

Agenda Item	6.
Report No	CPB/17/21



Highland Community Planning Board – 4 November 2021

Highland Outcome Improvement Plan Performance Framework – Indicators for the Mental Health and Wellbeing Outcome

Report by: Cathy Steer, Chair of the Mental Health Delivery Group

Recommendations:

The CPP Board is asked to:

- Agree the proposed indicators for the mental health and wellbeing outcome within the Highland Outcome Improvement Plan

1.	Background
1.1	<p>At the CPP Board meeting on 9 June 2021, an update on development of work to review relevant indicators for the CPP performance framework was provided. The Board agreed the structure for the partnership performance framework that would report on relevant indicators at three levels:</p> <ol style="list-style-type: none"> 1. HOIP Outcome Level - An agreed set of partnership indicators at an outcome level that measures trend data to evidence performance and impact against the outcomes in the HOIP. <ul style="list-style-type: none"> • to reflect the long term nature of the outcomes themselves. • these are strategic indicators and not direct measures given the multifaceted nature of the outcomes themselves. • the outcomes are closely linked therefore the indicators should be viewed as a set providing an indication of impact of interventions against a number of outcomes. 2. HOIP Delivery Plan Level - Partnership actions will be measured through each HOIP Delivery Plan through a set of indicators. <ul style="list-style-type: none"> • Delivery plan indicators will change depending upon the actions and priorities within the plans. • Delivery plans will also consider qualitative information to evidence learning and performance 3. Community Partnership/Locality Planning - Community Partnership actions and

	<p>priorities will be measured locally.</p> <ul style="list-style-type: none"> • Locality plan indicators will change depending upon the actions and priorities within the plans. • The proposed new approach to locality planning set out at item 8 on the agenda will support this approach and simplify actions, measures and reporting. • Locality plans will also consider qualitative information to evidence learning and performance. <p>1.2 There are 5 core partnership outcomes as defined in the Highland Outcome Improvement Plan:</p> <ul style="list-style-type: none"> • Poverty Reduction – More people in Highland will live a life free from the experience of poverty • Community Participation and Dialogue – People in Highland will be more involved in decisions that affect their lives • Infrastructure – Fewer people in Highland experience transport or digital connectivity as a barrier to accessing opportunities • Community Safety and Resilience – People in Highland will benefit from living in strong, safer and more resilience communities • Mental Health and Wellbeing - people in Highland will benefit from good mental health and wellbeing <p>1.3 A suite of indicators for these outcomes was agreed at the June Board meeting. It was noted that work being undertaken by the Mental Health Delivery group to review indicators for the mental health and wellbeing outcome would be reported to a future Board meeting.</p> <p>1.4 This report outlines the proposed indicators for the mental health and wellbeing outcome of the HOIP following completion of the review of relevant indicators by the Mental Health Delivery Group</p>
2.	Proposed Indicators for the Mental Health and Wellbeing Outcome of the HOIP
2.1	<p>The long term outcome for mental health and wellbeing in the Highland Outcome Improvement Plan (HOIP) is that 'people in Highland will benefit from good mental health and wellbeing'. The Mental Health Delivery Group has developed a plan that details actions against the four priorities identified in the HOIP. The priorities are:</p> <ul style="list-style-type: none"> • Early education, prevention and personal resilience • Tackling stigma and employers attitudes • Working and responding together • Inclusion, intervention and peer support
2.2	<p>To ensure efficient and effective monitoring of mental health and wellbeing locally it will be important to make maximum use of data that is already available for the local area. The national adult mental health indicators form a set from which we can select those</p>

relevant to our needs. National surveys are increasingly seeking to be responsive to local data needs. There are also more questions being included on mental health and wellbeing, and the factors that impact on it, especially in the Scottish Health Survey.

2.3 After reviewing relevant indicators, it is proposed that the following are used to measure the long term mental health and wellbeing outcome in the HOIP:

Indicator: Frequency of use of green or blue space more than once per week

Indicator Detail: The number of people accessing green or blue spaces regularly

Source: Scottish Household Survey

Baseline: 42% in 2019

Rationale: Being in the natural environment is shown to have a positive impact on our mental health and wellbeing. The Scottish Government's Natural Health Service aims to show how Scotland's natural environment is a resource that can be used to help tackle mental health and wellbeing issues.

Indicator: The number of people feeling lonely most or some of the time

Indicator Detail: The number of people self-reporting loneliness and isolation

Source: The Scottish Household Survey

Baseline: 21% in 2018

Rationale: Social isolation and loneliness can affect anyone – at all ages and stages of life. As our society changes, there is increasing recognition of social isolation and loneliness as major public health issues that can have a significant impact on a person's physical and mental wellbeing

Indicator: Increase the quality of mental health and wellbeing in the general population of Highland

Indicator Detail: Mean score on the Warwick Edinburgh Mental Wellbeing Scale

Source: Scottish Health Survey.

Baseline: 50.7 in 2020 (Range 14 to 70) (need to confirm local authority level)

Rationale: Positive mental health and wellbeing allows people to thrive in their daily life and develop the resilience to cope with the challenges they face, with hope and optimism.

Indicator: The Highland workforce are trained in supporting people with mental health and well-being concerns

Indicator Detail: The number of people engaged with training and learning opportunities

Source: Local database of numbers of courses delivered across Highland by a range of partners including public and 3rd sector.

Baseline: Results of mapping exercise will develop a baseline moving forward

Rationale: Training in mental health and wellbeing equips staff with the knowledge and understanding to ensure helpful responses. A broad range of resources and training opportunities relevant to their role ensures a competent and confident workforce as set out in the PHS/NES Mental Health Improvement, Self-harm and Suicide Prevention Framework (2019).

	<p>Indicator: Reduce the number of suicides across Highland</p> <p>Indicator Detail: The numbers of people dying buy suicide in Highland</p> <p>Source: Scot PHO Report 2020*</p> <p>Baseline: The 5-year rolling average number of probable deaths by suicide in Highland for the period 2016-2020 is 50</p> <p>Rationale: Highland has a significantly higher suicide rate than Scotland overall. Suicide should be addressed as a wider issue around inequality as well as around mental health and well-being. A whole system approach is vital to achieve the vision where "suicide is preventable; where help and support is available to anyone contemplating suicide and to those who have lost a loved one to suicide; and where suicide prevention is everyone's business." (Every Life Matters, Scotland's Suicide Prevention Action Plan (SPAP) 2018 – 2021)</p> <p>*Please note that national work is underway to look at more timely data on suicide using information from Police Scotland and this indicator may change as a result of that work.</p> <p>Please note that these indicators may need to change if changes are made to national surveys.</p>
3.	<p>Next Steps</p> <p>3.1 If approved, these indicators will be added to the suite of indicators already agreed by the CPP Board to monitor the outcomes of the HOIP.</p>

<p>Recommendation:</p> <p>The CPP Board is asked to:</p> <ul style="list-style-type: none"> • Agree the proposed indicators for the mental health and wellbeing outcome within the Highland Outcome Improvement Plan
--

Author: Cathy Steer, Head of Health improvement

Date: 25/10/2021

Appendices: None