

Kent Mental Health Needs Assessment

**Lenham Community
Centre
Lenham, Kent
10 July 2014**

**The Ark Community
Centre
Dover, Kent
15 July 2014**

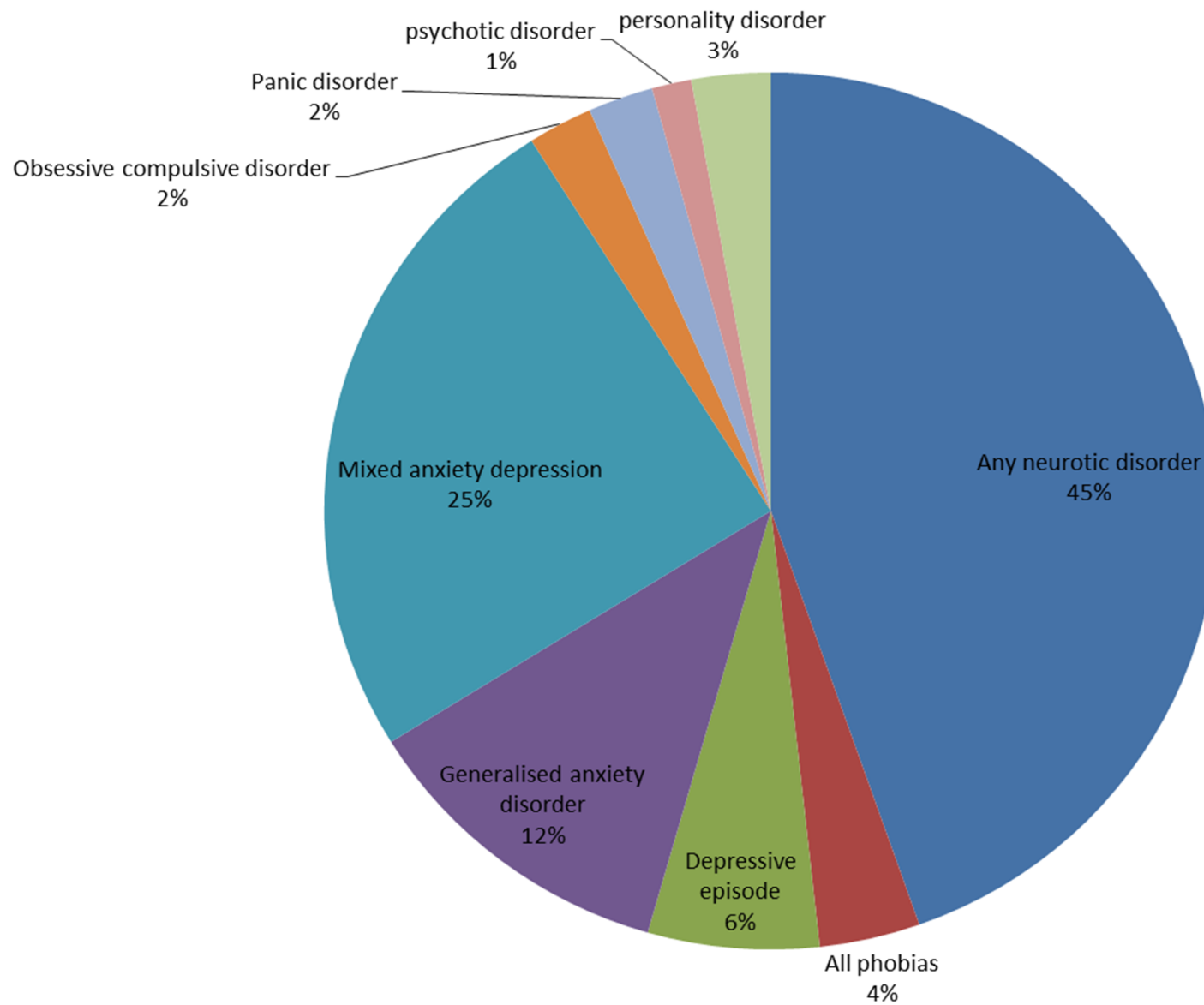
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Introduction

- An overview of mental health needs and services in Kent including;
 - Prevalence and vulnerable groups
 - Rates of mental illness
 - Six Ways to Wellbeing

Estimated Percentages of people with mental health disorders in Kent



Estimated Prevalence of Common Mental Health Illnesses

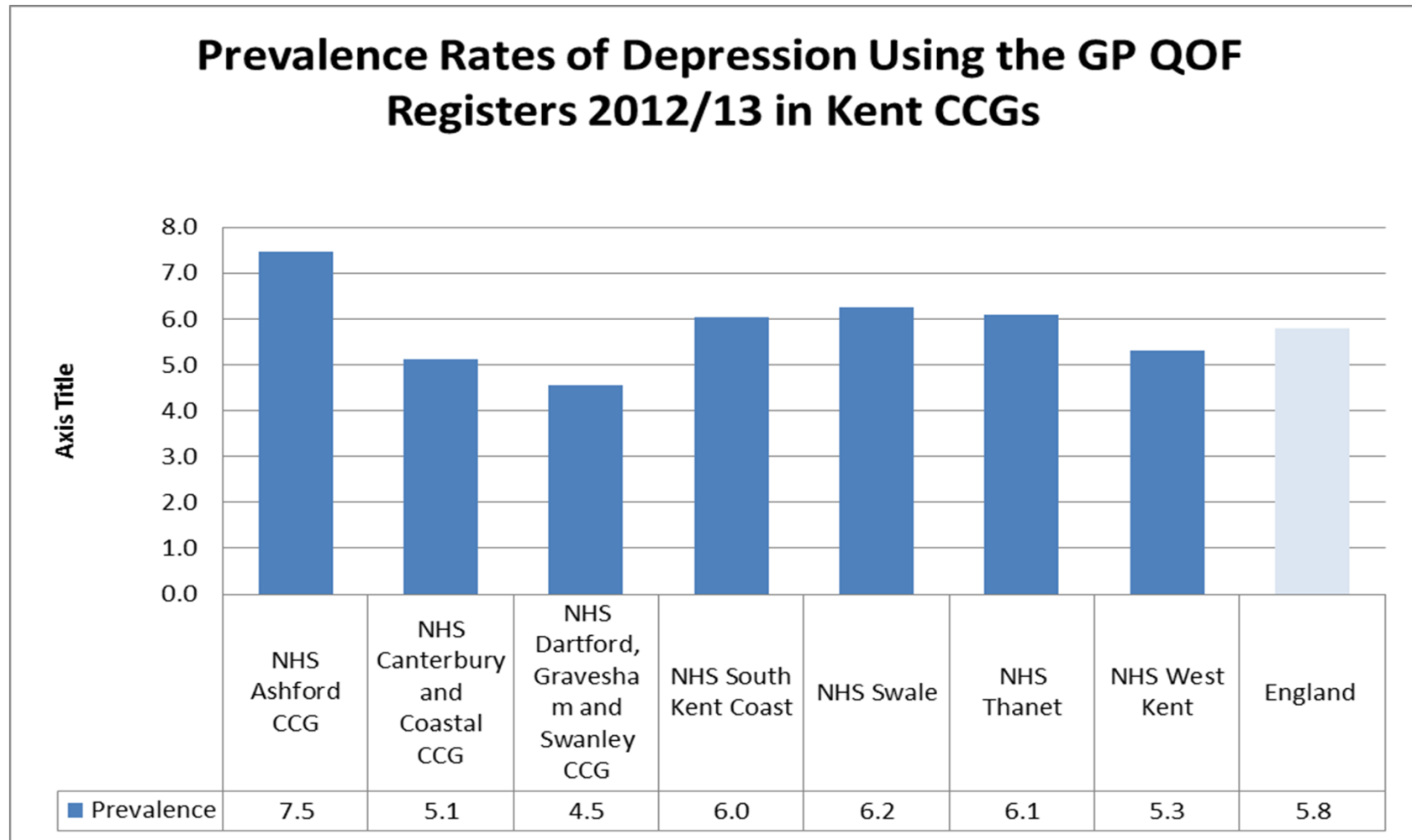
Estimated prevalence of common mental illnesses in Kent, by CCG, 2013/14

Area	Any neurotic disorder	All phobias	Depressive episode	Generalised anxiety disorder	Mixed anxiety depression	Obsessive compulsive disorder	Panic disorder
NHS Ashford CCG	11626	951	1615	3058	6470	612	616
NHS Canterbury and Coastal CCG	20015	1637	2780	5265	11138	1054	1060
NHS Dartford, Gravesham and Swanley CCG	24436	1998	3394	6428	13599	1287	1294
NHS South Kent Coast CCG	19905	1628	2765	5236	11077	1048	1054
NHS Swale CCG	10640	870	1478	2799	5921	560	564
NHS Thanet CCG	12949	1059	1799	3406	7206	682	686
NHS West Kent CCG	44987	3679	6249	11834	25035	2369	2383
Kent	144558	11822	20080	38028	80446	7611	7657

Source: NEPHO, ONS

Based on national rates of common mental illnesses in 2006, the North East Public Health Observatory produced a model to estimate the prevalence of common mental illnesses in UK regions. The above table shows the estimated prevalence for Kent CCGs with updated 2013 population estimates.

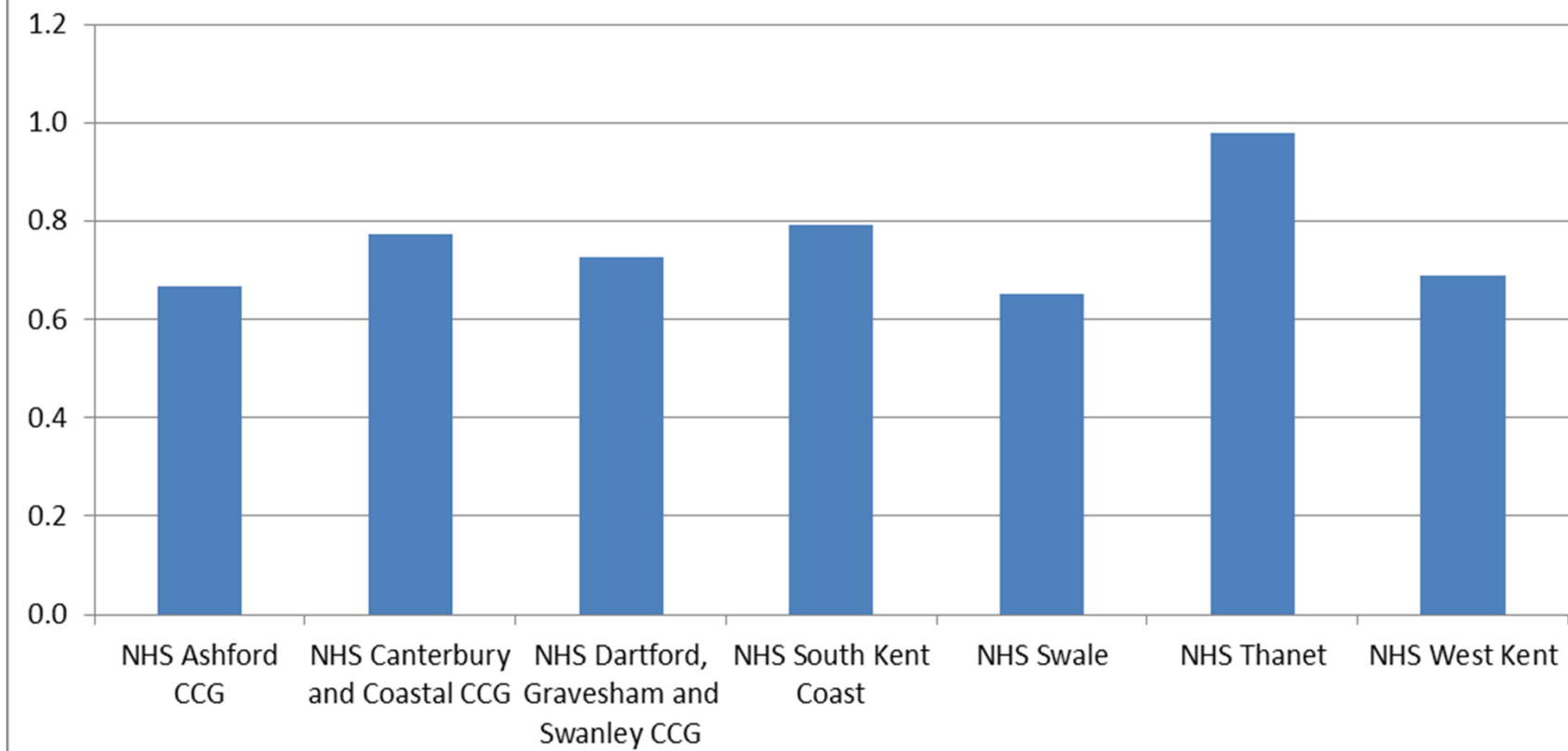
Prevalence of depression.



Source: Kent QOF Registers 2012/13



Prevalence Rates of Serious Mental Illness using the QOF Registers 2012/13 in Kent CCGs

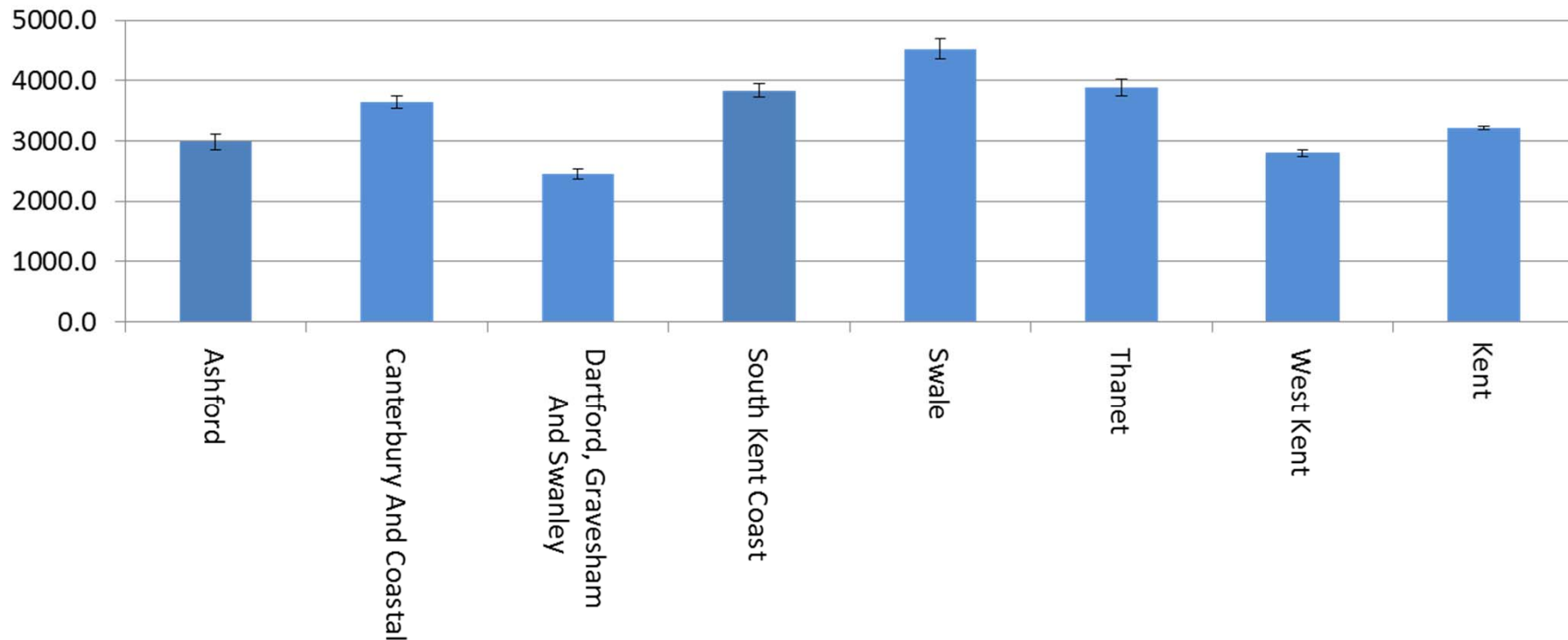


Source: Kent QOF Registers 2012/13



Hospital admission rates for mental health issues.

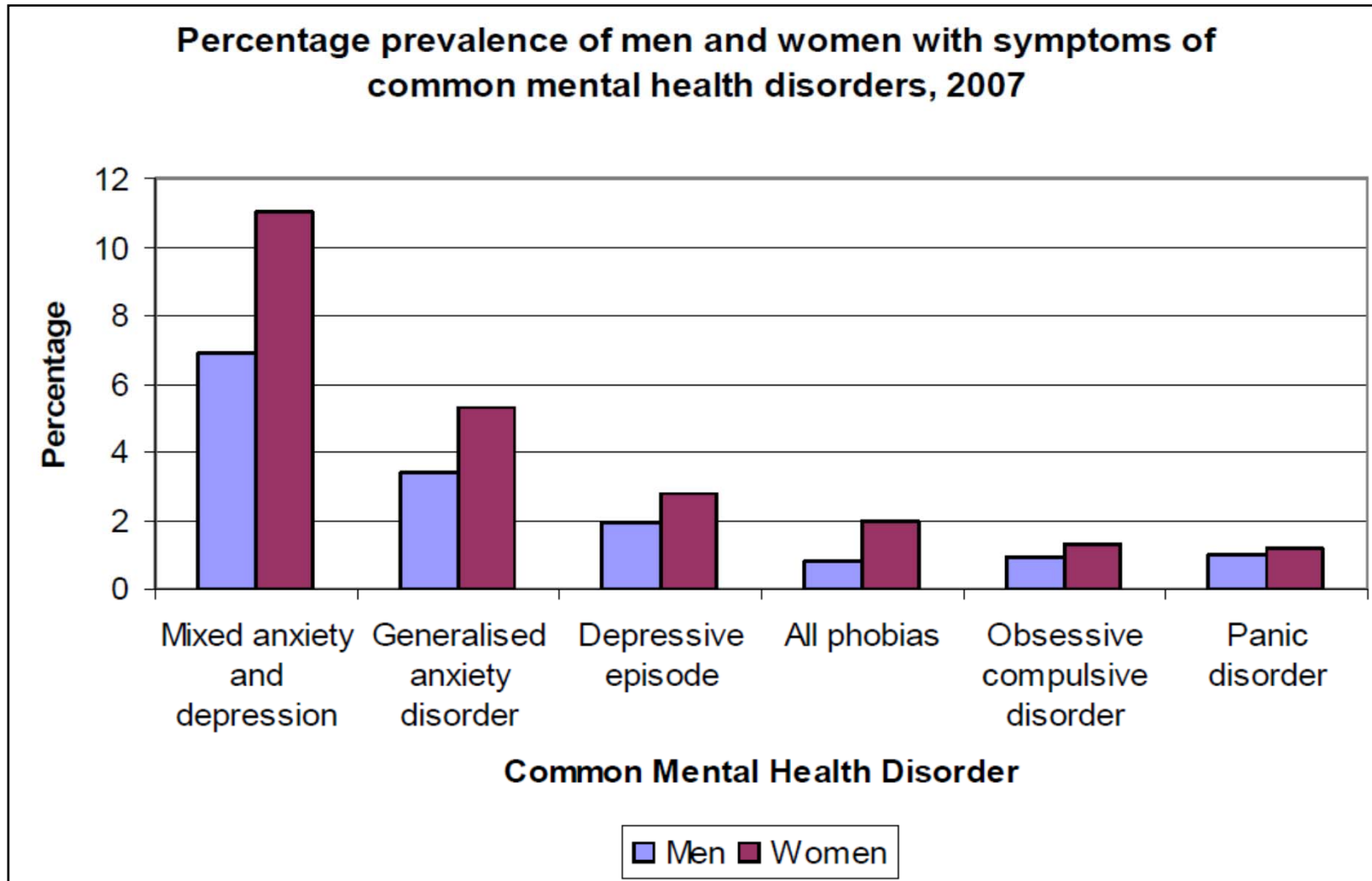
Directly age standardised mental health admissions, all diagnoses, primary or secondary, per 100,000 population of ages 18-64, 2012



Source: KMPHO 2014



Gender and Mental Health



Stigma: Time to Change

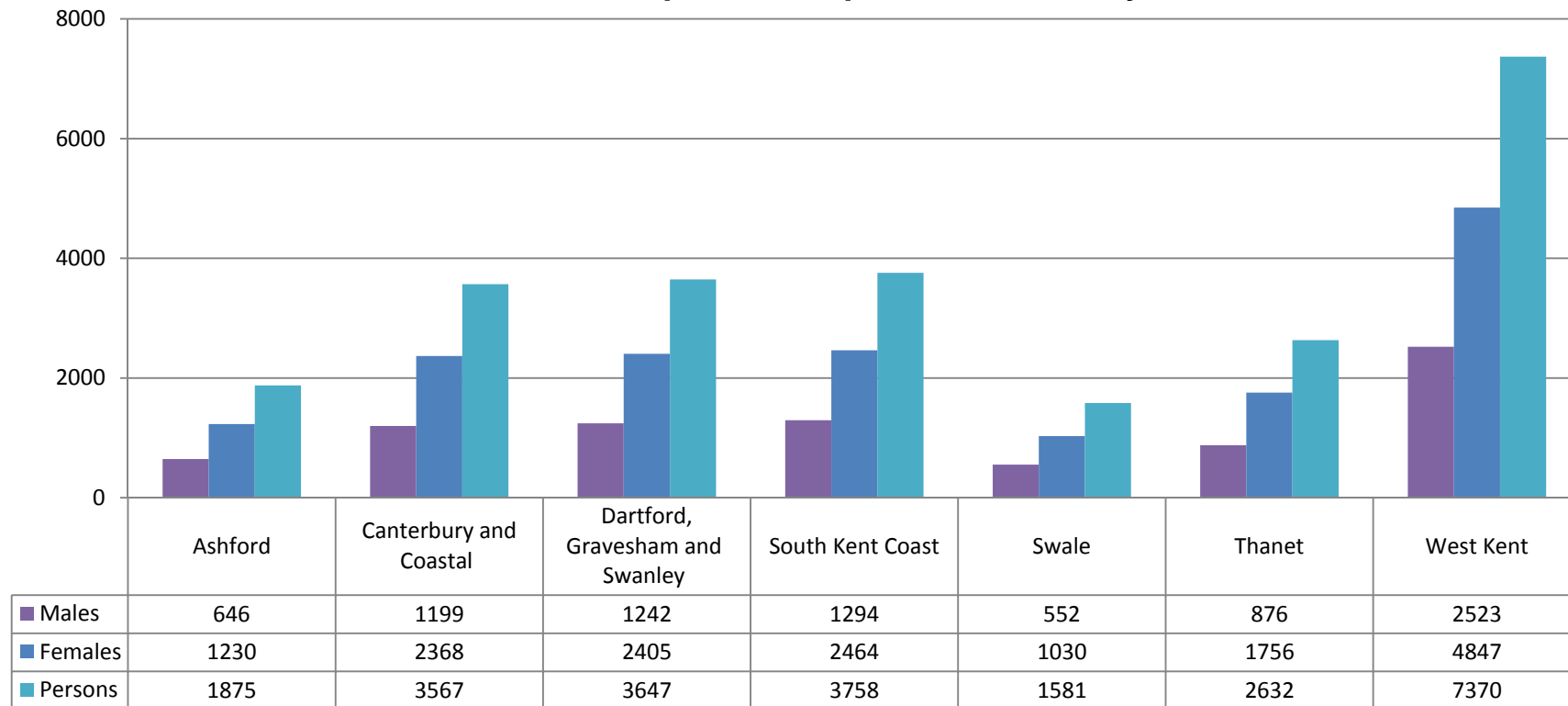
- One of the objectives of the Government's mental health strategy is that fewer people experience stigma and discrimination. There is a high-profile national campaign currently, ***Time to change***, which aims to end the stigma and discrimination faced by people who experience mental health problems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

Vulnerable Groups

	% at risk of mental health problems
Asylum seekers & refugees	50%
Gypsies and travellers	35%
People who are lesbian, gay or bi-sexual	39.4%
People with a learning disability	25%
Those with severe or profound hearing impairment	33.3%
Marital status: separated	23.3%
Marital status: divorced	27.1%
Adult survivors of childhood sexual abuse*	12.4%*
Released prisoners	90%
Carers	18%
Sufferers of Hate Crime	60%
Adolescents leaving Care to live independently	80%
Veteran and ex-military**	1-6%

Ageing population

Estimated Numbers of People with Depression over 65 years in Kent CCGs



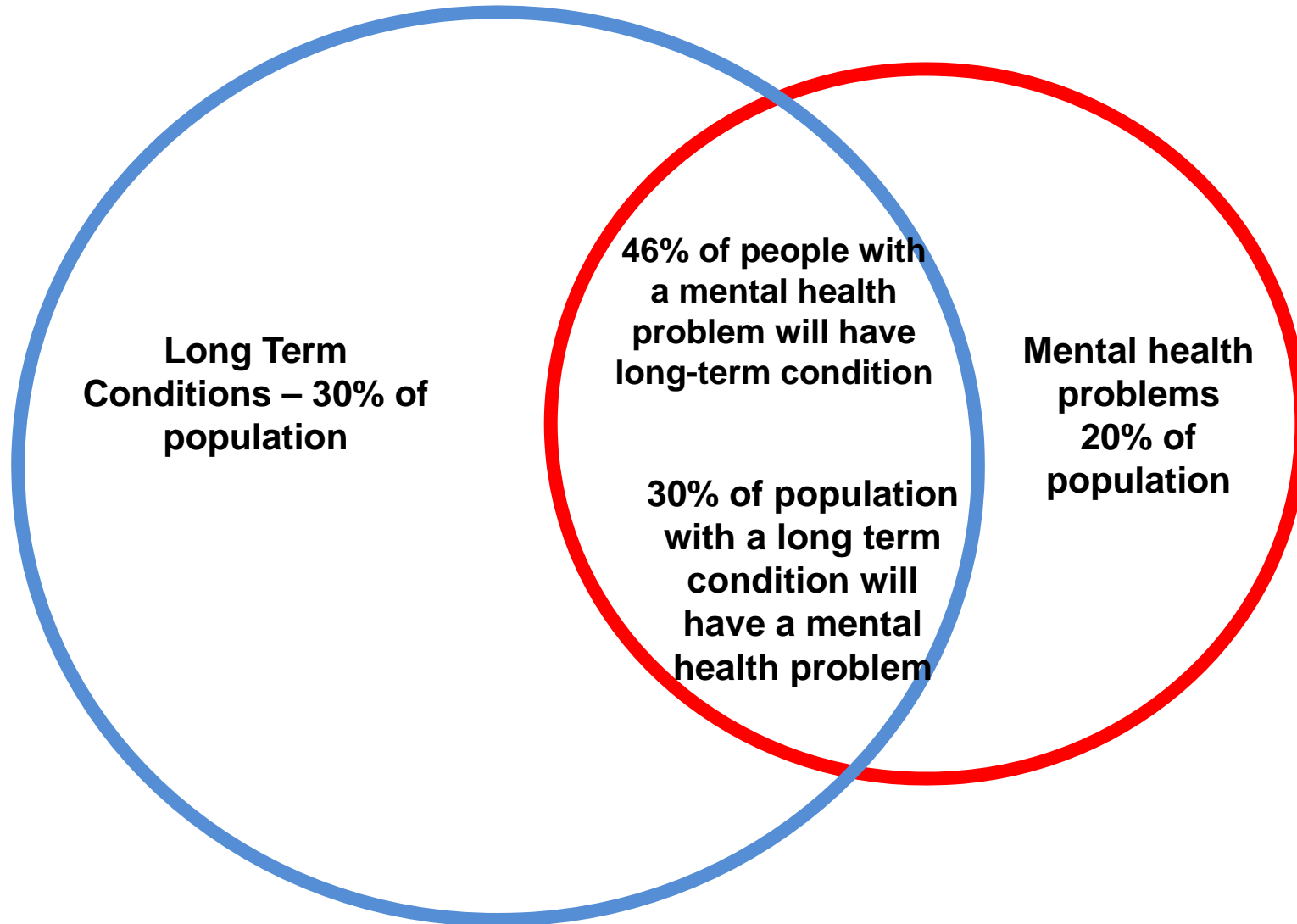
Source: KMPHO 2014



Mental, emotional and psychological health matter

- Psychological distress is fundamental cause of illness
 - Mind body links are very important for health
 - Health related lifestyles all related to mental health
 - Capacity for self care in chronic illness dictated by mental health

Co- morbidity – LTCs and mental health in England



Parity of Esteem

- Mental Health Strategy *No Health without Mental Health* has made a commitment to ‘parity of esteem between mental and physical health services’, and has a clear objective to improve the physical health of those with a mental disorder.



Six Ways to Wellbeing



Be Active - Go for a walk or run. Step outside. Play a game. Garden. Dance. Exercising makes you feel good. Discover a physical activity that you enjoy.



Keep Learning - Try something new. Rediscover an old interest. Sign up for a course. Learning new things will make you more confident, as well as being fun.



Give - Do something nice for a friend or stranger. Smile. Volunteer your time. See yourself, and your happiness, linked to the wider community it's rewarding.



Connect - with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community.



Take Notice - Be curious. Catch sight of the beautiful. Remark on the unusual. Savour the moment. Be aware of the world around you and what you are feeling.



Care for the planet - Make small changes to your life that will reduce your energy use, recycle more, leave the car at home.



How can you get involved in the Six Ways to Wellbeing?

- Link your website to www.liveitwell.org.uk and go online and download our free wellbeing resources
- Follow the Six Ways to Wellbeing campaign on facebook www.facebook.com/liveitwellkent
- Use our local stories and films to promote the Six Ways to Wellbeing in your community, visit: mentalwellbeing@kent.gov.uk