

LONDON BOROUGH OF CAMDEN	WARDS: All
REPORT TITLE Themed Debate – How are we taking a population health approach to mental health and wellbeing in Camden?	
REPORT OF Cabinet Member for Health, Wellbeing and Adult Social Care	
FOR SUBMISSION TO Council	DATE 18 September 2023
SUMMARY OF REPORT This report has been produced to support the themed debate at Council and provide examples of work ongoing to support mental health in Camden. It begins by outlining the scale of the challenge and providing clarity on what we mean by mental health and wellbeing. It then outlines our local population health approach and reinforces the importance of a collective and unified response, working with our partners and communities to address the social determinants as health, such as poverty, employment and education. The rest of the report provides a deep dive into work underway in Camden to understand and address mental health in its broadest sense, placing a spotlight on the range of ways that we can meet this challenge together.	
Local Government Act 1972 – Access to Information	
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RECOMMENDATIONS The Council is asked to consider the report when engaging in the themed discussion around mental health.	

Signed: Kirsten Watters
 Director of Health and Wellbeing



Date: 07 September 2023

1. Introduction

- 1.1. Mental health and wellbeing is a significant and rising challenge in Camden which has been amplified and brought into sharp focus through our experience of the Covid-19 pandemic and ongoing pressures from the cost-of-living crisis. The scale of the challenge cannot be overstated and demands for a collective response whereby we work in partnership with the NHS and local communities, reaching across service, organisational and political boundaries. Addressing rising mental health challenges is everyone's business and essential if we are to achieve our ambition of making Camden the very best place to start well, live well and age well.
- 1.2. Mental health services are a vital and effective means of supporting residents to address their needs; however, we know that local provision does not always meet the high demand we experience in Camden, nor can mental health services alone meet the needs of those who draw upon them. It is important, therefore, that we understand mental health and wellbeing in its broadest sense and take collective action to prevent mental health problems from emerging or worsening in the first place. Together with our NHS partners, local organisations and communities, the council is committed to taking a population health approach, focusing on collaboration and innovation to intervene early to bring about good mental health and wellbeing across our population, building resilience for those with diagnosed conditions and ensuring that those with the poorest health outcomes receive additional support. Only by taking a population health approach can we expect to create a sustainable system meanwhile reducing the stark health inequalities that continue to blight our borough.
- 1.3. This report has been produced to support the themed debate at Council and provide examples of work ongoing to support mental health in Camden. It begins by outlining the scale of the challenge and providing clarity on what we mean by mental health. It then outlines our local population health approach and reinforces the importance of a collective and unified response, working with our partners and communities to address the social determinants of health, such as poverty, unemployment and education. The rest of the report provides a deep dive into work underway in Camden to understand and address mental health in its broadest sense, placing a spotlight on the range of ways that we can meet this challenge together.

2. What we know about mental health challenges in Camden

Mental health and wellbeing of adults

- 2.1. The World Health Organisation defines a mental disorder as a clinically significant disturbance in an individual's cognition, emotional regulation, or behaviour, which is usually associated with distress or impairment in important areas of functioning. Depression and anxiety are the most common mental health disorders. In the latest survey estimate for Camden from 2017, around 1 in 5 suffered from any type of depression or anxiety (19.4%). As of

July 2023, over 10.5% of the GP-registered population over 19 years in Camden have a diagnosis of depression – which makes depression the most prevalent long-term condition for adults in the borough.

- 2.2. Across England, about 1% of the population has a diagnosis of severe mental illness (SMI) which includes conditions like schizophrenia, bipolar affective disorder and other psychoses. Individuals with these conditions are also more likely to smoke and suffer from physical health conditions like diabetes. In Camden, 1.38% of GP registered population has a diagnosis of SMI, which is significantly higher than the England average. People in Camden with SMI are four and a half times more likely to die under the age of 75 years, compared to people without SMI in Camden, which is similar to the England average.
- 2.3. Beyond those with diagnosable mental health conditions, Camden faces significant challenges relating to the mental wellbeing of its residents. The Office for National Statistics collects data annually on people's subjective wellbeing in the UK, meaning how people feel about their life and how happy they are. Camden has scored below both English and London average on those wellbeing estimates during most years. Camden's wellbeing suffered a larger decline compared to England and London during the COVID-19 pandemic – but it also saw much faster recovery to pre-pandemic levels in 2021/22. Anxiety levels in Camden however, have continued to rise into 2021/22, which may relate to ongoing challenges post-pandemic, such as the cost of living crisis.
- 2.4. In the wake of the pandemic, loneliness and social isolation are increasingly recognised as major predictors of poorer mental health outcomes and have detrimental impacts on mental wellbeing. Loneliness and minimal social networks appear to increase depression, anxiety and suicidal ideation throughout adulthood, and lead to a greater susceptibility to suicide and self-harm, particularly at an older age.
- 2.5. People who are socially isolated and/or lonely experience greater levels of stress and are at risk of developing mental health conditions such as depression and anxiety. Meanwhile, social isolation and particularly loneliness has been shown to promote feelings of being unsafe and hypervigilance to social threat. These cognitive biases can alter evaluations of social interactions and result in a build-up of stress, anxiety and low self-esteem. Poor mental health has been independently linked to worsened health outcomes.
- 2.6. Self-reported loneliness in Camden is substantially higher than in any other Inner London borough at 36.3%, with London average at 23.7% and England at 22.3% (Figure 1).
- 2.7. When looking at the national level statistics, younger people tend to report higher levels of loneliness than older people (36% in 16-24 year-olds vs 13% in 75-84 year-olds), and women report higher levels of loneliness than men (26% vs 18%).

- 2.8. Two thirds of people who have a disability note that their mental health and wellbeing is affected by social isolation.

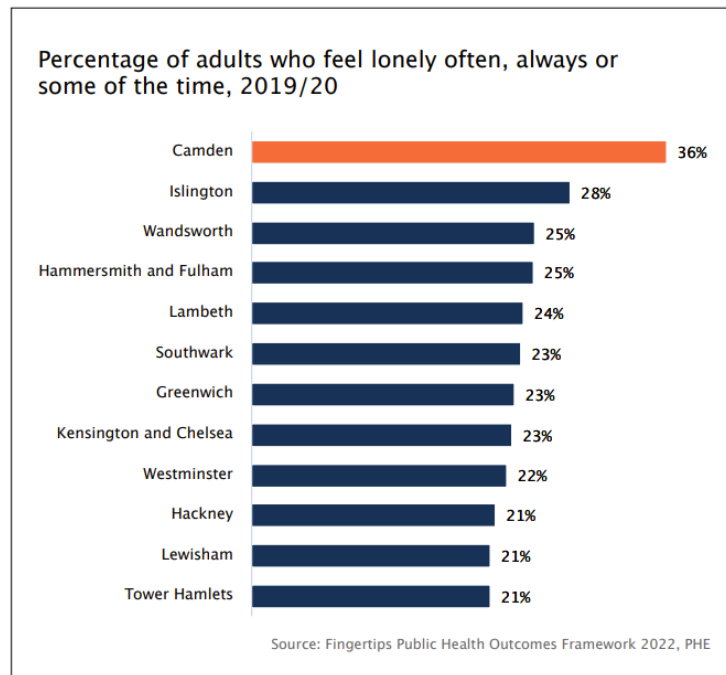


Figure 1. Percentage of adults who feel lonely in Inner London boroughs (self-reported). Source: Camden State of the Borough Report, 2023

- 2.9. Another risk factor for poor mental health is unemployment. Unemployment causes financial strain, often resulting in chronic stress which may lead to common mental illnesses, worsening of existing physical health problems, and difficulties affording a healthy lifestyle. Evidence suggests that people in long-term unemployment (out of work for twelve months or more) are more likely to have poor mental health, compared to those who are employed. At the same time, existing mental health challenges are a barrier to employment. Around 57% of employment and support allowance claims were attributable to mental health and behavioural disorders, and the employment rate for those with long-term physical or mental health conditions is around 13% less than the general population. For people in contact with secondary mental health services, only 6% are in paid employment.

Mental health and wellbeing of children and young people

- 2.10. Good mental health and wellbeing is important for young people in Camden. When asked about concerns for students leaving school, sixth form head teachers and students felt that mental health was a top priority. It formed the 'foundations of life' and underpinned other issues and risk-taking behaviours.
- 2.11. The latest major national survey carried out in 2017, found that 14% of 11–16-year-olds and 17% of 17-19-year-olds had symptoms consistent with a mental health disorder. Applying these findings directly to Camden gives an estimate

of just over 3,900 11–19 year olds with a mental health condition, whether diagnosed or not.

- 2.12. Data from the Camden Health Related Behaviour Questionnaire from 2021 tells us that 38% of Year 5 and 6 pupils, and 36% of Year 8 and 10 students in Camden, worry “quite a lot” or “a lot” about their own mental health.
- 2.13. The COVID-19 pandemic had a disproportionate impact on young people’s mental health and wellbeing. Young people in Camden have reported that their routines and structures were disrupted by lockdown, and their feelings of isolation and stress increased during home learning. Many also felt anxiety about passing COVID-19 on to vulnerable people around them. A Healthwatch survey, undertaken in November 2020, showed the majority (7 in 10) of young people in Camden said that COVID-19 had impacted their mental health and emotional wellbeing. The most common reported issues were increased stress, anxiety, depression, and fear.

“I just don’t want to spread corona to the people around me, because people are vulnerable around me, like my mum or my sister, or even friends and that; friends and family, they could catch it as well, so it’s more like being anxious about other people.”
(Camden and Islington Resident Engagement Survey 2020)

- 2.14. Similar to adults, there are particularly strong links locally between housing tenure type, child poverty and other related risk factors for mental health conditions. Children and young people living in social housing are significantly more likely to have a mental health disorder than average, and over twice as likely as those living in a house owned by their parents or caregiver. Therefore, adjusting local prevalence estimates for housing tenure gives what is known as the ‘preferred prevalence’. Once this important factor is taken into account, the estimated prevalence of mental health disorders for Camden are 33% higher compared to the national average, giving an estimated prevalence of over 19% in 11–16-year-olds (3,080) and 23% (2,110) in 17-19-year-olds.

3. How we are responding to the mental health challenges of adults in Camden

Taking a population health approach

- 3.1. Camden’s ambition is to become a population health driven organisation. This means recognising that many of the main drivers of health outcomes fall *outside* of our health and care services – but are rather determined by our lifestyle and behaviours, our socioeconomic environment, and the places and communities in which we live. Therefore, to implement a population health approach means engaging the *full range* of health determinants across the system (Figure 2).

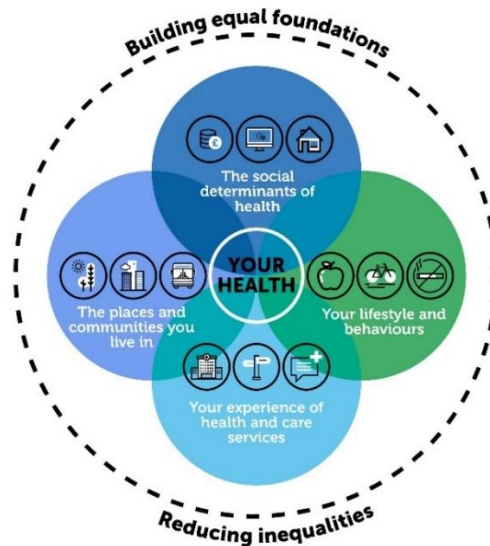


Figure 2. Camden's four pillars of population health

- 3.2 In practice, this means organisations working together to ensure we take a whole-system approach to support the mental health of our residents, supplementing the activities of health and care services with additional action around the social determinants of health. It means bolstering efforts around prevention, lifestyle and healthy behaviours, and deepening connections within and across communities in Camden.
- 3.3 No one organisation has the levers to protect and support the mental health of Camden's residents alone and it's essential that we build effective partnerships that are capable to taking a whole-system response. For children and young people (CYP), the CYP Mental Health Board meets monthly with service providers and partners from across the NHS, voluntary sector, education, LBC and the Camden youth council. For adults, the Mental Health Partnership Board meets monthly to develop and provide oversight of actions to support mental health and wellbeing in the borough. The Board includes people with lived experience, clinicians, mental health service providers, commissioners, Adult Social Care and Public Health colleagues from LBC, as well as Camden and Islington Foundation Trust, the wider NHS and a range of voluntary and community organisations.
- 3.4 There is already a wide range of activities underway across all four pillars of population health to improve mental health and wellbeing and reduce health inequalities. A few key examples from each pillar are described in the next section. These are not an exhaustive list of all activities that are ongoing in the borough but have been selected to highlight our focus on collaborative working and a population health approach. Activities within these examples often straddle multiple pillars, which further demonstrates the impact of taking a population health approach across the system.

Pillar 1: *The places and communities we live in*

3.5 Two key areas of work in this pillar are around suicide prevention, and community connectedness and friendships, both of which demonstrate the importance and value of multi-agency working and collaboration with a broad range of community partners and networks.

Suicide prevention

3.6 The risk factors for suicide are relatively well-understood and include some of the risk factors for poor mental health such as age, gender, sexuality, long-term physical ill-health, poverty, debt, unemployment, social isolation, experience of abuse, trauma or discrimination, and bereavement by suicide. Whilst the strongest identified predictor is a previous episode of self-harm, mental ill-health and substance misuse also contribute towards many suicides. The London Borough of Camden, jointly with Islington, has a recently refreshed multi-agency [Suicide Prevention Strategy and Action Plan](#), the delivery of which is being overseen by a multi-agency steering group, co-chaired by Cllr Anna Wright. The key messages of the strategy are:

- Suicide is preventable
- It's safe to talk about suicide
- Suicide prevention is everyone's business

3.7 Activities to improve mental health, wellbeing and resilience of all members of the general population are also a critical part of suicide prevention. This includes increasing community resilience, and building community mental health awareness to reduce stigma, improve mental health and foster early access to services when needed. There is a comprehensive range of work in both boroughs to support this aim, including a Resilience Network and a suite of trainings in mental health awareness available to staff in all sectors, and the public. The Health and Wellbeing Department, working with corporate communications and wider stakeholders including residents, have a programme of communications for the public to increase awareness and understanding of mental health and signpost to services.

3.8 Identifying features of the built environment in Camden that might facilitate suicide by jumping, such as bridges or multi-storey car parks, is also an important part of preventing access to means of suicide. In Camden, collaborative working with local partners and other agencies, such as Transport for London, British Transport Police, the North Central London Suicide Prevention Partnership and the Thrive London Suicide Prevention Group has enabled early identification and action to address new means of suicide, locations of concern and joint action to address these issues. As an example, safety barriers were erected on Archway Bridge in June 2019; since then there have been no incidents, compared to six suicides at this bridge between 2008 and 2019.

3.9 Tackling the societal drivers of suicide is a critical component of reducing suicide risk. People living in the most disadvantaged communities face the highest risk of dying by suicide. Factors such as debt, gambling addiction,

substance misuse, loneliness, homelessness and unemployment all increase the risk of suicide. Thus the core work undertaken by non-mental-health services, such as housing, employment, debt support, inclusion, and bereavement support all contribute to suicide prevention. In Camden, the staff within these services are included in our suicide prevention partnership, which aims to increase staff awareness of how their organisation and services can help to prevent suicide. Many have also had training to improve their understanding of mental health conditions, be more aware of suicide risk, and better able to talk about wellbeing or sign-post clients to appropriate mental health and support services. For example, in Camden a clinical psychologist is embedded in the Housing Service; they work to improve staff understanding of how resident's experiences impact their behaviour, with the aim of minimising evictions and improving links between mental health and landlord services. Working together, we want to build on this partnership by extending the provision of both mental health awareness and suicide prevention training to all frontline services. This will ensure that everyone in our system better understand suicide risk and can gain access to the most appropriate support.

Community connectedness and friendships

- 3.10 Tackling loneliness through the promotion of community connectedness is an organisational and partnership priority, featuring as one of the *challenges* in We Make Camden as well as a stated priority of Camden's Health and Wellbeing Strategy 2022-30. Over the past year, work has been ongoing to define the challenge, understand the current situation in Camden, bring together partners and stakeholders and consider options for intervention and changes to service delivery. Following an in-depth health needs assessment, a range of recommendations are being taken forward by the multi-agency Community Connectedness and Friendships Working group, which is co-chaired by the Council and Voluntary Action Camden, reflecting the importance of partnership and community activation in tackling loneliness.
- 3.11 The working group are initially focused on taking forward the following three recommendations;
- Improve identification and engagement of people who are chronically lonely and isolated
 - Undertaking a borough wide communications campaign to increase awareness and reduce stigma
 - Explore service area specific opportunities to help reduce social isolation and loneliness
- 3.12 Camden has a wide-ranging and dynamic community and voluntary sector that supports residents with diverse needs, including by providing opportunities to help people connect and make new friends. While some community and voluntary organisations are involved in the direct provision of social interventions such as peer support groups and befriending schemes, others offer opportunities for outreach and early identification of social isolation and loneliness in historically hard-to-reach groups. One example is the Camden Carers service which has been innovating in-person and online

groups and outreach efforts to ensure that unpaid carers have the support they need to keep connected to their communities.

- 3.13 Camden Council also distributes and manages £4 million in multi-year core grants and project funding to voluntary and community sector organisations, including multi-use community centres, equality and cohesion partners as well as Camden's volunteer centre. These independent voluntary and community organisations provide priceless touchpoints for socially isolated residents to seek support and connection in their neighbourhood. The council also actively promotes community cohesion through a community festival scheme which supported 54 events with financial grants, free road closures, waste collections and parking suspensions.
- 3.14 Other council services also have an important role to play. For example, Camden's libraries provide those living, working or visiting the borough with an opportunity for social connection. With many high street stores now using self-checkout machines and traditional bank counters being replaced with automated terminals, Camden library staff acknowledge that they may be the only person a resident may speak with face-to-face. The libraries also bring people together by hosting community activities including knitting groups, chess clubs and book clubs.
- 3.15 Looking forward, the council is working closely with local partners and communities to test and develop a shared place-based approach to support that transforms how residents experience services and helps them find the right solutions to meet their needs. Our emerging *neighbourhood* approach aims to bring about better outcomes for local residents by shifting to a more relational, joined up and multi-disciplinary offer that is centred around what matters to people and prioritises prevention, strengths, community power and bottom-up innovation. Through this work, we want to encourage greater community connectedness by being convenors and connectors, empowering residents to find local solutions to challenges such as loneliness and social isolation.

Pillar 2: The social determinants of health

- 3.16 A key example of work to impact the social determinants of mental health and wellbeing is around employment. 'Good work and employment' is one of three short term priorities set out in the Health and Wellbeing Strategy. This priority acknowledges that through good work and secure livelihoods we can dramatically cut poverty, reduce inequality and improve mental wellbeing. Conversely, we know that long term unemployment can lead to increased risk of both physical health conditions such as heart attacks and mental health challenges.
- 3.17 Camden's Health and Wellbeing department recently conducted a rapid health needs assessment, exploring relationships between employment and health outcomes. The aim was to build an understanding of the health needs of the Camden population as they relate to employment outcomes, with the intention

of identifying priority improvement areas across the four pillars of population health. Data suggested a cyclical impact, with unemployment negatively impacting stress and harmful coping behaviours, which in-turn can impact future unemployment risk. Long-term mental and physical ill-health were significant factors in economic inactivity, a finding repeatedly heard through staff interviews. Staff also highlighted areas of unmet need including a struggle to manage the complexity of mental health needs, the varied support needs of long-term unemployed residents and the impact on capacity caused by the need for long-term support.

Good Work Camden

- 3.18 Too many Camden residents experience long-term unemployment and low-wage employment, particularly as Camden has more jobs than there are residents and thus the potential for secure work for everyone. At the same time, the health and care system struggles to recruit and retain employees and has a large number of vacancies. Good Work Camden's (GWC) neighbourhood job hubs deliver locally-based, relational employment support to people for as long as they need it, including after they start work. GWC also works to coordinate the family of employment support providers in the borough and develops and delivers Continuous Professional Development and learning for practitioners to drive up quality, capacity and consistency.
- 3.19 The experience of Job Hub Advisors is that a significant proportion of the residents they support have a disability or health condition and/or experience poor mental health, which are barriers to them finding and sustaining employment. In response, GWC have delivered mental health first aid training to front line employment support practitioners through the Employment and Skills Network. The GWC team also connect residents to NHS or VCS mental health services as appropriate. Jobseekers experiencing mental ill health can also be referred to Central London Works – the sub-regional work and health programme delivered in Central London by Ingeus. GWC are also currently working with partners through the North Central London (NCL) People Board and the NCL Health and Social Care Academy Hub to look at piloting ways to better integrate mental health support with our employment provision. The government's WorkWell Partnership Programme presents a potential opportunity to deliver new approaches to supporting disabled people into work by integrating employment and health initiatives. The Council is currently in conversation with NCL partners about using this funding to build on the work already happening across our borough. Options in scope may include accessing talking therapies for job seekers and/or occupational health for smaller employers.

Pillar 3: Lifestyle and behaviours

- 3.20 Our lifestyle and behaviours can have significant impacts on our mental health and wellbeing and encouraging healthy lifestyles is a key part of our action around prevention and early intervention. Examples of work in this pillar include our integrated drug and alcohol service and partnership work to promote take up of sports and physical activity.

Integrated drugs and alcohol service

- 3.21 [Change Grow Live](#) (CGL) deliver Camden's adult drug and alcohol support service. The service supports residents through their journey to recovery and can also give advice about reducing the harmful effects of drugs and alcohol. CGL Camden can address any questions or concerns residents might have about alcohol, drugs (including steroids), prescription and over-the-counter medications, including sleeping pills and tranquilizers, and how drugs and/or alcohol are affecting someone's mental health.
- 3.22 As part of the service, people discuss their drug and alcohol use as well as their physical and mental health. Where a secondary mental health support need is indicated the service will refer individuals to mental health services for the appropriate diagnosis and care. As a newly integrated service, CGL are working on developing partnerships across the borough, including those with local mental health services. If individuals have a mental health need that is below the threshold of secondary care, CGL will work with GPs to ensure that residents are clinically assessed for pharmacological support if appropriate and supporting people through their journey to recovery. As well as expert advice and a range of treatment options, the service provides information on how drugs or alcohol can affect mental health, provide emotional support and counselling, peer-support and education, training and employment advice to support long-term recovery.

Sports and physical activity

- 3.23 Evidence to support the health benefits of regular physical activity for all groups has become ever more compelling. In children and young people, regular physical activity is associated with improved learning and attainment, better mental health and cardiovascular fitness, also contributing to healthy weight status. In adults, there is strong evidence to demonstrate the protective effect of physical activity on a range of chronic conditions as well as social isolation.
- 3.24 There is an extensive physical activity offer for all Camden residents to benefit both their physical and mental wellbeing, including Camden's leisure centres and outdoor gyms. Active for Life is a campaign targeted for older aged people living in Camden to raise awareness and engage residents in the borough's free and low-cost physical activity opportunities. Wellbeing Walks are also available to residents in Camden, which are free walks led by qualified Ramblers Walking for Health Leaders, taken at a gentle pace and typically last 30- 90 minutes, often finishing with a hot drink and chance to socialise with other walkers.
- 3.25 The Council's Health and Wellbeing Department are currently undertaking a Get Active pilot service in four practices in Camden. This service is open to adults registered at the pilot GPs who have a long-term health condition or a disability, including mental health conditions, and who are physically inactive. This service uses behaviour change techniques to understand someone's capability, motivation and opportunities to be active and supports them to increase their physical activity levels across a 12 month period. Insight from the pilot has demonstrated that even for those referred with physical

conditions, mental health challenges are a common feature in this cohort. This service also supports clinicians and front-line professionals to fully appreciate the role of physical activity in the treatment of long term conditions and mental health and wellbeing, and how best to promote physical activity.

- 3.26 The Sports and Physical Activity team also work with stakeholders and partners from health and care, youth, children and families, the voluntary and community sector organisations and Greenwich and Leisure Ltd (GLL) to develop the scope, awareness and take up of physical activity across the spectrum of need and backgrounds in the borough. The team has a key role in the Physical Activity Working Group, which is made up of professionals who support residents living with poor mental health. The group's objective is to increase access to physical activity amongst people with mental health conditions and develop more empathic opportunities to be active. GLL are also part of the working group and have supported the reintroduction of swim sessions for those with more significant mental health challenges. GLL is also working with Camden MIND on how they might support services users after they have completed their "Healthy Minds" time limited physical activity offer, as ongoing support is particularly important for those with poor mental health.
- 3.27 Pro-Active Camden (PAC) is Camden's strategic partnership for the development and co-ordination of Camden's sport and physical activity sector. PAC's primary interest is promoting and facilitating a joined-up approach to achieve maximum resources and opportunities to grow participation in sport and physical activity to provide health and wellbeing benefits for Camden residents.

Pillar 4: Camden's health and care services

- 3.28 Access to and experience of mental health services is vital for residents. Camden has taken a deliberate strategy over many years to invest in preventative and early intervention services. This means we have a rich and robust health and care landscape to support residents, with Camden and Islington NHS Trust (C&I) providing a broad range of mental health services for people with many different conditions and needs, through community, crisis and inpatient care. However, there are still areas in mental health that we need to focus on, much of which will be progressed through health and care integration actively supported by the Camden Borough Partnership.
- 3.29 Residents' experiences of mental health services are an important marker of their quality and we gather information on this from various sources. Camden & Islington NHS Trust provide many mental health services in the borough and ensure that each person accessing their inpatient or community services, their family, or friends, have an opportunity to feedback on their experience via the NHS Mental Health [Friends & Family Test](#). The council also commissions The Advocacy Project to engaged with people who draw on care and support and encouraged their involvement in procurement and the management of Mental Health Resilience Network Alliance.

3.30 Through the Patients' Council, people with lived experience visit C&I wards monthly to speak with local people about their experience on the wards and anything they would like to be changed; this feedback is passed to ward managers and used to improve the service. In addition, the Camden Borough User Group (CBUG) is a group of residents with lived experience and an interest in improving and shaping mental health services and contribute to commissioning programmes. Council officers also collect information from local providers, visit services and routinely speak directly with residents, all of which is used to inform the way we design and deliver the local offer of mental health services.

3.31 In general, residents tend to express positivity about the services they receive, particularly in relation to the compassionate and caring approach of Camden staff, and efforts staff make on their behalf; this is the case across both statutory and voluntary sector provided services. In June 2023, 85% of those participating in the NHS Mental Health Friends and Family Test rated their experience of the services at C&I as overall positive and 5% overall as negative. Areas of dissatisfaction raised via contract monitoring and visits to services tend to, although not exclusively, relate to areas of where limited resources impact on service delivery, including reduction in services offered and delayed access to support when it is needed. Any complaints are dealt with via established quality assurance processes.

Implementing the NCL Community and Mental Health Core Offers

3.32 NHS North Central London Integrated Care Board (NCL ICB) commenced a collaborative review of NHS community and mental health services with providers and the wider integrated care system (ICS) 18 months ago. The review has resulted in the articulation of a co-produced "core offer" – i.e. the level of service every resident in NCL can expect to receive. The review identified that there is significant variation in service provision and access across NCL and implementing the new core offer will ensure there is an equitable service available for all residents, promoting out of hospital care and prevention, improving outcomes for residents and reducing pressure on acute services. The "core offer" will also enable delivery of the NCL vision for integrated care in a way that responds to major national reviews such as the Fuller Review, in line with the population health improvement approach.

3.33 The total investment to implement the "core offer" for mental health across NCL is £25.1m; and for community services it is £57.7m. Implementation is expected to be carried out over a 3-year timeline for mental health services and a 5 year timeline for community services.

Integrated Neighbourhood Teams

3.34 A key vehicle for delivering our ambitions to support mental health going forward is our emerging neighbourhood approach. Informed by what residents have told us about what good support looks like, a broad coalition of partners across health, adult social care, and community organisations have come together to identify ways of working to bring about better integration within and across a neighbourhood area. For the Camden Borough Partnership, this will

include the development of co-located Integrated Neighbourhood Teams (INTs) of health and care professionals, working closely together in existing neighbourhood networks alongside community organisations and place-based council services (such as Housing, Repairs and Community Safety).

Family Group Conferencing

- 3.35 An example of effective social care practice in support of mental wellbeing is Camden's Adult Family Group Conferences (FGC), which are family and network-led decision-making meetings. FGC are designed to empower and support people to make decisions about their future and help them to develop a plan that addresses their concerns and focuses on their desire for change.
- 3.36 Such is the success of the model that we are seeing an increase in the use of FGC in Camden's Mental Health Services as the approach is being promoted and embedded within C&I NHS Trust, for example by social workers based in the newly established Mental Health Core Teams. Adult Social Care is also rolling out What Matters in Mental Health Induction sessions (our strength – based approach to mental health), which includes FGC and has led to practitioners across C&I being more aware of the approach and considering it when supporting people.

Mental Health Day Support in Camden

- 3.37 While community-based support for people with mental health needs has been significantly enhanced in recent years, there remains a service gap for people in mental health crisis requiring intensive support outside of hospital. Acute Day Units (ADUs) offer an alternative to the home-based NHS crisis resolution teams, whereby people attend a unit during the day to receive care. ADUs offer opportunities for peer support from other people attending the unit, and more contact time with staff during the day than crisis resolution teams can offer.
- 3.38 The Camden ADU based at the St Pancras Hospital site was suspended in April 2020 due to the Covid-19 pandemic and has not since reopened, however there is an opportunity within the implementation of the Community Mental Health Framework to co-produce a new service that is based around individual needs, including those of people with acute mental health needs. In doing so, integrating mental health day support provision, strengthening the overall offer, increasing flexibility, and removing duplication. The offer will also strengthen the link between mental health day support and other community-based mental health support, removing barriers to access and promoting opportunities for people to participate in their local communities.
- 3.39 Since the end of 2022, a phased engagement and co-design approach has collected rich insights and feedback from a wide range of current and past service users, carers and people working within services, which will inform the development of the new integrated mental health day support service in Camden.

4. How we are responding to the mental health needs of children and young people in Camden

- 4.1. For the adolescent population, treatment approaches alone are not sufficient to address the burden on mental health. Early support to prevent mental health conditions is essential in reducing the burden on young people and families and reducing the likelihood of patterns becoming ingrained.
- 4.2. For children, young people and their families, the THRIVE framework for system change is seen as best practice in delivering mental health services for this population. The prevention and promotion of mental health and wellbeing across the whole population are central to the framework and are rooted in a population health approach.

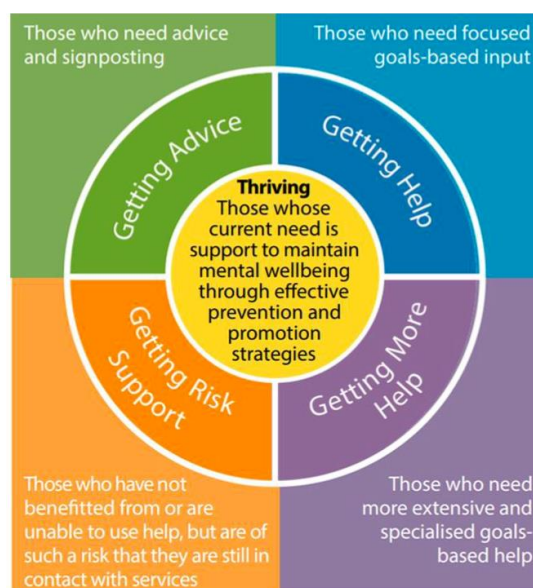


Figure 3. The THRIVE framework for children, young people and families

- 4.3. The THRIVE Framework (Figure 3) which is being rolled out across North Central London, thinks about the mental health and wellbeing needs of children, young people and families through five different needs-based groupings, which are based on shared decision-making alongside professionals, rather than severity, diagnosis or health care pathways. In response, Camden has developed a comprehensive mental health prevention offer ranging from support in schools to online digital platforms. The Thrive model is going to be pivotal in the development of future mental health and wellbeing services in Camden and services are being aligned to this model. In the next section, some key activities mapped against the THRIVE segments will be highlighted.

Segment 1: *Getting Advice and Signposting*

- 4.4. In addition to the North Central London (NCL) wide commissioned digital mental health support service, Kooth, NCL has also launched a new Waiting

Room website¹. The site has been developed and delivered by the Tavistock and Portman NHS Foundation Trust. It holds information about CYP Mental Health and wellbeing services across North Central London including VCSE, community, Children and Adolescent Mental Health Service (CAMHS) and crisis services. The site promotes upcoming events and courses for children, families and professionals in addition to developing search options for accessing the right services based on need.

Segment 2: *Getting Help*

- 4.5. Camden commissions a range of mental health and wellbeing services from across the NHS and voluntary and community sector. These include community CAMHS, equine and creative therapies, peer support for children and parents, as well as The Hive youth hub.
- 4.6. In the past year, Camden has established a CYP Social Prescribing Pilot, working with young people referred from GP's, schools, Early Help and CAMHS. Many of the young people referred are socially isolated or not engaging with education. Link workers employed by The Brandon Centre and Fitzrovia Youth in Action support young people to identify and participate in activities to enable them to develop their confidence, self-esteem, and social connectedness. An individual budget is also available if needed for equipment or sessions – e.g. swimming costume and lessons – resulting in young people developing friendships, learning new skills and transitioning into employment or training. Local organisation Catch 22 also support young people to create and commission their own groups and activities, delivered at The Hive. These have included first aid, cooking and self-defence.
- 4.7. Another new development this year is our Integrated Front Door, which brings referrals to CAMHS through the same system as Camden Early Help services. It is hoped this will enable a more holistic assessment process which supports families to have swifter access to the services which will meet their needs. This is currently being trialled with a small number of GP practices before being expanded across the borough and to other partners.

Segments 3 & 4: *Getting More Help and Risk Support*

- 4.8. North Central London has expanded its crisis provision that was developed during the pandemic and now includes a nurse-led crisis service that sees children in A&E and Camden's crisis hubs. A 24-hour CAMHS crisis line is also operational across the boroughs and Camden has an established Adolescent Outreach Team delivered through the Tavistock and Portman NHS Trust. The team proactively works with young people in the community at risk of admission to mental health inpatients units and also supports them on discharge.
- 4.9. Camden continues its innovative approach to supporting 16-25 year olds with their Mental Health. Our nationally recognised transitions service, Minding the

¹ www.nclwaitingroom.nhs.uk

Gap, has been recommissioned to work with young people in Camden who are making the transition from children's services to adult services who have continuing mental health needs or who may have had difficulties engaging with traditional clinical services previously. The Young People's Service at Camden and Islington NHS Trust is closely linked with Minding the Gap includes dedicated workers in their core teams, as well as coordination of transitions meetings. Their vanguard programme works in a trauma informed way with young people affected by violence in their community or engaged with the youth justice system, including psychology with specialist youth work and co-production.

- 4.10. The Brandon Centre was able to utilise some initial funding for suicide prevention services to work with care leavers, including many unaccompanied asylum seeking children, with dedicated staff providing therapeutic support. In addition, The Hive have a specific post for supporting Care Leavers and significant resource has been focused on young people who may have more vulnerabilities to being negatively impacted by mental health. The Brandon Centre also delivers the 'Ground Up' programme which provides supervision, group support and training to VCSE providers and youth workers to enable them to better support young people's MH needs through capacity building of skills in community services. This work is developed through strong and collaborative partnership working and continued engagement and coproduction with young people and the community.
- 4.11. There has been increased investment in Eating Disorders Services which has expanded provision into our specialist services provided by the Royal Free NHS Foundation Trust and a new service focused on Disordered Eating that is being delivered by the Tavistock and Portman.
- 4.12. Camden has also recently secured new investment of £344,000 that will provide increased capacity for higher needs cases in community CAMHS and expand the capacity of work with Neurodivergent Young People.

Segment 5: *Thriving*

- 4.13. Settings-based health promotion and preventative approaches in the wider community are key for maintaining the mental health and wellbeing of CYP. Schools are a vital component of this.
- 4.14. In Camden, mental health provision in schools is a combination of proactive and reactive work which is directed by the needs of pupils/schools and informed by results from the HRBQ (Health Related Behaviour Questionnaire – completed every 2 years* by Years 5, 6, 8 and 10). One main area of support provided to schools is mental health training, Mental Health Leads training, all staff training, and governor training. In 2022-23, Mental Health Leads requested specialist training in 'Eating Disorders', and 'Anxiety and EBSA' due to a high prevalence of these issues in schools. Governors also requested expert training on 'How to build a Trauma-Informed school'. The most requested session for all staff training was 'Staff Wellbeing' workshops.

Altogether 306 staff/governors attended different mental health trainings between 2022-23.

- 4.15. Another key area of support in schools are parent/carer workshops. This year, 13 primary, three secondary and one special school requested workshops. 45 workshops took place and 320 parent/carers attended in total. The most popular sessions were: 'Understanding children's behaviour through a trauma-lens', 'How to support your child's mental health and build resilience', and 'The impact of screen time and social media on your child's wellbeing'.
- 4.16. Additional areas of support on offer in Camden include pupil workshops and the Wellbeing Champions programme. Pupil workshops were launched as part of an ambition to bring mental health education to young people and have engaged four schools and 250 pupils so far. The Wellbeing Champions programme is in its fourth year and aims to empower young people to take a lead role in improving the mental health provision in their school. Champions collaborate on initiatives that promote and raise awareness about mental health and emotional wellbeing, with 10 schools currently engaging in the programme.

5. Conclusion

- 5.1. In Camden we are aware of the scale and complexity of mental health challenges in the borough and recognise that peoples' experiences of the Covid-19 pandemic and cost-of-living crisis have compounded and magnified the local need. The scale of the challenge calls for a collective system-wide response, with the council, NHS, community organisations and residents coming together to manage existing need and create environments where strong emotional and mental wellbeing can flourish. Through a range of initiatives, programmes, and priorities we are actively supporting activity that reaches across service and organisational divides and addresses mental health head on, building connections within communities which support personal resilience to grow.
- 5.2. We know that a core offer of mental health services will always be an important and central part of our local strategy for those with mental health needs; however, as has been illustrated in this report, we increasingly recognise that mental health and wellbeing must be understood in its broadest possible sense, taking a population health approach with action across the board to prevent problems from emerging or worsening in the first place. Moving forward, the council will be working in ever closer partnership and collaboration with the NHS, local partners and communities; delivering care and support in a more relational, joined-up, multidisciplinary way, much closer to where people live and centred around the needs of the local population. As we learn and transform what we do, we will continue to prioritise prevention and the reduction of health inequalities, with an unbroken focus on improving health outcomes for the people of Camden.

6. Finance Comments of the Executive Director Corporate Services

- 6.1. The Executive Director of Corporate Services has been consulted on this report and has no comments to add.

7. Legal Comments of the Borough Solicitor

- 7.1. The Borough Solicitor has been consulted on this report and has no comments to add.

8. Environmental Implications

- 8.1. There are no environmental implications from the contents of this report.

9. Appendices

None

REPORT ENDS