gravesham</b>	3.2	36.2	7.7	4.3	20.1%	44	8.5%
<b>Maidstone</b>	2.0	23.8	6.9	3.8	14.5%	36	8.5%
<b>Sevenoaks</b>	1.3	18.4	6.3	2.2	11.4%	19	8.2%
<b>Shepway</b>	3.3	31.9	10.0	5.5	21.1%	43	9.1%
<b>Swale</b>	3.2	30.7	8.6	6.7	22.5%	72	8.6%
<b>Thanet</b>	5.5	44.0	11.5	7.8	26.4%	27	11.6%
<b>Tonbridge and Malling</b>	1.6	19.6	6.3	3.4	12.5%	16	7.5%
<b>Tunbridge Wells</b>	1.1	21.0	6.1	2.8	11.3%	36	9.4%
<b>England</b>	<b>3.1</b>		<b>8.3</b>		<b>20.1%</b>	<b>55,300</b>	<b>10.9%</b>
<b>Kent CC rate</b>		<b>28.1</b>					

**Sources:** unemployment rate, MOMIS extracted 20/10/2013

Anti-social behaviour incidents 2013/14 Kent Police, courtesy of KCC Community Safety Partnership analytical team

Long term health problems, ONS 2011 census

16-18 not in education or training, KCC Education learning support (ELS), 2013

Children living in poverty, Department of Work and Pensions, 2012

Temporary housing, Department of Local Government and Communities, 2012/13

Fuel poverty, Department of Energy and Climate Change, 2011

In table 7, the differences in a number of indicators related to economic deprivation are tabled for each district council in Kent. For each indicator the highest and lowest district council is highlighted. There is a noticeable difference between East and West Kent, with the districts in the East having greater number of risk factors.

Thanet, Shepway and Dover and Swale feature as the highest deprivation areas and as such will have a far greater number of people suffering from mental distress than the more affluent areas. In fact, Thanet comes lowest in six of all seven categories in the table.

The life expectancy at birth in Thanet's electoral wards were calculated using five years' worth of mortality information (2006-10). The ward with the highest life expectancy is Kingsgate (84.7); this is 12 years more than the lowest life expectancy which is in Margate Central (72.7). This ward has the lowest life expectancy in Kent.

Thanet is similar to all local authorities and highlights health inequalities in that there is a gap in life expectancy between the affluent and those living in relative deprivation. Life expectancy shows an association with deprivation in Thanet. Thanet, as a local authority, has the lowest life expectancy at birth in the eastern and coastal Kent area. Life expectancy at birth for Thanet is estimated to be 79.2 years. Figure 9 shows that health inequalities in life expectancy within Thanet.

Figure 10 shows the distribution of people claiming out of work benefits across Kent.

Figure 9

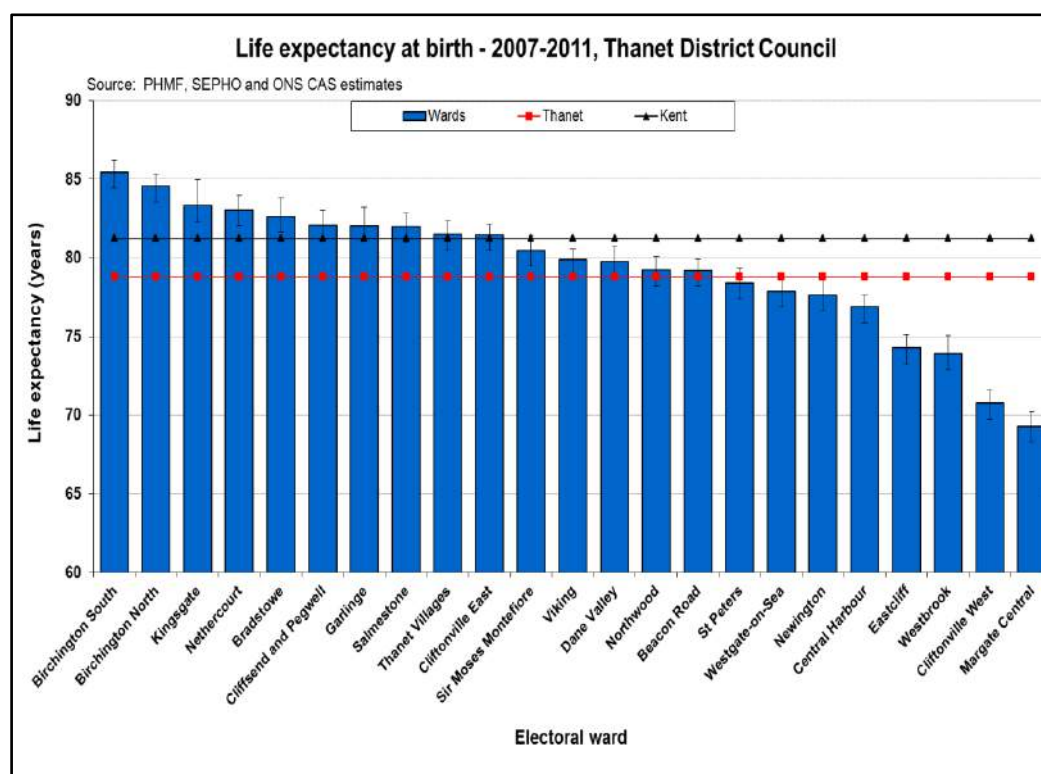
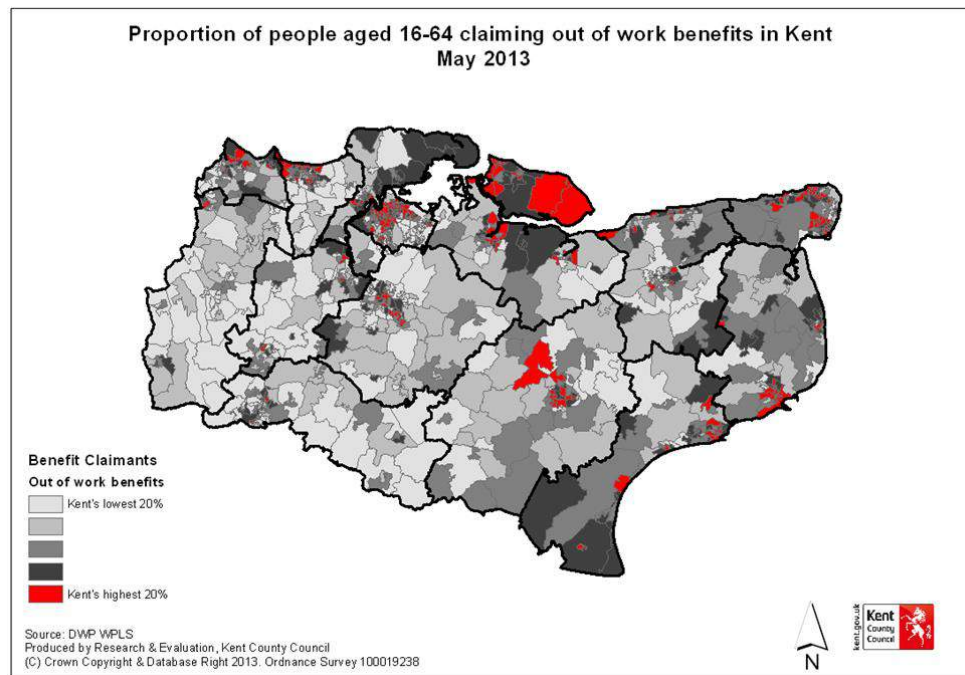


Figure 10



## 5. Prevalence, Estimates and Projections

The estimates of the number of people with various mental health disorders presented in this document are derived from the findings from the 2007 Adult Psychiatric Morbidity Survey and have been applied to the Kent Population (APMS).

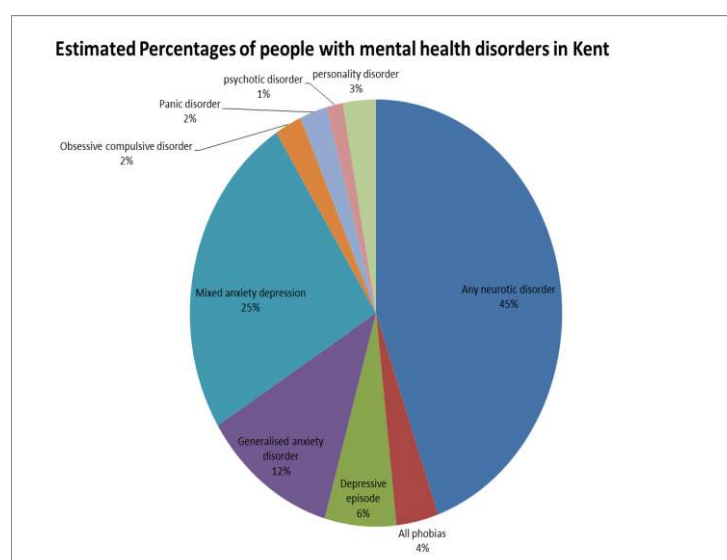
### The Adult Psychiatric Morbidly Survey (McMannus et al 2007)

The aim of the national survey was to estimate the national prevalence of mental health disorders among adults (aged 16 and over) living in private households. Assessments were made by trained interviewers and additional screening tools were used to check for the presence of characteristics of eating disorders, attention deficit hyperactivity disorder, post-traumatic stress disorder and problem gambling.

There are some limitations to the data obtained in the APMS. Only private households were contacted, this excludes those living in non-settled accommodation, leading to a possible underestimate. There was also a high drop-out rate for follow up interviews among those identified as having symptoms of psychosis.

The Adult Psychiatric Morbidity Survey for England and Wales showed that 'neurotic disorders' were by far the most prevalent mental health conditions as shown in figure 11. When the national proportions are applied to Kent it shows that psychotic disorders account for 1% of the total amount of mental illness in Kent. Caution is needed in interpreting these data however, as there is significant amount of overlap between these conditions as well as differences in severity and duration.

Figure 11



Source: McMannus et al 2007 APMS PHO

When looking further at the issue of duration of illness, McMannus et al (APMS 2007) found that 16% of people reported having common mental illness in the past week and 4% had had suicidal thoughts in the past year. There was considerable co-morbidity found by the survey, where 7% were found to have two or more conditions (See figure 12 & table 8).

Table 8 Prevalence of mental disorders by condition in England

	%		
	Males	Females	Persons
Common mental disorder (past week)	12.5	19.7	16.2
Current post traumatic stress disorder	2.6	3.3	3
Suicidal thoughts (past year)	3.4	5.2	4.3
Suicide attempts (past year)	0.5	0.9	0.7
Psychotic disorder (past year)	0.3	0.5	0.4
Borderline personality disorder (past year)	0.3	0.6	0.4
Antisocial personality disorder (past year)	0.6	0.1	0.3
Two or more psychiatric disorders	6.9	7.5	7.2

**Note:** the survey was conducted in 2007 while the results were published in 2009.

(McMannus et al 2007)

Figure 12: Pyramid of need in Kent

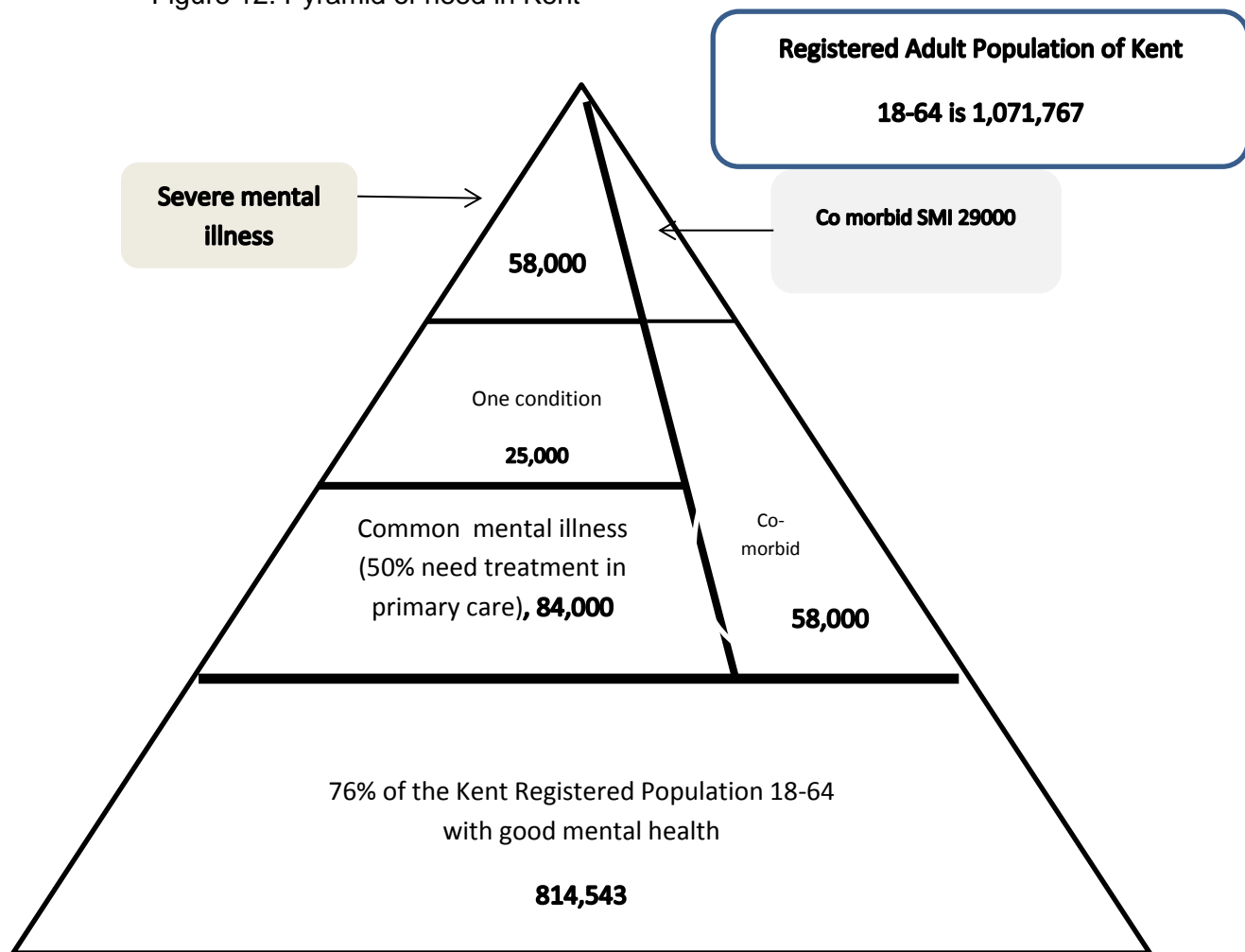
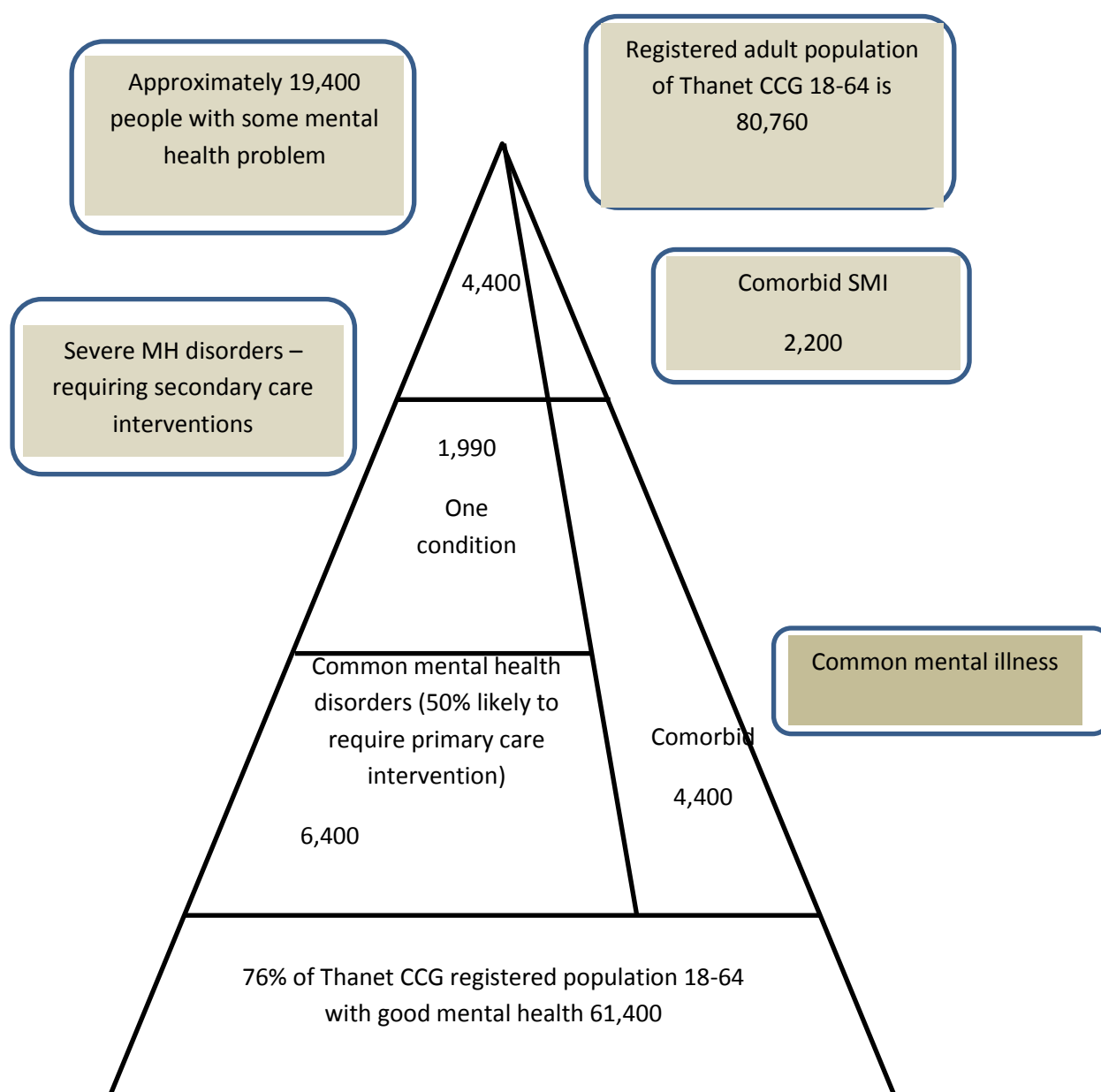


Figure 13: Pyramid of need for mental health in Thanet CCG



The above diagram (figure 12) shows that by applying national rates to people in Kent, 23% of the adult population will show characteristics of at least one psychiatric disorder and 8.1% of adults (or a third of those who screened positive for a psychiatric disorder) are likely to have characteristics of two or more conditions. In Thanet this translates to around 19,000 (23%) of adults over 18 years estimated to have symptoms of mental health disorder and around 6,800 of these (or 8% of all adults) are likely to have comorbid conditions. Within the 19,000 are around 11,000 with symptoms of common mental health disorders, of which about half are likely to require treatment. The remaining 7,000 are likely to have severe and enduring mental health conditions.

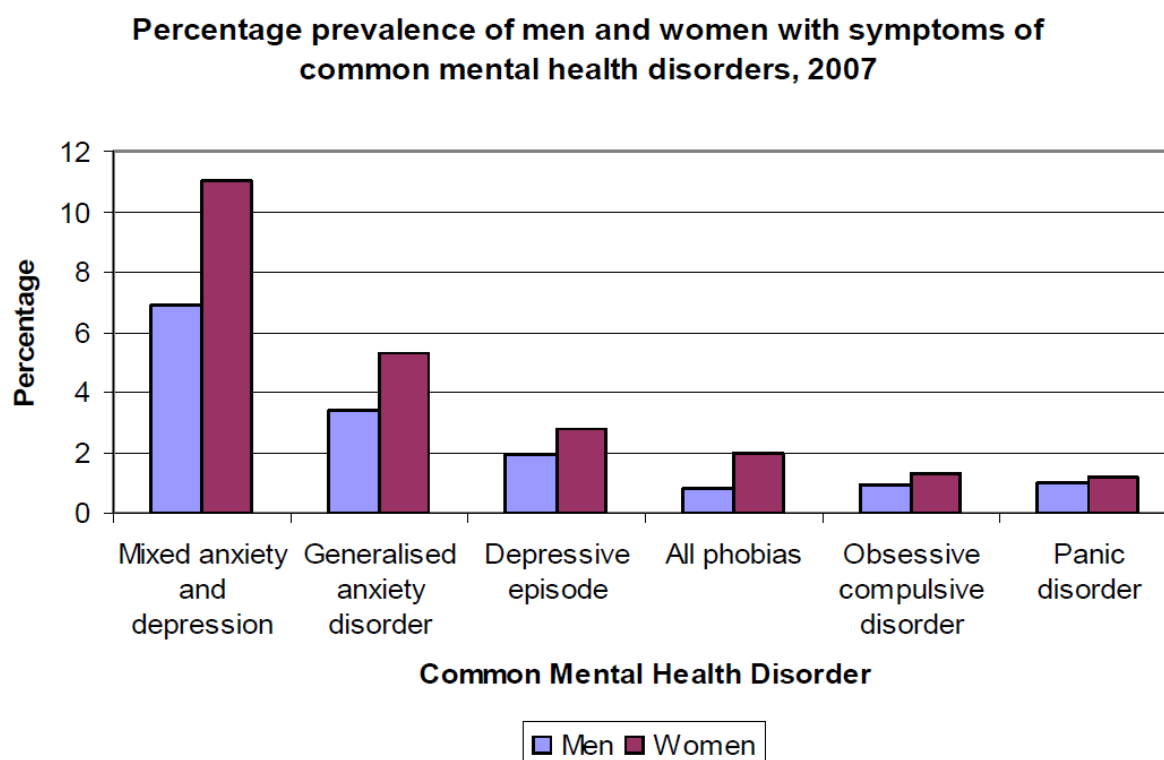
## **5.1 Estimates for common mental disorders**

The term 'common mental health disorders' (CMDs) refers to those conditions that are also referred to as 'neurotic conditions' and covers:

- mixed anxiety and depression,
- generalised anxiety disorder,
- depressive episodes,
- phobias,
- obsessive compulsive disorder and
- panic disorder.

The chart below (figure 14) shows the prevalence of each common mental health disorder, by gender, among adults (16+) in England. Mixed anxiety and depression is predicted to be the most common CMD (affecting around 18% of the adult population) followed by generalised anxiety disorder and depressive episodes.

Figure 14



Only around *half* of those suffering from symptoms of CMDs are estimated to be likely to need treatment.

Around 15.1% of adults (11.6% of men and 18.4% of women) are likely to have symptoms of a CMD at any time, but only **7.5%** of adults (5.7% of men and 9.3% of women) are likely to have symptoms severe enough to require treatment.

The table below (table 9) shows the rates of people in Kent districts with a need for treatment for CMD. The table shows that across Kent there are higher relative rates in Thanet for all conditions, followed by Dartford and Gravesham. Canterbury and Shepway also have higher than Kent average rates for anxiety.

The estimated rates from the APMS 2007 have been applied to Kent districts and then the estimated number of people with the disorder shown in table 9. This shows that the larger the population the more people there will be with mental disorders. Across the whole of Kent 133,764 people will have some neurotic disorder and this is 12.5% of the total registered population of Kent (aged 18-64) and around 74,500 people have mixed anxiety and depression (around 7%). The numbers are also described by Kent CCG in figure 15. Thanet has higher than Kent average rates for all neurotic conditions.

## Estimated rates of mental illness by Kent district and CCG

Table 9

LA name	Any neurotic disorder	All phobias	Depressive episode	Generalised anxiety disorder	Mixed anxiety depression	Obsessive compulsive disorder	Panic disorder
Ashford	124.1	10.2	17.4	33.0	68.9	6.5	6.6
Canterbury	139.1	11.3	18.9	33.9	78.6	7.7	7.2
Dartford	158.5	13.1	21.9	41.5	88.6	8.3	8.3
Dover	132.0	10.7	18.4	35.0	73.2	6.9	7.1
Gravesham	157.8	13.0	21.9	41.5	88.0	8.3	8.3
Maidstone	122.7	10.1	17.1	32.6	68.1	6.4	6.6
Sevenoaks	118.5	9.7	16.6	31.9	65.5	6.1	6.4
Shepway	133.3	10.8	18.5	35.3	74.0	7.0	7.1
Swale	131.0	10.7	18.3	34.7	72.8	6.9	7.0
Thanet	171.6	13.9	23.8	45.2	95.5	9.0	9.1
Tonbridge a	118.0	9.7	16.5	31.7	65.4	6.1	6.2
Tunbridge V	126.0	10.4	17.6	34.0	69.8	6.5	6.8
Kent	135.6	11.1	18.8	35.7	75.5	7.1	7.2

Estimate of expected common mental illness based on 2007 APMS

Source: [www.nepho.org.uk/mho/briefs/#b4](http://www.nepho.org.uk/mho/briefs/#b4)

## Estimated numbers of mental illness by Kent district

Table 10

LA name	Any neurotic disorder	All phobias	Depressive episode	Generalised anxiety disorder	Mixed anxiety depression	Obsessive compulsive disorder	Panic disorder
Ashford	9687.6	798.0	1356.2	2577.2	5378.8	507.5	511.6
Canterbury	14752.3	1196.8	2002.4	3593.2	8334.7	816.9	758.6
Dartford	10241.7	849.0	1417.9	2684.0	5727.9	538.8	536.9
Dover	10027.6	814.1	1397.2	2663.3	5559.3	523.7	536.3
Gravesham	11067.2	909.3	1537.3	2909.2	6170.3	582.3	581.4
Maidstone	12730.9	1043.0	1778.8	3386.4	7065.5	668.6	682.8
Sevenoaks	9514.0	779.0	1333.0	2561.3	5256.8	493.5	510.0
Shepway	9479.5	768.7	1315.6	2512.5	5262.5	495.4	505.9
Swale	12087.2	991.1	1687.7	3197.3	6718.8	638.3	641.9
Thanet	15329.0	1237.4	2122.3	4032.3	8524.6	801.2	814.6
Tonbridge and Malling	9557.6	787.0	1337.0	2568.1	5295.3	497.2	505.1
Tunbridge Wells	9289.7	765.7	1295.2	2504.0	5145.4	479.7	500.0
Kent	133764.4	10939.0	18580.6	35188.7	74439.8	7043.0	7085.1

Figure 15

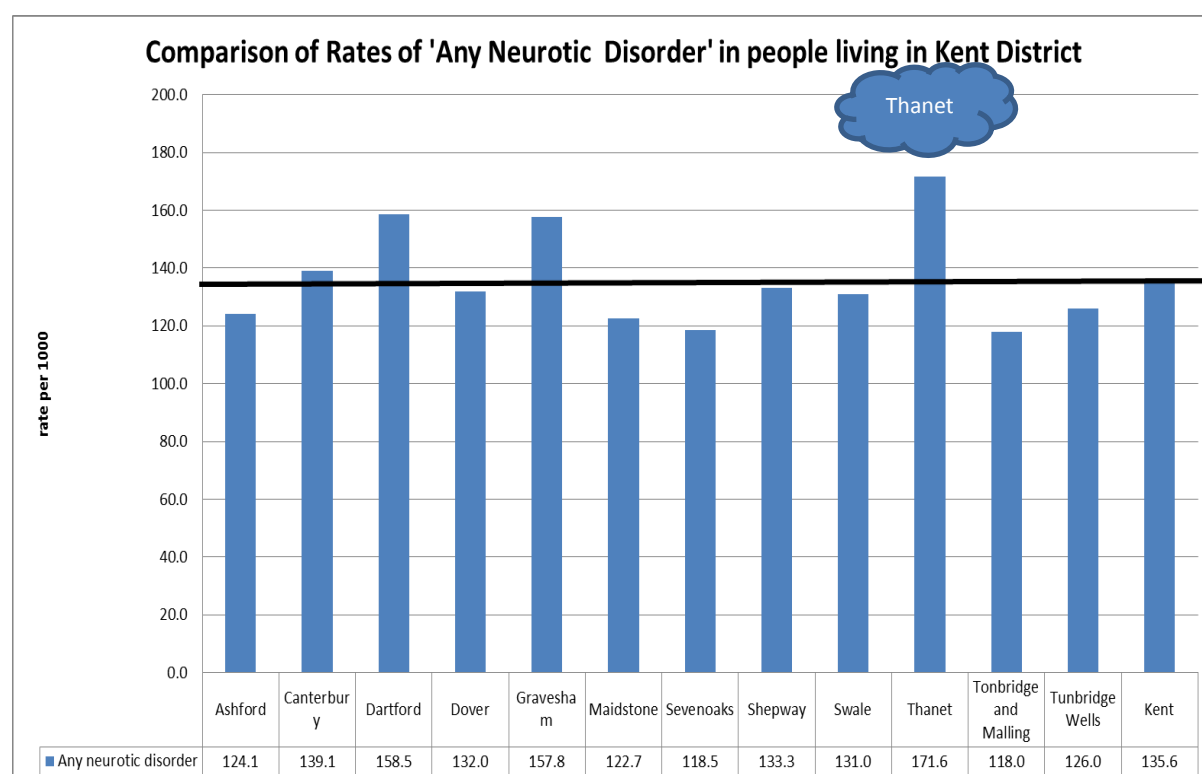
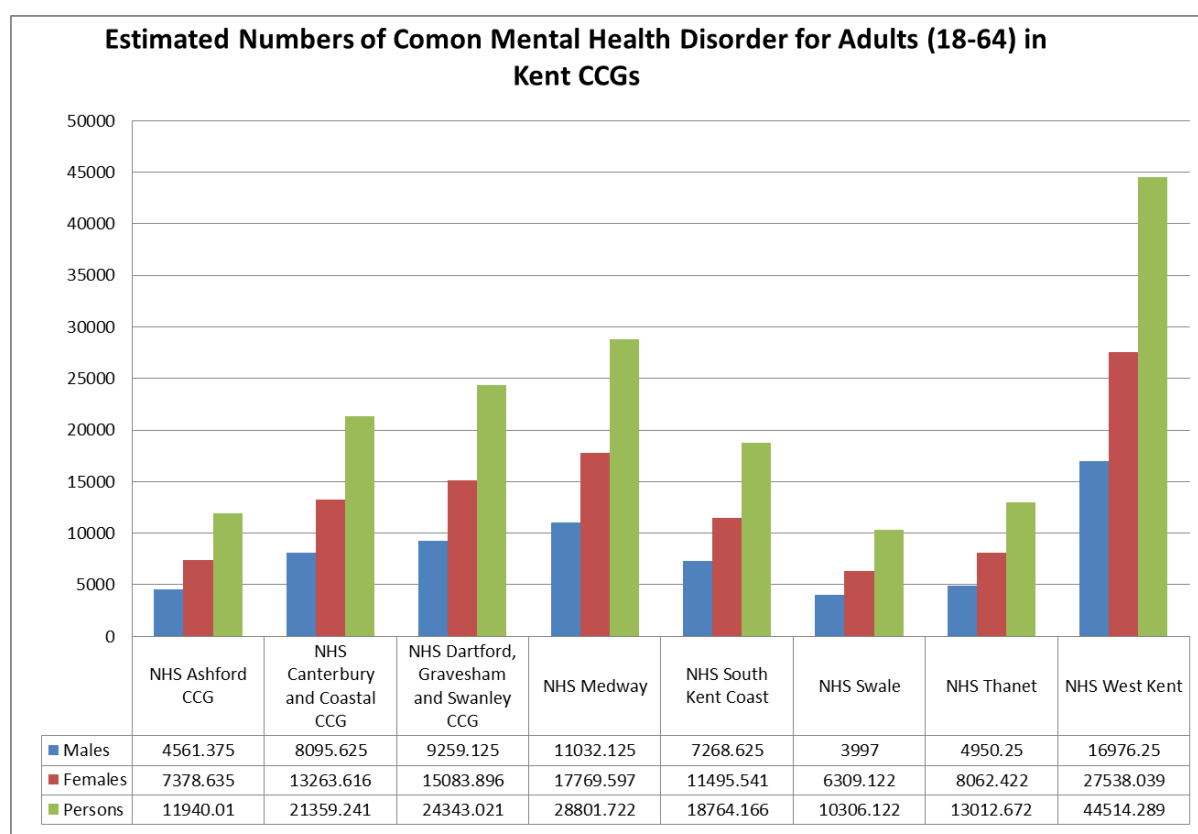


Figure 16



The APMS (2007) wanted to find out whether there was a difference in prevalence of common mental health symptoms across the age spans over one week (period prevalence). They found that it was the age range 16-54 that had the highest reporting of symptoms and women reported more than men. Common mental health symptoms appear to reduce as people age (figure 17).

As expressed previously, important to note that only around half the people expressing symptoms are likely to require treatment, whilst the remaining half may benefit from interventions to improve wellbeing and prevent symptoms becoming more severe. It will be important for clinicians in primary care to get training and be comfortable in detecting who is most likely to benefit from treatment and who can benefit from 'preventative' interventions at primary care and in the community.

When the population increases are factored for the Kent population, there will be an average 5.8% increase in the numbers of people with CMD. When this is broken down by CCG in Kent, Ashford CCG and Canterbury & Coastal CCG will expect the greater percentage of increase by 2020 (table 11). Thanet will have an increase in CMD of 5%.

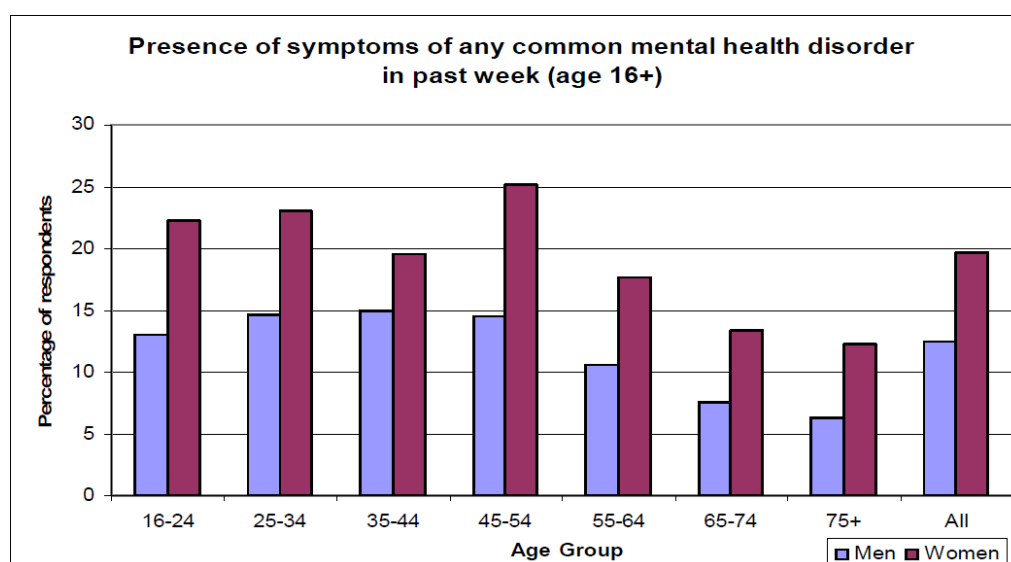
Table 11

Projected Increase of Common mental disorders ( ages 18-64 ) to 2020 by Kent CCG						
	2013	2016	2020		Overall increase between 2013 and 2020	Average annual increase
NHS Ashford CCG	12,005	12,492	13,191		9.87%	1.41%
NHS Canterbury and Coastal CCG	21,059	21,803	22,791		8.22%	1.17%
NHS Dartford, Gravesham and Swanley CCG	24,898	25,510	26,346		5.82%	0.83%
NHS South Kent Coast CCG	19,073	19,256	19,628		2.91%	0.42%
NHS Swale CCG	10,624	10,914	11,335		6.68%	0.95%
NHS Thanet CCG	13,131	13,436	13,801		5.10%	0.73%
NHS West Kent CCG	45,592	45,803	47,785		4.81%	0.69%
Kent	146,383	149,215	154,876		5.80%	0.69%

Source: KMPHO 201442

Figure 17 below shows the estimated overall percentage prevalence of people (aged 16 and over, in England) who have had symptoms of any common mental health disorders in the week prior to interview. Figures 18 & 19 below, present the estimated prevalence of each of the CMDs individually, by age and gender.

Figure 17



Overall women show higher rates of CMDs than men, however there are a few age groups among certain conditions that buck this trend:

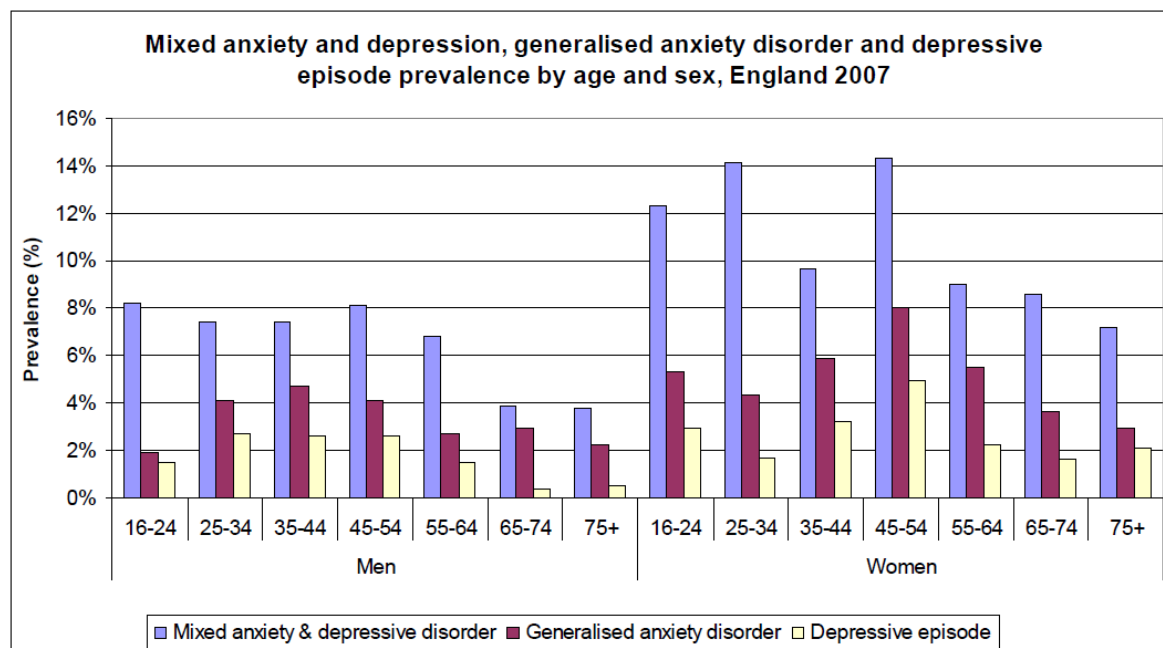
- Men aged 16-24yrs and 65-74yrs have higher predicted rates of panic disorder than women of the same age (men = 1.4% and women = 0.8% in 16-24 age group, men = 1.0% and women = 0.1% in 64-75 age group)
- Depression episodes are more common among men aged 25-34 than women of the same age range (2.7% and 1.7% respectively)
- Obsessive compulsive disorder was found to be slightly more prevalent in men aged 35-44 than women of the same age group (1.2% and 1.0%)

<sup>42</sup> Notes: A stable rate of 16.2% was applied to the projected CCG population to derive the numbers with CMDs for 2016 and 2020. CCG population projection is based on average annual growth rate CCG population between 2004 and 2013.

respectively) and equally prevalent among men and women aged 25-34 (1.5%).

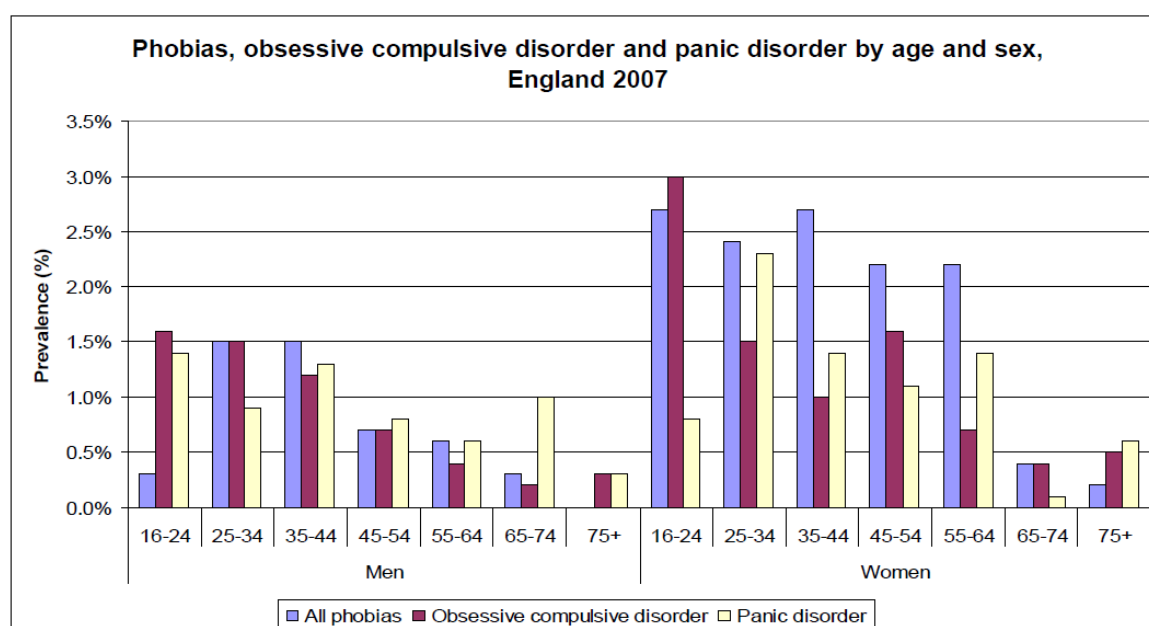
The chart suggests women are most likely to suffer from mixed anxiety and depression; generalised anxiety disorder or depressive episodes at ages 16-24, 25-34 and 45-54yrs. Men are most likely to suffer from the above CMDs between ages 25 to 54 years.

Figure 18



Symptoms of obsessive compulsive disorder are most common among men and women aged 16-24yrs (1.6% and 3% respectively).

Figure 19

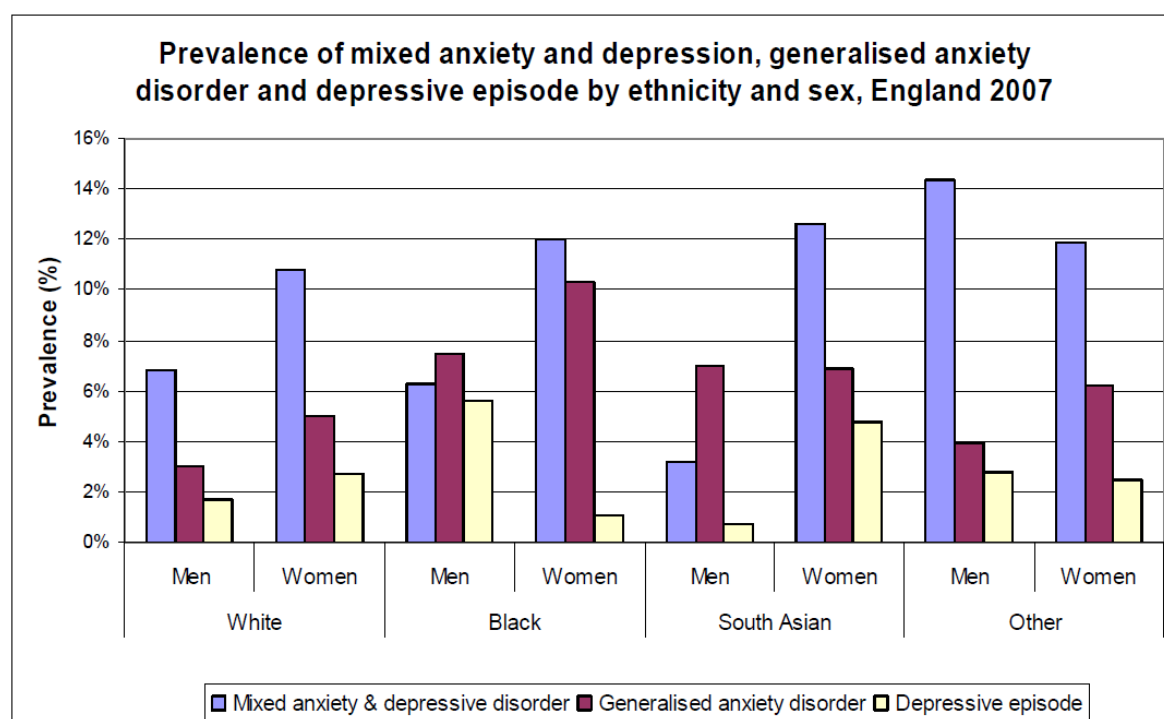


Source: Adult Psychiatric Morbidity Survey 2007.

Panic disorder is most common among women aged 25-34 (2.3%) and among men aged 16-24yrs (1.4%). There is also a small peak among older aged groups; with 1% of men aged 65-74 and 1.4% of women aged 55-64 suffering symptoms of panic disorder. Symptoms of phobias are apparent in over 2% of women from age 16 to 64yrs, while prevalence decreases to less than 0.5% of older women. 1.5% of men aged 25 to 44yrs suffer from symptoms of phobias, with prevalence decreasing in older age groups. Overall, common mental health disorders are most prevalent among black people, followed by 'other' ethnic groups (this category includes Chinese, people of mixed ethnicity and other groups not otherwise specified), South Asians and finally Whites. Mixed anxiety and depression was the most prevalent CMD among all ethnic groups. Broadly speaking, the overall prevalence of CMDs by ethnic group again shows them to be more common among women. There are however some differences when disorders are considered separately.

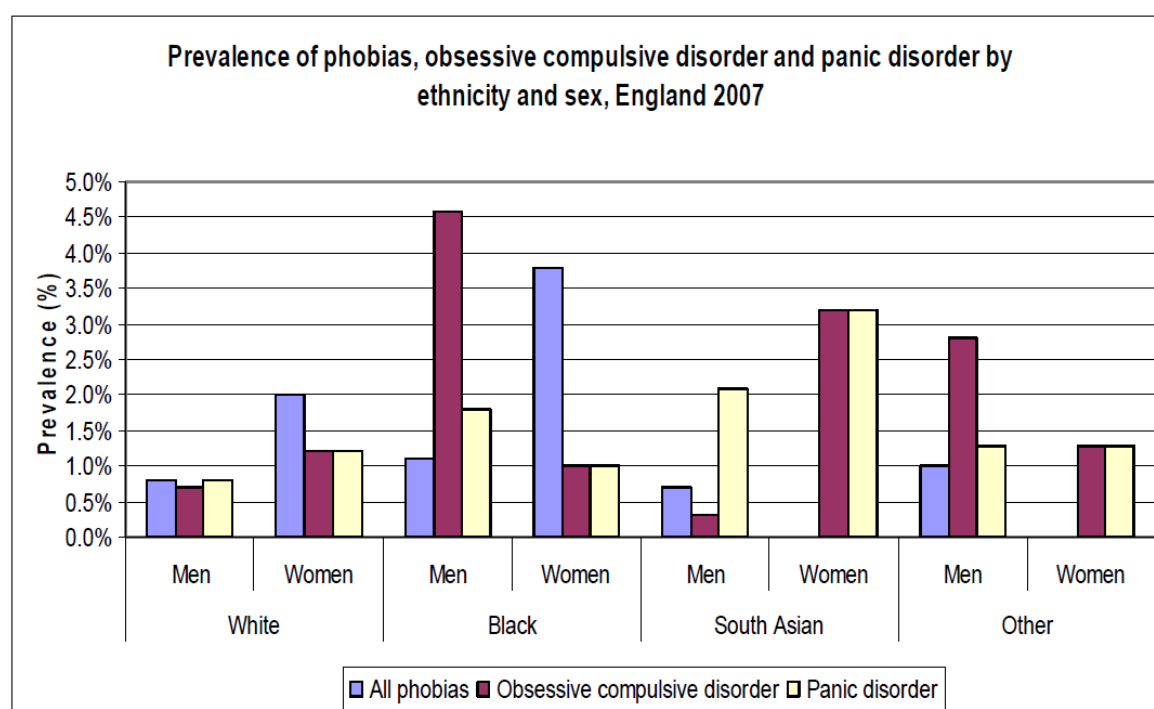
Mixed anxiety and depression was found to be more common among 'Chinese & other' men than women (14.4% and 11.9% respectively). Depressive episodes are more common in black men than women (5.6% and 1.1% respectively).

Figure 20



Source: Adult Psychiatric Morbidity Survey 2007.

Figure 21



Source: Adult Psychiatric Morbidity Survey 2007.

Analysis of CMD prevalence by marital status shows CMDs to be most prevalent among people who have been divorced or separated and the lowest rates among people who are married or widowed. Whilst a similar percentage of divorced men and women were found to have symptoms of CMDs (27.7% and 26.6% respectively), over three times the proportion of separated women (33%) had symptoms of CMDs compared to separated men (10.5%).

Overall the prevalence of common mental health disorders, such as mixed depression and anxiety, generalised anxiety disorder, tends to increase with decreasing household income (see figure 22), however women in the highest household income quintile have higher prevalence of CMDs than women in the second highest quintile.

Looking at individual CMDs among women by household income the APMS showed the prevalence of mixed anxiety and depression and obsessive compulsive disorder (OCD) to be higher in the highest income quintile compared to the second highest. In fact OCD in women is most prevalent in the most affluent quintile.

As noted at the beginning of this section on common mental health disorders (CMDs) a CIS-R score of over 12 suggests the presence of symptoms of a CMD, a score over 18 suggest symptoms are present at a level likely to require treatment. The 2007 survey found that nationally, 83% of respondents who scored 12-17 were not receiving any treatment for a mental or emotional problem, neither were 68% of people with a score over 18.

Nationally, people suffering from depressive episodes, phobias and obsessive compulsive disorder were found to be most likely to have had contact with their GP or any healthcare service in the past year (see figure 18). GPs appear to be the most common contact point for people wishing to discuss a mental or emotional problem. Around 10% of people with a CMD had had contact with their GP in the last two weeks and over a third in the last year.

Figure 22

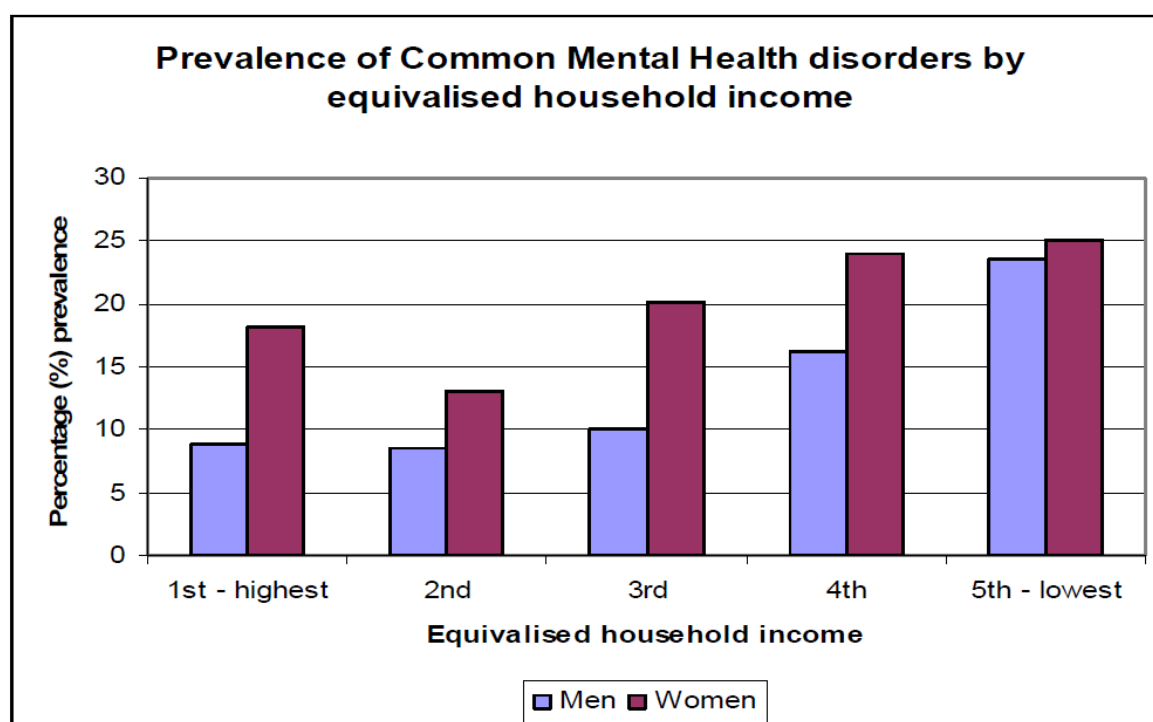


Figure 23

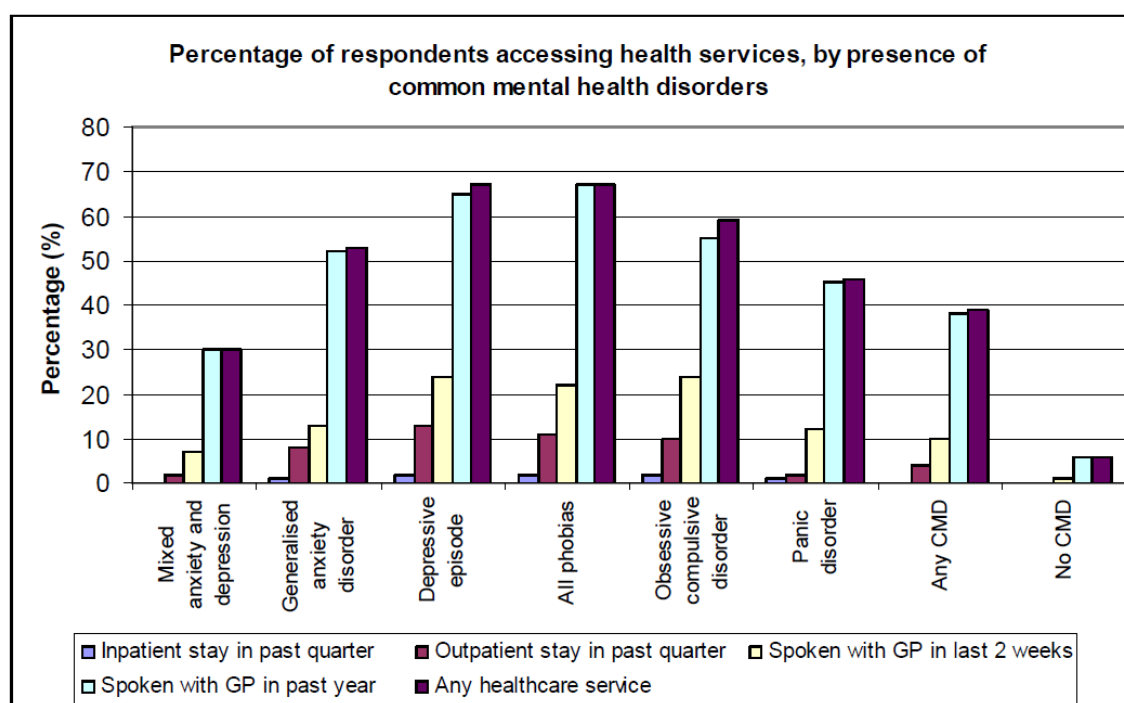
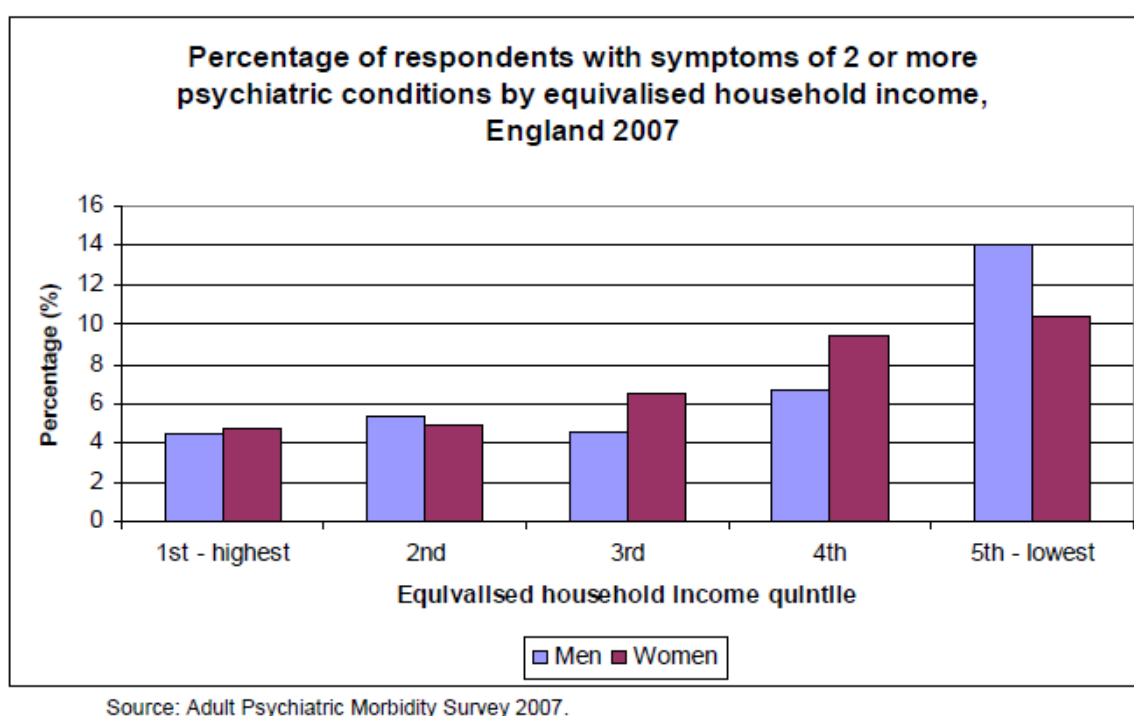


Figure 24



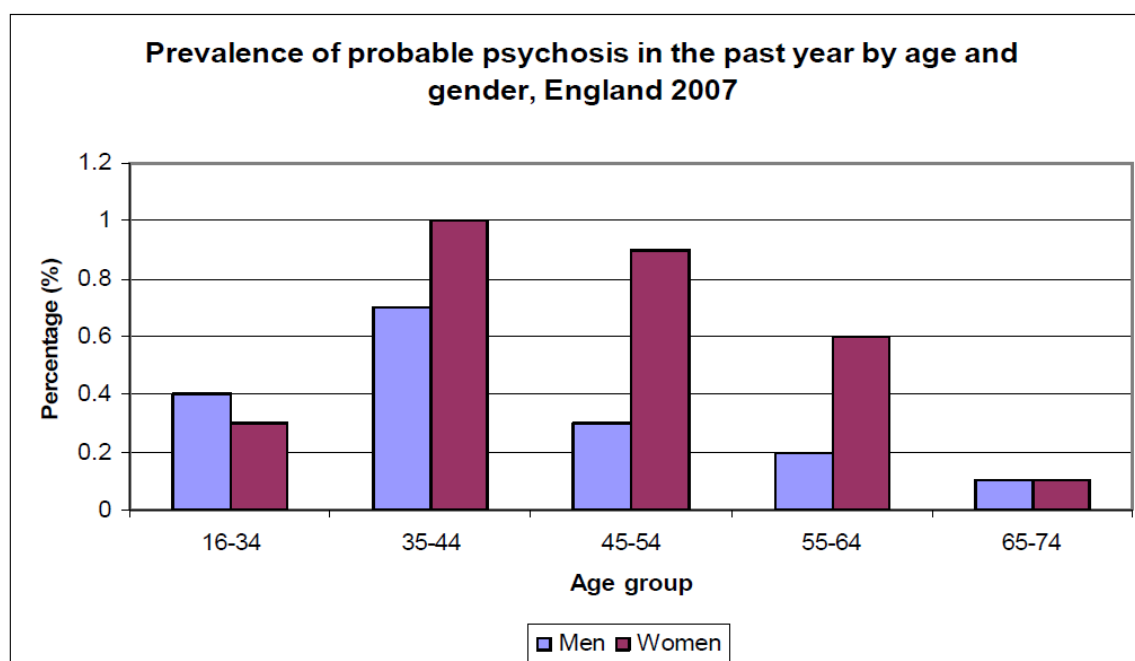
## 5.2 Prevalence estimate of psychosis & affective psychoses

*Please note organic psychoses, such as Alzheimers disease are not covered in this report.*

During psychotic episodes a person's senses and sense of reality can be distorted. This may include experiencing hallucinations or delusional thoughts (without being able to identify that the experiences are not real), paranoia and changes of behaviour. Psychosis can occur in schizophrenia, schizoaffective disorder, bipolar disorder, some types of personality disorder, or as a result of substance misuse. Although the proportion of people likely to suffer from psychosis is relatively small the service and societal costs are high and impacts on lives affected by psychosis (the individual and family members) are significant. The APMS used verified interviewers however there were some response rate caveats around the data from the survey.<sup>43</sup>

<sup>43</sup> **NOTE on Methodology of APMS :**For a diagnosis of psychosis to be confirmed a phase interview was required with a clinically trained interviewer and a SCAN (Schedule for Clinical Assessment in Neuropsychiatry) interview completed. However almost 40% of select respondents from phase one interviewees either refused or could not be contact for the phase two interview. Although a weighting has been applied to phase two interviews to account for non-responses another approach considering "probable psychosis" have also been provided, based on results from the phase one interview. Prevalence of probable psychosis by age and sex has been used to estimate the number of people in Bristol who may be suffering from psychosis; however diagnoses of 'psychotic disorder' are used in discussions around ethnicity, marital status and household income.

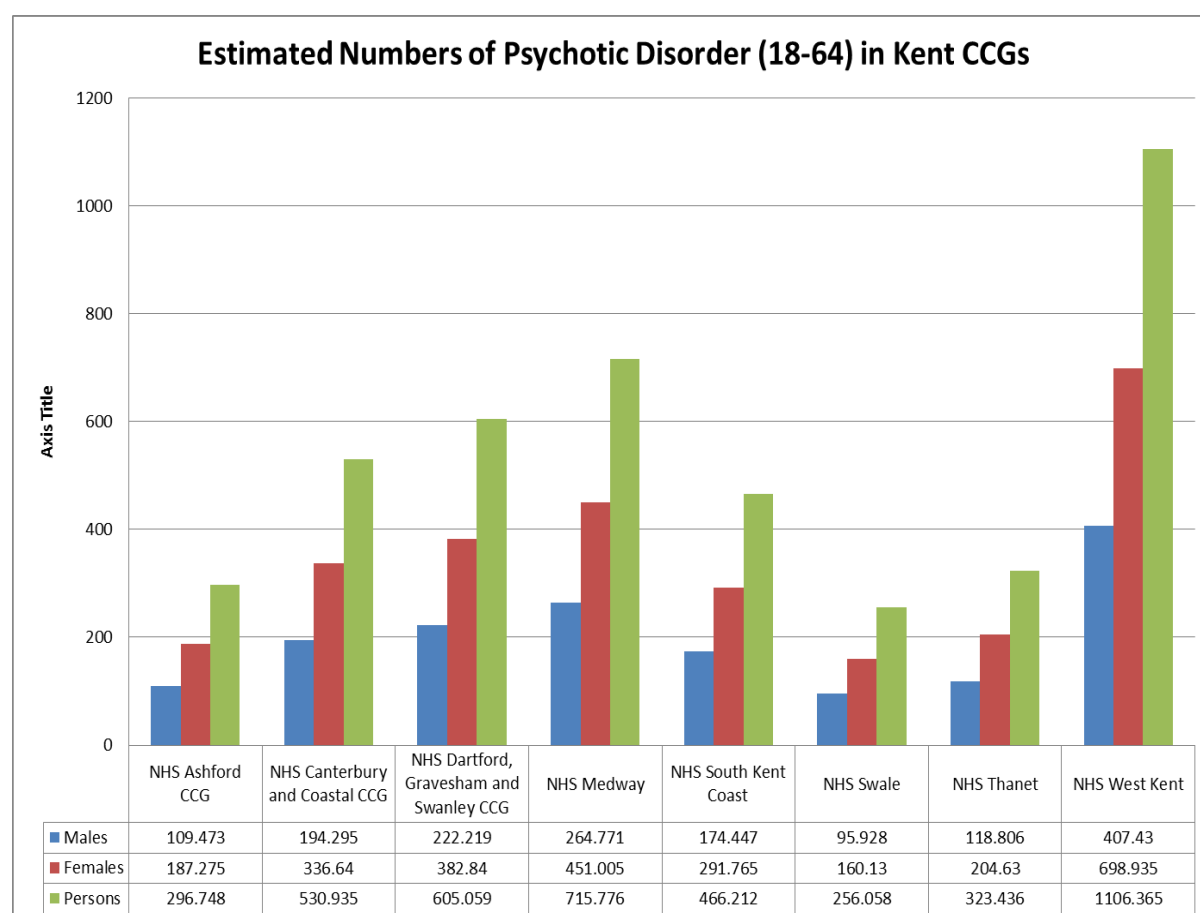
Figure 25



Source: Adult Psychiatric Morbidity Survey 2007.

The 2007 Adult Psychiatric Morbidity Survey found 0.4% (0.3% of men and 0.5% of women) of people to have had signs of a psychotic disorder in the past year (prior to interview). However the sample size was small (due to a number of refusals or non-contacts for the phase two interview) so a second approach to estimate 'probably psychosis' was used. The prevalence of probably psychosis was found to be 0.5% of adult aged 16-74yrs. 0.4% of men and 0.6% of women were found to have 'probable psychosis'. Probable psychosis rates were slightly higher in men aged 16-34yrs than women in the same age group (0.4% and 0.3% respectively) and overall rates of probable psychosis are highest for both sexes in the 35-44 age groups and as with other mental illnesses the prevalence of psychosis tends to decrease with age. Based on age and sex prevalence rates almost 4,300 Kent people (2010) are estimated to have probable psychosis. Due to population growth this is predicted to rise to by 4,509 2016 and 4,566 by 2020 (table 12). In Thanet this is estimated to be 323 people rising to 351 by 2020.

Figure 26



Source: APMS 2007 & KMPHO

Table 12 Projected increases of people with psychosis from 2013 to 2020 by Kent CCGs

Kent CCGs	2013	2016	2020
NHS Ashford CCG	310	315	325
NHS Canterbury and Coastal CCG	548	634	578
NHS Dartford, Gravesham and Swanley CCG	630	634	643
NHS South Kent Coast CCG	486	484	483
NHS Swale CCG	267	268	270
NHS Thanet CCG	338	343	351
NHS West Kent CCG	1156	1155	1159
<b>Kent</b>	<b>4481</b>	<b>4509</b>	<b>4566</b>

Source: KMPHO 2013

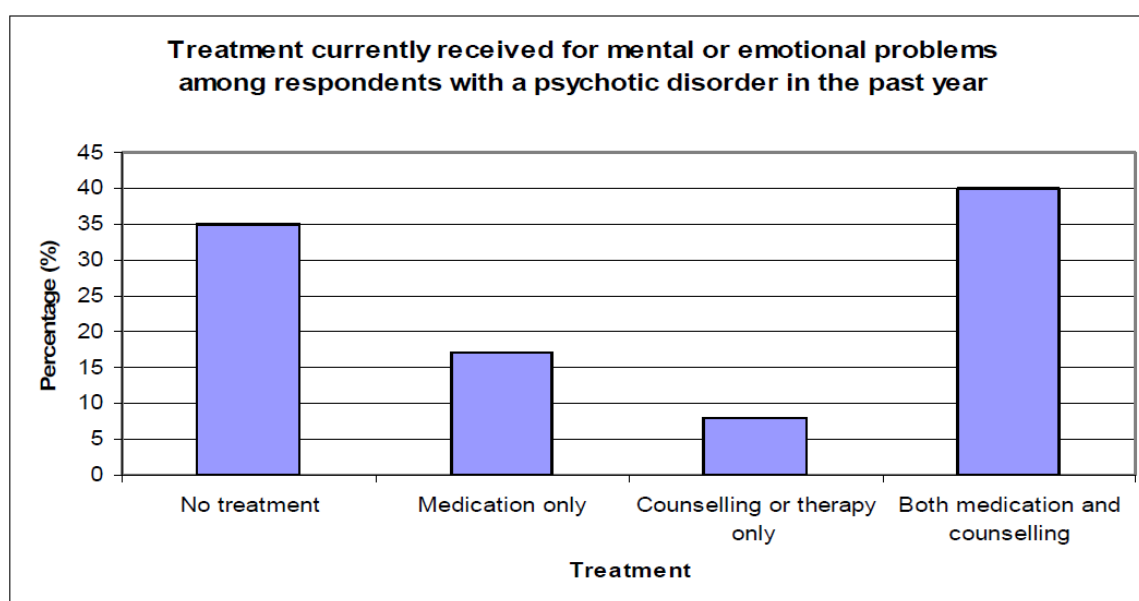
The sample size for psychosis, when split by ethnic group was small in this survey so the data presented below should be handled with caution. However, the figures suggest Black people, particularly Black men, have an increased risk of experiencing

psychosis (three and a half times higher than white people). This increased risk is likely to be linked with discrimination and social circumstances. The prevalence of psychosis increases with decreasing levels of equivalised household income (figure 24) with overall prevalence rising from 0.1% in the highest income quintile to 0.9% in the lowest income quintile. This trend was stronger among men than women, with 1.2% of men in the lowest income quintile suffering from psychosis.

Nationally, 35% of respondents with a psychotic disorder in the past year were not receiving any treatment for a mental or emotional problem. Among the 65% who were receiving treatment combined counselling and medication was most common (40% of those with a psychotic disorder in the last year).

Almost half of respondents receiving treatment were accessing counselling or therapy, most often psychotherapy or cognitive/behaviour therapy. Over two thirds of respondents with psychosis in the last year had spoken to their GP in the past year, compared to 74% of people with probable psychosis. Almost a quarter with psychosis had an outpatient stay in the last quarter and 3% had an inpatient stay in the last quarter (all in relation to a mental or emotional disorder). Additionally two thirds of people with psychotic disorder had accessed community care, mainly psychiatrists or community psychiatric nurses.

Figure 27



Source: Adult Psychiatric Morbidity Survey 2007.

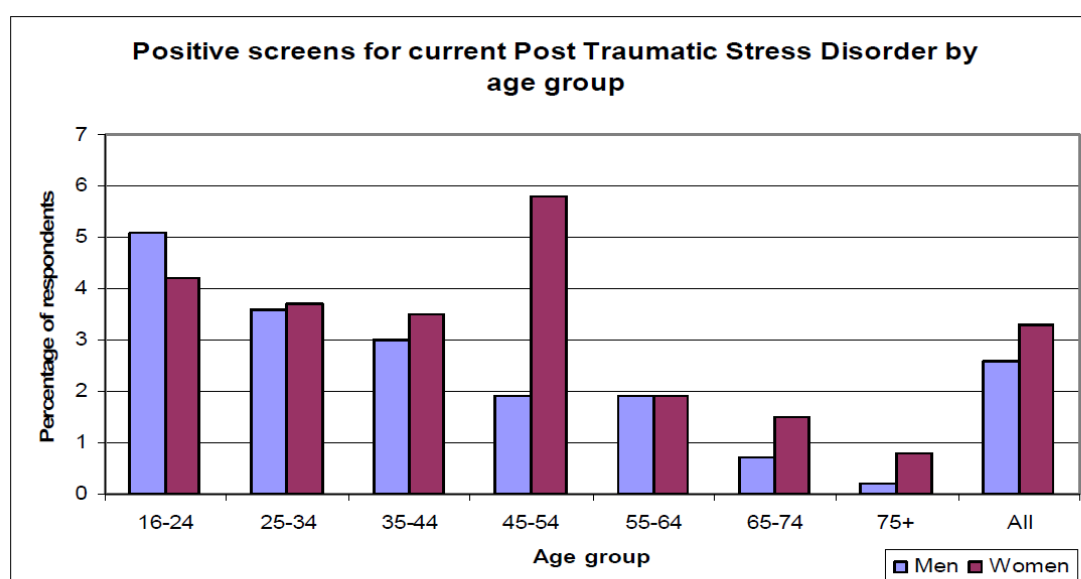
### Estimates for post-traumatic stress disorder

Experiencing or witnessing an external traumatic event that is potentially life-threatening can lead to feelings of anxiety, distress and insomnia. A few people experiencing such trauma may also go on to develop Post Traumatic Stress Disorder (PTSD), generally within three to six months of the event. PTSD is characterised by

re-experiencing the traumatic event (through flashbacks or nightmares), avoidance and hyper-vigilance.

The APMS 2007 asked respondents whether they had experienced major trauma,<sup>44</sup> both ever or since the age of 16yrs. If major trauma was experienced since the age of 16 a screening questionnaire was delivered to screen for characteristics of PTSD. A positive screening is not in itself does not confirm a diagnosis of PTSD but would warrant a clinical assessment. Overall 3% of respondents screened positive for PTSD, with no significant differences between genders. Positive screening for PTSD generally decreased with age, with the exception of women aged 45-54 who had high rates of positive PTSD screens (5.8%).

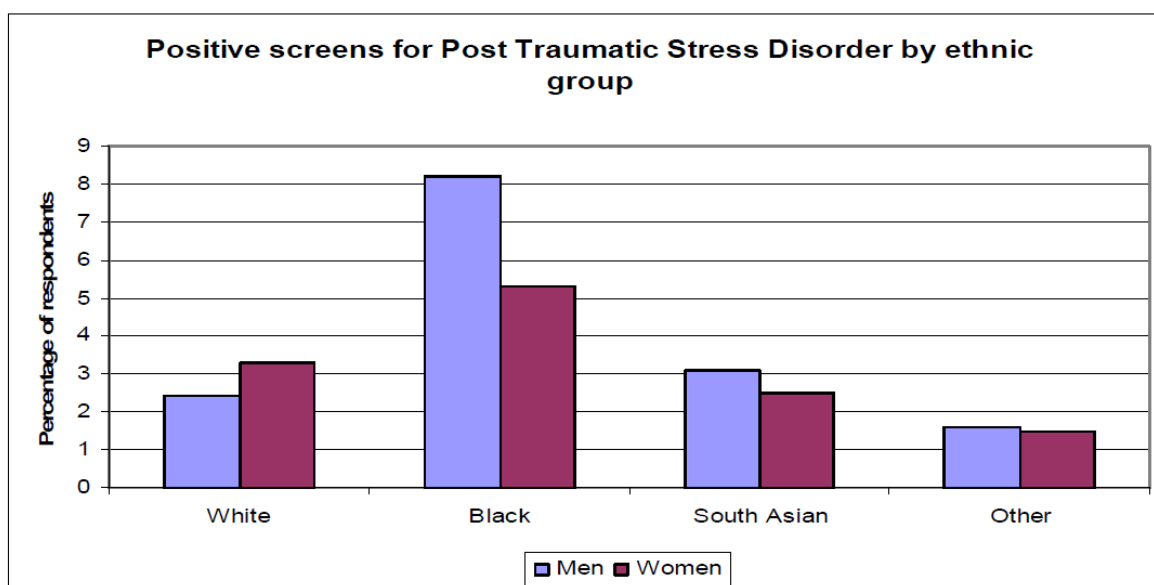
Figure 28



Source: Adult Psychiatric Morbidity Survey 2007.

<sup>44</sup> Interviewers clarified with respondents which traumatic events were relevant with the following statement: 'The term traumatic event or experience means something like a major natural disaster, a serious automobile accident, being raped, seeing someone killed or seriously injured, having a loved one die by murder or suicide, or any other experience that either put you or someone close to you at risk of serious harm or death.'

Figure 29



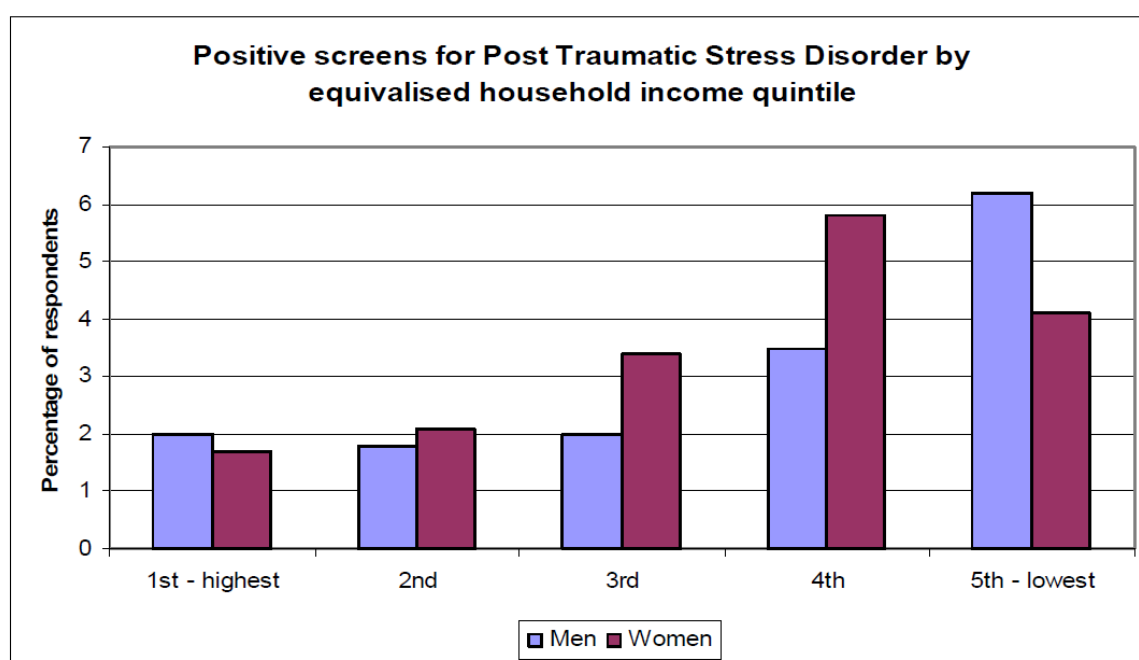
Source: Adult Psychiatric Morbidity Survey 2007.

Younger people tended to have lower rates of experiencing trauma but relatively high rates of positive screening. 23.5% of respondents aged 16-24 had experienced trauma since the age of 16 compared to 33.3% of all respondents, whereas 4.7% aged 16-24 screened positive of PTSD compared to 3% of all respondents. A conditional probability of developing PTSD given a trauma had occurred since age 16 can be applied to groups and this was high for 16-24yr olds at 19.8%, compared to 8.9% of all respondents that had experienced trauma since 16.

PTSD screening results by ethnicity suggest rates are highest among black men at 8.2%, compared to 2.4% in white men and 3.1% in south Asian men and 1.6% in men from other ethnic groups. Black women also appear to have higher rates of positive PTSD screens than women from other ethnic groups; however differences between women were removed following age-standardisation of results.

Although there were no significant differences in the proportion of respondents experiencing trauma by equivalised household income there were differences in the proportion with positive screens for PTSD (figure 29). This may be due to different types of trauma being experienced by people with lower incomes, different coping mechanisms or having PTSD may impact on household income.

Figure 30



Source: Adult Psychiatric Morbidity Survey 2007.

Table 13

Projected Numbers of people with PTSD in Kent CCGs from 2013 to 2020	2013	2016	2020
NHS Ashford CCG	2895	2945	3000
NHS Canterbury and Coastal CCG	5326	5367	5353
NHS Dartford, Gravesham and Swanley CCG	5915	5882	5593
NHS South Kent Coast CCG	4528	4546	4568
NHS Swale CCG	2484	2510	2502
<b>NHS Thanet CCG</b>	<b>3199</b>	<b>3230</b>	<b>3175</b>
NHS West Kent CCG	10782	10735	10362
<b>Kent</b>	<b>42079</b>	<b>42188</b>	<b>41312</b>

### Estimated numbers of people with personality disorders

Only antisocial and borderline personality disorders were assessed in the 2007 Adult Psychiatric Morbidity Survey, however there are a number of other personality disorders which tend to be grouped in to three groups (A - Suspicious, B – Emotional and impulsive, and C - Anxious). Antisocial and borderline personality disorders are both part of group B, emotional and impulsive. People with Antisocial Personality Disorder (ASPD) are characterised by the presence of three or more of the following

criteria since the age of 15 or earlier and with characteristics persisting into adulthood (therefore diagnosis is only possible for over 18s):

- irresponsibility
- deceitfulness
- indifference to the welfare of others
- recklessness
- a failure to plan ahead
- irritability and aggressiveness.

People with Borderline Personality Disorder (BPD) are characterised by the presence of five or more of the following criteria (with diagnosis possible in childhood);

- Frantic efforts to avoid real or imagined abandonment
- Pattern of unstable and intense personal relationships
- Unstable self-image
- Impulsivity in more than one way that is self-damaging
- Suicidal or self-harming behaviour
- Affective instability
- Chronic feelings of emptiness
- Anger
- Paranoid thoughts or severe dissociative symptoms (quasi-psychotic).

Nationally only 0.3% of respondents were diagnosed as having antisocial personality disorder and 0.4% as having borderline personality disorder. In Kent there are a predicted 3,713 people with antisocial personality disorder and 4,841 people with borderline personality disorder. In Thanet this amounts to 278 people with anti-social PD and 364 people with borderline PD.

Figure 31

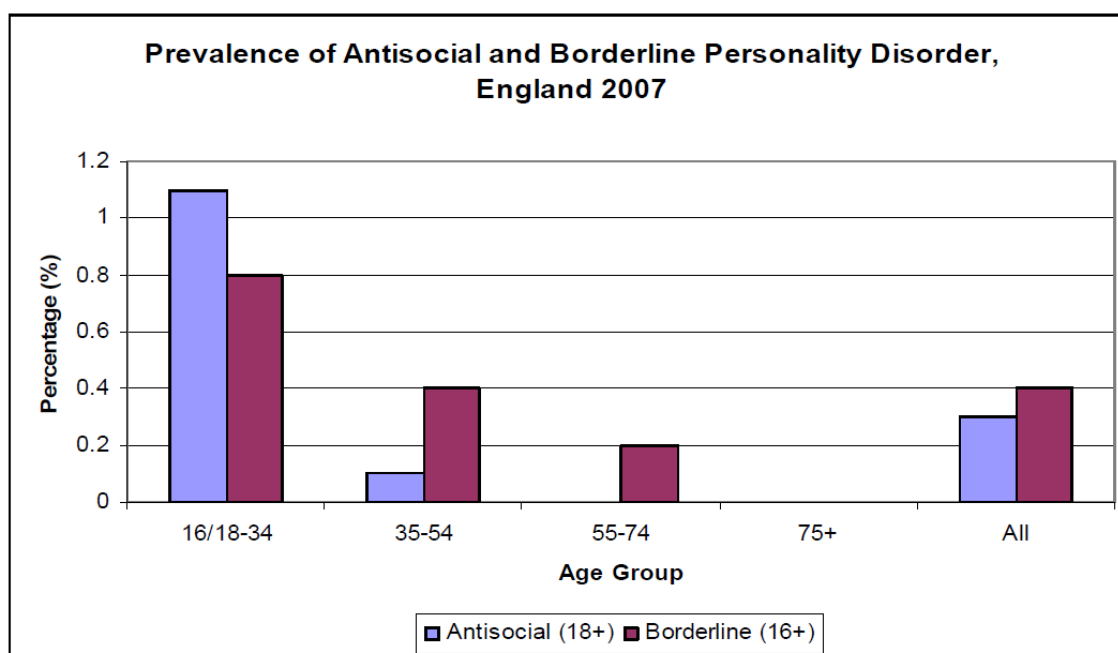


Figure 32

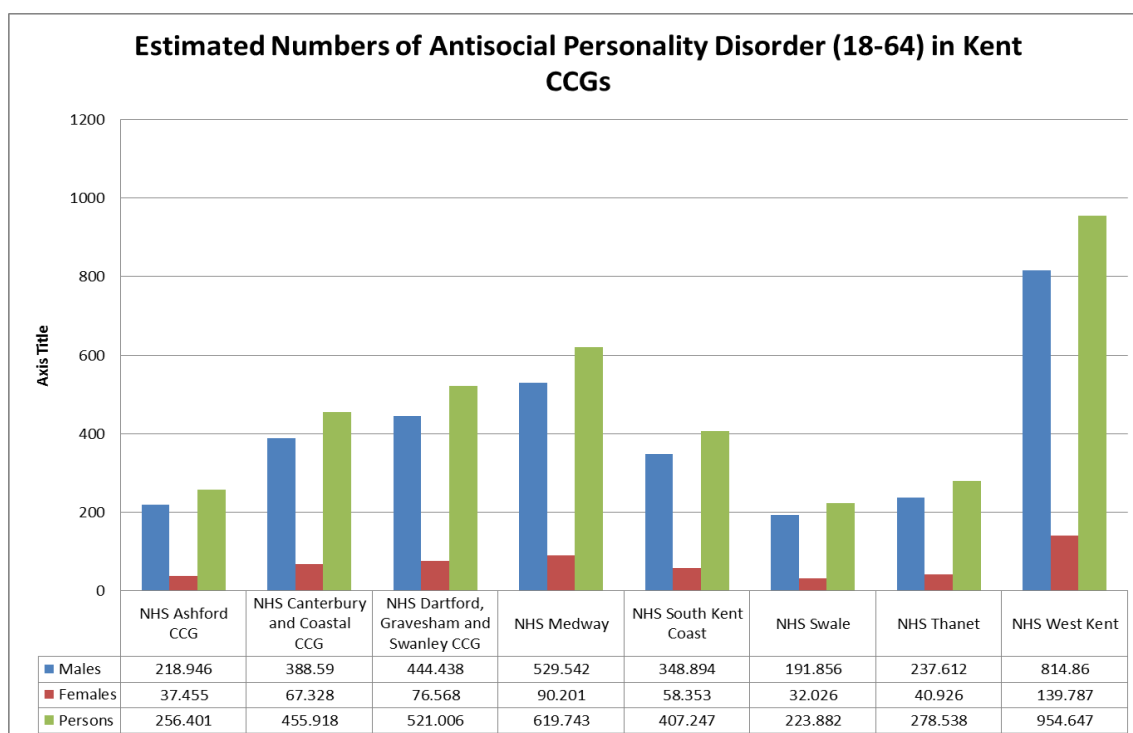
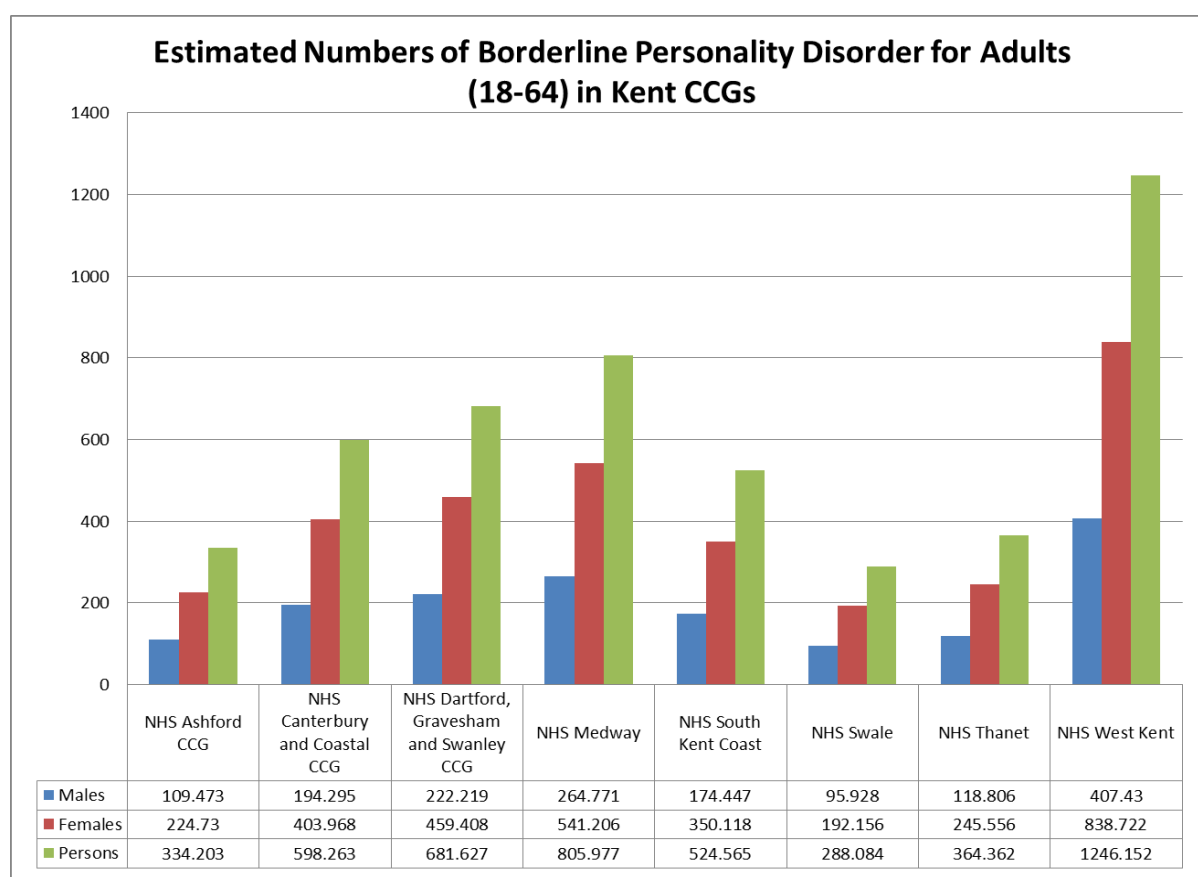


Figure 33



### Adults with attention deficit disorder

People with Attention Deficit Hyperactivity Disorder are restless, disorganised, impulsive and lack concentration. Most people will experience some of the symptoms of ADHD at some time, however people with ADHD consistently have many of the symptoms, which impairs on normal functioning. This can lead to problems at work, being unable to maintain relationships and low self-esteem. ADHD is commonly spoken of as a condition affecting children but it can persist into adulthood.

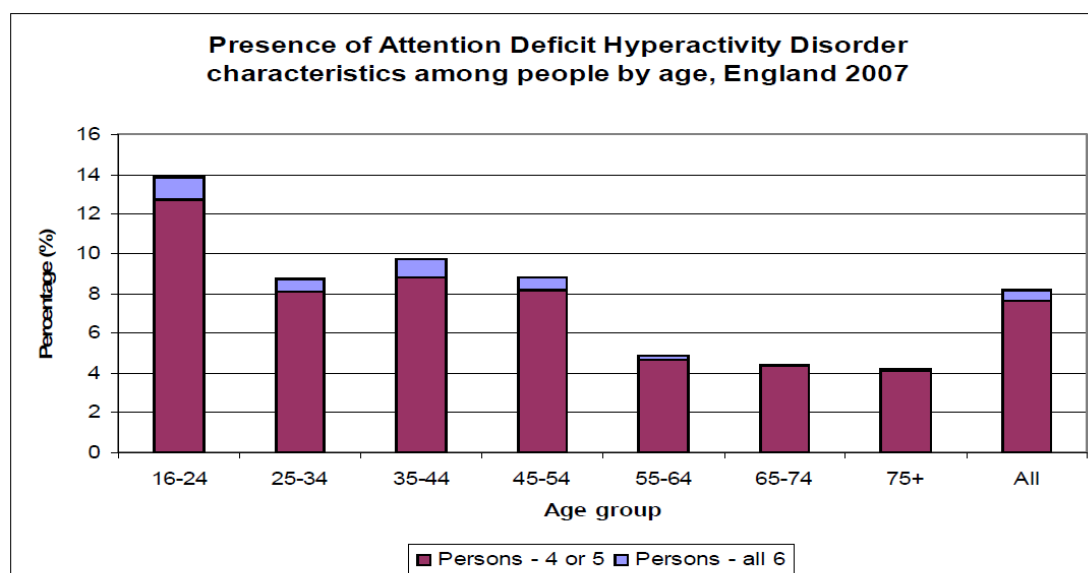
Identifying the possible presence of ADHD involves a six question screen which assesses the presence of six characteristics of ADHD. Presence of four or more characteristics suggests a clinical assessment may be warranted.<sup>i</sup>

The Adult ADHD Self-Report Scale-v1.1 (ASRS-V1.1) does not take in to account differences in behaviour across different situations (work/home life) or the age of onset of characteristics, which are important aspects of a clinical diagnosis of ADHD. Overall 8.2% of adults showed four or more characteristics of ADHD and 0.6% showed all six characteristics. The prevalence of ADHD characteristics (four or more) tends to decrease with age, with the highest rates among those aged 16-24yrs.

Previous studies have suggested that ADHD may be two to four times more likely to be found among men than women. However, no significant differences in the presence of ADHD characteristics by gender were found in the APMS.

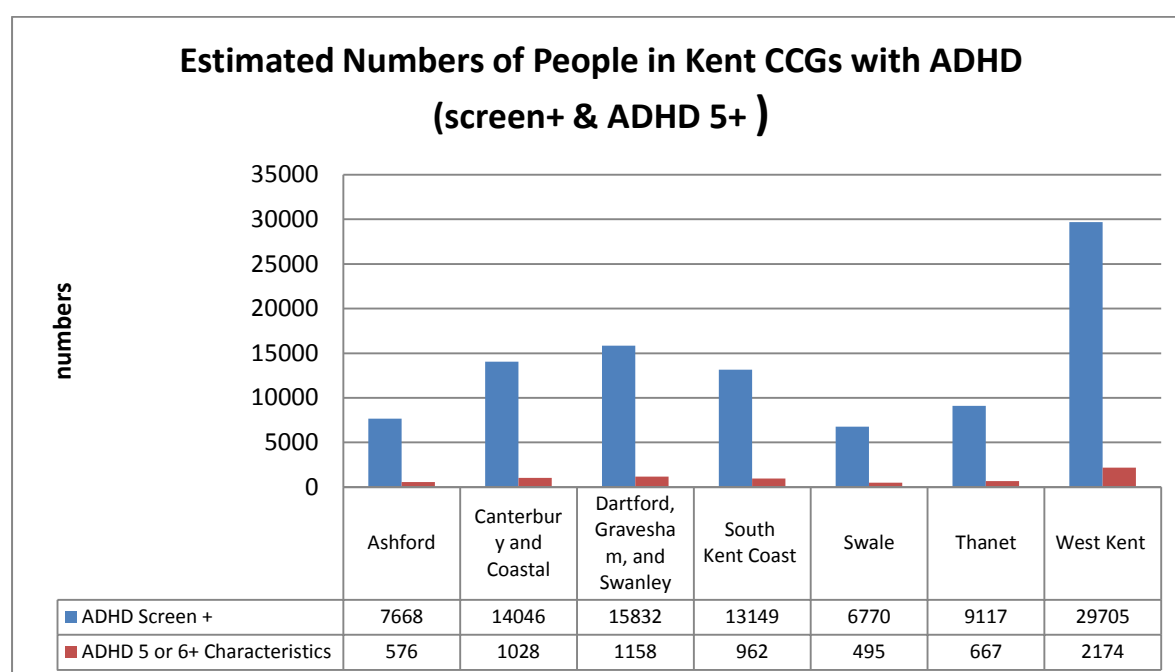
Around 7,060 Kent residents in 2012 were estimated to have five - six characteristics of ADHD<sup>ii</sup> which is predicted to rise to almost 2,600 by 2015 (figure 34).

Figure 34



Source: Adult Psychiatric Morbidity Survey 2007.

Figure 35



Source: APMS 2007 applied to 2012 Kent population

In relation to employment nationally, men and women who are “economically inactive” (a term which covers students, long-term sick or disabled, retired (early retirement) and those looking after the home) had the highest rates of four or more ADHD characteristics. 21.9% of men and 12.9% of women who were economically inactive showed four or more ADHD characteristics. This compares to 8.1% of employed men and 6.8% of employed women.

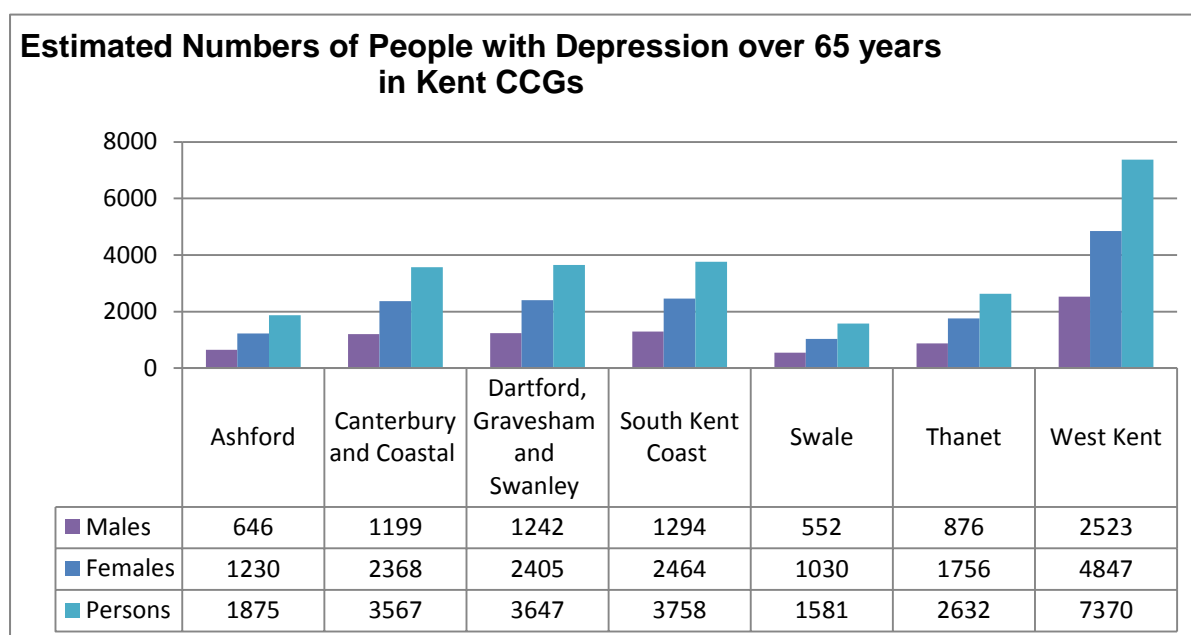
## **Older age**

Older age is the single most important predictor for cognitive decline and dementia. Older adults are also particularly at risk of social isolation, as they withdraw from the labour market (which may deprive them of a steady income) and become more susceptible to chronic disease (which may deprive them of their mobility, independence and cognitive skills). Feelings of isolation can also come about due to the loss of their partner or friends to illness, or due to inattentive or uncaring family members. The elderly are also vulnerable to physical neglect or abuse, either by formal or informal carers, and this has obvious negative implications for their state of wellbeing. Social and family isolation - and also bereavement - are significant predictors of depression in older age. Since chronic physical illness is also a risk factor for depression, the higher prevalence of physical health conditions in this age group further contributes to elevated rates of depression.

An ageing population will create an increased burden on health services including mental health services. It can be anticipated that there will be higher levels of complexity to respond to due to multiple morbidity, which will require an integrated approach to health.

Alongside this it can be predicted that prevalence of depression amongst older people may increase if family fragmentation as a phenomena continues and growing rates of dementia will bring a whole new spectrum of issues. Not only will this require a new way of approaching health care but health and social care will also need to take a more fundamentally integrated approach. It will also be important to consider how best to support informal carers in the future as demands on them increase

Figure 36



**Source:** POPPI, Oxford Brookes University (accessed 25/04/2014); PCIS CCG registered population

## Eating disorder

Please refer to full needs assessment on eating disorders (K&MPHO website).

There are two ways to estimate prevalence for eating disorders, firstly to count the numbers of clinical diagnosis made, and secondly via house hold surveys using an eating disorder screening tool (SCOFF).

Studies looking at the incidence and prevalence of eating disorders in the general population, based on clinical diagnosis, estimate: the incidence of anorexia nervosa to be about 19 per 100,000 per year in females and two per 100,000 per year in males, with rates as high as 50 per 100,000 per year in females aged between 13 to 19 years (Hoek, 1991, Hoek, 2006). The prevalence of bulimia nervosa has been estimated between 0.5 per cent in young women (Hoek, 1991, Hoek, 2006).

The problem of these studies is that they only count the number of people who present for clinical diagnosis and do not take into account unmet need. The Adult Psychiatric Morbidity Survey (APMS) 2007 provides a prevalence of treated and untreated eating disorders, using the SCOFF screening tool as recommended by NICE thereby giving an indication of unmet need. There are three categories for this:

- a screen negative (no disorder)
- b screen positive (potential problem)
- c screen positive with impact (serious disorder).

The survey found that only 19% of those who screened positive for an eating disorder were receiving treatment for a mental or emotional problem at the time of interview i.e 81% of people screening positive were receiving no treatment. The survey shows that the risk of screening positive for eating disorders:

- was higher among single men and women
- was not significantly influenced by ethnicity
- was not significantly influenced by household income

There are more people in the 16-24 age category affected by eating disorders, and most of the predicted cases are for people under 45 years old (table 14). Females are more likely than males to need support for eating disorders and there are a predicted 26,000 serious cases requiring treatment in Kent. Females outnumber males in need by over 400% (table 14). The estimated numbers of cases of people with eating disorders for each Kent CCG is shown in table 15.

Table 14 Kent County Council estimated numbers using APMS SCOFF tool

Eating Disorder			Eating Disorder with Impact		
age band	male	female	age band	male	female
16-24	5442	17814	16-24	1632	4518
25-34	3915	9504	25-34	626	2851
35-44	3328	10270	35-44	190	2464
45-54	4432	9979	45-54	788	3024
55-64	1752	3720	55-64	87	744
65-74	972	1412	65-74	194	353
75+	305	783	75+	0	98
<b>total</b>	<b>20146</b>	<b>53482</b>	<b>total</b>	<b>3517</b>	<b>14052</b>

Figure 37

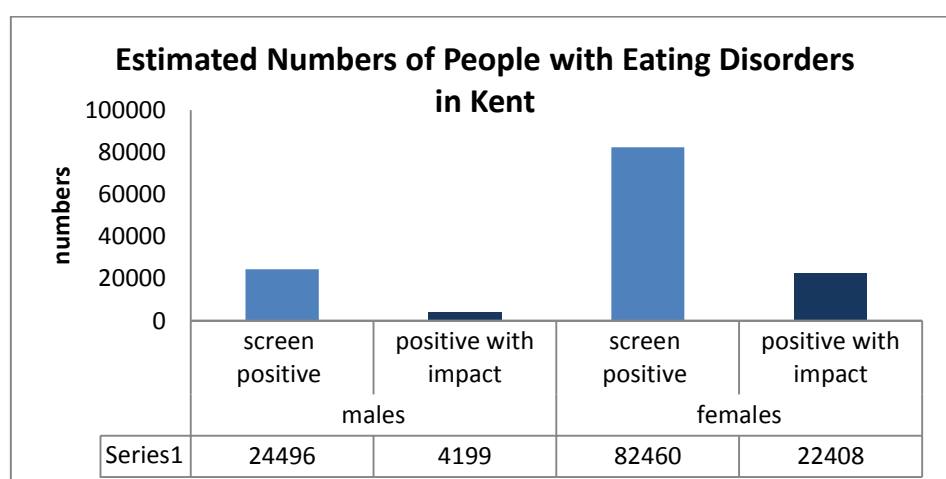


Table 15 Estimated number of cases of anorexia nervosa 2008 and 2013

	males		females	
	screen positive	positive with impact	screen positive	positive with impact
Ashford CCG	1684	289	4686	1273
NHS Canterbury And Coastal CCG	2993	513	8486	2306
NHS Dartford, Gravesham And Swanley CCG	3365	577	9475	2575
NHS South Kent Coast CCG	2823	484	5894	1602
NHS Swale CCG	1467	251	4823	1311
<b>NHS Thanet CCG</b>	<b>1925</b>	<b>330</b>	<b>10574</b>	<b>2873</b>
NHS West Kent CCG	6322	1084	38522	10468

## Postnatal depression

Prevalence of postnatal depression is estimated at between 10-15% (RCPSych), and applying the lower prevalence to Kent live births 2011 for maternal mothers ages 15-44, the estimates for 2011 are derived. The prevalence is projected to 2015 using average growth rate in birth between years 2007-2011. The data shows that there are a possible 1,738 mothers suffering from postnatal depression in 2011 and 167 women in Thanet.

Table 16

Estimated numbers of women with postnatal depression		
	2011	2013
Ashford CCG	148	155
Canterbury and Coastal CCG	202	212
Darford, Gravesham and Swanley CCG	322	338
South Kent Coast CCG	208	218
Swale CCG	139	145
<b>Thanet CCG</b>	<b>167</b>	<b>175</b>
West Kent CCG	552	579
Kent	1738	1823
Source: Public health birth file, and CCG and district population distribution		

## Dual diagnosis (mental health and substance misuse)

The term 'dual diagnosis' relates to the broad spectrum of mental health and substance misuse problems that any individual might concurrently experience. The nature of the relationship between these two conditions is complex and varies from individual to individual.

Dual diagnosis affects a third of mental health service users, half of substance misuse service users and 70% of prisoners. Service users with a dual diagnosis typically use NHS services more and cost more.<sup>45</sup> Given the prevalence estimates of serious mental health problems in Kent, it is predicted that Thanet, Swale and South Coast Kent will have higher proportions of people with dual diagnosis problems.

A recent analysis of National Drug Treatment Monitoring Data (July 2013) has revealed that:

- There has been an increase in the proportion of dual diagnosis clients in structured treatment in Kent over the past three years from 11.1% as of July 2011 to 13.7% as of July 2013
- The proportion of dual diagnosis clients differs across districts with the highest rates of dual diagnosis recorded in Tunbridge Wells (21%), Tonbridge and Malling (20%) and Sevenoaks (20%) and the lowest rates in Ashford (10%) and Dartford (11%)
- Significantly fewer dual diagnosis clients are in regular employment (10%) in Kent compared to non-dual diagnosis substance misuse clients (17%)
- Of the 6,893 dual diagnosis clients, 37.9% were female. This proportion is significantly higher than the proportion of women in structured treatment overall (29.9%)
- Alcohol is the primary substance of misuse for 39.7% of dual diagnosis clients. This is comparatively high with only 27.3 of non-dual diagnosis clients with alcohol as their primary substance
- Unsuccessful exits have fallen over the past three years for non-dual diagnosis substance misuse clients but have risen slightly for dual diagnosis clients
- Referral sources have remained stable over the past three years with 42.8% of dual diagnosis clients referring themselves into structured treatment in Kent as of July 2013. GP and psychiatry services only account for 8.4% of all client referrals. However, there has been a recent reduction in referrals from GPs from 12% in 2011/12 to only 7% of all referrals in 2012/13.<sup>46</sup>

A substantial number of adults accessing DAAT services are also receiving mental health care at the same time, and this is increasing. Across Kent, in 2012/13, 19% of adults accessing DAAT services were receiving care from mental health services for reasons other than substance misuse.<sup>47</sup>

There has been a 282% increase in episodes of treatment for dual diagnosis in Kent since 2008. (table 17).

The following data is from the 'episodes' of care that are provided in Kent 'Structured Substance Misuse Treatment' services. The term 'episodes' of care means the

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<sup>45</sup> National Mental Health Development Unit and The NHS Confederation, 2009, p1

<sup>46</sup> KDAAT needs assessment 2014 (in press)

<sup>47</sup> *ibid*

episode of treatment and one person may have a number of 'episodes' of care. Although this is helpful for payment – this is not a good way to assess need for numbers of patients in treatment and rates were not available for this needs assessment.

Recommendation: Dual Diagnosis Needs Assessment be carried out in 2014 using analysis from local monitoring data

Table 17 Total number of episodes in which the client has dual diagnosis

	2008/09	2009/10	2010/11	2011/12	2012/13
<b>Total Number of Episodes in which the Client has Dual Diagnosis</b>	340	388	678	783	848
<b>Total Number of Episodes</b>	6165	4755	5822	6205	9088
<b>Proportion of Episodes in which the Client has Dual Diagnosis</b>	6%	8%	12%	13%	9%

Source: KDAAT 2014

It appears from table 17 that the proportion of episodes of care for dual diagnosis has decreased substantially from 2010-2012. This may be due to changes in commissioning the 'pathway' but without a full understanding of the data and numbers, further assessment is not possible.

It appears that episodes of care from most East Coast Kent CCGs have fallen and large increases have been seen in West Kent since 2012 (table 18). It is interesting to note that in Thanet there has been an annual decrease and in Tunbridge Wells – there has been a large increase in 2012. Again, it is important to note that this is 'demand' and not 'need'.

Table 18 Proportion of Dual Diagnosis Episodes per Local Authority

*Please note Local Authority is identified via the Client's residential postcode when triaged.*

Local Authority	2008/09 %	2009/10 %	2010/11 %	2011/12 %	2012/13 %
Ashford	5.97%	5.57%	5.75%	6.26%	4.60%
Canterbury	13.52%	16.71%	15.93%	16.22%	14.03%
Dartford	5.66%	3.45%	3.98%	3.32%	2.48%
Dover	7.86%	7.69%	11.36%	9.20%	8.37%
Gravesham	11.64%	9.02%	5.16%	3.19%	6.72%
Maidstone	13.84%	16.45%	11.21%	9.96%	11.08%
Medway	0.31%	0.80%	0.88%	0.26%	0.24%
Sevenoaks	2.52%	1.86%	1.33%	2.94%	4.72%
Shepway	2.20%	4.24%	8.11%	11.24%	9.91%
Swale	4.09%	6.37%	11.95%	12.39%	8.84%
<b>Thanet</b>	<b>19.18%</b>	<b>14.85%</b>	<b>15.93%</b>	<b>17.37%</b>	<b>11.56%</b>
Tonbridge & Malling	4.09%	6.90%	4.13%	3.45%	6.60%
Tunbridge Wells	7.23%	6.10%	4.28%	4.21%	10.85%

A recent joint report from Drugscope and the Centre for Mental Health and the UK Drug Policy Commission called "Dual Diagnosis: A Challenge for the reformed NHS and for Public Health England" urged the following:

- Local Directors of Public Health have the opportunity and potential to transform local services (including those for Dual Diagnosis) – but the report warned that risks due to the broad responsibilities of Public Health Directors may halt progress.
- Joint Commissioning for mental health and substance misuse needs to become the norm. CCG's and local public health structures need to work together with aligned pathways and contracts. It is particularly important that NHS & Public Health England also commission together with local public health in the County Council.

- Concerns exist that the mental health cluster for 'dual diagnosis' is too restrictive and that people with 'dual diagnosis' may be excluded from the Substance Misuse PBR pilot. The two payment systems must work together.
- Health and Wellbeing Boards need to offer a joint forum with Crime and Safety Partnerships to understand the needs of offenders.
- Joined up outcome measures are needed between mental health services and substance misuse services.

## **Co-morbidity of mental health disorders in Kent**

If a person has more than one mental health disorder they are said to have co-morbid conditions. Co-morbidity of psychiatric disorders is associated with more severe symptoms, greater functional disability, longer duration of symptoms and increased use of health services. Twenty three per cent of adults screened in the APMS survey screened positive for at least one mental health condition. Of those 19% met the criteria for two conditions and 12% met the criteria for three or more. Application of age-sex prevalence rates to the Kent population shows that around 8% of all adults (aged 16 and over) in Kent are likely to have co-morbid psychiatric conditions.

There were no statistically significant differences in the proportion of males and females with co-morbid conditions. For both genders the prevalence of co-morbidity decreased with age, with 16-24 year olds being most likely to have co-morbid conditions (12.4%) and just 1.5% of people aged 75 and over (figure 38).

There was a small spike in the proportion of women aged 45-54yrs suffering from co-morbid mental health conditions, compared to men of the same age. A spike among women in this age group has also been seen across a number of the mental health conditions considered above (including mixed anxiety and depression, generalised anxiety, depressive episodes and obsessive compulsive disorder, as well as eating disorders).

Overall there are 77,203 people registered in Kent who are likely to have a co-morbidity of psychiatric condition (figure 39).

Figure 38

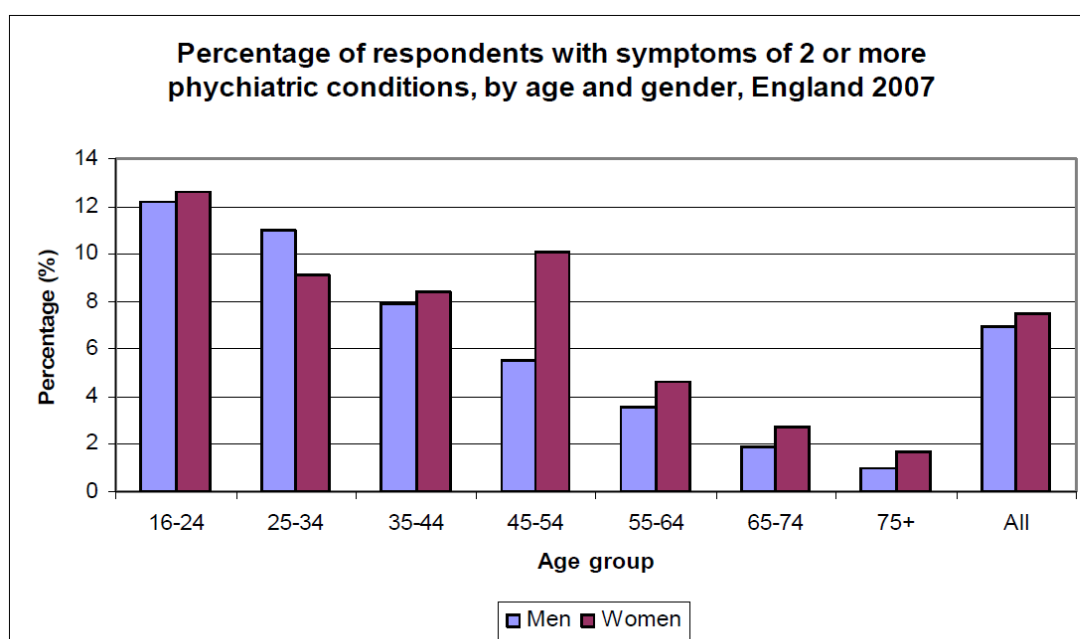


Figure 39

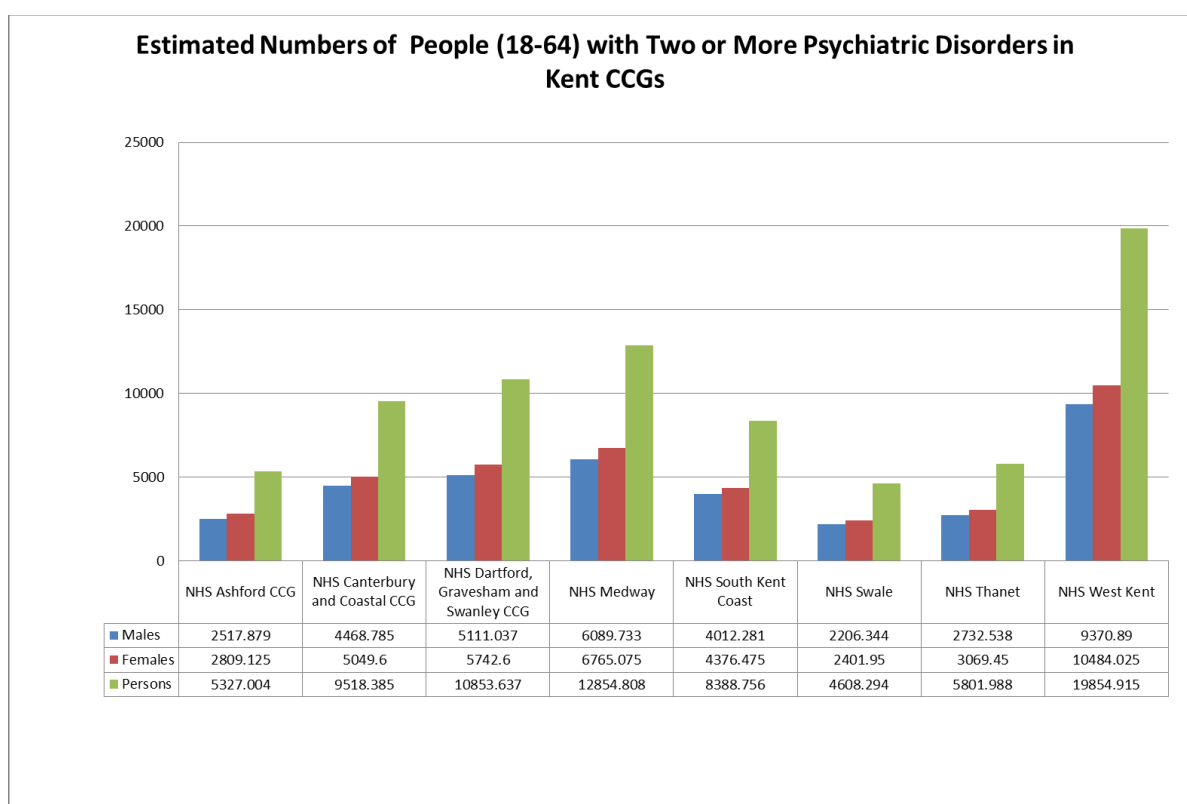


Table 19 Co-Morbidities of mental health conditions

Mental health condition	Number of other conditions strongly correlated with	Other conditions strongly correlated with
Psychotic Disorder	10	GAD, OCD, depressive episodes, panic disorder, BPD, ASPD, PTSD, ADHD, eating disorder and suicide attempts
Antisocial personality disorder	10	OCD, depressive episodes, panic disorders/phobia, psychosis, BPD, PTSD, ADHA, alcohol dependence, drug dependence and problem gambling
Panic disorder/phobia	9	GAD, OCD, depressive episodes, psychosis, BPD, ASPD, PTSD, ADHD and suicide attempts
Depressive episode	9	GAD, OCD, panic disorder/phobias, psychosis, BPD, ASPD, PTSD, ADHA and suicide attempts
Borderline personality disorder	9	GAD, OCD, depressive episodes, panic disorders/phobia, psychosis, ASPD, eating disorders, drug dependence and suicide attempts
OCD	8	GAD, depressive episodes, panic disorder/phobia, psychotic disorder, borderline personality disorder, antisocial personality disorder, PTSD and suicide attempts
Suicide attempt	7	GAD, OCD, depressive episodes, panic disorder/phobia, psychosis, BPD and ADHD
PTSD	6	OCD, depressive episodes, panic disorder/phobia, psychosis, ASPD, ADHD
GAD	6	OCD, depressive episodes, panic disorder/phobia, psychotic disorder, borderline personality disorder, suicide attempts
ADHD	6	Depressive episodes, panic disorder/phobia, psychosis, ASPD, PTSD and suicidal thoughts
Eating disorder	2	Psychosis, BPD
Problem gambling	1	ASPD

Source: APMS 2007

## 6. Demand: Primary and Secondary

### 6.1 Diagnosis and treatment in primary care

As part of the GP contract, which commenced on the 1 April 2004, general practices obtain points for achievements against a range of indicators. The system is known as the Quality and Outcomes Framework (QOF) and is used for calculating financial payment.

One of the achievements is forming registers of patients with specific diseases. For mental health (excluding dementia) – there are two relevant for this report. There is one for people with depression, and one for people with a serious mental illness (schizophrenia, bipolar disorder and other psychosis).

#### **QOF mental health**

This shows the prevalence of patients within the CCG localities who are recorded on a GP register as suffering from depression and on the GP practice Mental Health Register. The Mental Health register includes patients with schizophrenia, bipolar disorder and other psychoses. Although there is variation between areas, these figures are based on practice registers so differences in recording can affect these prevalence figures.

#### **QOF depression in people with long-term conditions**

These are linked to other sections of the QOF around long-term conditions, to enable case finding of patients suffering from depression alongside long-term conditions. Data is collected around diabetes and coronary heart disease and also looks at the care of people who are identified as suffering from depression by looking at whether an assessment of severity was made and whether further assessments were made in an appropriate time scale. The way the data is collected shows the numbers and proportions of patients offered this intervention and is therefore presented as a percentage

From these registers, the prevalence of these conditions can be estimated bearing in mind that the registers count patients with a diagnosis, and there may be a high proportion of patients who have the disease but it is undiagnosed.

#### **Some Issues with using QOF data (caveats)**

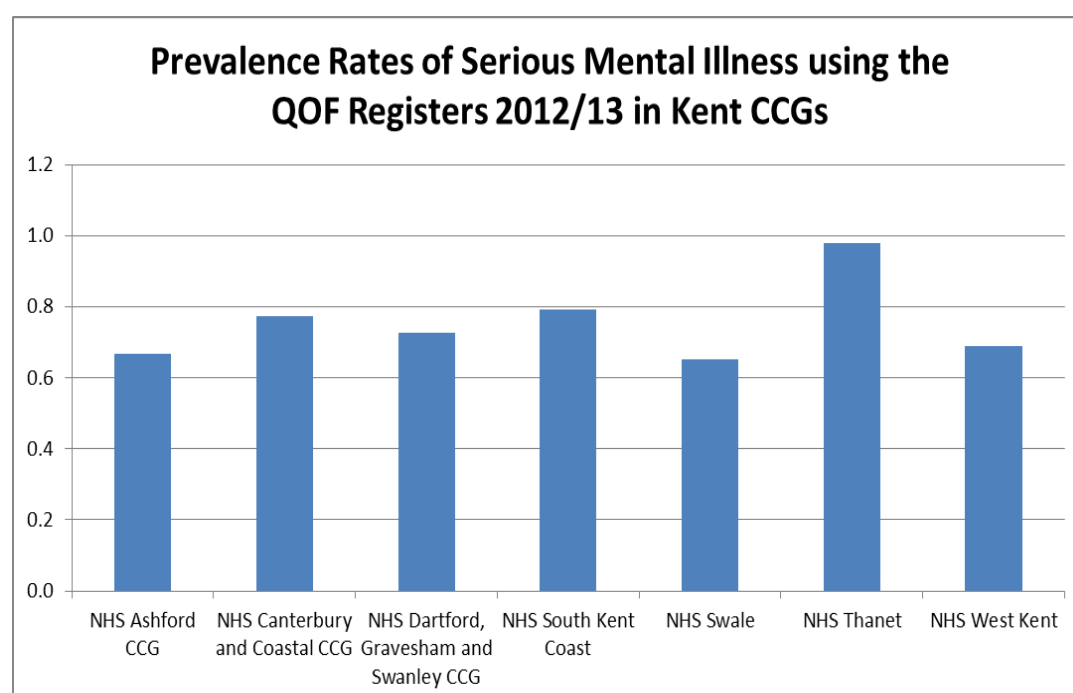
The figures are unadjusted for influencing factors, such as the ages of patients in the practice and deprivation. Practices with a high proportion of elderly patients and practices in deprived areas will tend to have a higher prevalence of disease (and generally a higher prevalence of undiagnosed disease). Patients who have joined the practice within the last three months of any financial year are automatically excluded from this assessment of the register and care indicators. The prevalence is calculated using the data extracted on 14 February and the list size on 1 January. Any difference between the score for a care indicator and the actual number of patients on the register is the number of exceptions. Patients can be made

exceptions from a particular indicator if it is medically inappropriate for that particular person or that particular patient did not attend a particular review. This was introduced so that practices are not penalised, as some of the on-going care indicators depend on achieving a specified percentage of patients receiving the designated level of care.

### QOF prevalence rates in Kent

The data in figure 40 describes the prevalence rates for serious mental illness across CCGs in Kent. The rate for England is 0.8 and only one CCG, Thanet, has rates higher than the England average. South Kent Coast CCG has the second highest rates in Kent, followed by Canterbury and Coastal CCG.

Figure 40



Source QOF 2013

Across the whole of Kent there are 11,215 people on the QoF register for SMI in 2012/13. West Kent has the highest numbers due to their larger population size (figure 41).

For depression QOF Ashford CCG has the highest prevalence rates in Kent and are fairly high compared to the England average. Both Swale and South Kent Coast CCG have slightly higher than the England average for depression (figure 42). There are just over 66,000 people on the QOF depression register in Kent as a whole (figure 43).

In the north of Kent (DGS & Swale CCGs) there is a high percentage of practices meeting the expected needs of patients in primary care for serious mental illness.

This is a general indicator that GPs are managing patients appropriately (figure 44). However there is variable quality in primary care across Kent eg South Kent Coast, Thanet and West Kent (figure 44) that have practices performing well, performing below average and a small number where there may some concern that mental health need is not being picked up at all eg 9% of Thanet practices were well below expected SMI prevalence. CCGs will work with their constituent practices to empower primary care to provide at least adequate mental health care and services for their population.

Figure 41

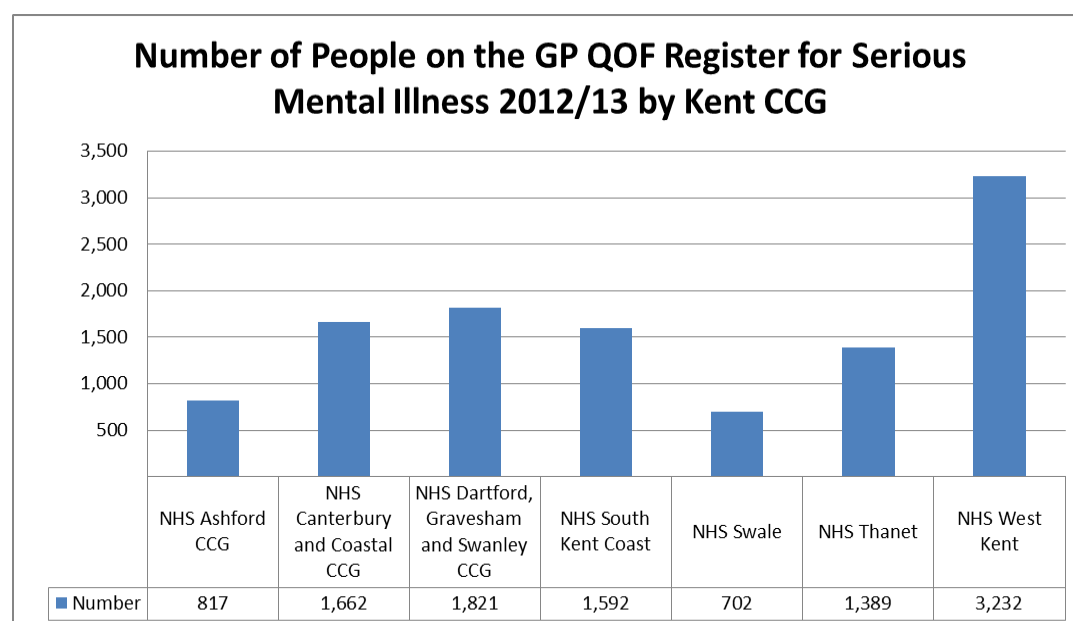


Figure 42

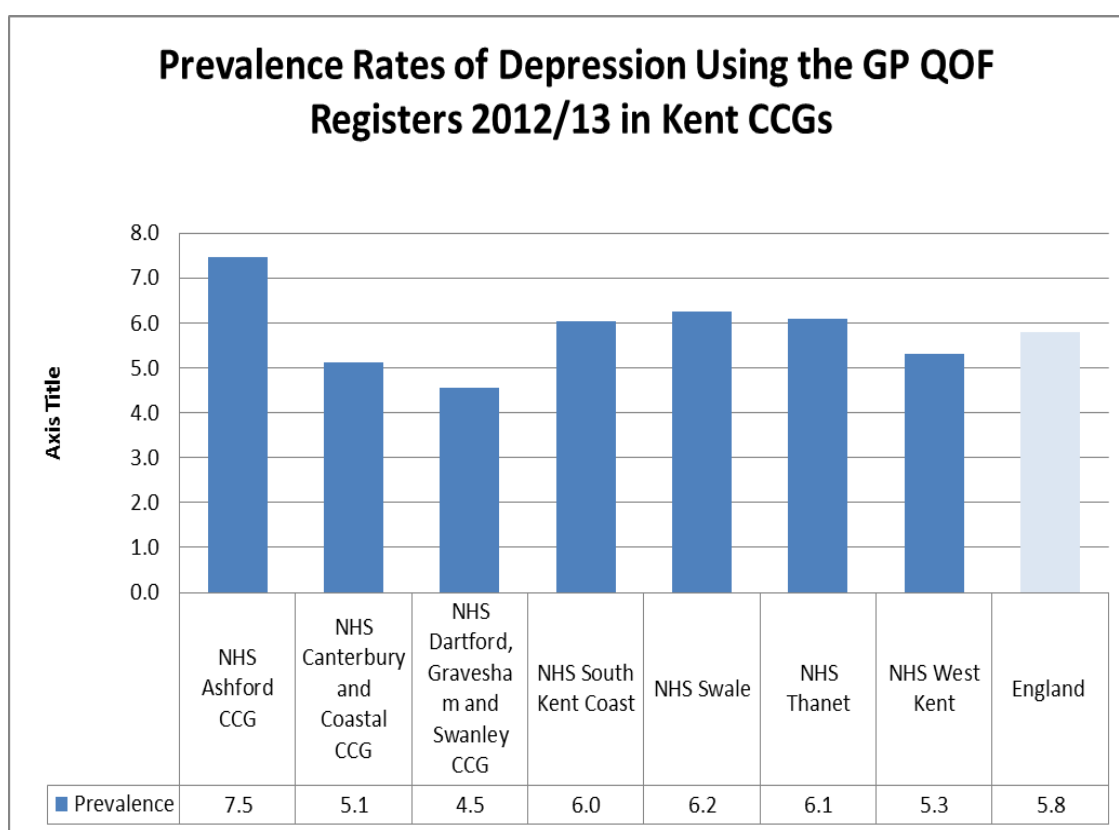


Figure 43

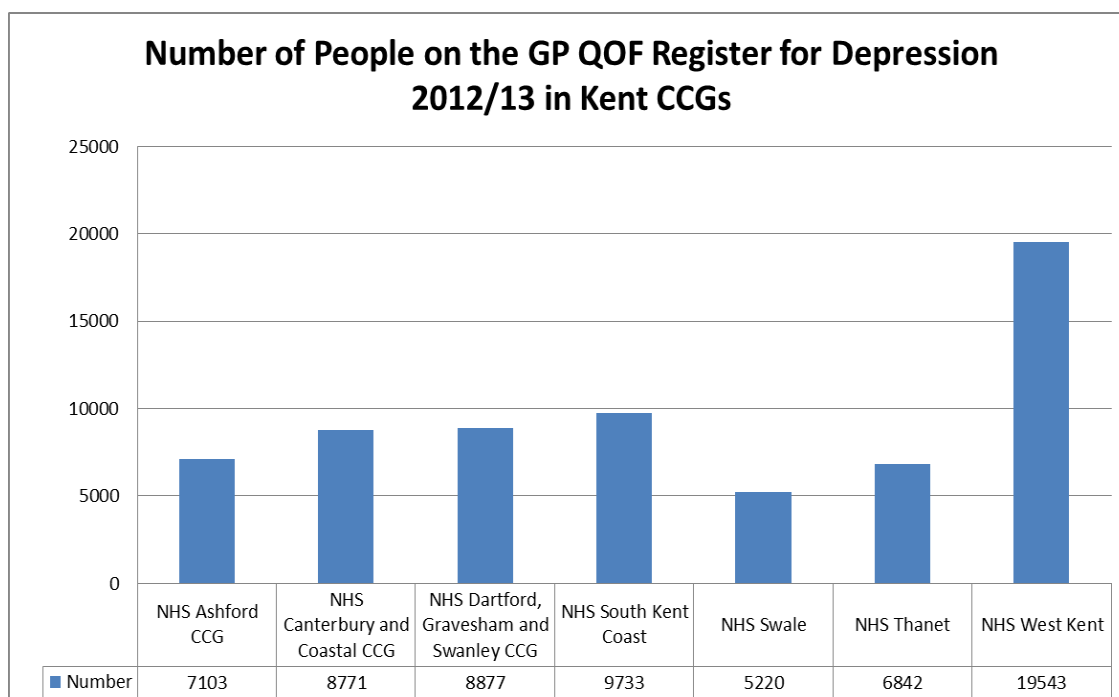


Figure 44

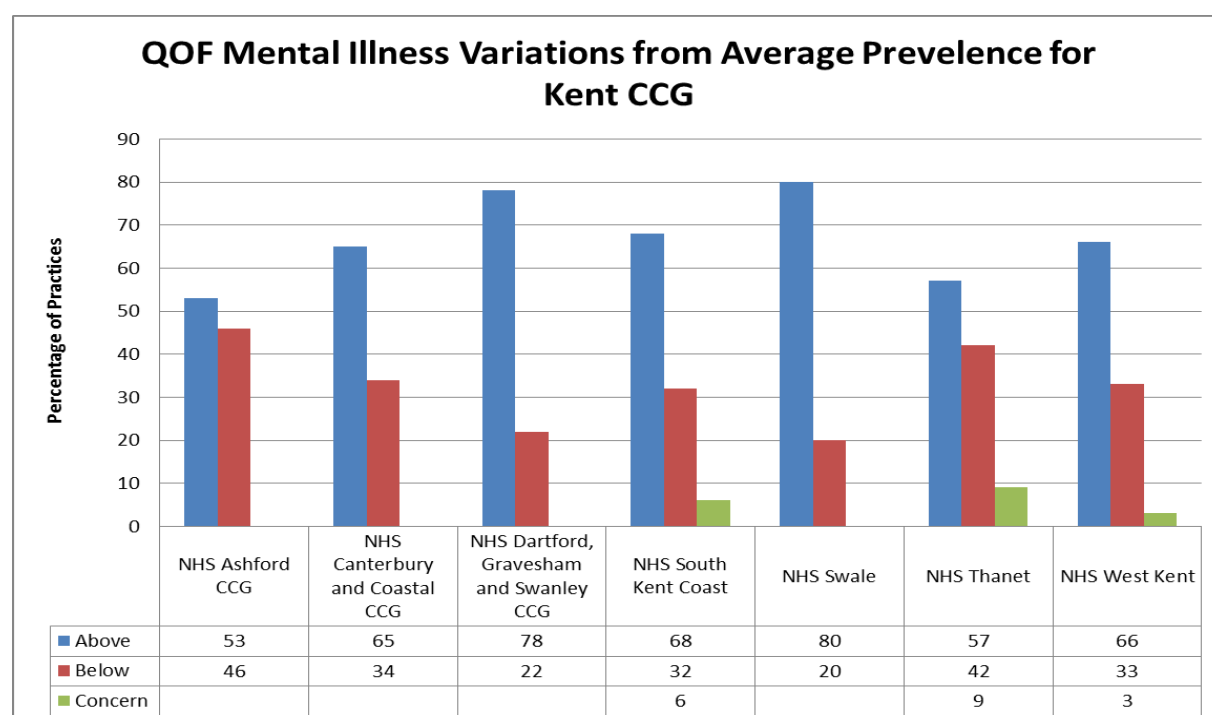


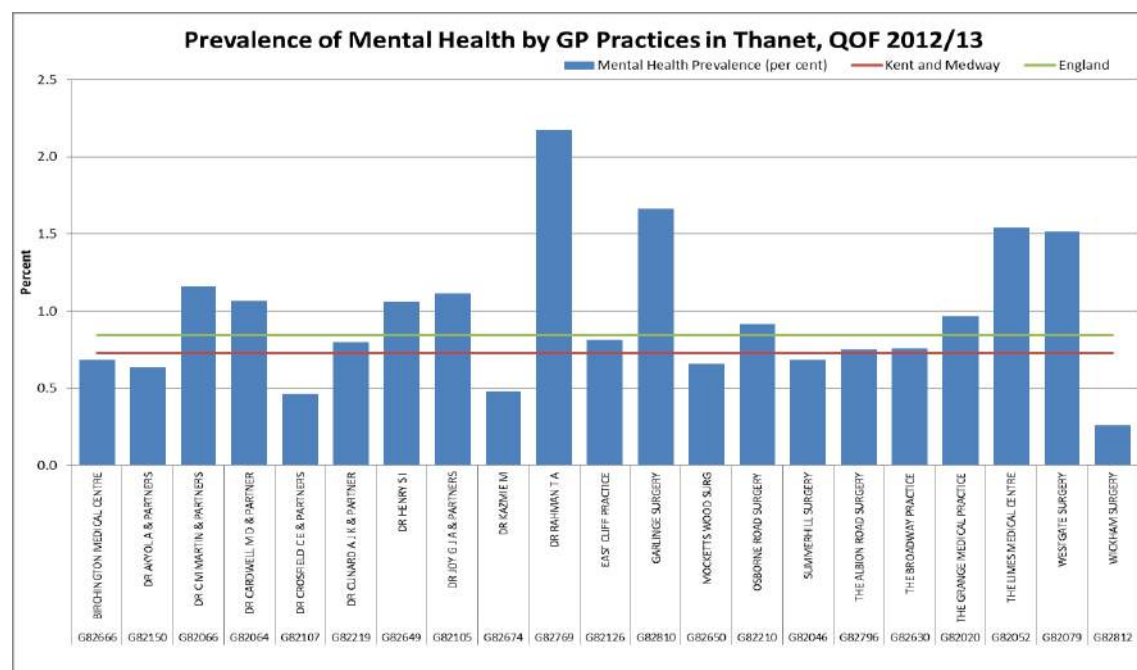
Table 20

Expected Prevalence compared To QOF					
		QOF 2011/12	APMS 2007		
				1 MH condition	2+ MH Conditions
	Depression	Mental Health	(23%)	(7.2)	GAP%
NHS Ashford CCG	12661	793	20598	6448	35
NHS Canterbury and Coastal CCG	15863	1570	36522	11433	52
NHS Dartford, Gravesham and Swanley CCG	14867	1761	41297	12928	60
NHS South Kent Coast	16536	1573	33428	10465	46
NHS Swale	8668	670	17844	5586	48
NHS Thanet	12731	1348	23099	7228	39
NHS West Kent	38182	3135	76935	78171	39

Table 20 compares the CCGs 2011/12 QoF performance with the expected prevalence applied to Kent CCGs from the APMS 2007 for both depression and SMI. This shows that overall the CCG with the highest GAP in unmet need was DGS CCG. Thanet's GAP is relatively low compared to other Kent CCGs indicating that many patients are receiving appropriate treatment at primary care.

Within Thanet however, there is considerable variation of prevalence with 57 GPs having higher than the England QoF average for mental health but nine GPs showing very little mental health activity at all (figure 45). The QoF prevalence from the 2012/13 records show that there is considerable variation within Thanet practices (figure 45).

Figure 45



## Primary care counselling services

In table 21 the number of referrals from primary care to counselling services was compared to the estimated number of need for the three quarters of 2013 – in that time the CCG with the highest percentage referred to counselling was South Kent Coast CCG and the smallest proportion was West Kent CCG. A forthcoming equity audit on IAPT counselling services will capture the full picture in 2014. Across Kent only roughly a quarter of people who need NHS counselling services are referred to IAPT counselling from primary care. However CCGs can help make people be aware that they do not need a referral from primary care to access counselling services.

Table 21 Number of people referred to IAPT services by CCGs in Kent 2013-2014

	Estimated pop at need	IAPT referrals Q1-Q3 2013/14	Estimated 2013/14 IAPT referrals	Gap	% of total in need referred to IAPT services
Ashford	11163	2775	3700	7463	33.1%
Canterbury and Coastal	20296	4552	6069	14227	29.9%
Dartford, Gravesham and Swanley	21852	2568	3424	18428	15.7%
South Kent Coast	17594	4738	6317	11277	35.9%
Swale	9720	2295	3060	6660	31.5%
Thanet	12581	2575	3433	9148	27.3%
West Kent	40509	4953	6604	33905	16.3%

## 7. Long-term Conditions and Morbidity

The main provider of secondary mental health services in Kent is Kent and Medway Partnership Trust (KMPT). A list of services and providers is found in Appendix 1. For effective service planning, investment needs to be made appropriately across the mental health care pathways to maximise overall levels of mental wellness within the population.

The term 'secondary' services for mental health must be used advisedly as current pathways of care are changing. In general this category refers to people with, or in need of, a diagnosis of a serious (sometimes referred to as severe) mental health illness, notably psychosis, bi-polar disorder, severe personality disorder and/or complex and psychotic depression. These are people who have disorders where the majority will have/need a 'care programme' and thus be under the treatment of a 'psychiatric team'.

Like any person with a chronic illness, a person with a 'Serious Mental Illness' can be at any phase of their illness (either coping well, stable and managing symptoms or in an acute phase, not coping or in need of urgent treatment).

This section explores the needs of people in Kent who are expected to be in this category and assess the predicted numbers of these people against the number of people currently known to 'secondary' services.

It is certain that the data presented here will raise more questions than provide answers. It will be up to all Health and Wellbeing Boards (both locally and county wide) to ensure that the questions are both generated and answered. This is why it is important that this needs assessment is a 'living document' - that is updated regularly with accurate data.

### Stepped care

As stated earlier in this needs assessment, the vast proportion of mental illness needs of the population of Kent (97%) is for 'common mental illness', however the 3% of Severe Mental Illness (SMI) takes up the majority of health care expenditure.

The National Institute of Health Research (2010) and the current NICE Guidance advocates for a 'stepped care' approach to treatment (sometimes known as a 'pathway' approach) (Goldberg and Huxley 1980). The 'stepped care' model illustrates what proportions of people are likely to access which part of the service at any one time.

This is important because it shows that not everyone who seeks help for mental health problems will need to go to hospital, some people can be effectively managed in primary care.

To answer the question about what proportion of patients need to be in which part of the mental health system, the numbers from a model by Huxley et al (1995) have been used here (table 22). The following population estimates of expected numbers

are made for Kent based on this hierarchical schema of stepped care and are provided only as guidance for commissioners. This is only a model and not meant to be a literal predictor of need (due to the wide confidence intervals) (table 22).

There are problems with the 'stepped care' model and these are currently being dealt with by local commissioners. Any new models of care should be communicated clearly to all partners of the Health and Wellbeing Boards and local people, with accurate data predicting needs factored into these discussions.

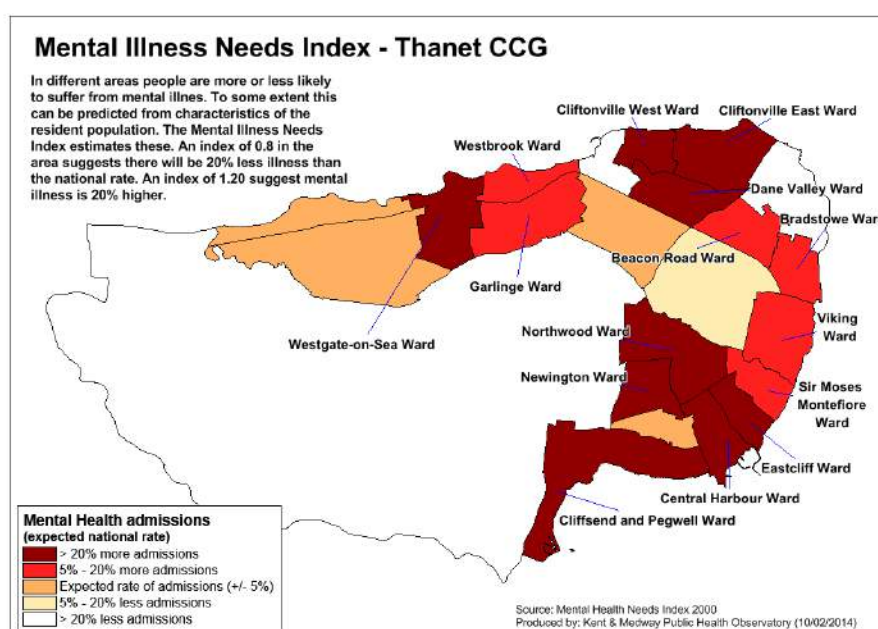
The model below shows that a far smaller proportion of patients will be seen in the community/inpatients compared to those seen in primary care.

The Mental Health Needs Index 2000 (figure 46) is a national predictor of expected prevalence of *serious* mental illness and assumes that serious mental illness admissions will be greater in areas of deprivation. Therefore it takes into account various local 'poverty' indicators as well as the number of mental health admissions and generates a 'score' based on this assumption. For Thanet the MINI 2K 's scores have been mapped for each ward and it shows that there will be higher mental health admissions from those areas that are more deprived. In Thanet there are nine wards with high predictors of hospital admissions, including Westgate on Sea, Margate Central, Cliftonville East and Cliftonville West, Eastcliffe and Newington. When the contact rates are measured and mapped in figure 47 there is a similar pattern for expected and actual rates of serious mental illness, the wards with the highest rates are in the more deprived areas of Thanet.

Table 22

	Number develop symptoms		Attend primary care	GP identifies disorders	GP refers to psychiatric services	Outpatients		Inpatients	
	Lower estimate	Upper estimate				Lower estimate	Upper estimate		
Ashford	25754	30707	22783	22783	1981	2972	991	1981	495
Canterbury and Coastal	46218	55106	40885	40885	3555	5333	1778	3555	889
Dartford, Gravesham, and Swanley	51774	61731	45800	45800	3983	5974	1991	3983	996
South Kent Coast	42951	51210	37995	37995	3304	4956	1652	3304	826
Swale	22172	26436	19614	19614	1706	2558	853	1706	426
<b>Thanet</b>	<b>29809</b>	<b>35542</b>	<b>26370</b>	<b>26370</b>	<b>2293</b>	<b>3440</b>	<b>1147</b>	<b>2293</b>	<b>573</b>
West Kent	97095	115767	85891	85891	7469	11203	3734	7469	1867
<b>Kent</b>	<b>320616</b>	<b>382273</b>	<b>283622</b>	<b>283622</b>	<b>24663</b>	<b>36994</b>	<b>12331</b>	<b>24663</b>	<b>6166</b>
Source: Goldberg & Huxley, patient flows for adult mental ill-health in Stevens A, Raftery J, Mant J, et al. Health care needs assessment (third series) Radcliffe, 2007, p 608.									

Figure 46



## **Clustering – a needs based system payment system**

Traditionally secondary MH services have been commissioned using a block contract model and services are commissioned for capacity (X number of teams with X number of staff). The system is changing to a system which is focused on needs and outcomes. There is a new 'payment mechanism' for providers of mental health services and this is generically known as the Mental Health tariff, where patients are organized in clusters according to their particular need for that service. Patients are assigned to super clusters (A, B or C FiG 48) on the basis of assessments (involving diagnosis) using a mental health clustering tool. In this context, cluster can be interpreted as a global description of a group of people with similar characteristics as identified from a holistic assessment and rated using the Mental Health Clustering Tool (MHCT).

The tool has 18 scales (details provided in the appendix). Two things can happen upon referral – a person can be assessed to not need the services on offer or be appropriate for intervention and assigned to a treatment cluster.

Clustering (figure 47), in practice, follows an initial assessment (typically within two contacts) and then the person is allocated to the most appropriate cluster. Each cluster represents a package of care for a defined period of time. At the end of the defined period the individual is reviewed and can be re-assigned to the same cluster (Care package) or a new Cluster depending on need. A review can also be instigated where there is significant change in planned care and additional services are deemed necessary (e.g. unplanned reviews, urgent admissions etc.).

### **Service Data and Clustering: A Few Problems in assessing population need from payment data.**

Previously the only accurate data that was accessible from mental health systems was inpatient and outpatient data. The data available from community and specialist services – was nationally only collected on the 'activity' basis, so it was hard to assess actual numbers of patients per area or how many patients had the majority of 'contacts'. To improve this situation the nationally imposed 'clustering tool' will be able to separate this out as providers now report numbers by clusters (care packages)

Traditionally this has not been the case both locally and nationally, and consequently the data available to PH and commissioners has been poor. It is anticipated that in time the information from the assessments and number of care packages being offered will be more useful to public health and commissioners.

However, what is available from the mental health providers is the total numbers of patients in the system (table 23).

There are also three sets of prevalence estimates described in table 23:

- APMS: ALL serious conditions. This is data from the National Survey and picks up considerable 'unmet' need (i.e people NOT known to services who could benefit from treatment)
- APMS: psychosis: These are the expected numbers of people with the most severe and enduring psychosis
- QOF: these are the numbers of people who are on a GP register who have serious mental illness (i.e known to primary care).

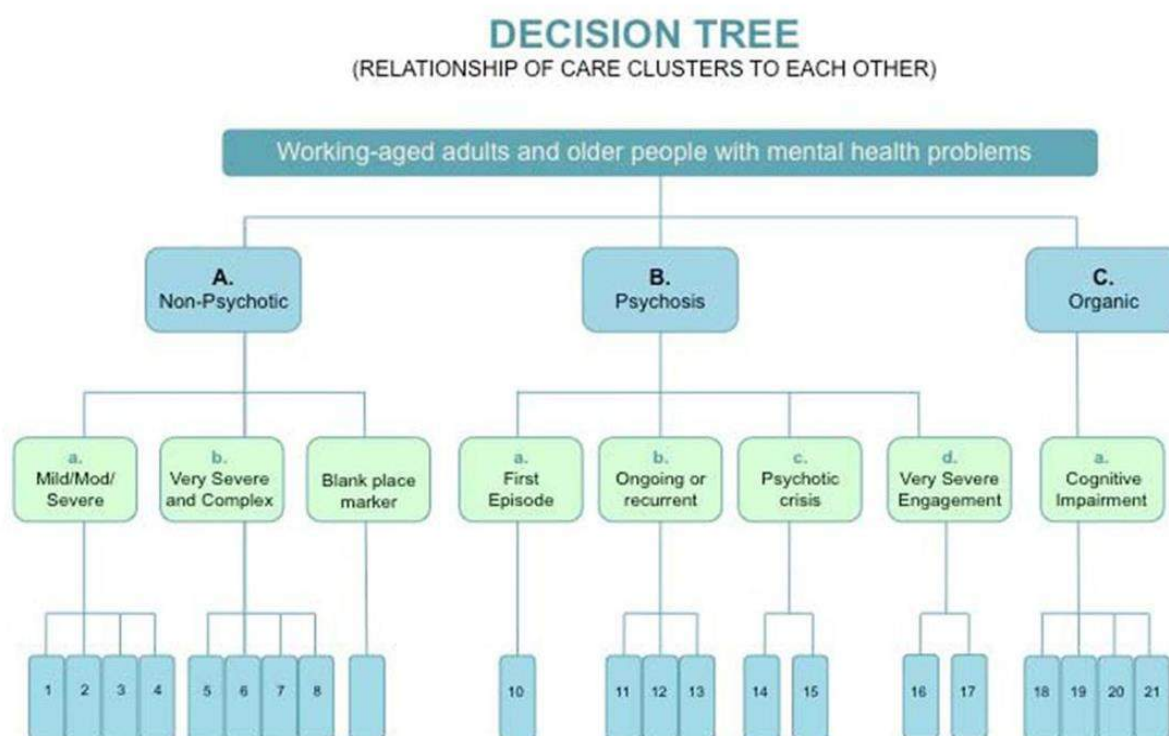
As the data quality is poor, this shows only four things clearly

- There is unmet need in the community
- The data from mental health services needs to be understood more fully by commissioners to ensure against double counting and poor coding
- There are more people on the QOF register than are predicted both by APMS and on secondary care services and this may mean three things
  - a. that there is considerable double counting
  - b. there are patients being treated successfully in the community by primary care – not known to secondary services
  - c. there has been movement from secondary to primary using 'recovery' model.
- All three (a, b and c) may be happening.

The over-arching and overwhelming recommendations from this data is:

- 1. Urgently ensure that the available data is cleansed and understood more fully, both through previous national data sifting processes and local commissioning.**
- 2. Urgently conduct health equity audit on Community/Secondary Mental Health services.**
- 3. Ensure there is a local 'deep dive' into the APMS survey to ensure that National estimates are accurate. This is underway for the 2015 survey and led by Public Health in Kent.**

Figure 47



### Ethnicity of patients

Of all people in KMPT services 86% classified themselves as white, 3% of these were self-classified as 'white other'. In Kent the estimated population of people who are BME is 6%. From the data in table 4, 6% of the KMPT caseload is BME which is in proportion to local equity. However, there are 10% who are not classified.

### Learning disability

Patients were also investigated for learning disability conditions, and about 1.8% of them were identified to have the condition in addition to other mental health conditions. The distribution of mental health patients diagnosed with or suspected of having learning disability by CCG is shown below. Dartford, Gravesham and Swanley and Swale had the highest rates compared to other CCGs.

Table 23 Numbers of People in 'Secondary' Mental Health Service (ie people with a serious Mental Health Diagnosis known to services).

	Ashford		Canterbury & Coastal		Dartford, Gravesham & Swanley		South Coast Kent		Swale		Thanet		West Kent	
	Expected (E) APM S	Actual (A)	E	A	E	A	E	A	E	A	E	A	E	A
APMS	4040	655	7100	1368	8200	1154	6370	1191	3500	431	4400	1024	15,100	1922
Psychosis	300		530		605		292		256		323		1106	
QOF	817		1662		1821		1592		702		1389		3232	

Actual Total : 4594 at December 2013 Source: KMCS

Table 24

Learning disability	LD	Estimated pop with learning disability per 100,000, ages 16+
Ashford	42	42.40
Canterbury & Coastal	53	29.82
Dartford, Gravesham & Swanley	93	46.70
South Kent Coast	72	43.59
Swale	40	46.91
Thanet	34	29.66
West Kent	95	25.44
Kent	429	29.70

Source: KMPT, 2013

### Employment status of patients on continued care pathway

Employment is an important social outcome for people on Care Programming Approach (CPA) for serious mental illness as it indicates recovery. The proportion of adults on CPA within employment varies across CCGs in Kent. Thanet (1.69%) and South Kent Coast 4.7% had the lowest rates, while Ashford (11.9%) and Dartford, Gravesham and Swanley (10.7%) had the highest. But, all CCGs show an employment rate that is lower than the national threshold (13%).

Figure 48

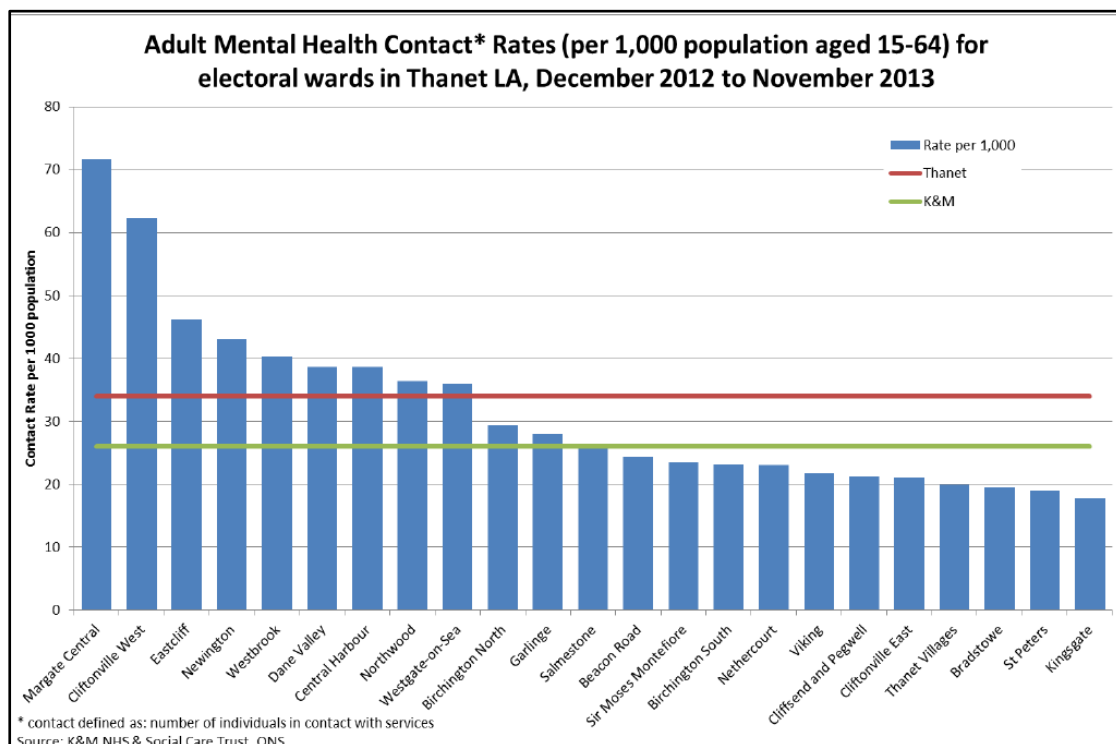
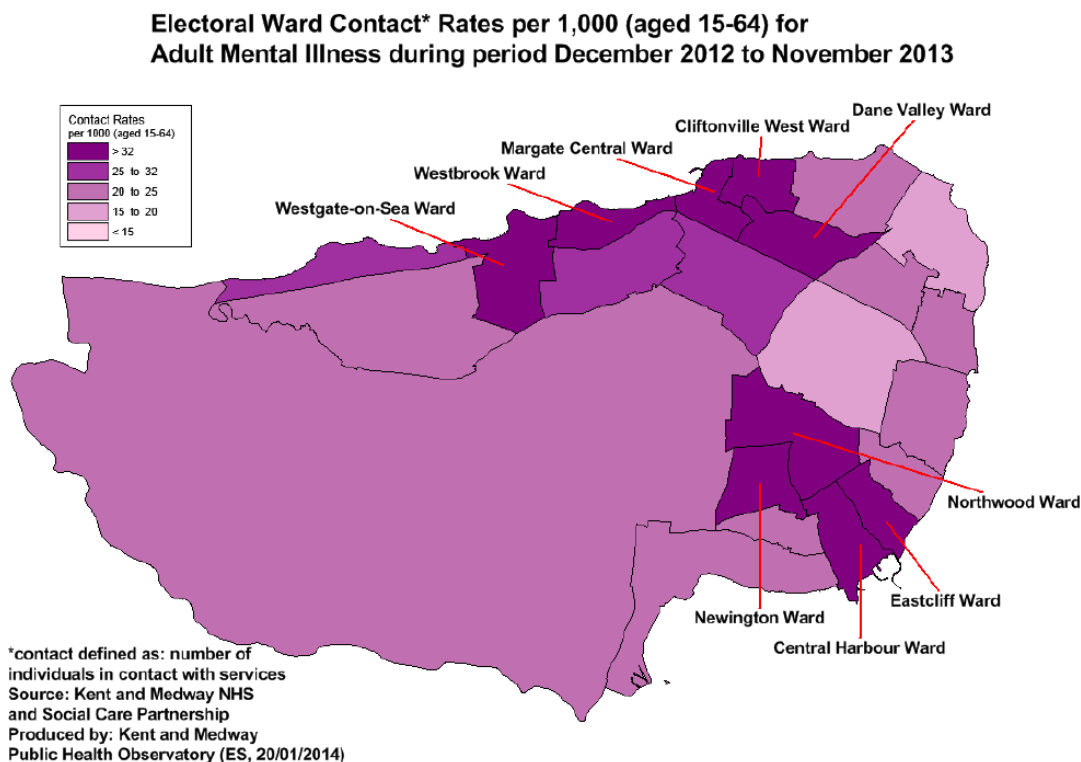


Figure 49



## Hospital admissions

Hospital admission data is collected locally and then 'cleansed' nationally for payment. This data is available routinely. It refers to the entry into the 'acute' services and each entry is coded against a 'reason' for admitting that person. The data in this section refers to both admissions into acute service for a mental illness (primary diagnosis) or a physical health problem for someone with a mental health diagnosis (secondary diagnosis). The data is for 'activity' into hospitals and each data point refers to a single admission. However, further analysis is needed to understand the 'numbers' of patients the activity relates to ie one patient may be responsible for three or four admissions.

The data has been pooled for two years and described in table 25. The data shows that each CCG has a proportion of patients entering most acute trusts, however the largest proportion of patients with a primary diagnosis are going to KMPT.

Table 25

CCG Patients by hospital providers, mental health as a primary diagnosis 2010-2012 aggregate data								
	Dartford, Canterbury, Gravesham And South Kent							
	Ashford	And Coastal	Swanley	Coast	Swale	Thanet	West Kent	Kent
Dartford and Gravesham NHS Trust	2	11	1268	2	4	3	43	1333
East Kent Hospitals University NHS Foundation Trus	418	1431	17	1069	33	770	75	3813
East Sussex Hospitals NHS Trust		5	1	1		1	24	32
Kent and Medway NHS and Social Care Partnership	384	1166	1254	1086	535	1161	1970	7556
Maidstone and Tunbridge Wells NHS trust	3	23	22	13	8	5	1236	1310
Medway NHS Foundation Trust	1	76	19	12	842	15	59	1024
Others in Kent and Sussex	2	16	4	15	6	12	77	132
All providers	810	2728	2585	2198	1428	1967	3484	15200

When hospital admissions for both primary and secondary diagnosis are pooled together (figure 50) and the 2012 data is standardized for age and population size, it is clear that Swale CCG has the highest burden of health need for people with mental illness in Kent. This rate in Swale is statistically significant. This is followed by Thanet and South Coast Kent CCGs.

Figure 50

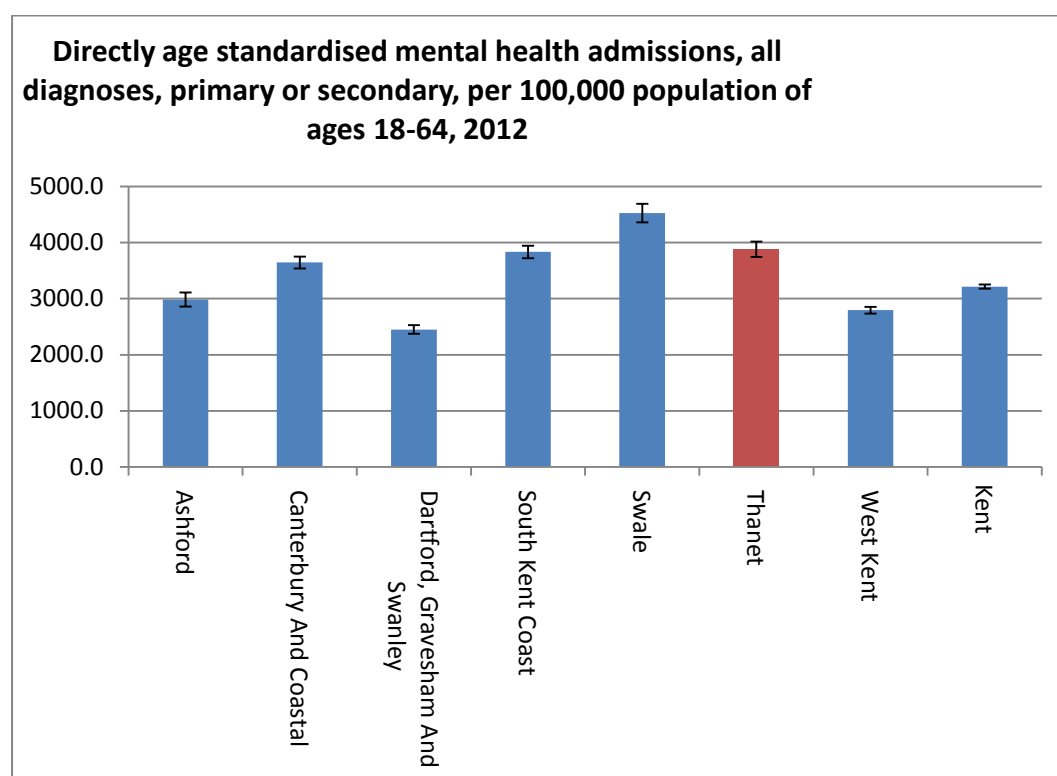


Table 26 shows that young people aged 16-17 make up 2% of the admissions to hospital and the numbers are presented for Kent and each CCG. This shows there is an important minority of patients ending up in a 'transition' to adult services. Pooled data for 2010-12 shows that there were 130 admissions where patients were under 24 years old.

Admission rates for schizophrenia are described in figure 51. This shows Thanet had a statistically significant higher proportion of admissions than any other Kent CCG (in the years 2010-2012). Canterbury and Thanet had highest hospital admissions for psycho-active substance misuse in 2010-12.

Table 26

	Admissions all diagnoses (primary and secondary)				Percentage of all ages admissions (primary and secondary diagnoses)		
	16-17	18-64	16-64		16-17	18-64	16-64
Ashford	54	2222	2277		2%	63%	65%
Canterbury And Coastal	114	4626	4739		1%	59%	60%
Dartford, Gravesham And Swanley	117	3727	3844		2%	55%	57%
South Kent Coast	111	4570	4681		1%	58%	60%
Swale	76	2947	3022		2%	63%	64%
<b>Thanet</b>	<b>86</b>	<b>3177</b>	<b>3262</b>		<b>2%</b>	<b>58%</b>	<b>60%</b>
West Kent	191	7873	8064		1%	58%	59%
Kent	748	29141	29889		2%	59%	60%

Figure 51

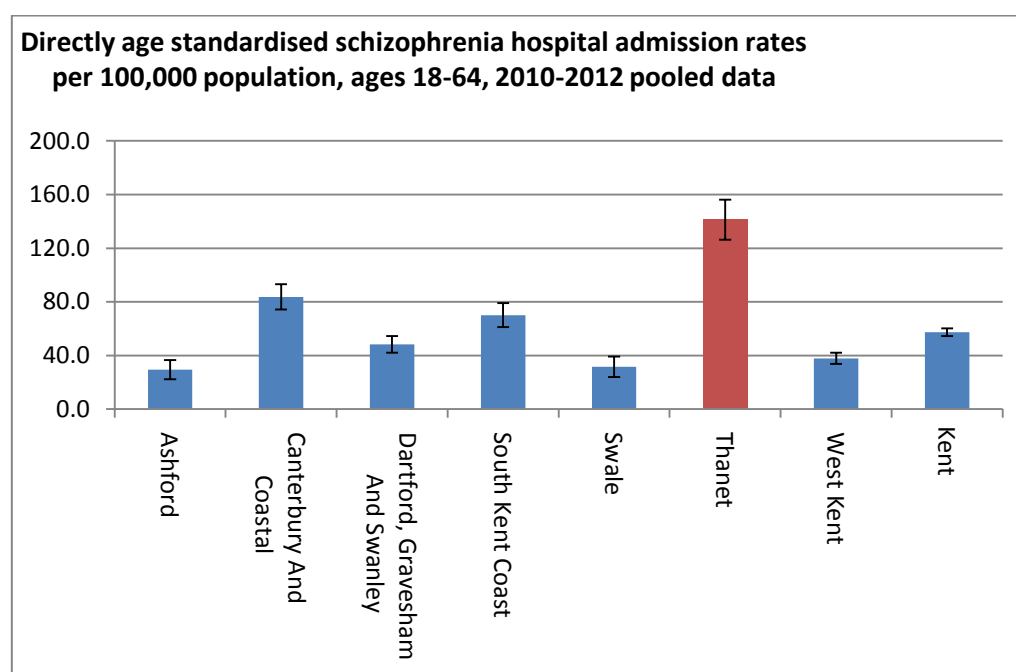
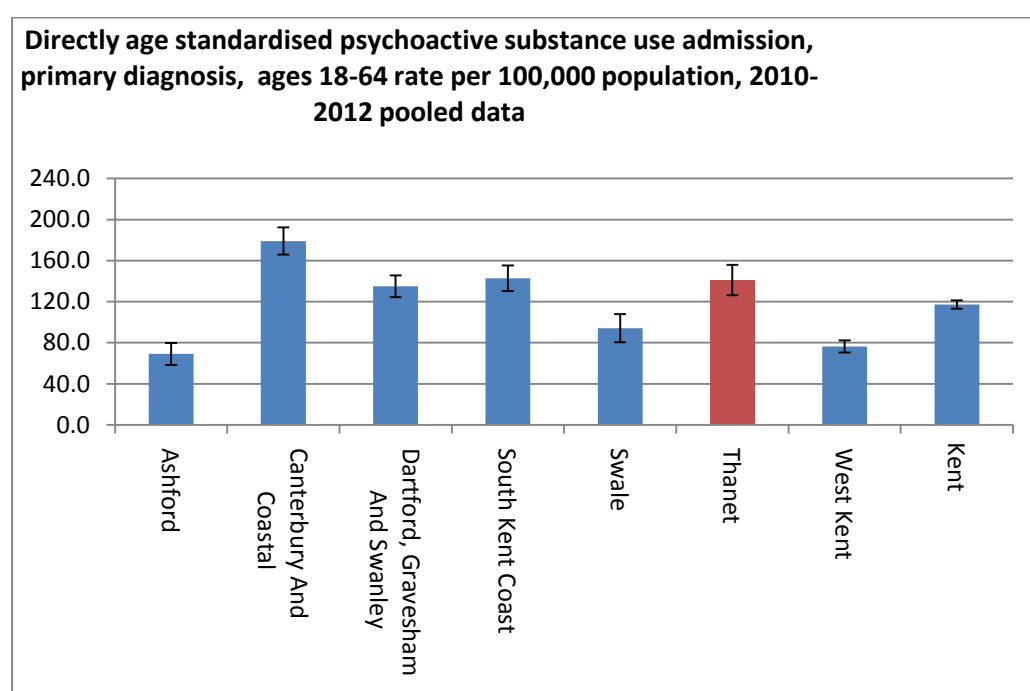


Table 27 2010-2012 pooled data

<b>Hospital Admissions for Psychosis 15-24</b>	
Ashford	5
Canterbury And Coastal	16
Dartford, Gravesham And Swanley	20
South Kent Coast	21
Swale	9
<b>Thanet</b>	<b>26</b>
West Kent	34
<b>Kent</b>	<b>130</b>

Figure 52



#### Outpatient and follow up appointments

The main areas where people are seen in outpatients and followed up by hospital services are in either:

- forensic services
- liaison psychiatry
- maternal services

Using pooled data from 2012 and 2013, the public health observatory calculated rates and ratios between first attendance and follow up for all mental health outpatients. Ashford and Thanet are the CCGs with the largest ratio of first

attendance to follow up attendance at outpatients. The (figure 55x) are variations of care regardless of level of need. This may indicate either:

- A more proactive care offer
- More engaged patients
- Variations in clinical behavior

Figure 53

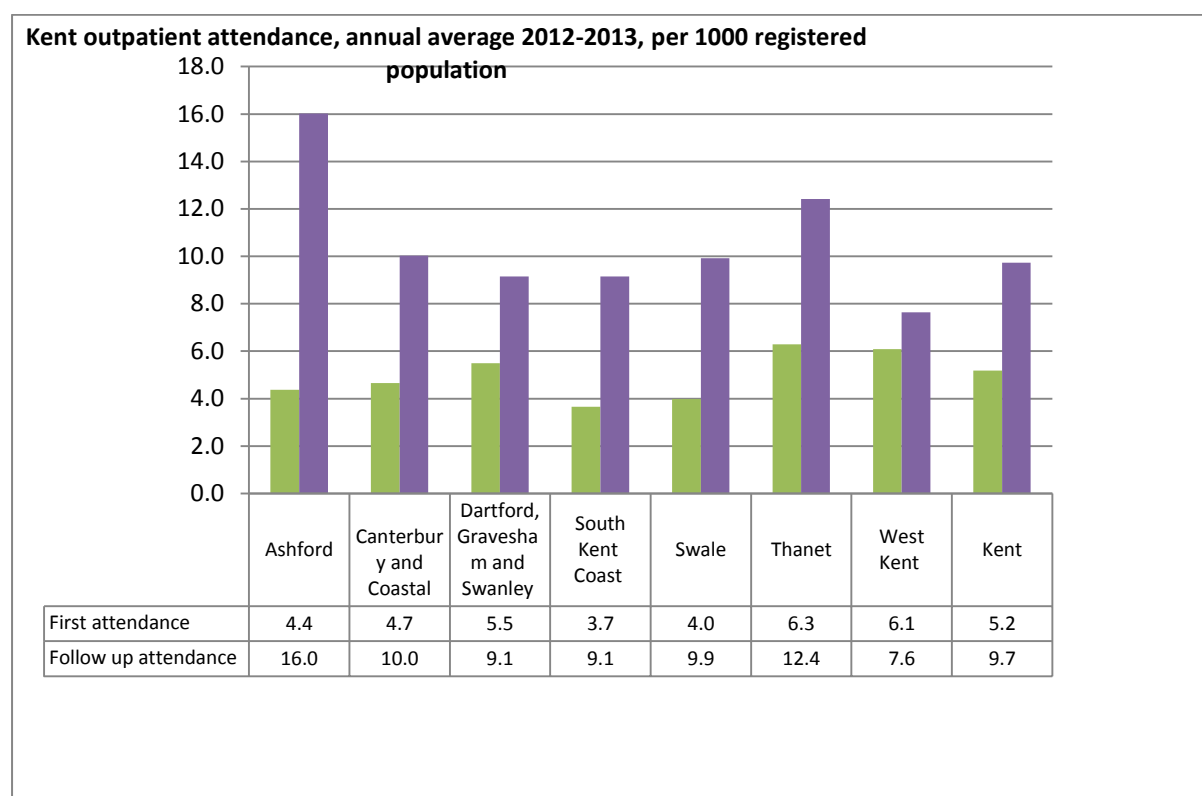


Table 28 Selected main outpatient specialties (persons): 2012-13 data

selected main outpatient specialties individual reported (persons)	Forensic psychiatry		Liaison psychiatry		Perinatal (maternal) psychiatry	
	First attendance	Follow up attendance	First attendance	Follow up attendance	First attendance	Follow up attendance
NHS Ashford CCG	1	4	48	54	2	2
NHS Canterbury and Coastal CCG	2	8	85	90	15	15
NHS Dartford, Gravesham and Swanley CCG	3	10	37	83	1	1
NHS South Kent Coast CCG	1	12	110	145	2	2
NHS Swale CCG	1	8	17	35	0	0
NHS Thanet CCG	4	8	108	72	5	5
NHS West Kent CCG	5	96	58	73	26	26
Kent	17	146	463	553	52	52

## 8. Suicide and Self-harm

Mental illness has a huge effect on life expectancy. The statistics are stark:

- People with mental illness die on average 20 years younger<sup>48</sup>
- Nearly a third of all people with long-term physical conditions also have a mental health problem such as depression or anxiety<sup>49</sup>
- Mental illness has the same effect on life-expectancy as smoking, and more of an effect than obesity<sup>50</sup>
- Mental illness accounts for nearly as much morbidity as all physical illnesses put together<sup>51</sup>
- 16.7% of people in England who completed a 2007 household survey said that they had thought about committing suicide at some point in their life<sup>52</sup>
- Every year nearly 800,000 people commit suicide worldwide - 6,000 of them in the UK.<sup>53</sup>

For too long the physical health of people with mental illness has been overlooked. Most people with a severe mental illness do not die of suicide but of cardiovascular disease (CVD). Often clinicians are trained to assess self-harm but appear to miss the risk of CVD.

In 2011 researchers from the University of East Anglia conducted a two year research study<sup>54</sup> on a cohort of 782 patients suffering from severe mental illness in **Kent**. They found:

- Poor lifestyle, inactivity, smoking, hazardous alcohol consumption were the norm
- 66% had a BMI greater than 25
- 34% were suffering from high blood pressure

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<sup>48</sup> Brown, et al., (2010) 'Twenty-five year mortality of a community cohort with schizophrenia', British Journal of Psychiatry 196: 116-121; Parks, et al., (2006) Morbidity and Mortality in People with Serious Mental Illness, 13th technical report, Alexandria, Virginia: National Association of state Mental Health Program Directors.

<sup>49</sup> Naylor, C., M. Parsonage, D. McDaid, M. Knapp, M. Fossey and A. Galea (2012), 'Long-term conditions and mental health: The cost of co-morbidities', The King's Fund and Centre for Mental Health.

<sup>50</sup> Mykeltun et al, (2009), 'Levels of anxiety and depression as predictors of mortality: the HUNT study.' The British Journal of Psychiatry 195: 118-125.

<sup>51</sup> Kessler et al., (2005), 'Lifetime Prevalence and Age-of-Onset Distributions of DSM-IV Disorders in the National Comorbidity Survey Replication', Archives of General Psychiatry 62: 593-602.

<sup>52</sup> Office for National Statistics, 'Adult Psychiatric Morbidity in England, 2007: A household survey', Chapter 4, p.71

<sup>53</sup> WHO Mental Health factfile; Samaritans, 'Suicide Statistics Report 2011' (2009), p.9

<sup>54</sup> Eldridge, D, Dawber, N., and Gray, R. A well-being support programme for patients with severe mental illness: a service evaluation. BMC Psychiatry, 2011; 11:46

- 52% had high cholesterol levels
- A high proportion of patients were prescribed atypical medication associated with weight gain.

### Recommendations from the Kent/UEA evaluation

- Train psychiatric staff to be more vigilant and better equipped to notice patients' physical health deterioration.
- Train mental health staff in healthy lifestyle awareness
- Work force wellbeing initiatives to be targeted in mental health trusts
- Follow NICE guidance – where physical health of mental health patients is the responsibility of the GP and primary care.

Figure 54

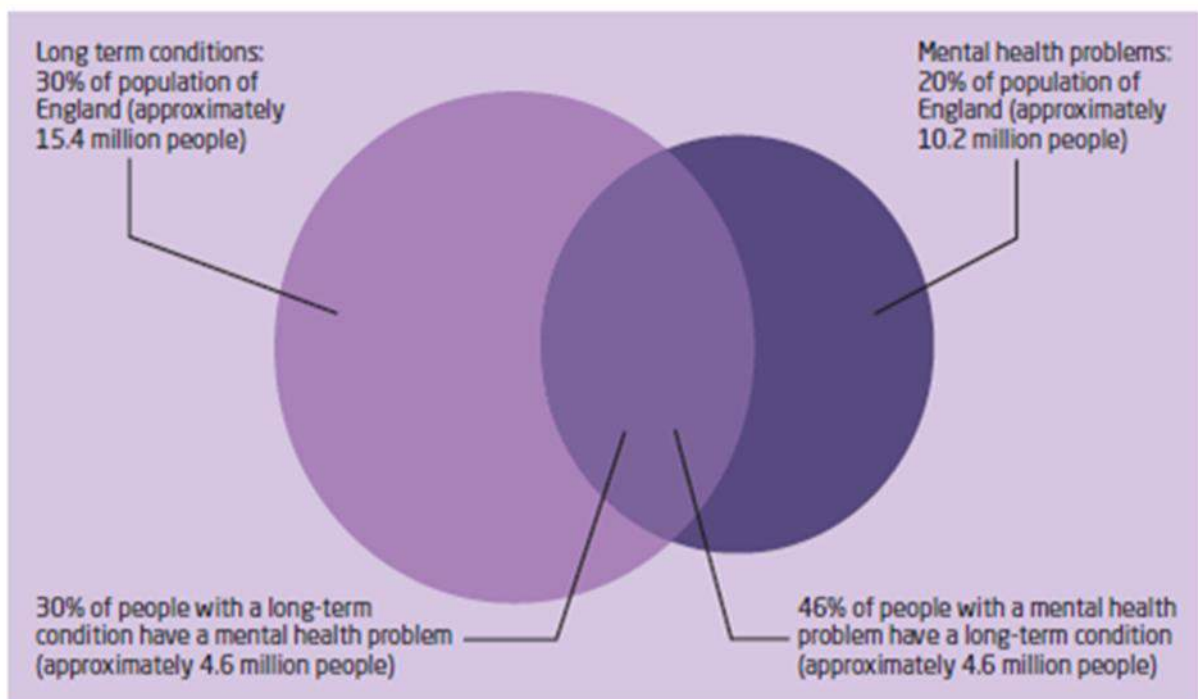


Table 29: Life expectancy gap serious mental illness

	Male		Female	
	Life Expectancy (95% CI)	Difference from male UK population	Life Expectancy (95% CI)	Difference from female UK population
Any serious mental illness	64.5 (63.3–65.6)	-12.9	69.9 (68.7–71.0)	-11.8
Schizophrenia	62.8 (61.6–64.10)	-14.6	71.9 (71.0–72.8)	-9.8
Schizoaffective disorder	69.4 (68.3–70.5)	-8.0	64.1 (60.9–67.2)	-17.5
Bipolar disorder	67.3 (66.1–68.5)	-10.1	70.4 (69.5–71.4)	-11.2
Substance use disorder	63.9 (62.7–65.0)	-13.6	66.9 (65.5–68.3)	-14.8

Source: PLoS; 6(5); 2011.

Table 30 Long-term conditions and mental health

	Population 16-74	Population with mental health problems	Mental health and other LTCs	Estimated long-term conditions
<b>Ashford</b>	<b>89557</b>	<b>17911</b>	<b>8239</b>	<b>26867</b>
<b>Canterbury and Coastal</b>	<b>158790</b>	<b>31758</b>	<b>14609</b>	<b>47637</b>
<b>Dartford, Gravesham, and Swanley</b>	<b>179552</b>	<b>35910</b>	<b>16519</b>	<b>53866</b>
<b>South Kent Coast</b>	<b>145340</b>	<b>29068</b>	<b>13371</b>	<b>43602</b>
<b>Swale</b>	<b>77583</b>	<b>15517</b>	<b>7138</b>	<b>23275</b>
<b>Thanet</b>	<b>100385</b>	<b>20077</b>	<b>9235</b>	<b>30116</b>
<b>West Kent</b>	<b>334498</b>	<b>66900</b>	<b>30774</b>	<b>100349</b>
<b>Kent</b>	<b>1085706</b>	<b>217141</b>	<b>99885</b>	<b>325712</b>
<b>Source: CCG population, PCIS, March 2013; rates King's Fund, 2012</b> <b>20% of people have mental health problems; 30% with LTCs; and 46% with mental health problems have other long-term conditions</b>				

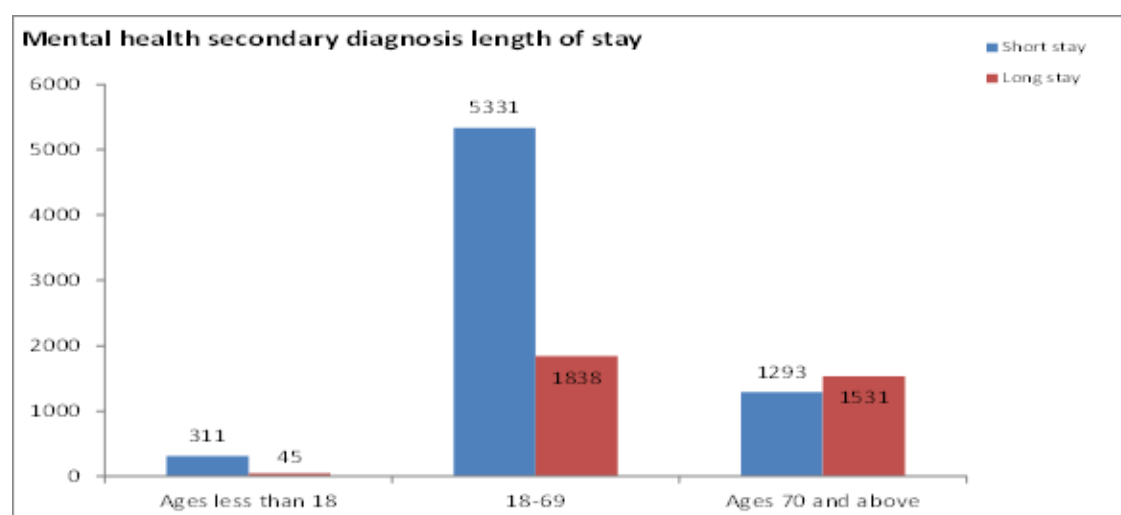
The results in table 29, were compared to 2006-08 UK life expectancy at birth, which was 77.4 years for males and 81.6 years for females. The highest differential for males was recorded for schizophrenia at 14.6 years (ranging between 13.3 and 16.8 years). For females the highest differential in mortality was observed for schizoaffective disorders at 17.5 years (ranges from 14.4 to 20.7 years). Overall, any serious mental illness would reduce life expectancy at birth by about 12.9 years for males (ranges 11.8 to 14.1) and 11.8 for females (ranges 10.6 to 12.9).

A similar study conducted in Sweden examined nation-wide five-year consecutive cohorts of people admitted to hospital for mental disorders in Denmark, Sweden and Finland in 1987- 2006. The study indicated that men with mental disorders live 20 years less, and women 15 years less. The study also indicated that health promotion actions, improved access to healthcare and prevention of suicides and violence are needed to further reduce the life expectancy gap.

The relationships between mental illness and other long-term conditions are well-documented<sup>55</sup>. It is estimated that at least 30% of all people with a long-term condition also have a mental health problem<sup>56</sup> and about 46% of people with a mental health problem have a long-term condition.

These 'comorbidities' can lead to significantly poorer health outcomes and reduced quality of life. Costs to the health care system are also significant. By interacting with and exacerbating physical illness, co-morbid mental health problems raise total health care costs by at least 45% for each person with a long-term condition and co-morbid mental health problem.<sup>57</sup>

Figure 55



Source: SUS 2013

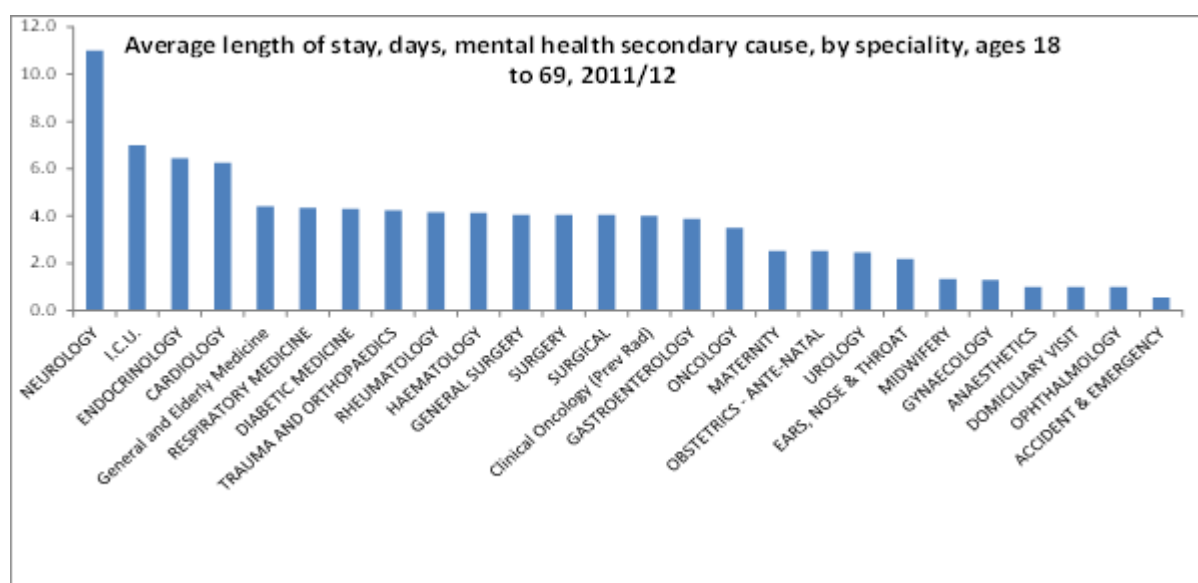
Data for mental health as secondary diagnosis in Kent shows that surgical, cardiology, ophthalmology, maternity and gastroenterology were the most recurring specialties with length of stay greater than 2.5 days for 2011/12

<sup>55</sup> King's Fund (2012) Long term conditions and mental health: the cost of comorbidities, [http://www.kingsfund.org.uk/sites/files/kf/field/field\\_publication\\_file/long-term-conditions-mental-health-cost-comorbidities-naylor-feb12.pdf](http://www.kingsfund.org.uk/sites/files/kf/field/field_publication_file/long-term-conditions-mental-health-cost-comorbidities-naylor-feb12.pdf)

<sup>56</sup> Cimpean D, Drake RE (2011) treating co-morbid medical conditions and anxiety/depression, *Epidemiology and Psychiatric Sciences*, 20;2:141-50

<sup>57</sup> See King's Fund above

Figure 56



## Risk Stratification – a population approach for integrated commissioning by Kent Public Health

(Full reports and CCG profiles available here [www.kmpho.nhs.uk/jsna](http://www.kmpho.nhs.uk/jsna))

Patients with multiple, long-term conditions, including dementia and other mental health conditions, account for the highest proportion of health and social care resources in the wider population. However, current intelligence systems in health and social care are not capable in capturing the prevalence and impact of multi-morbidity because of the current programme or diseased based approach they use for capturing data.

Kent County Public Health has successfully carried out a unique study examining population utilization of health and social care services. The study used a 'baseline' year – where a patient had a hospitalisation (or 'crisis') and then investigated how much health care treatment they had before and after the 'crisis' year. The assumption was that if the highest risk patients could be identified and then given pro-active targeted care - a large number of hospitalisations (or 'crisis') might be either avoided or dealt with thereby resulting in better outcomes. An important factor for this Needs Assessment is that a person suffering from mental health problems is also likely to enter hospital with a physical health problem but few studies capture this issue related to risk factors of overall health and illness 'multi-morbidity'. The study showed that over 70% of people with Serious Mental Illness in Kent had over three long-term health conditions and 60% of people who had anxiety had over three long-term health conditions (figure 59).

## Aims of the Risk Stratification for Multiple Morbidities Study

- To raise awareness and the importance of multiple morbidities in the population and how it impacts on health and social services.
- To develop a multi-dimensional intelligence system, based on defined population risk cohorts, and understand the overlaps between different programme areas - urgent care, long-term conditions, end of life care, dementia and mental health.
- To understand how resources for integrated care could be targeted and implemented proactively to the patients with multiple morbidities at highest risk of rehospitalisation.

## Methodology

A locally developed risk stratification tool (based on the King's Fund model) was applied to a registered practice population list using two years of worth of hospital activity (or SUS) data. Risk scores were generated for each person in the cohort and then that score was risk stratified into four risk groups or bands (based on the Kaiser Permanente Pyramid model of care). The anonymised datasets were linked together and given an anonymous identification code. This linked together people's data from community health, mental health, social care, primary care, continuing health care and death registry in order to assess risks and outcomes

## Key results

The results described the treatment 'activity' the years before, during and after 'crisis':

- The top 0.5% (Band 1) of the population classified as the very high risk, represented 20% of total unscheduled hospital admissions' costs during their year of 'crisis'(figure61) CHECK THIS. The amount of activity and spend in the years before and after were less than half of the above activity. Figures 59 shows proportion of patients in Band 1 who represent the highest non elective spend in acute care. It demonstrates multi-morbidity is the norm not the exception across all 17 named long-term conditions, including schizophrenia and depression.
- There was strong evidence of relatively higher morbidity and mortality in Bands 1, 2 and 3 such as higher proportion of elderly population, particularly multiple morbidities in top 5%, higher prevalence of falls related admissions, dementia and death rates.
- Approximately 2% of patients known to community health who were found in Band 1 generated 11% of activity/contacts. Examination of community beds utilization revealed considerable variation across different CCGs possibly explained by geographical location.
- Analysis of mental health service utilization showed no apparent difference in proportionate activity and bed utilization across the four risk bands.
- Analysis of social care and continuing health care service utilization data revealed average per capita spend in the lowest risk band to be at least three times higher than the very high risk band, possibly explained by higher

prevalence of patients with learning, physical and sensory disabilities and impairments requiring long-term residential care.

Figure 57

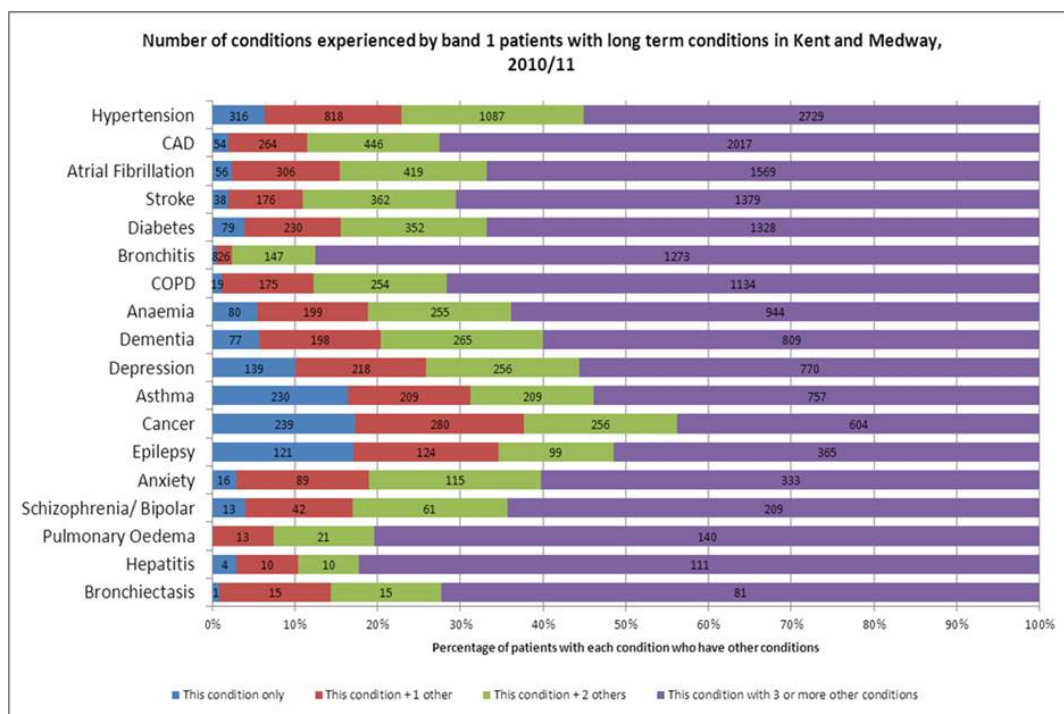
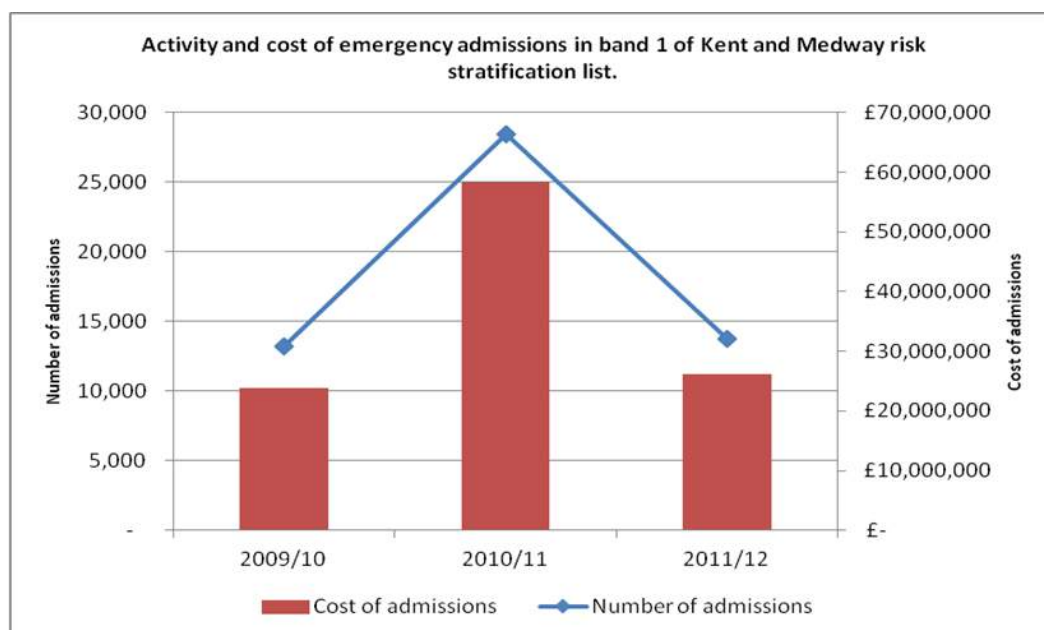


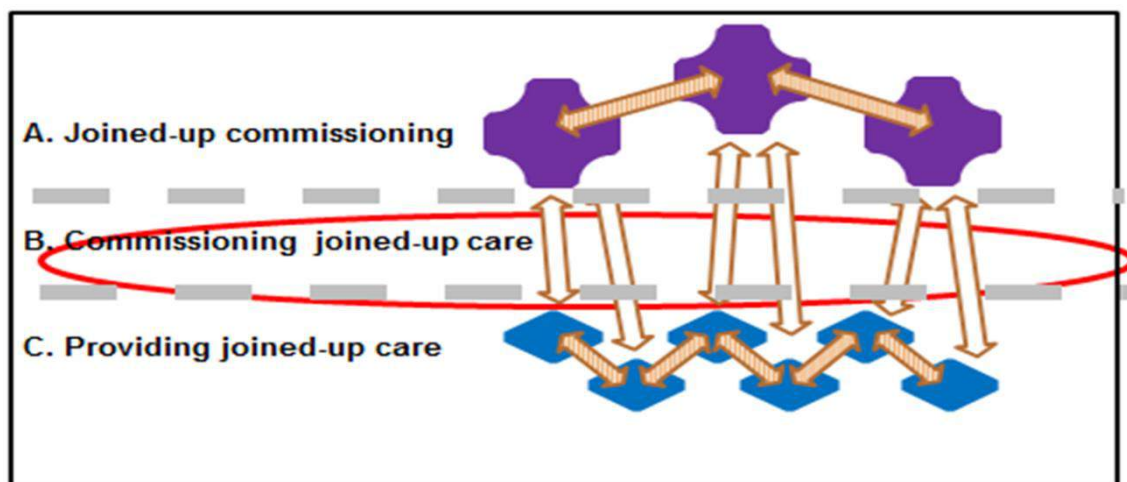
Figure 58



## Relevance for mental health

Mental health has often been treated as different to other long-term conditions and the physical illnesses of people with a mental illness has often not been mapped locally. This study shows that people with mental health problems in Kent are also likely to suffer a range of other illnesses. As a result commissioning of mental health services and complex care pathways development may not have fully taken into account patients with multiple morbidities, their impact on hospital services and how integrated model of care improves health and wellbeing and optimises the use of limited resources. National policies such as the Better Care Fund, Integration Pioneer and Year of Care funding model programmes have raised the importance of **commissioning of integrated care** (figure 59), fund and incentivise preventative, proactive and integrated care and move away from the current 'see and treat' model of care.

Figure 59 Three foci of integration



Source NHS England

Mental health teams need to work closely with primary care and other social and health providers to prevent all health crisis, not just mental health ones. This is already happening locally, with the inception of the Kent Health and Social Care Integration Programme set up almost three years ago. Progress in developing care coordination models, and neighbourhood integrated teams, have involved participation from the three main provider organisations: KCHT, KMPT and KCC adult social care.

## Analysis of mental health utilisation

Data on service utilization was provided by the Kent & Medway Partnership Trust. The linked dataset consisted of activity by 70,000 patients over three years, generating more than 1.5 million contacts, 5,433 admission and almost 500,000 bed days (table 31). No costing information was available. While analysis of acute hospital services showed higher use and spend in risk bands 1 and 2, **this was not seen in the case of mental health service use. Headline results indicate no apparent differences or trends in proportion of use of total services, admissions and beddays across all the risk categories.**

However figures 60 and 61 did show variation in higher per capita utilisation of contacts and bed days across the four risk bands, with almost a five-fold difference between Band 1 and 4 during the year of 'crisis'.

Table 31

	<b>Contacts</b>			<b>Admissions</b>	
risk band	Clients	no. Contacts	risk band	clients	No. of Bed Days
1	2653 (4%)	89,788 (6%)	1	479 (9%)	39,782 (9%)
2	15,109 (21%)	431,193 (29%)	2	2159 (40%)	187,205 (39%)
3	19,604 (28%)	430,736 (29%)	3	1674 (31%)	144,958 (30%)
4	33,376 (47%)	535,587 (36%)	4	1121 (21%)	106751 (22%)
Kent and Medway	70,742 (100%)	1487304 (100%)		5433 (100%)	478696

The Kent wide picture is shown below in figure 60 and figure 61.

Figure 60

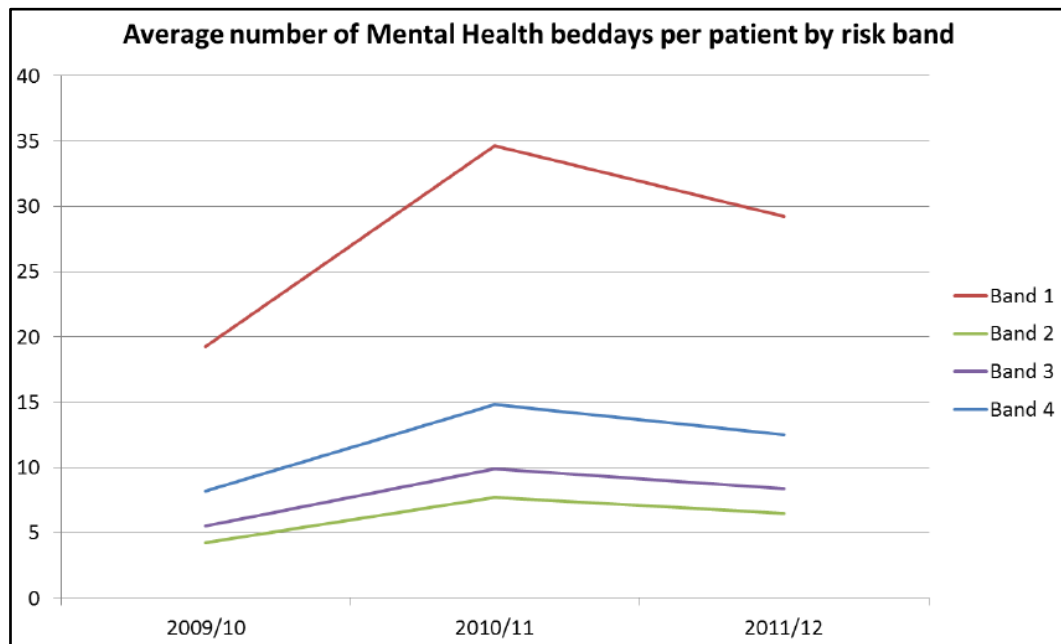
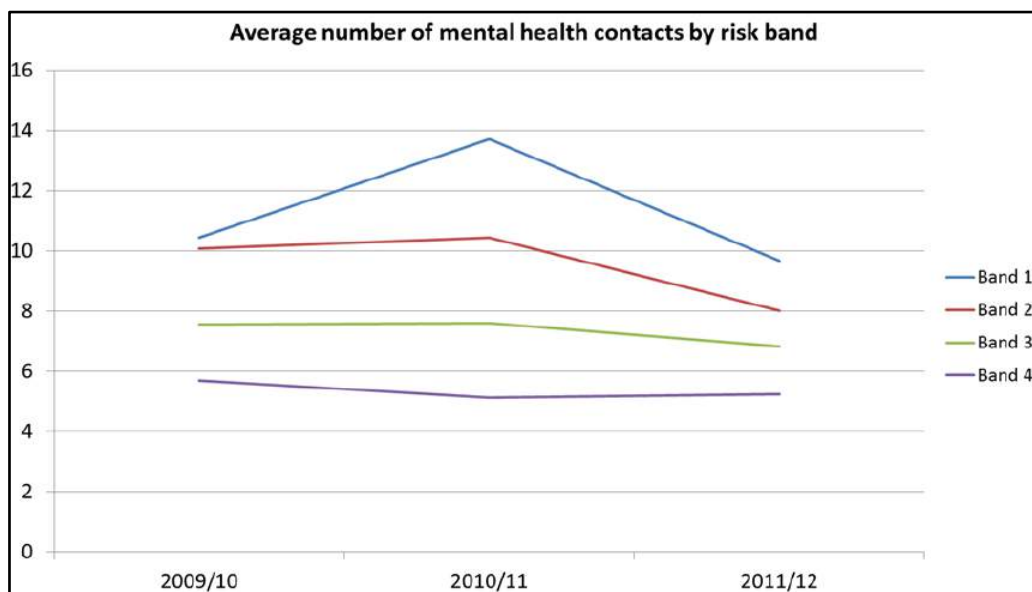


Figure 61



### How does this analysis help mental health commissioning?

Differences in proportions and per capita use of services across risk stratified population gives us a clear baseline understanding of resources required at each level. By understanding the proportionate activity generated in Band 1 by all 'out of

hospital' services (community health, mental health, social care, primary care, etc), one can start to develop a systematic approach to improve existing resources required by investing in proactive, preventative and integrated care and, at the same time, understand how and where benefits may be realised for unnecessary and inefficient care and treatment ie prevention of the 'crisis curve' in the emergency admissions.

CCG profiles have been developed in this regard to estimate the amount of activity generated to enable commissioning of integrated care at their local level.

In Thanet CCG, figure 62 show how much crisis activity is generated in the Band 1 (top 0.5% of the population with the highest risk scores). If an integrated care model was designed and implemented at pace and scale targeting next year's Band 1 patients, the approximate amount of activity and costs saved as a result of 'crisis' avoidance and prevention would be 1,612 admissions, £3.6 million and 10618 bed days (table 32). Investment of the integrated model will depend on understanding the baseline activity of mental health utilisation of Band 1 patients, as shown in figures 63 and 64, helping to estimate what proportion of mental health services would need to be reorientated to be invested into the integrated model of care.

Figure 62

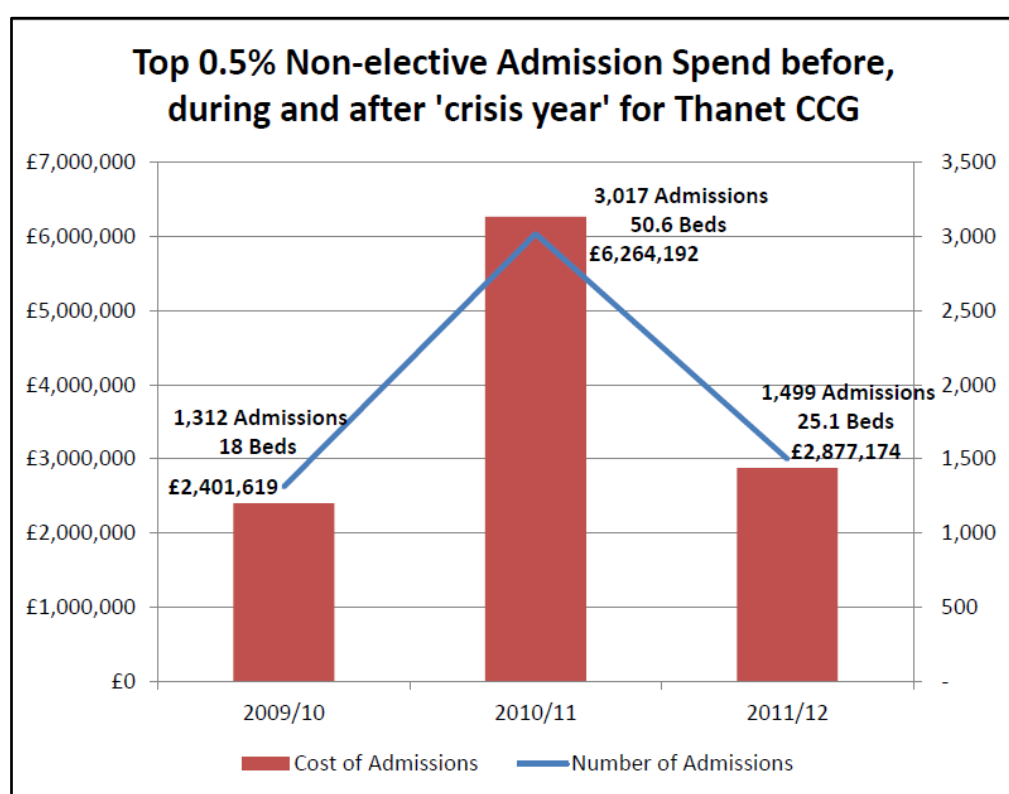


Table 32

<b>Impact of preventing the 'crisis year' on acute provider activity, cost and capacity across Thanet CCG</b>			
	<b>Savings in non-elective admissions</b>	<b>Savings in cost</b>	<b>Savings in Bed days</b>
<b>Year 1 Top 0.5%</b>	<b>1,612</b>	<b>£3,624,796</b>	<b>10,618</b>
<b>Year 2 Top 1%</b>	<b>2,259</b>	<b>£5,026,532</b>	<b>14,796</b>
<b>Year 3 Top 2%</b>	<b>2,877</b>	<b>£5,982,624</b>	<b>18,140</b>

Figure 63

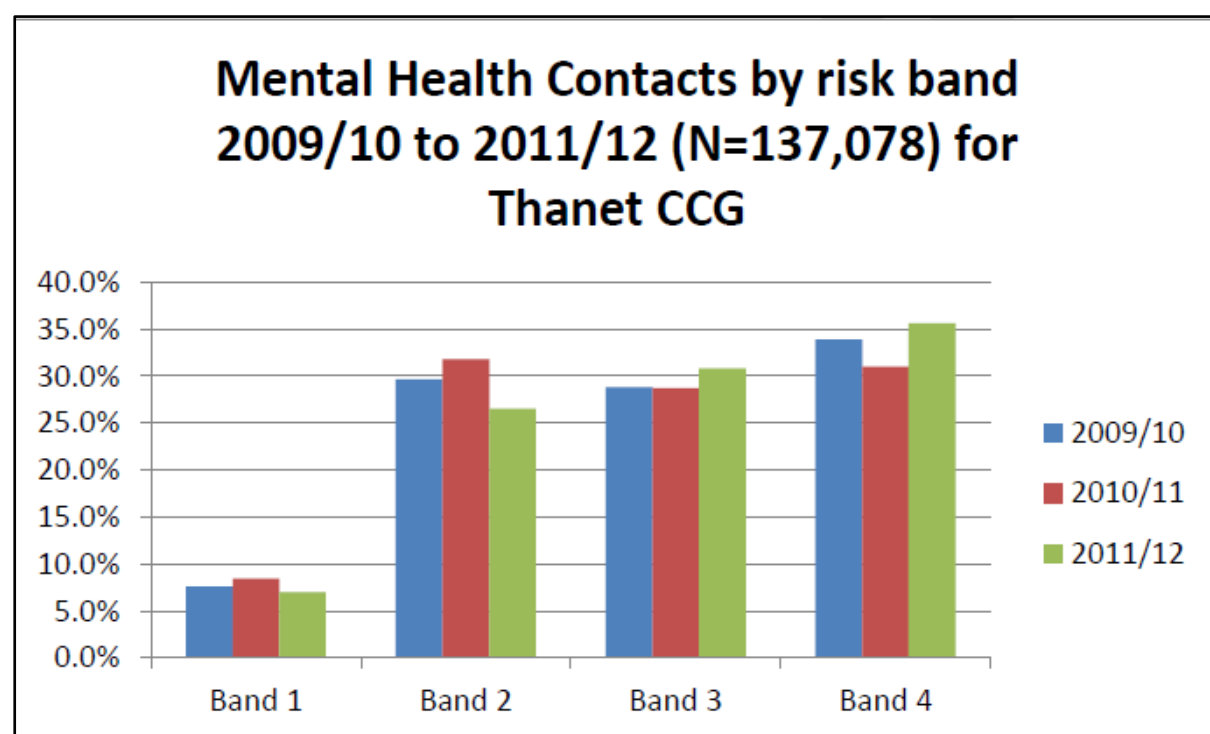
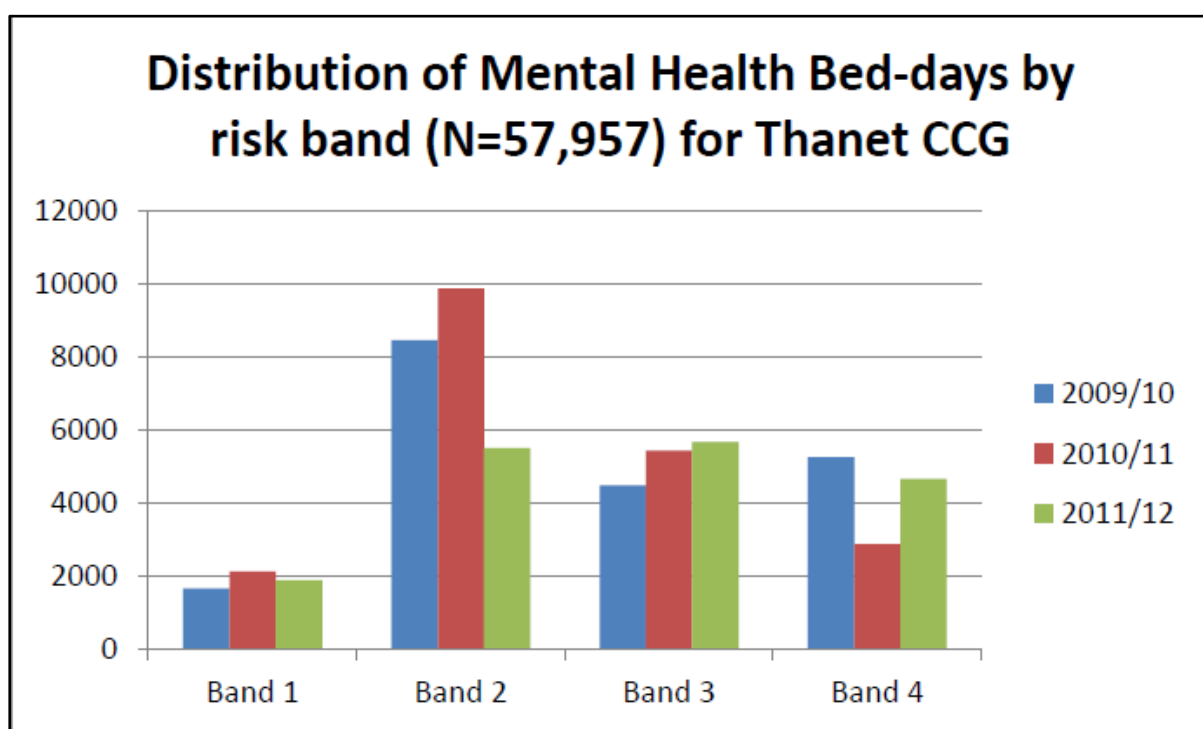


Figure 64



## Conclusions and recommendations

- The commissioning of integrated care will raise more questions in the minds of commissioners, partners and patients in respect to what needs to happen in order to incentivise a proactive preventative integrated model of care, implemented at pace and scale to the highest risk group.
- Kent is now an integration pioneer in which a number of present and future related work programmes are being pulled together to deliver the integration agenda. Mental Health commissioning needs to acknowledge this agenda in order to move towards an ideal integrated model of care.
- One of the key workstreams is the Year of Care funding model which is using the same methodology for this study to design new currencies and tariffs together with revised payment and contracting mechanisms to incentivise integrated care for patients with multiple long-term conditions. The tariff is expected to roll out nationally in 2015 and will sit alongside other tariff systems such as the MH PBR Clusters.

## 9. Suicide and Self-harm

Suicide is a major public health issue and is a devastating event for families and communities. Suicide rates in Kent are slightly lower compared to England. In Kent 121 people (aged over 15) committed suicide or died by undetermined causes in 2012. Suicide is responsible for almost 1% of all deaths in Kent and is the highest cause of death in people aged 25-44 years old and one of the three leading causes of death in young people under 25. The Clinical Commissioning Group (CCG) with the highest suicide rates in Kent is South Coast Kent CCG.

A new national suicide strategy was published in 2012 with a stronger emphasis on public mental health and supporting families than previous strategies. This supports the National Strategy for Mental Health “No Health without Mental Health” which outlines a holistic approach to improving a population’s mental wellbeing. Suicide is often used as a ‘proxy indicator’ for public mental wellbeing and can indicate poor access to mental health services.

In Kent there is a ‘Kent and Medway Suicide Prevention Strategy’ and this strategy runs up to 2015 but due to key policy changes is now due for refresh.

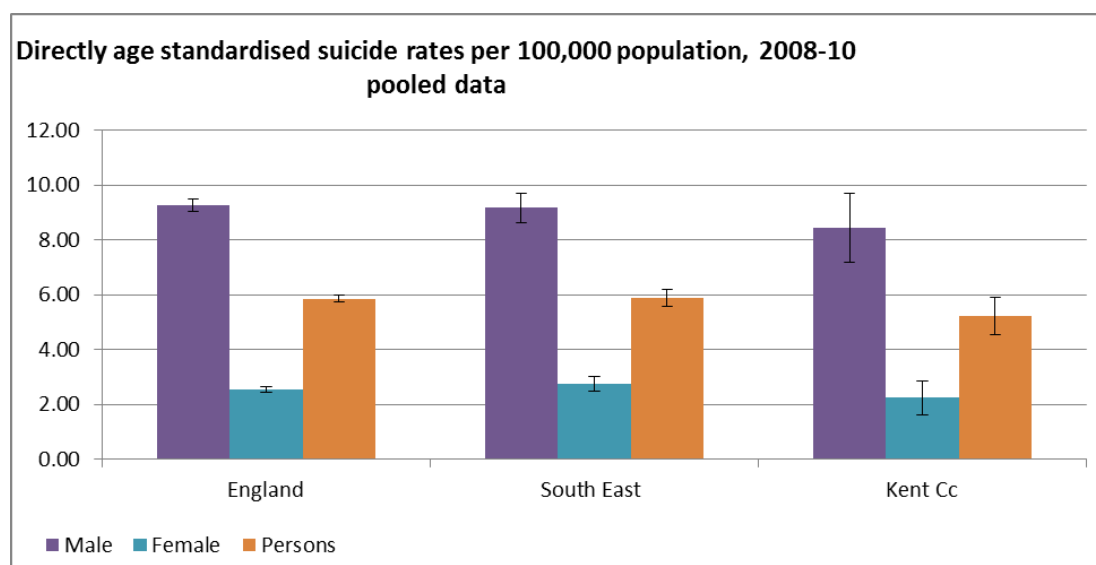
This briefing will outline key facts and figures about suicide in Kent and provide an update on what the current strategy has achieved and where to go next.

### 9.1 Suicide rates in Kent

In Kent the suicide rate for men is 8.43 per 100,000 people, for women, 2.24 per 100,000 people and for combined population 5.24 per 100,000 people for 2008-10 (figure 66).

It is commonly acknowledged in the field of suicide research that official statistics underestimate the ‘true’ number and rate of suicide. The main reason for this is the misclassification of deaths i.e the cause of death is coded as something other than suicide. An example of this may be where a coroner cannot establish whether there was intent by the individual to kill his/herself and the cause of death may be recorded as one of ‘undetermined intent’ or ‘accidental’. This may occur in situations where the death involved a road traffic accident or where there is long-term illness. It could also be difficult to determine whether there was intent to die in situations of self-harm leading to suicide. This is why the actual number of suicides is usually higher than the reported numbers.

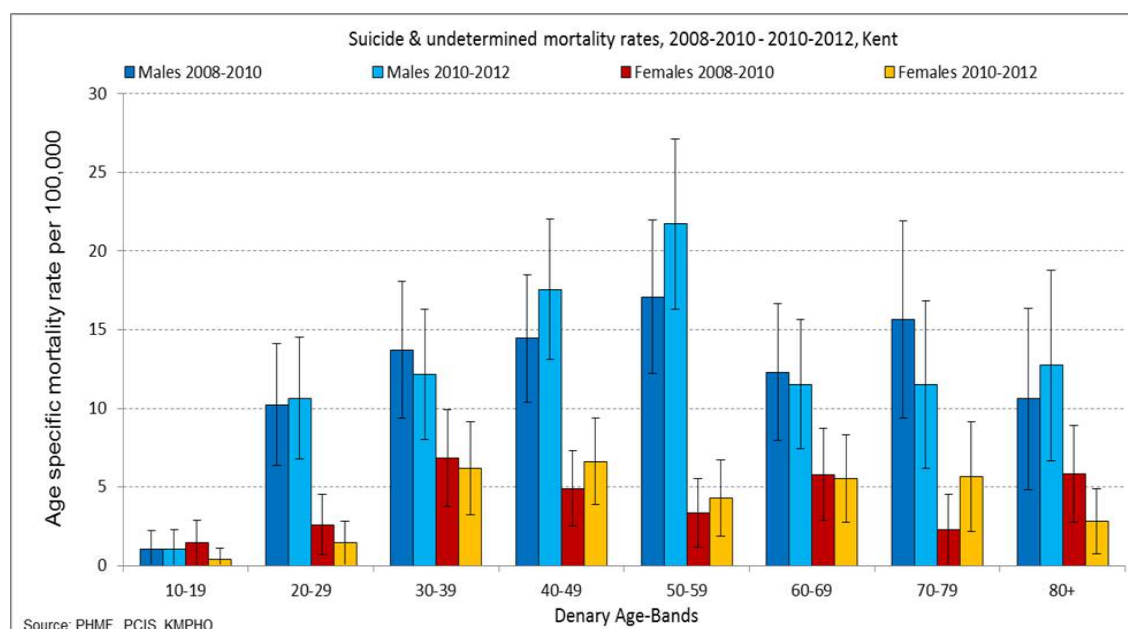
Figure 65



## 9.2. Who is at risk of suicide in Kent?

Most suicides in Kent are committed by white men aged between 30 and 60 (figure 2). This is similar to the national pattern. Based on national data approximately 30 per cent of people committing suicide have been in contact with mental health services. It is likely that the majority - between 65 and 75 per cent - have *not* been in contact with mental health services. This is why preventing suicide needs to involve people from a wide range of agencies and not just mental health services.

Figure 66



There are five main groups of people who are most at risk from committing suicide.

- young and middle-aged men
- people in the care of mental health services, including inpatients
- people with a history of self-harm
- people in contact with the criminal justice system
- specific occupational groups (doctors, nurses, veterinary workers, farmers and agricultural workers - probably because they have ready access to the means of suicide and know how to use them.

The Kent and Medway Suicide Prevention Action Plan for 2010-13 targets these high risk groups.

There are also nine key groups identified in the National Suicide Prevention Strategy as needing tailored and targeted approaches to public mental wellbeing in order to reduce their suicide risk.

**The Nine Key Groups are:**

- children and young people, including those who are vulnerable such as looked after children, care leavers and children and young people in the youth justice system;
- survivors of abuse or violence, including sexual abuse;
- veterans;
- people living with long-term physical health conditions;
- people with untreated depression;
- people who are especially vulnerable due to social and economic circumstances;
- people who misuse drugs or alcohol;
- lesbian, gay, bisexual and transgender people; and
- Black, Asian and minority ethnic groups and asylum seekers.

The Kent Strategy and Action Plan will be reviewing these interventions in the next 12 months.

### **9.3 Self-harm or 'para suicide'**

The UK has one of the highest rates of [self-harm](#) in Europe, at 400 per 100,000 population. (Self-poisoning and self-injury in adults, Clinical Medicine, 2002)

People with current mental health problems are 20 times more likely than others to report having harmed themselves in the past. (National Collaborating Centre For Mental Health). People who self-harm repeatedly are at a higher and persistent risk of suicide and even death. (Owens et al, 2002: Hawton et al, 2003).

In contrast to the trends in completed suicides, the incidence of self-harm has risen in the UK over the past 20yrs and is a worrying feature of our society. Recent audits have highlighted that self-harm is high among young women.

## 9.4 How do people commit suicide in Kent?

The majority of deaths due to suicide are a result of hanging. Men usually use this method. The next most used method is falling from a high point or throwing self onto rail tracks or traffic. Amongst women the most used method is poisoning (pills or other substances), however more recent reports from national data shows that women are using more aggressive methods of suicide.

## 9.5 Where are the hot spots in Kent for suicides?

Due to relatively small numbers of people committing suicides in each Kent district the hot spot areas can fluctuate year on year. The highest number of people committing suicide in 2012 were from Dover District, where there were 17 deaths. When converted into rates (so that population size is accounted for) it is Dover and Thanet that are the hot spots for men and Gravesham, Tonbridge & Malling and Tunbridge Wells for women (figure 3) as their rates are above that of the England average.

Figure 67

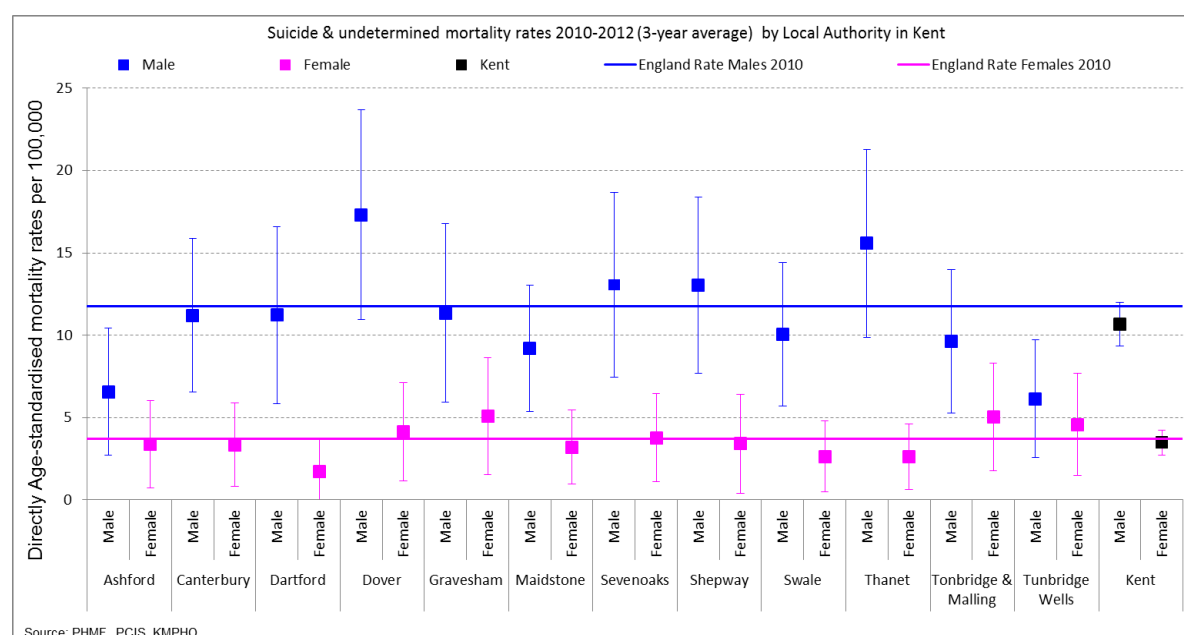


Figure 68

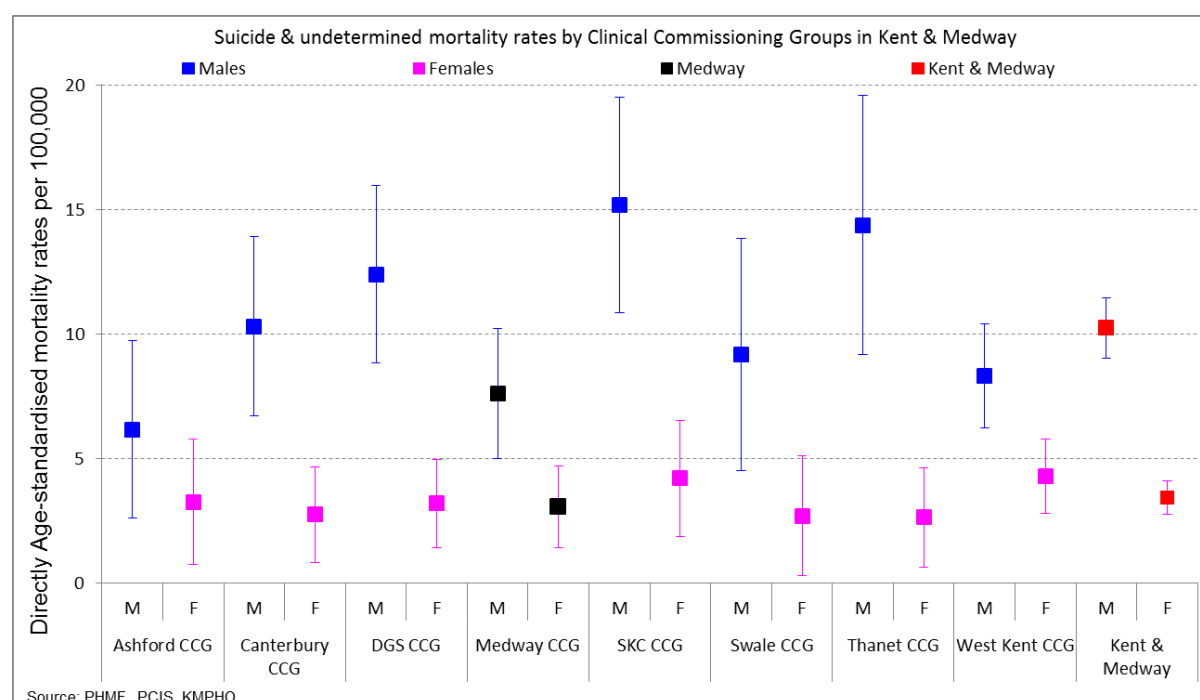


Table 33 Number of deaths from suicide and undetermined causes by district

Local Authority	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
Ashford	13	9	*	11	7	9	*	6	7	7	*
Canterbury	12	12	14	14	13	10	9	14	10	10	10
Dartford	10	*	9	8	7	7	*	9	*	9	6
Dover	6	11	17	15	6	14	10	12	9	12	17
Gravesham	8	15	12	7	7	12	6	7	8	9	8
Maidstone	14	13	12	14	13	8	11	15	7	9	15
Sevenoaks	9	8	12	*	10	9	*	9	7	9	15
Shepway	11	17	*	13	8	8	*	9	10	12	8
Swale	*	9	17	9	14	10	9	15	11	6	10
Thanet	9	15	14	8	12	17	11	13	8	17	14
Tonbridge & Malling	6	8	6	8	7	11	7	14	11	9	9
Tunbridge Wells	14	14	7	14	10	11	14	9	7	7	7

Table 34 Numbers of deaths by suicide in Kent CCG

Clinical Commissioning Group	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	Grand Total
NHS Ashford CCG	13	9	3	11	7	9	4	6	7	7	5	81
NHS Canterbury CCG	12	16	16	16	16	17	10	20	13	13	15	164
NHS DGS CCG	22	28	27	16	18	22	8	21	15	23	22	222
NHS Medway CCG	23	12	20	21	23	22	14	19	14	13	20	201
NHS SKC CCG	17	26	20	27	13	20	12	19	18	24	22	218
NHS Swale CCG	4	7	16	8	12	5	8	11	9	3	8	91
NHS Thanet CCG	9	15	15	8	12	17	11	13	8	17	14	139
NHS West Kent CCG	39	35	31	39	36	36	35	42	30	29	38	390
<b>Grand Total</b>	<b>139</b>	<b>148</b>	<b>148</b>	<b>146</b>	<b>137</b>	<b>148</b>	<b>102</b>	<b>151</b>	<b>114</b>	<b>129</b>	<b>144</b>	<b>1506</b>

Table 35 Method of suicide in Kent women

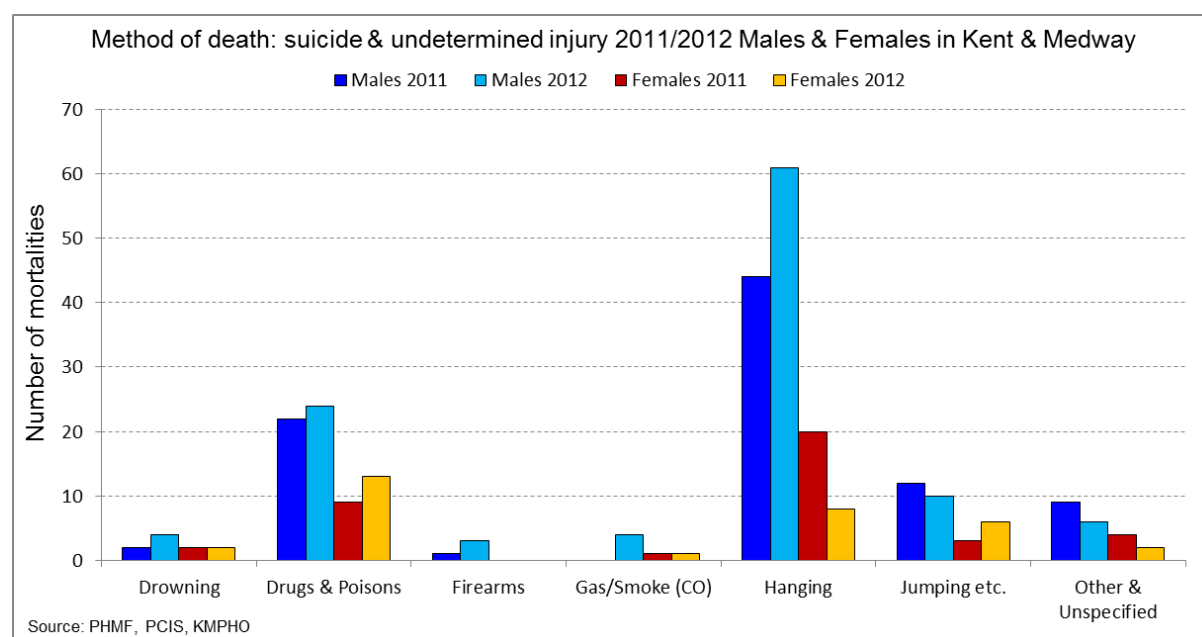
Year	Drowning	Drugs & Poisons	Firearms	Gas/Smoke (CO)	Hanging	Jumping etc.	Other & Unspecified	Grand Total
2002	5	14		1	8	5	2	35
2003	2	9			15	1	3	30
2004	3	15			6	3	4	31
2005	3	20		1	14	3	7	48
2006	2	13		1	10	1	6	33
2007	2	16		1	8	4	3	34
2008	4	10		1	11	1	2	29
2009	6	12			12	3	6	39
2010	1	10		1	13	3	3	31
2011	2	9		1	20	3	4	39
2012	2	13		1	8	6	2	32
<b>Grand Total</b>	<b>32</b>	<b>141</b>		<b>8</b>	<b>125</b>	<b>33</b>	<b>42</b>	<b>381</b>

Table 36 Method of suicide in Kent men

Year	Drowning	Drugs & Poisons	Firearms	Gas/Smoke (CO)	Hanging	Jumping etc.	Other & Unspecified	Grand Total
2002	6	30	4	2	40	9	13	104
2003	4	22	3	1	66	11	11	118
2004	4	27	4	1	57	11	13	117
2005	4	25	2		53	7	7	98
2006	3	23	6	5	47	15	5	104
2007	9	32	1		49	9	14	114
2008	3	14	2		44	3	7	73
2009	6	25	3	2	54	12	10	112
2010	3	15	1		48	8	8	83
2011	2	22	1		44	12	9	90
2012	4	24	3	4	61	10	6	112
<b>Grand Total</b>	<b>48</b>	<b>259</b>	<b>30</b>	<b>15</b>	<b>563</b>	<b>107</b>	<b>103</b>	<b>1125</b>

Source: Coroner's Office PCIS

Figure 69



## Self-harm (para-suicide):

### Definition:

There are various definitions of self-harm; some include harm with suicidal intent whilst others exclude this behaviour. Much of what is known comes from two key sources: NICE Guidance (2012) and a report from the Royal College of Psychiatry in 2010. Although the evidence, epidemiology and local service data is poor and developing the topic of self-harm is a current local concern of Health and Wellbeing Boards - and for that reason this review has been included in the Needs Assessment.

The NICE guidelines use a relatively broad definition:

*“Self-poisoning or self-injury, irrespective of the apparent purpose of the act” (1)*

Self-poisoning is the intentional use of more than the prescribed or recommended doses of any drug and includes ingestion of non-ingestible substances, overdoses of recreational drugs and severe alcohol intoxication.<sup>58</sup>

The main forms of self-injury are: cutting, burning, hanging, strangulation, scratching, banging or hitting body parts and mutilation.

The most common type of self-injury in the UK is cutting and this is often repetitive. Although it was thought that cutting was more common in females there is some evidence that this may no longer be the case. Incidents of hanging have also increased over the past few decades.<sup>59</sup>

More people attend hospital for self-poisoning than self-injury however studies of the general population indicate that self-injury is more common.<sup>60</sup> An audit of A&E attendances for self-harm in Kent hospitals found that the majority of people (71%) presented following self-poisoning.<sup>61</sup>

Self-neglect is also considered an indirect form of self-harm and includes: physical risk-taking, sexual risk-taking, mismanagement of physical conditions and eating disorders. This definition excludes these forms of self-neglect and focuses only on self-injury and self-poisoning.

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<sup>58</sup> National Collaborating Centre for Mental Health. Self-harm: Longer-term management. NICE Clinical Guideline No. 133. London: The British Psychological Society & The Royal College of Psychiatrists; 2012.

<sup>59</sup> Royal College of Psychiatrists. Self-Harm, suicide and risk: helping people who self-harm. London: Royal College of Psychiatrists; 2010

<sup>60</sup> Hawton K. Self-harm and suicide in adolescents. Lancet. 2012 June; 379(9834).

<sup>61</sup> Solly K, Johnson B. Retrospective audit of deliberate Self-harm cases in Accident & Emergency Departments in West Kent 1st November 2010 - 31<sup>st</sup> January 2011 East Kent 1<sup>st</sup> January – 31<sup>st</sup> March 2010. NHS Kent & Medway & Kent County Council, Public Health Department; 2012

## Epidemiology

It is difficult to collate an accurate analysis of the epidemiology of self-harm in England as it remains a relatively hidden issue with many people never disclosing their behaviour, let alone seeking healthcare support. In a recent survey only 42% of men and 53% of women in the UK reported seeking medical or psychological help after self-harming and fewer young people report seeking healthcare support.<sup>62</sup>

The statistics below represent a summary of what is currently known from available data sources:

- It is estimated that the UK has one of the highest self-harm rates in Europe.
- In 2007 the Adult Psychiatric Morbidity Survey found that 4.9% of adults (aged 16 or over) reported having self-harmed at some point in their lifetime. This was an increase since the last survey in 2000 with incidence rising most rapidly in women aged 16-24 (from 6.5% in 2000 to 11.7% in 2007).
- There was no significant difference in the incidence of self-harm between men and women of any age group except in young adults aged 16-24 where rates were considerably higher in young women compared to young men (17.0% compared to 7.9% respectively).
- It is estimated that there are over 200,000 hospital attendances for self-harm in England annually with an estimated attendance rate of approximately 400 per 100,000 people. This is considered one of the highest rates in Europe.
- Applying this rate to the 2012 mid-year population estimate for Kent (1,480,200) suggests that we would expect approximately 5,920 hospital attendances for self-harm in Kent hospitals over 12 months.
- In a three month audit of A&E attendances for self-harm in adults (age >16) in Kent hospitals a total of 180 people presented for treatment related to self-harm. In comparison to the expected number of attendances modelled above, this appears to be considerably lower than expected. However this figure excludes attendances by children and it is difficult to extrapolate an annual figure from a relatively small sample.
- In contrast to this, data from the latest Health Profile for Kent suggests that admission rates for self-harm in Kent are significantly higher than the England average<sup>63</sup>

The following table illustrates the directly age standardised rate (per 100,000 population) of hospital admissions for self-harm in Kent in 2011/12 in comparison to the national average:<sup>64</sup>

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<sup>62</sup> National Centre for Social Research & the Department of Health Sciences, University of Leicester. Adult psychiatric morbidity in England, 2007: The results of a household survey. Leeds: The NHS Information Centre for health and social care; 2009.

<sup>63</sup> Public Health England. Health Profiles. [Online].; 2013 [cited 2013 December 19th. Available from: [http://www.apho.org.uk/resource/view.aspx?RID=50215&SEARCH=K\\*](http://www.apho.org.uk/resource/view.aspx?RID=50215&SEARCH=K*).

<sup>64</sup> *ibid*

Table 37: Self-harm rates: all ages 2011/12

No. of admissions for self-harm in Kent	Kent Self-harm admission rate	England average self-harm admission rate	England worst self-harm admission rate	England best self-harm admission rate
<b>3141</b>	227.7	207.9	542.4	51.2

- In general younger people are more likely to self-harm than older people and women are more likely to self-harm than men. Rates of self-harm peak at the ages of 15-19 years in females and 20-24 years in males.
- Data from the Kent Audit of Self-Harm supports these statistics; 37% of attendances at A&E were for people age 16-25 and of these 72% were female.
- It is estimated that at least 1 in 15 young people self-harm at some point in their lifetime. (6) A recent survey of 15-16 year old school pupils in Oxford found that 13.2% of 15-16 year olds reported self-harming at least once in their lifetime (n=6020) with rates higher in girls than in boys (20.2% compared to 8.6% respectively).
- 1/3 of people presenting at hospitals for self-harm are <35 years old and 2/3 of this group are female.

Table 38 following, illustrates the crude rate of hospital admissions for self-harm in children (per 100,000 population aged 0-17 years) in Kent in 2011/12 in comparison to the national average: <sup>65</sup>

Table 38 Self-harm rates: young people (0-17) 2011/12

No. of admissions for self-harm in Kent	Kent Self-harm admission rate	England average self-harm admission rate	England worst self-harm admission rate	England best self-harm admission rate
376	116.5	115.5	311.9	26.0

- The self-harm admission rate in Kent is not significantly higher than the England average.
- Rates of self-harm are significantly higher in South Asian women in England compared to white men or women or South Asian men. Rates are highest in South Asian women aged <35. South Asian women are also less likely to attend A&E following a repeated episode of self-harm. There is currently conflicting evidence regarding rates of self-harm in other ethnic groups in England.
- People who self-harm repeatedly are at greater risk of suicide than the general population with some studies demonstrating a 30-fold increase in risk

<sup>65</sup> Child and Maternal Health Observatory. Child Health Profiles. [Online].; 2013 [cited 2013 December 19th. Available from: <http://www.chimat.org.uk/profiles>

of suicide, with greatest risk in the six months after the 1<sup>st</sup> episode of self-harm. Men who self-harm are more than twice as likely as women to die by suicide with the risk for both genders increasing with age.

- Certain methods of self-harm are also associated with higher risk of subsequent suicide. These include; hanging, strangulation and suffocation.

## Costs

Whilst the mental and physical health impacts of self-harm on the individual and their family and friends have been extensively researched, the economic impacts of self-harm are less well understood.

There has been no overall calculation of the direct and indirect economic costs of self-harm at a national level, however a number of more specific economic studies have revealed the following:

- The direct costs to the NHS of self-poisoning by a single drug (tricyclic antidepressants) has been estimated as £5.1million per year.<sup>66</sup>
- Those who engage in self-harm generally incur a significantly higher health service spend in the six months around an episode compared to the general population and that repetitive self-harm has a cumulative effect with costs increasing with each episode.<sup>67</sup>
- A study in 2005 assessing the impact of repetitive self-harm found that total health and social care costs over a six month period were £3524 higher for people who self-harmed on five or more occasions than for those who only had a single episode of self-harm.
- An RCT study into the lifetime costs of young people who self-poisoned in the UK found that the average annual cost to the public sector was over £1,550 in those that self-poisoned compared to an average annual cost of £65 in the control group.
- The indirect costs of self-harm, such as: lost productivity, sickness absence and the financial impact on families and carers is also considered to be significant.

## Motives & causes

Although self-harm is clearly an indication of emotional distress the motives for this behaviour are extremely varied. Sometimes the intention is suicide but often it is considered an act of self-preservation or a coping mechanism to manage emotional distress. It can also engender a sense of control over an otherwise chaotic situation and it is this that often motivates people to conceal their self-harm. Some people,

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<sup>66</sup> Royal College of Psychiatrists. Self-Harm, suicide and risk: helping people who self-harm. London: Royal College of Psychiatrists; 2010.

<sup>67</sup> Royal College of Psychiatrists. Self-Harm, suicide and risk: helping people who self-harm. London: Royal College of Psychiatrists; 2010.

especially adolescents, believe they will relinquish control of their self-harming behaviour if they disclose it to others.<sup>68</sup>

A model called; “The 8 Cs of self-injury”<sup>69</sup> has been developed to help clinicians understand the motives behind self-harm:

1. Coping and crisis intervention
2. Calming and comforting
3. Control
4. Cleansing
5. Confirmation of existence
6. Creating comfort and numbness
7. Chastisement
8. Communication

In general the motivations for self-harm vary with age. A recent European study found over 70% of adolescents cited “escape from a terrible state of mind” as their main motivation for self-harm rather than suicide with self-cutting the most common method.

Suicidal intent is a more common motivation for older people and mental illness, particularly depression, is a more common underlying factor in older people who self-harm, less - than in younger age groups. However, in those that repeatedly self-harm, it should be recognised that the behavioural motivations may change over time and assumptions about intent should not be made on the basis of what was known about previous attempts.

Self-harm is can be a habitual behaviour, approximately 20% of those who attend A&E for self-harm will harm themselves again in the following year and 10% of these episodes will occur within five days of the index event.

It has also been shown to have a contagious effect particularly in young people. Those living in closed communities such as prisoners and children in residential care can be particularly at risk. However there is also an environmental link as people have attributed the disempowering nature of these settings as the motivation for their self-harm.

## **Risk factors**

### **Mental or physical illness**

Although self-harm is an indication of emotional distress it may not necessarily infer underlying psychiatric illness. It is important to differentiate the underlying cause as this has implications for treatment and management of the individual.

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<sup>68</sup> ibid

<sup>69</sup> Sutton J. Healing the heart within Oxford: How To Books; 2005.

Most people who present in A&E following an act of self-harm will meet the criteria for one or more psychiatric diagnoses however the psychiatric assessment of patients in A&E may not be sufficient to detect this.

The presence of mental illness is a key risk factor for self-harm. People with major depression, anxiety, substance misuse, eating disorders, post-traumatic stress disorder, schizophrenia and other personality disorders are all at high risk of self-harm.

In England in 2012/13 over 25,000 people who were previously known to mental health services were admitted to hospital as a consequence of self-harm.<sup>70</sup>

There is limited evidence of the rates of self-harm in people with learning disabilities (PWLD) and current estimates of prevalence range from 1.7 – 24%. It has been acknowledged that some self-harming behaviour may be dismissed as challenging behaviour. The causes of self-harming behaviour in PWLD are considered to be narrower than in the general population with genetic syndromes, other physiological factors, certain medications and autism being common determinants. The experience of PWLD in institutionalised settings, such as bullying and a lack of control over lifestyle, has also been cited as a cause however this should become less of a factor as the closure of NHS campuses and the review of residential placements in response to the Winterbourne View report is conducted. (Royal College of Psychiatry 2010)

People who have or are recovering from drug and alcohol problems are at greater risk of self-harm than the general population. Approximately 25% of people who self-harm will have a diagnosis of alcohol misuse.

In people who repeatedly self-harm the use of alcohol and drugs can increase their risk of self-harm. This may either occur due to the effects of intoxication or due to the absence of previous forms of self-medication during the withdrawal phase of recovery. Approximately 50% of people presenting to A&E following self-harm will have consumed alcohol immediately preceding or as part of their self-harming behaviour and this is more common in men. (RCP 2010).

Local data reflects this finding; the audit of A&E attendances for self-harm in Kent found that alcohol was associated with 41% of attendances for self-harm. Overall self-harming behaviour linked to alcohol is more common in women and levels of self-harm related to drug misuse is also rising in women.<sup>71</sup>

There is evidence of a link between physical ill health and self-harm however the causal pathway is poorly understood. Self-harm in itself can have long-term health

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<sup>70</sup> Health & Social Care Information Centre. Mental health bulletin: Annual report from MHMDs returns - England 2012/13. Leeds: Health & Social Care Information Centre; 2013

<sup>71</sup> Solly K, Johnson B. Retrospective audit of deliberate Self-harm cases in Accident & Emergency Departments in West Kent 1st November 2010 - 31 st January 2011 East Kent 1<sup>st</sup> January – 31<sup>st</sup> March 2010. NHS Kent & Medway & Kent County Council, Public Health Department; 2012

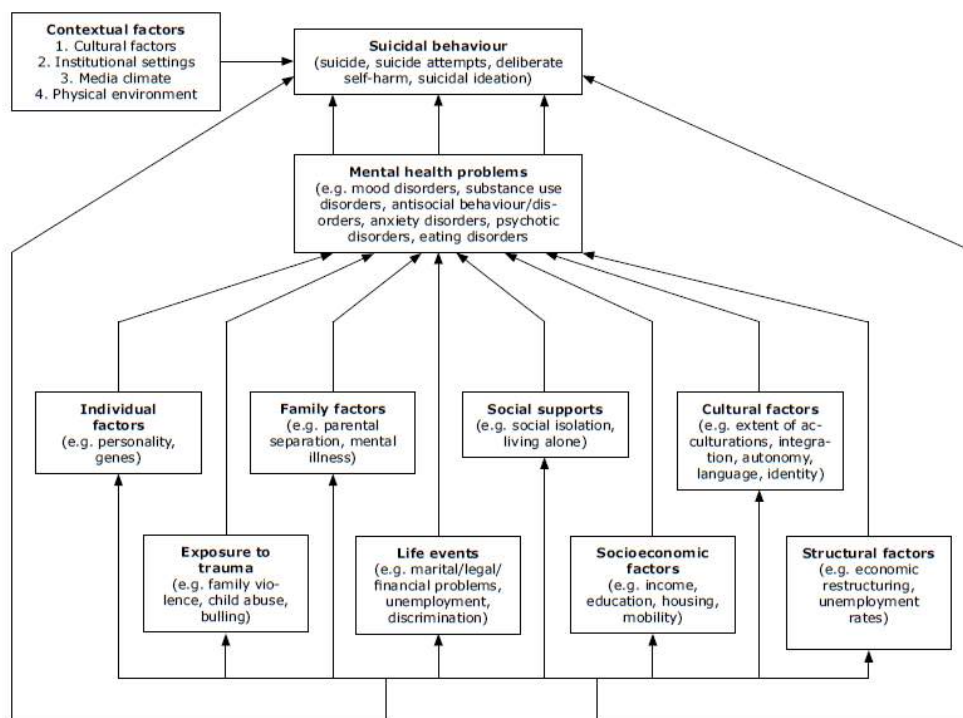
consequences. Self-cutting can result in permanent soft tissue damage and scarring whilst self-poisoning can lead to organ damage.

## Wider determinants

Self-harming is rarely the result of an isolated event or issue and is more frequently a response to the emotional distress caused by a complex range of socio-demographic and personal factors.

The pathways to suicide behaviour were recently mapped in the Scottish suicide prevention strategy: Pathways to suicide behaviour (Adapted from “Choose Life” the suicide prevention strategy for Scotland, 2002).

Figure 68



There is evidence that adults in the following groups in the UK are at higher risk of self-harm: (NICE 2012)

- People living in deprived urban areas
- The unemployed and those in debt
- Single people, divorced people and the socially isolated
- People experiencing relationship breakdown
- Single parents
- People who misuse alcohol and drugs

- Those exposed to violence
- Victims of child abuse
- People exposed to multiple adverse life events
- Those with a family history of self-harm

It has been found that social isolation and physical or mental illness are particular risk factors for older people who self-harm.

The evidence relating to causal factors in adolescents presents a slightly different picture with the following identified as additional underlying causes of self-harming behaviour: <sup>72</sup>

- Difficulties associated with sexuality
- Relationship issues (friends, family, boyfriend/girlfriend)
- Physical or sexual abuse
- Bullying
- Academic pressure
- Personal characteristics such as perfectionism, self-criticism and poor body image

The physical and emotional changes associated with puberty are thought to compound these stressful experiences. The average age of onset of self-harm in children is 12-13, similar to the onset of puberty. <sup>73</sup>

The following have also been identified as potential determinants of the relatively high rates of self-harm in South Asian women:

- Arranged marriage or the rejection of an arranged marriage
- Disputes with husbands or parents-in-law
- Cultural conflict
- Social isolation

The influence of wider cultural factors on self-harm is an area requiring further research.

<sup>72</sup> Mental Health Foundation and Camelot Foundation. Truth hurts: Report of the national inquiry into self-harm among young people. London; 2006.

<sup>73</sup> National Society for the Prevention of Cruelty to Children. Young people who self-harm: Implications for public health practitioners. London: NSPCC; 2009.

## Population groups at specific risk

### Prisoners

The rate of self-harm in prisoners of both genders is higher than in the general population and are particularly high in young offenders. (11) Whilst women only comprise approximately 6% of the prison population they account for about 50% of the self-harm incidents in prison.

A number of causal factors have been proposed to explain this inequality:

- Women's offending behaviour is more likely than men to be linked to unmet needs such as education, employment, housing and income.
- Women are more likely to be the primary carer of children and suffer more from the separation caused by incarceration.

It is recognised that particular features of the prison environment can increase individuals' susceptibility to initiating self-harm or exacerbate behaviour in habitual self-harmers.

### Looked after children

Looked after children are more likely to suffer from mental health problems putting them at higher risk of self-harm. A study in the 1990s found that, although looked after children only represented 1% of the total child population they accounted for 10% of the A&E attendances for self-harm.

### Asylum seekers

In the UK rates of self-harm in asylum seekers are higher than in the prison population. Specific risk factors include: exposure to traumatic events, the experience of the detention process and the uncertainty regarding their legal status.

### Veterans

Whilst it is widely recognised that suicide rates in young ex-service personnel are up to three times higher than the general population in the UK, less is known about the rates or underlying determinants of self-harming behaviour in this group and this is an area requiring further research.

### Lesbian, gay and bisexual people

The rates of self-harm in this population are known to be higher than the general population. The underlying causes are likely to relate to the specific social and psychological circumstances experienced by this group such as; prejudice, discrimination, social exclusion, violence and shame.

## **Carers, families and friends of those who self-harm**

People who care for those who self-harm are themselves likely to experience a range of emotions including; guilt or shame, isolation, stigmatisation and anger. However the process of caring for someone can also be a rewarding experience with carers having a profound impact on recovery outcome.

## **What can be done? Public Health approaches**

The multiple causes and motives for self-harm require a robust multi-agency and cross-departmental response.

The reports from the Royal College of Psychiatrists and the National Inquiry into self-harm among young people made the following recommendations:

- Self-harm should be explicitly included in any strategy to increase mental health, emotional wellbeing and resilience. Promoting emotional wellbeing and resilience from an early age can help children develop alternative coping mechanisms and avoid resorting to self-harm.
- The increasing role of social media in promoting self-harm or providing experiences likely to increase the risk of self-harm (eg exposure to others who self-harm, bullying, peer pressure or social isolation) need to be explored and reflected in any prevention and management strategy, particularly at a national level with the monitoring of harmful internet websites.
- The link between self-harm and substance misuse should also be considered in all drug and alcohol strategies.
- There is an ongoing need for cross-sector training for all frontline staff on identifying and responding to self-harming behaviour. A number of programmes have been evaluated including STORM (Skills-based training On Risk Management) and ASIST (Applied Suicide Intervention Skills) although the high level of participant satisfaction was the only outcome measure quoted.
- Schools were identified as an appropriate setting to provide self-harm prevention interventions with peer support and counselling services identified as approaches worthy of further research.
- There is also need for more accessible information for those who self-harm and their family, carers and friends.

The reports also provided the following recommendations for research:

- Research into the epidemiology, motivations and risk factors for self-harm at various ages and the effectiveness of prevention and treatment interventions is urgently needed.
- Research into the relationship between self-harm and drug and alcohol misuse and the effectiveness of interventions for this specific group
- Research into the long-term outcomes for people who self-harm as well as the experience of carers of people who self-harm.

In addition a recent international evidence review into self-harm and suicide in adolescents recommended the following universal and targeted approaches to prevent self-harm and suicide in this specific age-group:

### **Population measures**

- School-based psychological wellbeing and skills training programmes
- Gatekeeping programmes
- Screening to identify those who might be at risk
- Restriction of access to means used for self-harm and suicide
- Improved media reporting and portrayal of suicidal behaviour
- Encouragement of help-seeking behaviour
- Public awareness campaigns
- Help-lines
- Internet sources of help
- Reduction of stigma associated with mental health problems and help seeking

### **Measures for at-risk populations**

- Psychosocial interventions for adolescents at risk of self-harm or suicide (eg, depressed adolescents, abused individuals, runaway children)
- Screening of those at risk (eg, young offenders)
- Psychosocial interventions for adolescents who have self-harmed
- Pharmacotherapeutic interventions for adolescents at risk of self-harm or suicide

Whilst a number of recent reviews have provided a clearer picture of the epidemiology of self-harm in England, there remains a paucity of evidence regarding the effectiveness of preventative strategies, particularly primary prevention.

More evidence is available regarding secondary prevention measures and this is reflected in a series of NICE guidance on self-harm which have been published over the last nine years.

## 10. Conclusions

*High deprivation, as found in Thanet means mental health and wellbeing must be a priority for the CCG. In Thanet there is considerable variation in treatment at primary care level - with some practices showing a high prevalence and others showing very low prevalence when compared to Kent and England average prevalence. This, married with high hospital admissions for schizophrenia and psychoactive psychosis and a highly deprived population with high levels of health inequalities and poor overall demonstrate why mental health and wellbeing should be a priority in Thanet.*

There is no real divide between mental health and physical health and yet services are separate and hard to access for many people. Public Mental Health is now a priority for the UK Coalition government, Public Health England and Public Health in Kent County Council.

In 2008 the report from the UK's Chief Scientist gave the economic case for investment into mental health promotion. The report stated that keeping people healthy and away from mental illness services is better for people and the economy. However – when people do need help and treatment, this needs to happen quickly and efficiently. Also promotion, prevention and treatment are important but currently 97% of the budget for services is spent on treatment.

There is an important message in this report about measurement. Without good measurement we cannot commission the appropriate services. All too often there is a distorted view about what is needed and this can come from many vested interests. Without a rigorous and scientific understanding of the data, we are commissioning 'blind' and this cannot serve the taxpayer or the patient. However, the data currently is poor and this needs to be sorted out urgently. An audit is being commissioned in 2014 to address this.

There has been a terrible stigma about having a mental illness but it should be no different than having heart disease or cancer, simply regrettable and treatable and with the same high expectations of care. People with mental illness need to be treated with compassion, expertise and optimism for their future recovery. A nurse once told me, when I asked her why there were no stop smoking services on the mental health ward, "having a cigarette is all they have to look forward to". My reply was to question her ambition for her patients, why should people with mental illness not expect the same expectations of recovery and wellbeing as other patients? Surely there must be more to life to look forward to. Luckily health promotion happens routinely now on psychiatric wards yet patients are still dying of cardiovascular disease. This needs assessment urges all services to work together to bridge the artificial divide between mental and physical health.

The last paragraph of this assessment must go to address the issue that is the root of our mental wellbeing. The ability to cope with life, our resilience and our ability to support ourselves and each other comes from good and healthy parenting. A warm and secure childhood can help us cope with whatever life throws at us. Therefore

ensuring parents and families have the support they need and the ability to know where to go for help with parenting will be money well spent for future generations.

**Jess Mookherjee : Consultant Lead for Public Mental Health, Kent. 2014**

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- <sup>i</sup> Clinical assessments for ADHD were not carried out as part of the APMS and it is noted that the proportion of people with four or more characteristics is likely to be an over estimate of the prevalence of ADHA and a score of six is likely to be an underestimate.
- <sup>ii</sup> presence of all six characteristics may underestimate the number of adults with ADHD and using the percentage of those with four or more characteristics is likely to over-estimate the prevalence of ADHD