

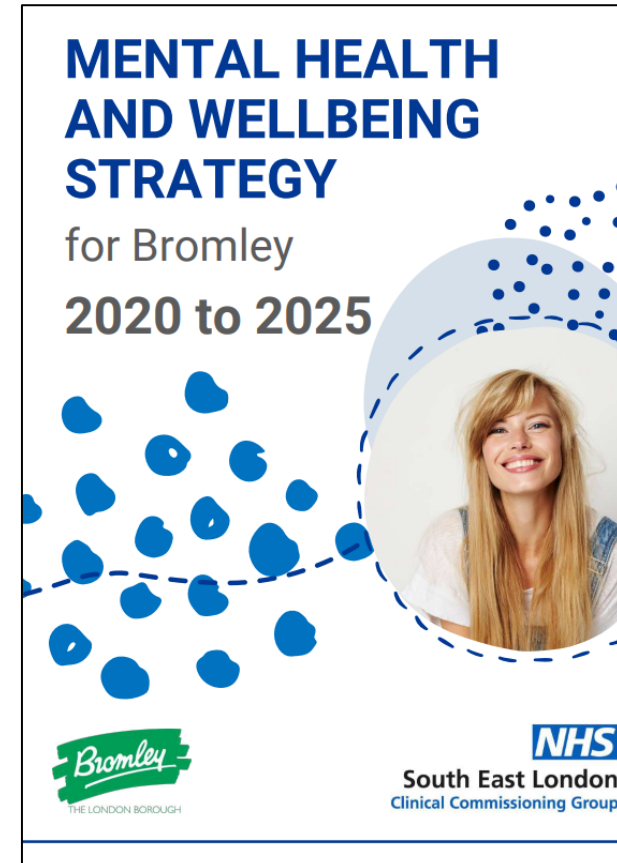
# Bromley Joint Mental Health and Wellbeing Strategy 2020-25 – Update (March 2023)

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# Bromley Mental Health and Wellbeing Strategy

- The Bromley Mental Health and Wellbeing Strategy (2020-25) is a joint endeavour by both Bromley Council and the NHS South-East London Integrated Care Board (ICB) which sets out the joint vision and action plan to support communities and individuals to have good mental health and wellbeing.
- The strategy sets out an approach in which the Council and NHS will work together with partners to prevent children and adults reaching a crisis point through the provision of a strong prevention and early intervention offer. It also puts in place a joint plan for the provision of a number of important services for people with mental health challenges.
- The All-Age strategy was developed in 2019-20 following a significant period of engagement and co-production with people with mental ill health or who have had a history of mental health challenges.



Supporting communities and individuals to have good mental health and wellbeing.



# Bromley MH and Wellbeing Strategy – The Five Pillars

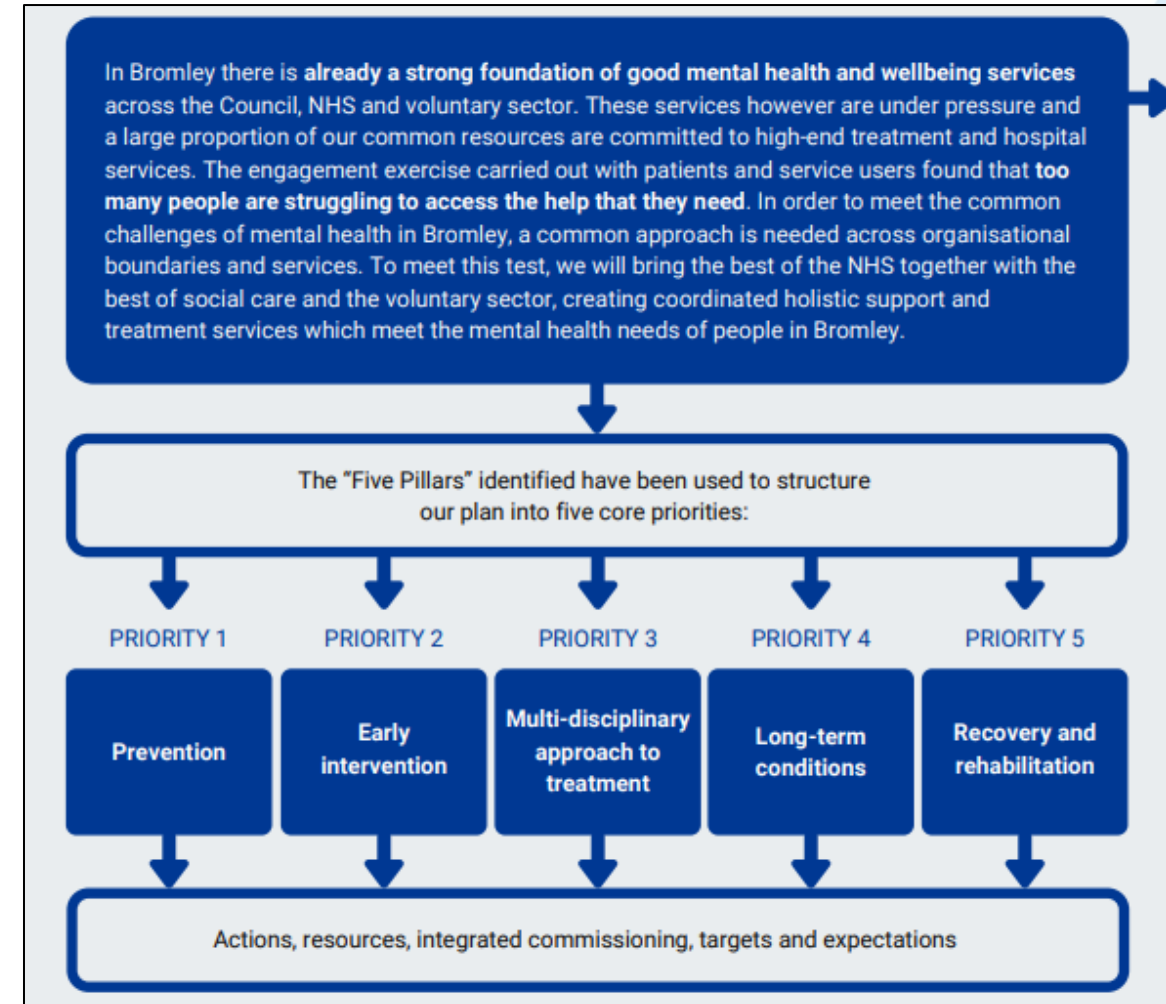
- The Bromley Mental Health and Wellbeing Strategy (2020-25) is built around **“Five Pillars”** – prevention, early intervention, multi-disciplinary approach to treatment, long-term conditions and recovery and rehabilitation
- There has been substantial progress across each of these five areas, with a need to begin work now on what will follow the current strategy post-2025.

## OUR VISION

This strategy is founded on an overarching vision to provide excellent mental health and wellbeing services for people in Bromley.

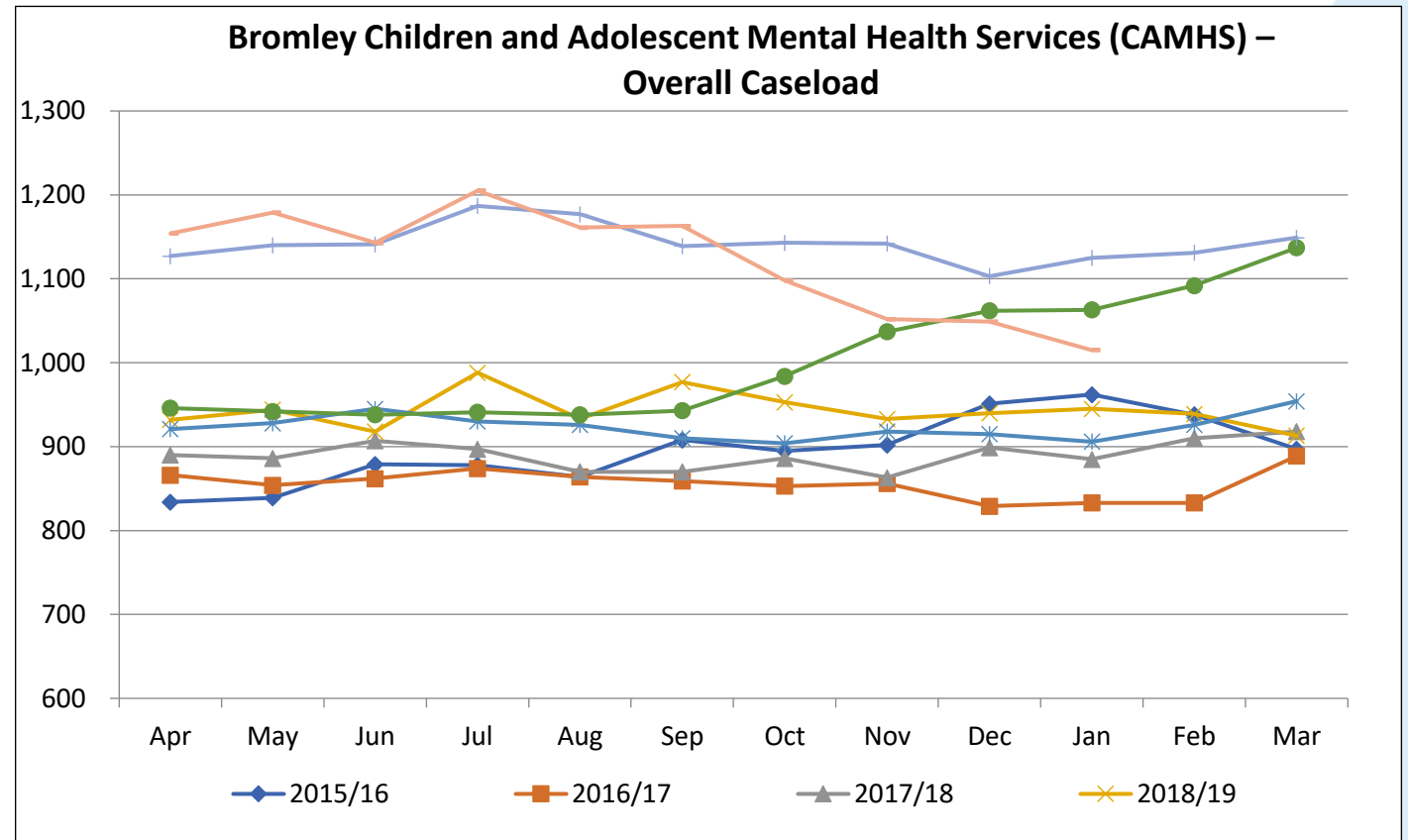


- Living well with mental health
- Resilient communities
- Better health and care
- Best use of resources



# Bromley Mental Health and Wellbeing Strategy - new challenges

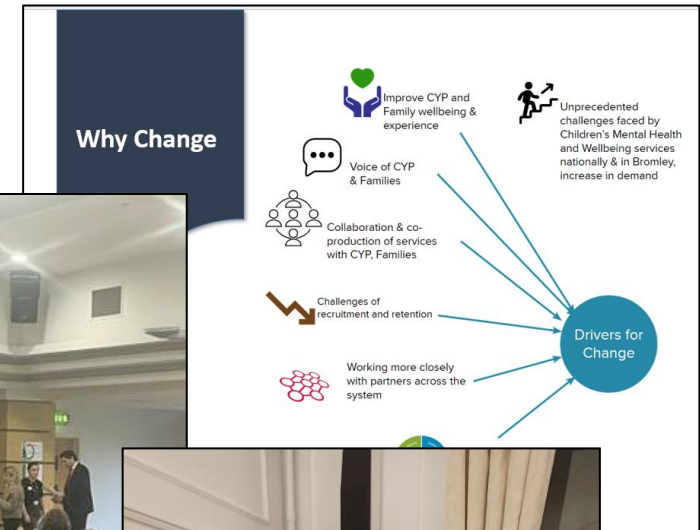
- The finalisation of the Bromley Mental Health and Wellbeing Strategy coincided with the COVID-19 pandemic. Whilst the full picture of the pandemic was not possible to see at that time, in subsequent years, the impact on both individual's and communities' mental health and wellbeing have become increasingly clear.
- One area where the impact of the covid-19 pandemic has been seen is on the mental health and wellbeing of children and young people (see graph right – green line) where, from September 2020, there was a significant rise in referrals to CYP MH and Wellbeing Services.
- For children and young people, who have experienced lockdowns and school closures, this was a particularly challenging period – and services have seen more complex and multi-faceted mental health presentations.
- The strategy has had to adapt to meet these new challenges.



# Children and young people – key achievements

The following key achievements have been delivered in terms of children and young people’s MH and Wellbeing:

- The roll-out of three mental health support teams (MHSTs) to Bromley schools. The teams provide “on the ground” support to teachers and pupils dealing with mental health challenges.
- Established the Mental Health Network between Bromley Schools and CYP mental health and wellbeing services.
- Expansion of the mentoring programme, establishment of a youth ambassador, roll-out of cutting-down (eating disorder) programme, new support to children in the Youth Justice System.
- Agreement on a new integrated NHS/voluntary sector Single Point of Access (SPA) and specialist Eating Disorder Pilot.



## Prevention and early intervention – key achievements

The following key achievements have been delivered in terms of prevention and early intervention for adults with mental health and wellbeing challenges:

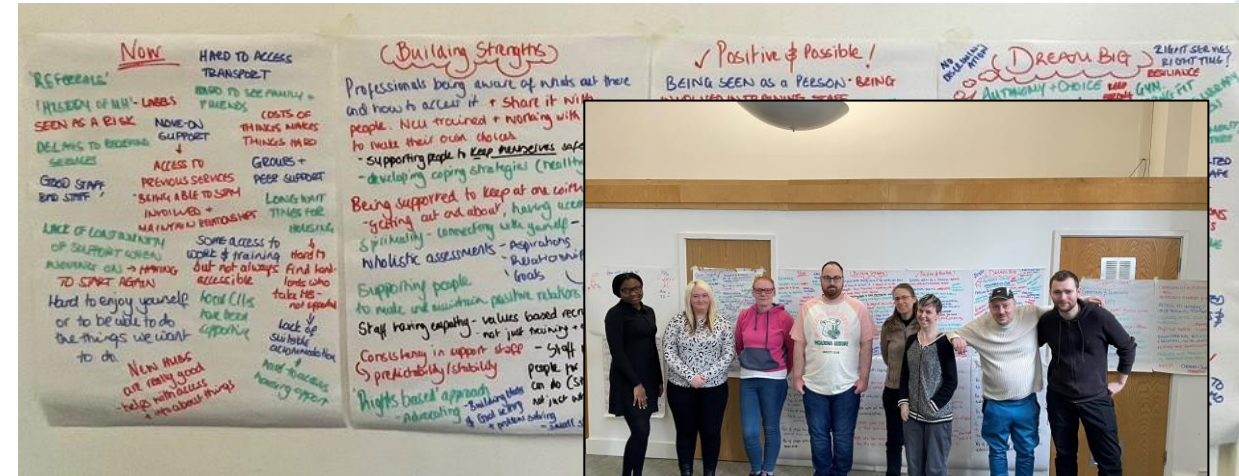
- opened the Bromley Mental Health and Wellbeing Hub – an innovative NHS/voluntary sector partnership between Oxleas NHS Foundation Trust and Bromley Mind. The new hub is a “single point of access” for adults seeking help with mental health and wellbeing challenges.
- established mental health practitioner roles in GP Practices (Primary Care Networks) – supporting GPs with mental health clients, and delivering physical healthchecks for people with mental ill health.
- improved access for Bromley talking therapies, with more people able to access services and better recovery outcomes.
- rolled-out improved employment support services for people with mental health challenges including the Individual Placement Scheme (IPS) service.



# Recovery and long-term conditions – key achievements

The following key achievements have been delivered in terms of recovery and long-term conditions for adults with mental health and wellbeing challenges:

- commenced a large-scale transformation programme of mental health recovery services, enabling 80+ people to live more independently – taking on tenancies. This has been done through co-production with clients, who have shaped and designed their new service offer.
- opened a new “step down” services for adults with mental health challenges who are moving into their own homes.
- established a new joint funding panel across Bromley Council, Oxleas NHS Foundation Trust and the SEL ICB to agree packages in a joined-up way.
- rolled-out a pilot personal health budget (PHB) service between Bromley Council and the ICB – which includes mental health.



## Improved joint working – learning disabilities and autism

- The Bromley Mental Health and Wellbeing Strategy was developed in concert with the Bromley Learning Disability Strategy. There have been increasing opportunities for the delivery of the two strategies to be aligned, with areas including housing, employment and community treatment reviews (CTRs) managed together.
- The Bromley All-Age Autism Strategy (2022-27) was also recently agreed, with a common framework between the different areas of work to ensure strong joint delivery.
- The coming period will see activities underway to refresh the Mental Health and Wellbeing Strategy and Learning Disability Strategy with opportunities to work even closer together.



**All-Age Autism Strategy**  
for 2022 to 2027

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## Next steps

- Despite a number of challenges, the Bromley Mental Health and Wellbeing Strategy (2020-25) has been successful; it has demonstrated what can be achieved when Bromley Council and the local NHS come together around a shared vision.
- It is proposed that we commence work to refresh the strategy – towards a new plan commencing in 2025/26.
- The Health and Wellbeing Board will provide a key role in overseeing the development of the new strategy.



**Any comments/questions?**