Cheshire East Place
Mental Health Plan
2023-2028

Contents

1. Introduction

The Cheshire East Place Mental Plan 2023-2028 covers how we plan to strengthen our efforts to keep people in Cheshire East mentally healthy, whilst addressing the fact that we need to do more to support people with mental health problems, including those that live with severe and enduring mental illness.

We all have a part to play in Cheshire East being a mentally healthy place to live, a compassionate place where our default is to listen to others, where everyone feels able to talk freely about their feelings and emotions and where families are supported to ensure good mental health now and for future generations.

The CE Place Mental Health Plan promotes and enables culture, ethos and practice that strengthens relational approaches and inclusion, and recognises the importance of psychological safety.

This means we can flourish across our diverse communities, enjoy the things that help us feel good and get access to high quality support and compassionate services when we need them.

Mental health is shaped by the wide-ranging characteristics (including inequalities) of the social, economic, and physical environments in which people live. It is acknowledged for example, that people on low incomes have higher rates of mental health conditions, particularly severe and enduring problems, than those in higher income groups. This has been further impacted by recent events including the coronavirus pandemic and more recently the cost of living crisis. These issues have contributed to widening health inequalities, which in turn impact on peoples overall mental health and wellbeing.

Mental health and wellbeing is something that affects us all and only by coming together to address the wider factors that affect mental health, by improving services and focusing on promotion and prevention, will Cheshire East achieve its ambition of being a trauma and mental health informed community.

Strong local partnerships have already worked closely together to develop this plan as it is recognised that working collaboratively with other interested parties helps to develop a more robust and effective document. Partners have also contributed to develop an associated implementation plan. Implementation will enable us to improve the life outcomes of the local population.

The development of this plan has been overseen by the Cheshire East Mental Health Partnership Board, whose members represent Cheshire East Council, Cheshire and Merseyside Integrated Care Board, Cheshire and Wirral Partnership NHS Foundation Trust, the main mental health service provider in Cheshire East) mental health service users with lived experience and carers, Healthwatch, Cheshire Police and organisations from the Voluntary Sector Mental Health Alliance. The Mental Health Partnership Board also reports directly into the Cheshire East Health and Wellbeing Board and this plan is fully aligned with the Health and Wellbeing Strategy.

This plan proposes a whole system approach to improve the mental health and wellbeing of individuals and their families, supported by integrated health and social care services, resilient and trauma informed communities, inclusive employers and services that maximise independence and choice

The plan also aligns with several other strategies and plans at both a local, sub regional and national level. This will ensure that we reduce duplication of work and to ensure that strategic priorities are aligned and in turn ensuring that people using services are able to access better joined up support in a timely and effective manner.

The development of the Cheshire East Place Mental Health Plan is not an end. Together with the implantation plan, the plan will be continuously reviewed regularly by the Cheshire East Mental Health Partnership Board, to ensure that it always reflects both national demands and local need.

2. Our Vision and Aims

Vision

Cheshire East partners and people living within the borough have developed a co-produced vision to support the delivery of the key priority actions within the plan.

> *"We will seek to improve the mental health and wellbeing of all ages in Cheshire East, from children through to older adults, working in partnership with people with lived experience, families, communities, and the voluntary and faith sector.*
>
> *Working together we will strive to meet the needs of the perso, through integrated models of support that focus on people's strengths, recovery, self-care and encourage independence – reducing the need for hospital care.*
>
> *There will be a clear focus on the prevention of ill health, early intervention, health promotion and the development of strong communities that can support people with mental health needs."*

Aims

The Cheshire East Place Mental Health plan will aim to
- Drive forward the vison and show how we can all play a part in achieving this, and how we will know when we've achieved it
- Set out the implementation plan – based on six key priorities that will help achieve the vision

Over the course of this mental health plan's development, several principles and themes have emerged. These themes are reflected by everyone involved in developing this plan agreeing to:

- Ensure that service re-design and future service developments are produced in conjunction with people with 'lived experience'. This way of working sees service users and service providers working together to reach an agreed outcome(s).
- Recognise the impact of trauma and adversity on peoples' mental health.
- Focus on the wider social determinants of mental health and illness. These are a broad range of social, economic and environmental factors which impact on people's health and include things such as education, housing and employment status.
- Ensure parity of esteem - that is, to value mental health equally to physical health.
- Challenge stigma and prejudice.
- Ensure actions and service developments / design are evidence-based.
- Adopt a recovery focus where possible - in terms of mental wellbeing a recovery focus means gaining and retaining hope, understanding of one's abilities and disabilities, engagement in an active life, personal autonomy, social identity, meaning and purpose in life, and a positive sense of self.
- Address issues of inclusion and diversity - inclusion is about giving equal access and opportunities and getting rid of discrimination and intolerance. Diversity is about respecting and appreciating what makes people different.
- Adopt a focus on promotion, prevention and early intervention with education being the key focus. By promotion we mean intervening to optimize positive mental health by addressing determinants of positive mental health before a specific mental health problem has emerged. By early intervention we mean getting help early for people showing the emerging signs and symptoms of a mental health difficulty and people developing and experiencing a first episode of mental illness.

Key Priorities

The six key priorities that have been developed to deliver the vision are outlined below.

Children and Young Peoples Mental Health and Emotional Wellbeing

Crisis Support

Education, Employment and Training

Key Priority Areas

Transformation of Mental Healrh Services

Early Intervention and Prevention

Building Sustainable Communities

3. National Plans and Strategies

National Mental Health Strategies

A new national Long-Term Plan for mental health is currently being developed and will build on the expansion and transformation of mental health services already underway through the NHS Long Term Plan 2019/20 – 2023/24[1]. The plan recognises that its principles must be implemented in partnership with local systems, non-government organisations and other sectors in order to succeed.

The Health and Care Act (2022)[2] has seen the establishment of Integrated Care Systems, which bring together health, local government and patients to improve services in every part of the country. The Integrated Care System that Cheshire East Place is part of are required to set out local plans for the next 5 years, and mental health must be a central part of those plans.

The COVID-19 pandemic has had a considerable impact on people experiencing health inequalities, and many people in Cheshire East have felt the effect of poorer mental health, financial worries, and food and employment insecurity for the first time. **Build Back Fairer: The COVID-19 Marmot Review**[3] highlights the impact of anticipated increases in poverty for children, young people and adults of working age, food insecurity, poorer mental health in children and young people, the unequal impact of the pandemic on ethnic minority 'groups' and people from ethnic minority 'backgrounds, rising unemployment and low wages leading to worse health and wider inequalities.

Sport **England's Uniting the Movement** is a 10 year vision that seeks to transform lives and communities through sport and physical activity. Sport and physical activity has a big role to play in improving the physical and mental health of the nation,

supporting the economy, reconnecting communities and rebuilding a stronger society for all.

Core20PLUS5 is a national approach to the reduction of health inequalities. The approach targets improvements in health outcomes for key conditions within the most deprived local areas and for other inclusion health groups.

Core20PLUS5[4] refers to improving outcomes for the most deprived 20% of England's population.

Whilst health and wellbeing outcomes in Cheshire East are often better than the England average, these overall figures mask significant inequalities within our Borough**.** Those in our most deprived areas not only live shorter lives but spend more years in poor health. Many people in more deprived areas will be in poor health before they reach retirement age.

This is also seen in Cheshire East where the inequality in life expectancy at birth is 9.5 years and 7.2 years for males and females respectively (2018-20) but the inequality in healthy life expectancy at birth is wider at 13.5 years and 12.6 years for males and females respectively (2009-13)[1].

That residents in deprived areas experience more years in poor health is unfair and unpleasant for the individuals but it also increases demands on our health and care services and reduces the local workforce. Reducing the gap is a key step in creating sustainable services and a vibrant economy.

Local Plans and Strategy Alignment

This plan is all age: it covers how we plan to improve mental health from conception through to end of life. It also makes clear the contribution that other policy areas, such as housing or community safety, make towards people having good mental health.

Cheshire East has published its Health and Wellbeing Strategy and mental health is one of the four priority strategic outcomes within the strategy. The Mental Health Plan will sit below the Health and Wellbeing Strategy, and this will ensure that there is alignment between the documents.

Mental health and reducing health inequalities is a key priority in the Cheshire East Council Corporate Plan (2021-2025)[5]. The plan seeks to work to improve the mental health of all people working and living in Cheshire East.

There are also other strategies and plans in Cheshire East that address the mental health of children and young people (Cheshire East Children and Young Peoples Plan, Cheshire East Preparing for Adulthood Strategy) and the mental health of older people (Cheshire East Place Dementia Plan, Cheshire East Live Well for Longer Plan) and carers (Cheshire East All Age Carers Strategy). There are also sub regional plans for improving community mental health services (Community Mental Health Transformation Programme) and for suicide prevention (Cheshire and Merseyside Suicide Prevention Strategy)

The Cheshire East Place Mental Health Plan does not seek to replace these existing plans and strategies and work programmes, but it does provide a unified vision for mental health in the borough. This means that activity across children and adult services, across both prevention and treatment, and in community settings and hospitals, can be better aligned and therefore have the greatest impact on people's lives.

4. Key Facts and Figures

Prevalence of mental health conditions in Cheshire East residents is very variable, and there is some indication that higher rates are linked to the more deprived areas of Macclesfield and Crewe.

The overall rate of prevalence calculated as a rate per 1,000 resident population is highest in Macclesfield with a rate of 175.3/1,000). Crewe is the second highest with a rate of 163.9/1,000. The locality with the lowest prevalence rate is in Middlewood (Bollington, Disley & Poynton) at 128.8/1,000.

Significant variation also occurs within the individual age groups, e.g., Macclesfield has the highest rate for residents aged 0-19 at 58.2 per 1,000 population compared to CHAW (35.2/1,000). Macclesfield also has the highest rate for residents aged 20-64y (222.9/1,000) when compared to the lowest, Middlewood (164.9/1,000). For residents aged +65y, Crewe is the highest (155.9/1,000) with Nantwich & Rural the lowest (113.0/1,000).

Table. 1i shows the rates for the Care Community footprint areas across Cheshire East for each of the age groups; note that prevalence is for mild to moderate mental health conditions such as depression and anxiety as well a serious mental illness (SMI).

Table. 1i

	Prevalence of Mental Health Condition			
Cheshire East	Rate / 1,000 Population			
Locality	**0-19y**	**20-64y**	**+65y**	**All Ages**
MACCLESFIELD	58.22	222.96	153.82	175.29
CREWE	41.93	211.74	155.86	163.92
SMASH	43.07	215.00	133.76	160.66
KNUTSFORD	40.23	211.94	145.91	158.40
CHESHIRE EAST:	44.09	200.29	135.43	153.28
CHOC	44.17	201.63	128.54	150.98
NANTWICH & RURAL	40.04	172.66	113.04	131.56
CHAW	35.15	165.52	128.80	129.68
MIDDLEWOOD	46.13	164.89	116.00	128.76

Data Source: CIPHA (NHS Cheshire & Merseyside ICS) - January 2023

Table 1ii illustrates the highest prevalence rates at WARD-level for residents of all ages. Of the 15 wards with the highest prevalence, Macclesfield has 5 in this group

and Crewe has 4; the majority of the areas reflect higher levels of socio-economic deprivation.

Table. 1ii

Cheshire East	
Ward	**Rate/1,000 total popn (All residents)**
Macclesfield Hurdsfield	22.98
Macclesfield West & Ivy	19.70
Macclesfield South	19.08
Sandbach Heath & East	18.69
Macclesfield East	18.60
Crewe St Barnabas	18.35
Macclesfield Central	18.35
Crewe North	18.32
Wilmslow Lacey Green	18.16
Handforth	18.03
Sandbach Ettiley Heath & Wheelock	17.32
Congleton West	17.29
Shavington	17.13
Crewe East	17.12
Crewe West	16.79

Data Source: CIPHA

(NHS Cheshire & Merseyside ICS) - January 2023

Table. 1iii summarises A&E attendances for mental health-related issues (including self-harm) for the period April 2021 to December 2022). This activity is by residents registered at any GP Practice in Cheshire East. There is a monthly average of 232 attendances, across all ages, for this period

Table. 1iii

A&E Attendances: Apr21 - Dec22	
Psychosocial/Behavioural Change	
Environmental	
Key Presentations:	
Depressive/Anxiety Disorder	
Psychosis/Other Serious Mental Illness	
Wounding from Self Harm	
Overdose: Paracetamol/Antidepressants/Opiates	
Alcohol: Intoxication/Dependancy	
Average Monthly Attendances:	
All Ages:	232
0-19y	62
20-64y	149
+65y	22

Source: ECDS - NHS Cheshire & Merseyside ICS QlikSense

Wider Determinants of Mental Health

Our mental health and many common mental disorders are shaped by the social, economic, and physical environments in which we live, at different stages of life. Throughout the current coronavirus pandemic, these issues have contributed to widening health inequalities.

Our aspiration is to reduce mental health inequalities associated with wider factors including:

- **Employment/income** (good quality employment linked to education & skills; supportive workplaces; impact of worklessness)

- **Housing** (quality/type of housing; housing conditions, energy efficiency)

- **Transport** (connectivity; access to public transport and active travel)

- **Justice –** Many children, young people and adults in or at risk of being in temporary detention, custody or secure and detained settings experience a disproportionately higher levels of poor mental health.

Quantitative data analysis can confirm this, by demonstrating that high numbers of young people engaged with Youth Justice Service had poor mental health, SEND requirements, and were using drugs and alcohol. 17.7% of young people accessing the service in Cheshire had a formally diagnosed mental health condition. Overall, 47.9% of young people were accessing mental health services.[6]

- **Access to green space & physical activity (**accessible routes; using indoor/outdoor opportunities for physical activity) - recognizing the impact that seeing nature and wildlife has in making many people feel emotionally at ease

- **Education** – Many children and young people with low attendance experience poor mental health. Trauma and mental health informed whole school approaches are known to have mental health benefits for pupils, staff and families. It means involving all aspects of the school community in promoting and supporting wellbeing. By developing a culture which prioritises wellbeing and is supportive and psychologically safe, school staff can reduce the impact of Emotionally Based School Avoidance (EBSA) risk factors.

5. Developing the Plan

A comprehensive engagement process was undertaken by the Cheshire East Mental Health Partnership Board between August and October 2022.

This draft plan and the priorities have been written through co-production with providers, people currently accessing services, experts by experience and carers.. This co-production was undertaken through several focus groups (face to face/virtual), attending local forums and meetings, the distribution of a survey and an online consultation. Through this engagement a picture of what good mental health care looks like has been built.

> *"Early help for children and young people is vital in helping them to avoid much worse problems as they get older. Early help also allows the family to feel like they have been heard and responded to in their concerns for their child/young person, and are taken seriously."*

Online Survey

The survey was made available as a full version and an easy read version and received 452 responses in total,

Key themes from the engagement and pre consultation have been summarised below.

Mental Health Support

Of all survey respondents:
• 29% had used mental health support services with Cheshire East
• 57% knew where to get help with their mental health, 43% did not

• 31% felt they had received the mental health support they needed in the past, 40% felt they had not

Respondents listed up to 3 things about mental health services they would want to change/improve.

The areas that were flagged up the most were as follows

Changes to mental health services

Improve service access/increase capacity

People have told us would like to see:
- Access to mental health services become easier and faster
- More funding and resource for mental health services is needed
- Long term access to mental health services, and a responsive service
- More support provided in local areas, and outside of clinical settings
- Access to support should in person, or at home
- Increased service provision through GPs

How we treat mental health:

People have told us they would like to see:
- Improved mental health support in the community
- Better mental health support for parents
- Enhanced mental health support for employers
- Improved wellbeing to improve mental health, don't rely on medication
- Encouragement of healthier lifestyles to improve mental health
- Mental Health Services that are able to listen better to what people require

- More children and young people's mental health services (CYPMHS)
- Have more interaction between mental health servcues and Voluntary, Community, Faith and Social Enterprise (VCFSE) organisations.
- Expand access to "Improving Access to Psychological Therapies" (IAPT),
- Have more access to skills based Dialectal Behavioural Therapy particularly for those experiencing Personality Disorders
- More group sessions
- Encouragement of self-responsibility, resilience and strength

Mental health services and processes

People have told us they would like to see:
- Better links between health services, ensure they are more joined-up
- Service users only having to tell their story once
- Better trained staff across all teams
- Enhanced carer/family support
- Improved communication with families in the system so they know what to expect and when
- Better GP support

Promotion of mental health services

People have told us they would like to see:
- Improved awareness of services among different professionals and teams
- Better communications and promotion of mental health services

Reduced stigma around mental health

People have told us they would like to see
- Reduced stigma towards mental health conditions
- Greater awareness around mental health

"In the event of an emergency with physical health, there are clear routes to obtain help. How might this be mirrored for mental health? It's an important question, for certain, but not without some huge challenges."

Face-to-face and virtual engagement was conducted during September and October 2022 with the below organisations, forums and services. During the face-to-face meetings the pre-consultation survey was promoted as the main way to give feedback:

During the meetings people were asked to provide feedback on the draft priorities, how services can intervene earlier when people need support with their mental health, and what were the gaps in current provision, as well as the barriers to accessing services

- Vesta (Support for Polish Communities)
- Voluntary Sector Mental Health Alliance
- Cheshire East Parent Carer Forum
- Cheshire East Mental Health Partnership Board
- The Weston Centre Day Service
- Weston Hub Crisis Cafe
- Cheshire East Youth Council
- Open Mind Forum
- East Cheshire Mental Health Forum
- Cheshire East Youth Council

"Focus on prevention rather than cure, mental health should just be a part of life/wellbeing and-talked about in schools and communities. You shouldn't have to have a mental health 'problem' to benefit from services, but they should be easy to access should you need the extra support."

What people have told us?

Early Intervention and Prevention

The following areas were flagged up as key to improving early intervention and prevention and ensuring services work effectively.
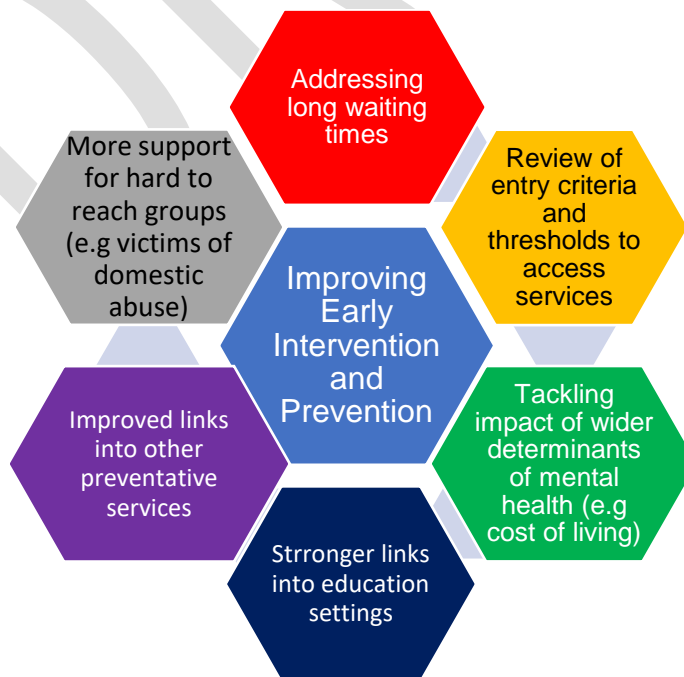
Gaps in Provision

Feedback on current gaps in provision around mental health services were as follows**:**

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                    More support in
                        schools

  Community support in          Crisis provision for
  settings which are              younger people
  adapted to meet
  complex needs          Gaps in
                       Mental Health
                        Provision

     More evening                Flexible Support
     and weekend                   (e.g virtual
    support in the                support for those
      community                   who cannot
                                   leave home)
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Barriers to accessing services

In terms of barriers to accessing services the following were noted as key areas that need to be addressed in the borough.

Community Mental Health Transformation Engagement

Engagement was carried out during the summer of 2022 as part of the Community Mental Health Transformation project.

The purpose of this engagement was to
- Building on previous engagement – responding to the views and feedback that people provided to develop the model for community mental health in Cheshire and Wirral
- Talk about and seek views on the new emerging plans to improve community mental health care in Cheshire and Wirral

5 online and face to face community engagement events held in July and August 2022, which were attended by 182 people.

Further opportunities to improve mental to improve community mental health were highlighted through the engagement process and were categorised below.

Further opportunities to improve community mental health

Cheshire and Wirral Community Wellbeing Alliance
COMMUNITIES THAT CARE

Accessible non-medical services for continuity of support	Include the persons family as part of support and recovery	Provision of tailored support on 1-1 basis
Communication and information sharing	One system working, embedded as part of the communities they are based within.	Psychological therapy available at all levels through the service
Easy to access, with clear pathways of support	Supported access to services, maximise value of signposting (reablement)	Think family, if children require support, its likely their parents/carers will do to
Focus on a person's needs, not their diagnosis	Understand more about what barriers are	Using the MH Alliances as a collaborative and supportive base

''I think the lack of community care and the lack of mental health training for carers has a negative impact on so many people. I think we need to look at how we can recruit more care staff in the community and how to train them to support individuals with mental health illnesses.''

7. Priority Areas

Priority 1 – Children and Young Peoples Mental Health and Emotional Wellbeing

Why is this a priority?
Children and young people (CYP) have indicated that support with their mental health needs would be enhanced by providing support at a much earlier stage, when and where they need it.

By promoting initiatives that support mental wellness, emotional wellbeing, and resilience of the whole CYP population (for CYP who do not need individualised support) and support CYP who would benefit from targeted support by enabling access to personalised support when and where they need it.'

What have people told us?
- We need to intervene at a much earlier stage to help build children's resilience and prevent escalations in mental health that are often impacted because of long waiting lists
- There needs to be a more a joined-up approach in terms of mental health support for schools, and for parents with healthcare providers to establish a comprehensive support network
- The COVID-19 pandemic has impacted heavily on children and young people's mental health
- More mental health support needs to be made available to meet the needs of children and young people who have additional needs such as autism and ADHD. And for those with historic or current self-harm. Some services will often see such cases as above threshold of need. Thresholds need to be better understood where children and young people have self-harmed.
- Whole school/systems should promote emotionally healthy environments, making every effort to prevent the risk of psychological harm or escalated needs.

What will we do to deliver this priority?
- Undertake a joint strategic needs assessment to help us better understand the emotional and mental wellbeing needs of children and young people and ways we can support and work with families to improve emotional and mental wellbeing.
- Deliver a more enhanced Early Intervention Children and Young People Mental Health Service to bring together colleagues from early years, education, health and the voluntary sector to support children, families and professionals
- Development of Family Hubs - with a focus on improving maternal mental health in pregnancy and during parenthood and children and young people's mental health
- Roll out of the My Happy Minds Programme in Cheshire East means all primary schools have been supported to deliver an effective curriculum

that teaches children and young people the skills to thrive and the skills to bounce back when challenge hits.

- Develop the connectivity between community mental health services and early help provision to reduce the number of children who need additional support and care in hospital
- Give Children, young people, their parents, and carers more opportunities to have their say and ensure they become fully embedded in the development of mental health services at place and across the Integrated Care System

Lead Partners
- Cheshire East Council
- Cheshire and Wirral Partnership
- Cheshire and Merseyside Integrated Care System
- VCFS Sector

Priority 2 – Education, Employment and Training

Why is this a priority?
We will look to enhance mental health support within education settings and workplaces and support people into education and employment opportunities. We will also seek to support the mental health sector workforce to recruit and retain staff across all levels of service provision.

What have people told us?
- Staff working across mental health services should be made to feel more valued and in turn this would lead to increased staff retention and continuity of care
- There needs to be more support provided to enable all staff working in schools to be emotionally available adults. Adults that children and young people can turn to in times of worry, stress or crisis.
- There needs to be more support provided to improve employment opportunities for people with mental health support needs including care leavers

What will we do to deliver this priority?
- Development a multi-disciplinary Mental Health workforce across health and educational settings
- Improve the support to schools with the provision of improved information directories and signposting to services and training resources
- Provide specialist support to people with mental health support needs to help them into employment, including more integrated working with employers
- Place more employment support in NHS Talking Therapies services we can ensure that more people with common mental health conditions are getting the integrated support they need to improve their mental health and remain in, return to or find work. The Provision provides skills-based interventions,

information and practical support to help people receiving NHS Talking Therapies services to remain in; return to; and find work. This Initiative also complements the NHS England programme to increase the provision of NHS Talking Therapies to ensure that 1.9m per year have a first session of treatment by March 2024 as stated in the NHS Long Term Plan.

Lead Partners
- Cheshire East Council
- Cheshire and Merseyside Integrated Care System

Priority 3 – Early Intervention and Prevention

Why is this a priority?
There will be a focus on building on early intervention and prevention support. This will include a greater focus tackling the wider determinants of mental health (including loneliness, social isolation, cost of living crisis, drug and alcohol addiction) with a focus on areas such as self-harm, anxiety and suicide prevention.

Early intervention means identifying and providing effective early support to people who are at risk of poor mental health outcomes. Effective early intervention works to prevent problems occurring, or to tackle them head-on when they do before problems get worse.

Mental health prevention is defined as intervening to minimize mental health problems by addressing determinants of mental health problems before a specific mental health problem has been identified in the individual, group, or population of focus with the goal of reducing the number of future mental health interventions.

What have people told us?
- We need to shift the focus of services to focus on early intervention to provide better long-term outcomes and reduce the number of people in crisis
- There needs to be more emphasis on wider determinants of mental health and a greater focus on links to improving diet, and exercise.
- Key to improving early intervention services is enhanced partnership working, better signposting to services, improved links into local group/community settings and leisure support
- More support is required for people with depression and preventing self harm and suicide

What will we do to deliver this priority?
- Support our residents to become more physically active by implementing the All Together Active Strategy and Everybody Healthy Programme
- Develop a more joined up approach between specialist domestic abuse services and mental health services

- Provide improved Peer Support Networks and support provided across local areas
- To support a system wide suicide prevention strategy, and the recently developed local suicide place action plan
- Family Hubs will aim to bring the council, health and community services together so that families can access the right support at the right time. They will build on our current children's centre and early help offer to provide high quality, joined up, whole-family help services.

Lead Partners
- Cheshire East Council Public Health Team
- Active Cheshire
- Cheshire and Wirral Partnership

Priority 4 – Building Sustainable Communities

Why is this a priority?
We will seek to ensure the communities within which we live support good mental health. This will be achieved by shaping and developing places, connecting communities; planning sustainable places to live which are free from crime. We will also encourage access to green spaces; promoting public health and working to tackle stigma and discrimination within communities.

What have people told us?
- There needs to be a greater focus on enhancing access to green spaces to support and maintain health and wellbeing, especially through the development of new housing developments
- They would like to see reduced stigma within communities associated with poor mental health
- More support and awareness raising within communities on mental health generally for the public and carers

What will we do to deliver this priority?
- More focus on reducing mental health inequalities across communities in Cheshire East, including improved mental health support for carers and people from hard-to-reach groups, including those from different ethnic backgrounds and address cultural and language barriers
- Work with commissioned care and housing providers to deliver an improved and diverse housing offer in Cheshire East to support those with mental health support needs
- A project by the Mental Health Partnership Board to reduce stigma, normalise mental wellbeing and consider the needs of those providing unpaid care for someone with mental illness.
- Implement a collaborative approach between specialist domestic abuse services and mental health services.to support individuals and families experiencing domestic abuse and sexual violence to have improved mental health outcomes.

Lead Partners
- Cheshire East Council
- Cheshire and Merseyside Integrated Care System
- Cheshire East Carers Hub
- Cheshire East Domestic Abuse Partnership

Priority 5 – Transformation of Mental Health Services

Why is this a priority?
We will work in a more joined up way to support people with their mental health and wellbeing needs in the community. Improving community services will mean people will be less likely to need help in hospitals and make sure people can move between the services they need easily.

What have people told us?
- It is important that mental health services in the community work collaboratively to ensure early access to support as part of recovery and building resilience
- Services need to be easy to access with clear pathways of support in order to reduce pressure on hospitals
- More person centred services are required offering bespoke (1-1) services, supporting long term planning and greater accessibility at different times of the day.

What will we do to deliver this priority?
- Development of an Integrated Complex Needs Provider Framework to develop the market with providers in the borough to establish services that meet a range of mental health support needs in the community.
- Development of a lower level mental health pathway to support those discharged from hospital back into the community.
- Implementation of the Community Mental Health Transformation Programme to improve support around social prescribing, improve accessibility to services and reduce waiting times,
- Greater partnership working with the Voluntary Community Faith Sector (VCFS) Mental Health Alliance to develop community mental health services which will meet need, demand and address gaps in services.

Lead Partners
- Cheshire and Wirral Partnership
- Cheshire East Council
- Cheshire and Merseyside Integrated Care System
- Mental Health Alliance

Priority 6 – Crisis Support

Why is this a priority?

We will look to build on current crisis support by making it easier to access services and ensure that appropriate support is available at all times of day and night. We will also seek to address the current gaps around crisis provision for children and young people through the development of more urgent and emergency care provision.

Mental health crisis support is vital to support to someone experiencing extreme distress. This may lead to self-harm or suicidality – inclusive to planning and further risk Someone may experience a crisis for a range of reasons, such as a big life change, or because an existing mental health condition is getting worse. All crises will be different in their cause, presentation, and progression.

It must be recognised that there have been significant developments in terms of enhancing crisis support within Cheshire East in recent years, with the introduction of an All-Age Mental Health Crisis Line and the establishment of community crisis beds and crisis cafes (in Macclesfield and Crewe). This plan aims to encourage greater integrated partnership working to build on existing available crisis support and ensure that this is further enhanced to meet the needs of our population.

What have people told us?
- Crisis support is vital, and support needs to be available at all times of the day
- There needs to be improved urgent and emergency care provision. available for children and young people within the community
- For non- mental health professionals who work with children and young people at risk: timely access to guidance is required to enable effective risk management and support plans that scope both home and school environment
- Support needs to be complimented with better links into other services to prevent people slipping back into crisis situations
- There needs to be clearer routes into accessing crisis support
- People require better information of what crisis support is available in the community to stop people going to hospital

What will we do to deliver this priority?
- We will seek to improve our Children and Young People Crisis Care Service Provision, including the development of an intensive home treatment team
- We will support the priorities set in the Cheshire East Place Suicide Prevention Action Plan.
- We will seek to ensure that our crisis services are more accessible with clear pathways to support and better linkages between services across health, social care and the wider community including the Third Sector.
- There will be wider promotion of the crisis offer available to both adults and children with more accessible information in a variety of formats and languages made available

Lead Partners
- Cheshire and Wirral Partnership,
- Cheshire East Council,
- Cheshire and Merseyside Integrated Care System,
- Voluntary, Community, Faith Sector Providers

7 How Will We Deliver Our Priorities?

To enable us to successfully deliver our priorities in Cheshire East, several high-level outcomes have been identified. These key delivery actions in the implementation plan (below) will be delivered and monitored by a range of organisations as part of a partnership approach to ensuring the successful delivery of the plan.

Regular monitoring on the plan will be undertaken through the Cheshire East Mental Health Partnership Board and updates will be made available on the Cheshire East Council Website.

Cheshire East Place Mental Health Plan - Implementation Plan

Priority 1- Children and Young Peoples Mental Health and Emotional Wellbeing					
High Level Outcomes	**Wider Strategic Links**	**Cheshire East Place Implementation Actions**	**Lead Organisation (s)**	**Other Partners**	**Timescales for Completion**
Children and Young People who would benefit from individualised support have timely and appropriate access to Mental Health, Emotional Health and Wellbeing Services	Cheshire & Merseyside CYP Mental Health Logic Model 2022-2024, Beyond CYP Transformation Programme	Recommissioning of the co- produced Emotionally Healthy Children and Young People Service	Cheshire East Council	Cheshire and Merseyside Integrated Care System, Participation Team, Children and Young Peoples Groups	2024
		Develop the connectivity between community mental health services and early help provision to reduce the number of children who need additional support and care in hospital	Cheshire and Wirral Partnership, Cheshire East Council	Cheshire and Merseyside Integrated Care System	Ongoing

		Strengthen the Early Help Board and workstreams to improver outcomes for children through an improved early help offer	Cheshire East Council	Cheshire and Merseyside Integrated Care System, Cheshire and Wirral Partnership, Children and Young Peoples Groups	Ongoing
		Implementation of the Beyond Programme Emotional Health and Wellbeing Workstream	Cheshire and Merseyside Integrated Care System	Cheshire and Wirral Partnership, Children and Young Peoples Groups	Ongoing
Children and Young People who do not need individualised support have access to initiatives that support their mental wellness, emotional wellbeing, and resilience.	Cheshire East Children and Young Peoples Plan 2022-2026	Development of Child Health Hubs - with a focus on Improving maternal mental health in pregnancy and during parenthood and children and young people's mental health	Cheshire East Council	ICB, Participation Team, Childrens Trust Board	2023/24
		Recommissioning of Care Leavers Mentoring Service	Cheshire East Council	Independent Sector Providers	2023/24
		Development of Joint Strategic Needs Assessment for Emotional Mental Wellbeing – This will help to better understand the emotional and mental	Cheshire East Council – Public Health Team	ICB, VCFS, Education	2023/24

		wellbeing needs of children and young people and their parents,			
		Further implementation and roll out of 'My Happy Mind Software' - to teach school children about the workings of the brain and improving wellbeing, this has been rolled out across all Primary Schools	Cheshire East Council	Cheshire and Merseyside Integrated Care System	2023/24
		Development of guidance to improve school attendance. 'Working together to improve attendance' through home centred approaches	Cheshire East Council		2023/24
Children, young people, their parents, and carers are fully embedded in the development of services at place and across the Integrated Care System	Cheshire & Merseyside CYP Mental Health Logic Model 2022-2024	Increasing the involvement of young people on the Cheshire East Mental Health Partnership Board Further development of Children and Young People Co-Production Workstream Team Engagement and Co production to capture voice via Parent Carer Forum and Youth Groups on future service development Mental Health Support Teams – Obtaining the views of children and young people on the development of new services	Cheshire East Council CEC and ICB	Cheshire and Merseyside Integrated Care System Cheshire East Parent Carer Forum, Cheshire East Youth Groups, Cheshire and Wirral Partnership	2023/24

		Providing more opportunities for children and young people to have their voice on mental health services and support post COVID-19 (through Mental Health Partnership Board)			

Priority 2 - Education, Employment and Training

High Level Outcomes	Wider Strategic Links	Cheshire East Place Implementation Actions	Lead Organisation (s)	Other Partners	Timescales for Completion
Develop a Mental Health workforce that is multi-disciplinary and maximises the potential for workforce innovation through embracing new roles and diversification and is representative of the patient population it serves	Cheshire & Merseyside CYP Mental Health Logic Model 2022-2024, Cheshire East Children and Young Peoples Plan 2022-2026	Promoting uptake of Senior Mental Health Lead (SMHL) training in all schools in Cheshire East. SMHL training is a new role and the DfE have committed to funding for up to one SMHL to access training by 2025. Establishment of Senior Mental Health Lead Network – A network involving educational and health organisations can meet and improve communications and access to services.	CEC - Education Team	Cheshire and Merseyside Integrated Care System, Cheshire and Wirral Partnership, VCFS Sector	2023 2023/24

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		We are working with a range of local and national training providers to enable school leads to select training that best meets the needs of the school community. This includes training to improve quality and capacity of both universal (promote) and targeted assessment and support (prevention) such as trauma and mental health informed schools, self-harm, suicide prevention training. The training and information is shared via the CEC wellbeing for Ed page [Wellbeing for Education | Chess Hub](#) which enables schools to easily book and for CEC to monitor uptake.			
Improve mental health support across education settings across Cheshire East	Children and Young Peoples Trust Board, Integrated Care Board Strategy, Children and Young Peoples Plan	Development of a Training Directory for schools on mental health, self-harm and suicide prevention training that is available locally and nationally on the Cheshire East Council Website	CEC - Education Team	Integrated Care System, Cheshire and Wirral Partnership	Ongoing
		Schools to implement the Suicide Prevention Guidance for Cheshire East Schools document	CEC - Education Team		Ongoing
		Roll out of the Mental Health Service Directory 'I Thrive' which has been developed by CEC and ICB, look to roll this out so that schools can use this effectively and signpost people to these resources. Developing pathways	Cheshire East Council, Integrated Care System		Ongoing

		for schools to implement in relation to 'I Thrive' and further roll-out of Mental Health Support Teams in schools in Cheshire East (from January 2023).			
Improved employment opportunities for people with mental health support needs, with employment being one of the most important determinants of physical and mental health	Shared Prosperity Fund 2024/25, Cheshire and Warrington Workforce Recovery Group and Welfare To Work Partnership Board	NHS Individual Placement and Support Service - supporting people with MH support needs	Integrated Care System	Standguide	2023/24 Ongoing
		Shared Prosperity Fund 2024/25 - People and Skills workstream, will be using evidence-based practice to support people with Mental Health needs into work through specialist support.	Cheshire East Council Supported Employment Team		2024/25
		Welfare to Work Partnership - established and will be looking at a range of people with support needs including mental health with a focus on employer Engagement to look at working with employers.	Cheshire East Council Supported Employment Team		Ongoing
		Development of Supported Employment Strategy	Cheshire East Council – Supported Employment Team		2023/24

Priority 3 - Early Intervention and Prevention					
High Level Outcomes	**Wider Strategic Links**	**Cheshire East Place Implementation Actions**	**Lead Organisation (s)**	**Other Partners**	**Timescales for Completion**
Enhanced suicide prevention support by increasing awareness of risks, training and improving the support offer	Cheshire and Merseyside Suicide Prevention Strategy 2022-2027	Development of Joint Strategic Needs Assessment to identify local picture	Cheshire East Council Public Health Team	Integrated Care System, Mental Health VCFS Alliance	2022-2023
		Development of Local Suicide Action Plan, aligned with the Cheshire and Merseyside Suicide Prevention Strategy	Cheshire East Council Public Health Team	Self-Harm and Suicide Prevention Board, Cheshire and Wirral Partnership	2022-2025
		Delivery of CHAMPs Suicide Prevention Training to frontline staff in education, health, social care and voluntary community settings.	Cheshire East Council Health Improvement Team		Ongoing
Cheshire East residents to become more physically active to support and manage their mental health	C&M All Together Active, Cheshire East Council Corporate Plan 2021-2025, Cheshire East Health and	Implement the All Together Active Strategy to reduce health inequalities resulting from physical inactivity by: - Supporting CE Place to further develop opportunities to use physical activity as a way of improving population health. o Encouraging and supporting inactive people to move more	Active Cheshire	Integrated Care System, Care Communities (Social Prescribing) Physical activity providers Cheshire East Council, Public Health Team	2022-2026

	Wellbeing Strategy	○ Removing barriers to participation in physical activity ○ Increasing opportunities to be physically active ○ Increasing opportunities to get involved in sport - Embedding movement, physical activity and sport within the Cheshire (and Merseyside) health and social care system.			
		Delivery of the Green Spaces for Wellbeing Project- a nature-based activities designed around the Five Ways to Wellbeing to improve physical and mental health and wellbeing (launched in Crewe in November 2022; Macclesfield in January 2023)	ANSA	Cheshire East Social Action Partnership, CCICP, Care Communities	Ongoing
		Implementation of Everybody Healthy Programme	Everybody Health and Leisure	One You – Cheshire East	Ongoing

Improved Peer Support Networks and support provided across the local area	Community Mental Health Transformation	Implement a paid Peer Support workforce .	Cheshire and Wirral Partnership	Mental Health VCFS Alliance, Recovery College	Ongoing
		Establishment of a framework to support the Peer Support Network in Cheshire East	CEC - Communities Team	Mental Health VCFS Alliance	2025
		Ongoing consultation, and co-production with Peer Support Groups	Cheshire and Wirral Partnership, Cheshire East Council	Mental Health VCFS Alliance	Ongoing

Priority 4 - Building Sustainable Communities					
High Level Outcomes	**Wider Strategic Links**	**Cheshire East Place Implementation Actions**	**Lead Organisation (s)**	**Other Partners**	**Timescales for Completion**
Reduce mental health inequalities across communities in Cheshire East	CE Carers Strategy, Cheshire East Council Equality, Diversity, and Inclusion Strategy 2021-25	Increase mental health support for carers	Cheshire East Council	Cheshire East Carers Hub	2023-2028
		Development of the Cheshire East Health and Wellbeing Strategy	Integrated Care System		2023/24
Tackle stigma and discrimination associated		Project to tackle stigma and discrimination in Cheshire East	Cheshire East Mental Health Partnership Board	Cheshire Police, Mental Health Alliance	2023/24

with mental health is reduced					
An improved and diverse housing offer in Cheshire East to support those with mental health support needs	Vulnerable and Older Persons Housing Strategy, Cheshire East Market Position Statement, Cheshire East Site Allocations and Development Policies Document	Collaboration with providers, developers and the Local Planning Authority to improve housing stock across the borough	Cheshire East Council – Commissioning Team & Strategic Housing Team Planning	Registered Housing Providers, Developers, Care Providers	Ongoing
		Ensure housing/planning policy is implemented to facilitate the delivery of safe and suitable housing in sustainable locations, with appropriate green space and active routes to improve physical and mental health	Cheshire East Council – Members, Planning & Strategic Housing Team	As above	Ongoing
		Development of renewed Vulnerable and Older Persons' Housing Strategy to understand need for accommodation	Cheshire East Council - Strategic Housing Team	CEC departments and external partners including developers and care providers	2023/24
		Increased collaboration between Health and Housing Link Workers and NHS Teams	Cheshire East Housing Options Team	Integrated Care System	Ongoing
Individuals and families experiencing domestic abuse and sexual violence have improved mental health outcomes through a more joined up approach between	Cheshire East Domestic Abuse and Sexual Violence Partnership Strategy 2021 - 2023	Whole Housing Approach - Specialist Domestic Abuse/MH Worker located in My CWA,	Cheshire East Domestic Abuse Partnership	CWP, Domestic Abuse and Sexual Violence Services (IDVA, RASASC and My CWA), Cheshire Police,	2023/24
		Multi-Disciplinary Team including Domestic Abuse Worker within Custody Suites			2023/24

specialist domestic abuse services and mental health services (and other services)		around Domestic Abuse with links to Mental Health Services		Community Asset Providers	
		Implementation of Health Pathfinder, to improve pathways into domestic abuse services from health,			2023/24
		Refresh of Domestic Abuse and Sexual Violence Partnership Strategy			2023/24

Priority 5 - Transformation of Mental Health Services					
High Level Outcomes	**Wider Strategic Links**	**Cheshire East Place Implementation Actions**	**Lead Organisation (s)**	**Other Partners**	**Timescales for Completion**
Earlier and easier access to support as part of recovery and building resilience	Community Mental Health Transformation, CE Market Position Statement	Recommission of Mental Health Floating Support Service	Cheshire East Council	Integrated Care System	2023/24
		Development of a lower level mental health pathway to support people discharged from hospital back into the community	Cheshire East Council, Cheshire and Wirral Partnership		2023/24
		ARRS Workers working across Primary Care to triage individuals and link win with social prescribing,	Community Mental Health Transformation Programme	Mental Health Alliance	Ongoing
		Implement a 4 week waiting time standard by Q1 2023/24 for community mental health services	Community Mental Health Transformation Programme		Ongoing

High Level Outcomes	Wider Strategic Links	Cheshire East Place Implementation Actions	Lead Organisation (s)	Other Partners	Timescales for Completion
		Support community asset organisations to ensure greater links with community mental health teams	Community Mental Health Transformation Programme		2023/24
Improved access to services which are joined up with clear pathways of support	Community Mental Health Transformation	Community Mental Health Transformation Programme, including workstreams around - Community Assets, SMI, Neurodiversity, Eating Disorders, Complex Needs (Personality Disorder), Early Intervention Psychosis	Community Mental Health Transformation Programme	ICB, Primary Care Networks, VS Mental Health Alliance, CEC, ICS, Care Communities	March 2024, ongoing
Enhanced commissioned services that are more person centred, deliver positive outcomes and value for money	Community Mental Health Transformation	Development of a shared marketplace for Complex Needs (including those with Mental Health Support needs) VCFS Mental Health Alliance to develop community mental health services which will meet need, demand and address gaps in services	Cheshire East Council, Integrated Care System Mental Health Alliances (Rethink)	Lived Experience Advisors, Care Communities	2023/24 Ongoing

Priority 6 - Crisis Support					
High Level Outcomes	Wider Strategic Links	Cheshire East Place Implementation Actions	Lead Organisation (s)	Other Partners	Timescales for Completion
Improve the crisis support offer for children and young people	NHS Long Term Plan	Development of Child and Young People Crisis Care Service Provision including an intensive home treatment team	Cheshire and Wirral Partnership	Integrated Care System, Cheshire East Council Integrated Care	2023/24 2023/24

		Development of Crisis Resolution Service, to ensure children who attend A+E up to age of 16 will receive an assessment and follow up, crisis resolution support for two weeks or intensive home treatment for up to 8 weeks	Cheshire and Wirral Partnership	System, Cheshire East Council	
		Ancora Care – development of service to support children at home.	Cheshire and Wirral Partnership	Cheshire East Council	2023/24
		Scoping exercise on the development of alternative places of safety for children and young people	Cheshire and Wirral Partnership, Integrated Care System	Cheshire East Council, VCFS Sector	2023/24
Improve timely access and clear pathways across existing mental health crisis support services	NHS Long Term Plan	Review of Community Crisis Beds across Cheshire East to ensure improved accessibility, utilisation and onward journey	Integrated Care System	Independent Care Providers	2023/24
		Recommission of Crisis Cafes in Macclesfield and Crewe	Cheshire and Wirral Partnership	Cheshire East Council, Independent Care Providers	2023/24
Information about crisis services is easy to find, clearly written and include how to gain access to them	NHS Long Term Plan	Promotion of the All Age Crisis Telephone line with targeted approach focusing on schools	Cheshire and Wirral Partnership	Cheshire East Council	2023/24
		Services that support people in crisis produce information in a variety of formats (including easy read and other languages	Integrated Care System	Independent Care Providers	2023/24

Appendices

1 Mental Health and Wellbeing Discussion Plan, Updated January 202

Mental health and wellbeing plan: discussion paper - GOV.UK (www.gov.uk)

2 The Health and Care Act 2022

Health and Care Act 2022 (legislation.gov.uk)

3 Build Back Fairer: The COVID-19 Marmot Review
Build Back Fairer: The COVID-19 Marmot Review - The Health Foundation

4 Core20Plus5

CORE20PLUS5_Landscape (england.nhs.uk)

Reducing-healthcare-inequalities-Core20PLUS-infographic.pdf (england.nhs.uk)

5 Cheshire East Council Corporate Plan 2021-2025
Cheshire East Corporate Plan 2021-2025

6 Cheshire Youth Justice Services Health Needs Assessment – Executive Summary Report – Liverpool John Moores University