



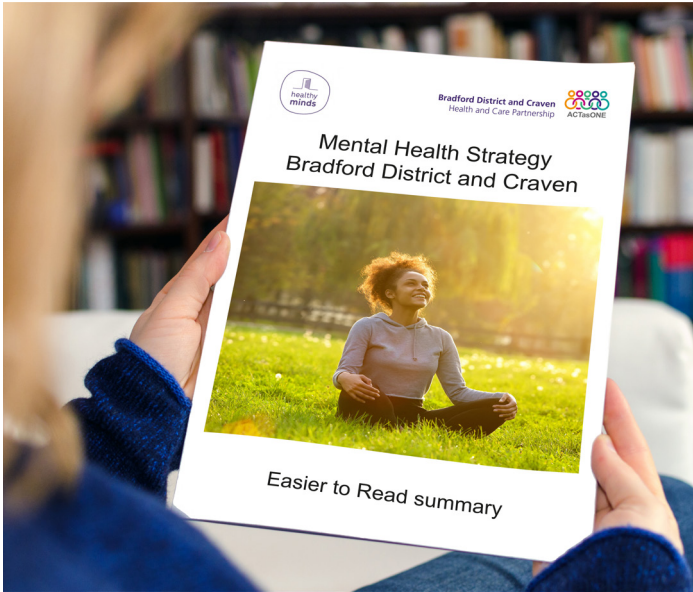
Bradford District and Craven
Health and Care Partnership



Mental Health Strategy Bradford District and Craven



Easier to Read summary



This is an easier to read summary of our mental health and wellbeing strategy.

A strategy is a plan. It sets out all the things we will do to make sure everyone in the Bradford District and Craven can have good mental wellbeing.



Our plan is for everyone, this includes people who use our services and carers, people who provide the services like doctors, nurses, therapists, voluntary sector organisations and others.

It is also for people who choose what services to buy (commissioners) to meet the needs of our communities.

How did we develop our plan?



To help us make our plan we spoke to lots of different people.

We spoke to people who use our services, carers, people who work in our services and others.



We held workshops such as the Healthy Minds Summit workshops and engaged with the Mental Health Provider Forum.

The forum invites the voluntary and community sector (Bradford and Craven), NHS, and Bradford Council to work together to improve the mental health and wellbeing of people living in the district.



We looked at documents like the health needs assessments from public health at Bradford Council and Craven District Council. The assessments help us get a better understanding of our communities and the needs that exist.

We also used information from other places like the Friends and Family Test (FFT).



This feedback is given to GP surgeries and case studies of people sharing their experiences.

This strategy is part of the Bradford District and Craven Health and Care Partnership Strategy (November 2021), which sets out the goals for the organisation to reduce health inequalities and improve population health and wellbeing for the people of Bradford District and Craven.

About our communities



There are 654,764 people living in the Bradford District and Craven.

There are lots of open spaces like parks and countryside for people to enjoy.



We have a good food industry and lots of theatres, museums, galleries and so on.

We are a very diverse district. This means that a lot of people from different backgrounds and cultures live here.



Our NHS, councils, community sector organisations, and other organisations work well together.

All these things help people to have good mental wellbeing.



However, we also face lots of challenges.

There are people living in the district who have serious mental illness (this might also be called SMI) and many people have been diagnosed with depression.



Some people must be admitted to hospital because of mental illness.

Some people go to hospital for support when we should provide it in the community or at their home.



People with serious mental illness who live in our district are more likely to die 20 years younger, than people who live in other parts of the country because of physical health conditions.



People with mental health issues and/or learning disabilities are more likely to experience discrimination and hate crime.

Many people live in poor housing, are on a low income and do not have jobs.

Our plan in a summary:



Why we are here – to deliver better lives and a brighter future for everyone in the Bradford District and Craven

Our vision – this is what we want to happen – everyone can live happy, healthier at home

Our purpose – this is what we are here to do - to promote, respect and improve positive mental health of all our communities throughout their life journey

Our values – these are the things that are important to us - we listen, we care, we deliver; we see the whole person and are inclusive, we work together to act as one



Our Focus – these are the main things that we will work on - for the people we serve and the staff we support we will: reduce inequalities (making sure that everyone has the same chance of having good mental wellbeing), improve children's mental wellbeing, transform our all age community mental health services, improve our urgent and crisis offer, strengthen our workforce, transform our digital and estates support to deliver our work.

We want the following statements to be true for everyone who lives in Bradford District and Craven:



Promote better lives

1. I am a person with abilities, possibilities and a future
2. I am not defined by my mental health diagnosis and the level of distress.
3. I am supported through the stages of life where things can be difficult.



Respect rights

4. My voice is heard and included
5. I am supported to maintain my rights and dignity and to make choices that enable me to live a healthier, happier life
6. I am in control and actively involved in my care and support
7. Ask for my consent. Share information appropriately, so I don't have to repeat myself.



Improve access to support

8. I have access to information, support and care that meets my needs and my cultural choices
9. When I need help, I can access this quickly and easily and services approach me with kindness, compassion and understanding



10. I will know the name of the person who coordinates my support
11. My family or carer who may support me, will be respected and actively involved in my care with access to information and support they need.

To deliver our strategy we will do the following five objectives:



1. Join services up
2. Make services easier to access
3. Good quality services to meet your support needs
4. Support closer to where you live
5. Have the best workforce to deliver your services



Reducing inequalities

We will make sure that everyone has the same chance of having good mental wellbeing.

Some of the things we will do are:

- Stop people from getting ill in the first place by helping them to practice good self-care
- Improve the physical health of people with serious mental illness
- Cut down on the number of women who have mental ill health because of pregnancy or when their babies are first born
- Improve services for people from Black, Asian and minority ethnic communities
- Reduce the amount of people who die by suicide
- Looking at the other things that can affect people's mental health such as where they live and how much money they have





Children and young people

Some of the things we will do are:

- Have one pathway so it is easy for all children and young people to access support
- Have good models of care and focus on children who are vulnerable
- Better understand the things that can affect young people and children's mental health
- Make sure that we support young people to stop them going into crisis



Community mental health

Some of the things we will do are:

- Have more support in the community
- Improve access to talking therapies
- Support people into work
- Work with older adults and carers
- Good support for people with complex or multiple needs



Urgent care and liaison

Some of the things we will do are:

- Bring together First Response, Guide-Line and NHS 111 services so people experiencing crisis can have support whenever they need it
- Expand our home support services and support in the community when people experience crisis
- Have high quality inpatient hospital support close to where people live



To support the above work to happen we will do the following:

- Improve our digital support to share information and have better support technologies
- Support our workforce and have new types of roles like peer support workers
- Have good communication and work together with people to coproduce our services
- Review our buildings and bring teams to work together
- Plan and review our services together with people who use them

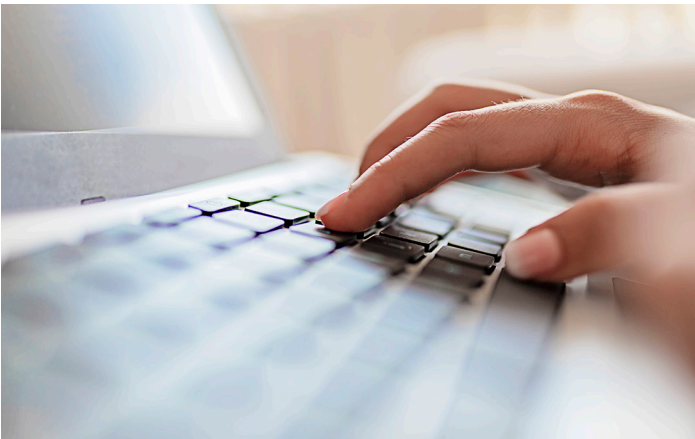


We have a range of services for mental health, and we want to make sure this support is available to everyone who needs support and advice.



We have looked at the ways we will know that we have achieved our strategy.

We will measure the progress and share this with people.



We will continue to listen and hear feedback from people. You can share your views by visiting this link:

https://www.surveymonkey.co.uk/r/HM_strategy_draft_21



For copies of this strategy in alternative formats or further details, please contact:

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