

Mental health in Haringey

Tuesday 20th February 2018

www.mindinharingey.org.uk



Mental health in the UK

- In the UK, one in four people will experience a mental health issue each year (McManus et al 2009), and one in six people report experiencing a common mental health problem in any given week (McManus et al 2016).
- It is the largest single cause of disability and represents 23% of the total burden of ill health ([HM Government, 2011 - external link](#)). Half of those with lifetime mental illness experience symptoms before the age of 14 (Kessler et al, 2005).
- Factors that are known to influence the risk of mental illness include: **deprivation, employment, age, housing, refugee and asylum seeker status, ethnicity and use of drugs and alcohol** ([Haringey Mental Health Needs Assessment 2010 \(PDF, 1.3MB\)](#)).

Facts about Haringey

- Haringey has a population of approximately 278,000 residents. It is a relatively young population with almost a quarter of people under 20 years old (24%).
- Haringey is a highly mobile population. In 2015/16, about 30,600 people moved in and 27,950 left the borough, representing 11% and 10% of the borough respectively.¹

¹ *Based on both internal UK and long-term international migration.*

Facts about Haringey

- Haringey is the eighth most ethnically diverse borough in England, according to the 2011 Census, with two thirds of residents coming from Non-White British ethnic groups. Our latest Schools Census found that 187 different languages are spoken in our schools (October 2017).
- Haringey is the sixth most deprived borough in London, based on the 2015 average Index of Multiple Deprivation score of LSOAs (lower super output areas, or small neighbourhoods) across the borough.
- There is substantial inequality in the borough, which stretches from the prosperous Highgate ward in the west to Tottenham in the east, one of the most deprived areas in the country.
- An estimated 16,450 children (27.2%) were living in poverty in 2014. They live predominantly in the east of Haringey.

Prevalence of Mental Health conditions in Haringey

- The 2016/17 GP Patient Survey found that the rate of long-term mental health problems in Haringey, as well as the prevalence of depression and anxiety, are both higher than the London average.
- 5.6% of Haringey residents report having a long-term mental health problem, the fifth highest rate of all London CCGs (Department of Health GP Survey, 2015/16).
- One in 10 young people in Haringey have a mental health disorder (9.9%), which is the seventh highest rate among London CCGs but is only slightly higher than the London and England averages (9.3% and 9.2% respectively) (PHE 2015).
- Haringey has the fifth highest suicide rate of all London boroughs, 18% higher than the London average (PHE 2014-16).

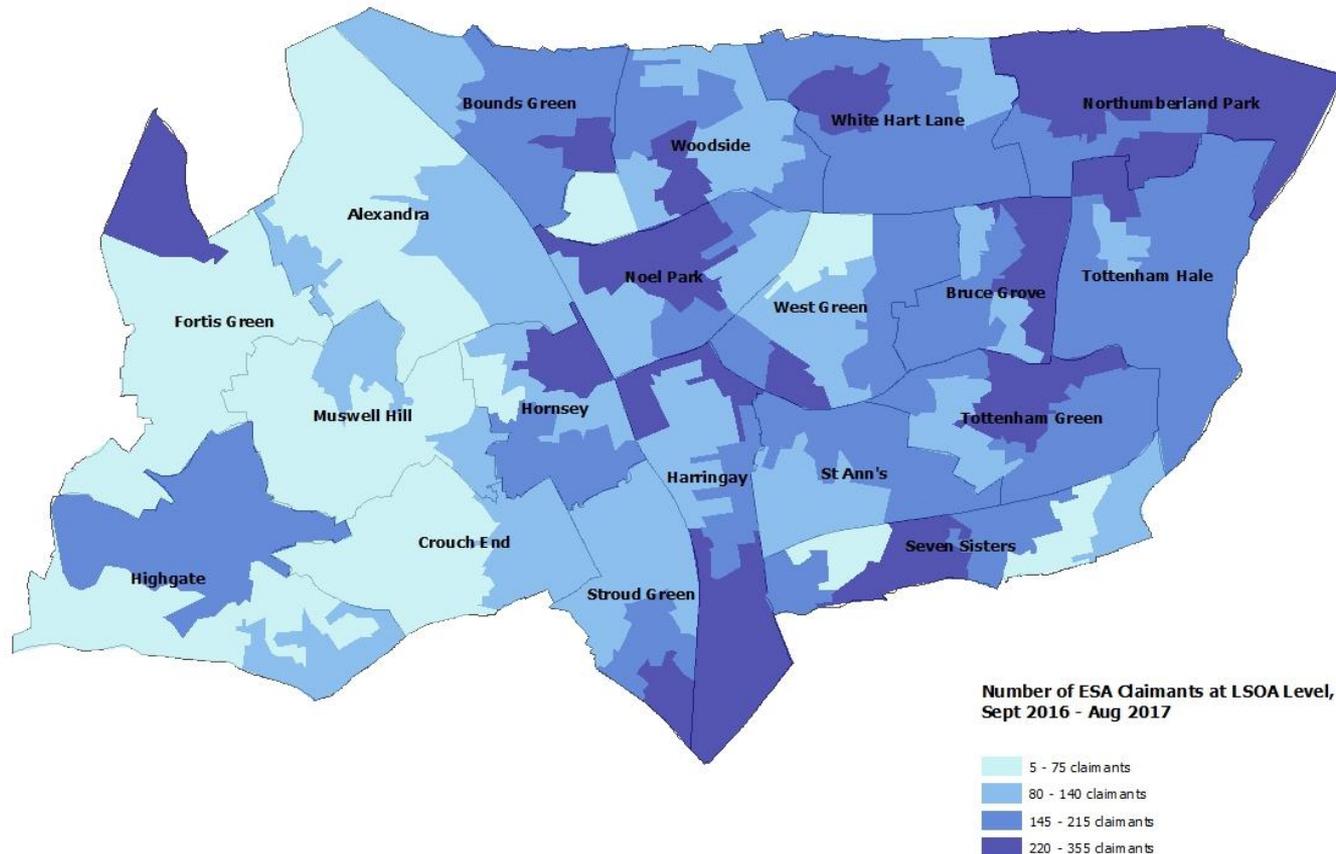
Prevalence among different

- Haringey has higher than average levels of many risk factors that contribute to poor mental health and wellbeing, such as unemployment, economic deprivation, poor quality housing, homelessness and alcohol use.
- The incidence of most mental illnesses is higher in the east of the borough (apart from dementia). A 2016 audit found that two thirds of suicides happened in the east of the borough.
- While the prevalence of mental illness affects all age groups, in Haringey those aged 46-55 are overrepresented for hospital admissions for mental health: this group accounts for 22% of hospital admissions but makes up 15% of the overall population (BEH Mental Health Trust 2012/13).
- In Haringey, 44% of admissions under the Mental Health Act (1983) Section are for people of black ethnicity. By contrast, this group makes up less than a fifth (18.8%) of the overall Haringey population (BEH Mental Health Trust 2012/13; and ONS Census 2011).

Employment and Support Allowance claimants whose condition is related to mental

- There are larger numbers of people claiming ESA for reasons of mental health in the east of the borough compared to the west of the borough.
- The number is especially high in the LSOAs of Northumberland Park.

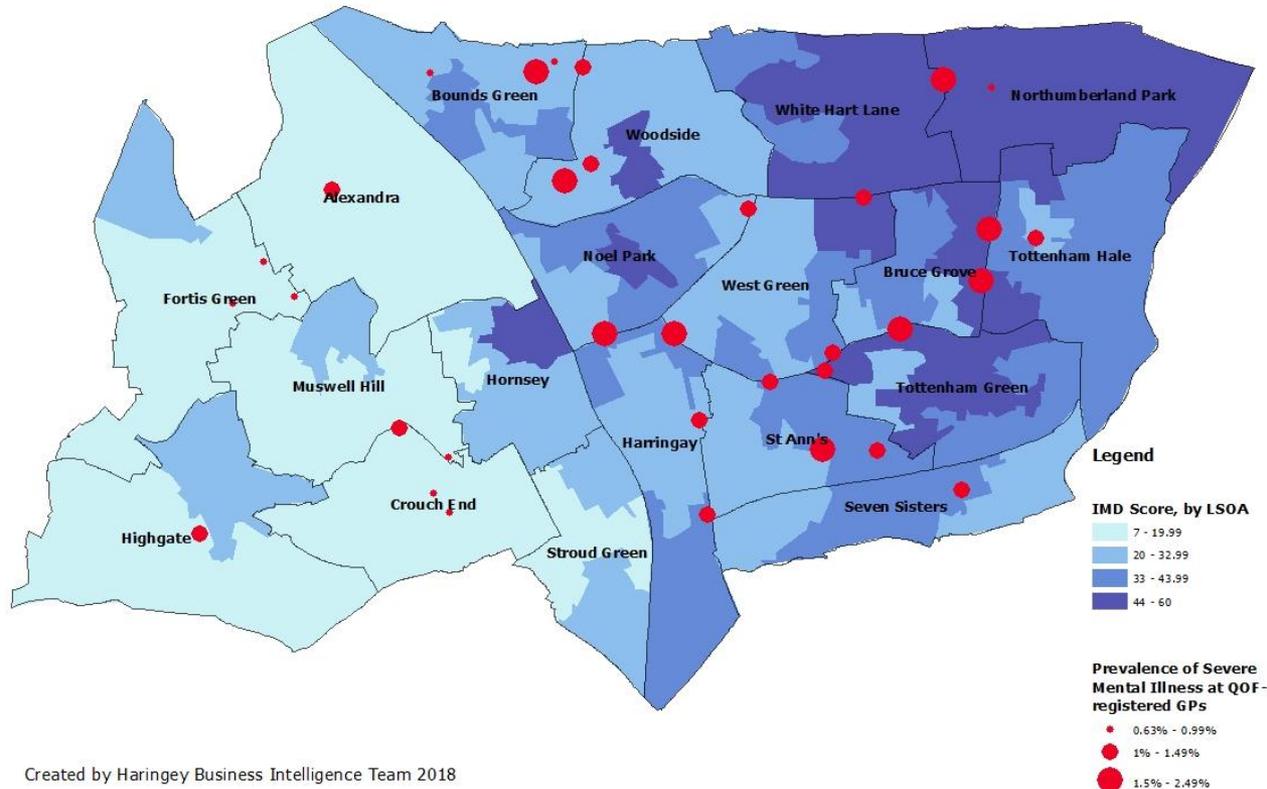
Total Number of ESA Claimants, with Mental Illness as Main Category



Local Need in Haringey: Deprivation & Severe Mental Illness

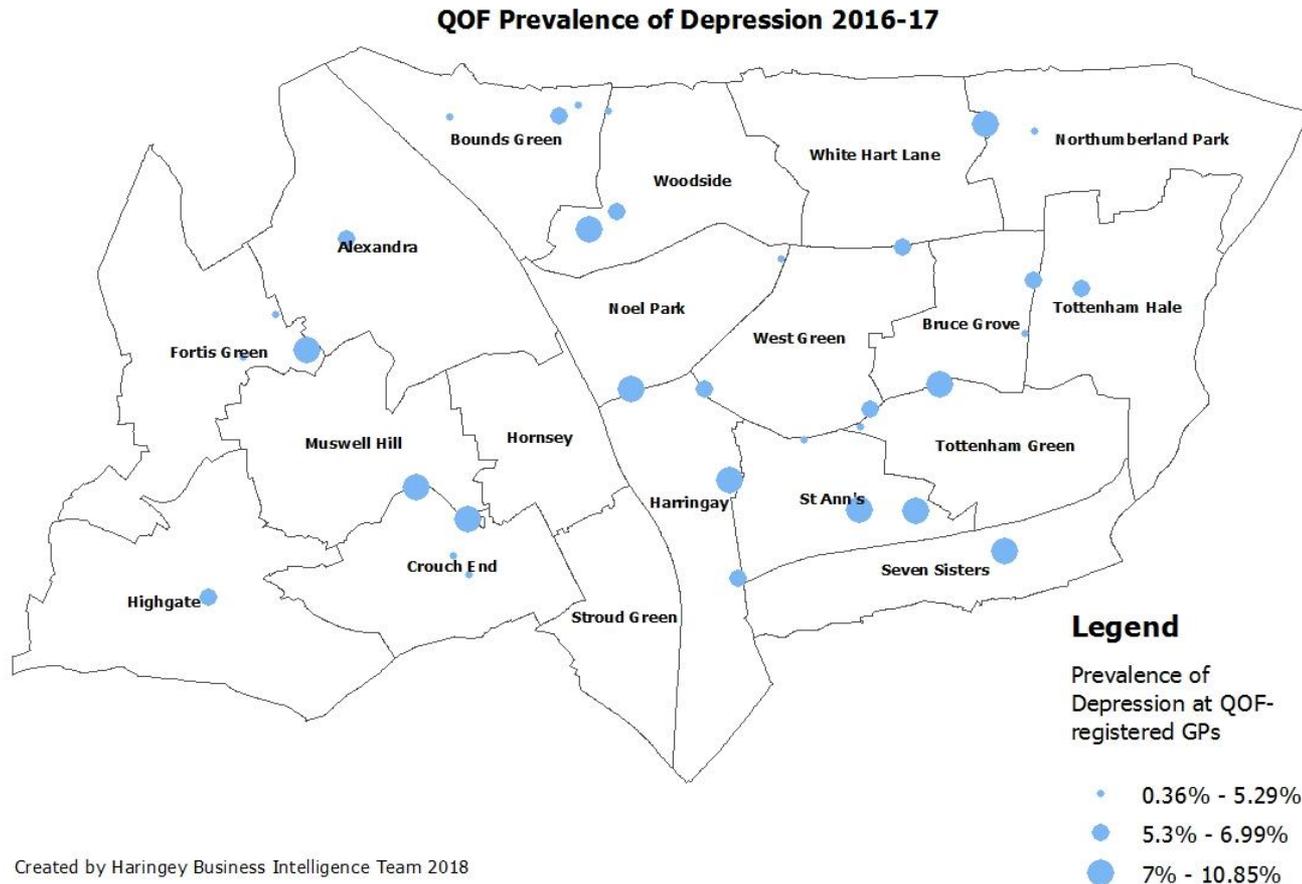
- Deprivation levels are higher in the east of the borough compared to the west of the borough, with LSOAs in Northumberland Park and White Hart Lane particularly deprived.
- Severe mental illness appears to correlate with deprivation, with the prevalence among QOF-registered GP practices higher in the east than in the west of Haringey.

Index of Multiple Deprivation Score 2015, and QOF Prevalence of Severe Mental Illness 2016-17



Diagnosed depression in Haringey primary care as % of

- The prevalence of depression at QOF-registered GPs is slightly higher in the east of the borough than in the west. A third of all QOF-registered GPs in the east of Haringey have a low prevalence of depression, whereas almost half in the west of the borough have low prevalence.



Public self-perception of mental health

- Previous studies have found Haringey to have very high rates of self-reported mental illness. In 2006 the Health Survey for England found that Haringey had the second highest rate of self-reported mental illness in London – see [Haringey Mental Health Needs Assessment 2010](#).
- While in Haringey self-reported rates of happiness and life being worthwhile are currently below the London average, Haringey is not among the worst-performing boroughs, typically ranking between 20th and 25th (where 32 is the worst performing). In Haringey, self-reported levels of anxiety are also slightly below the Haringey average, and the borough ranks 10th (where 32 is the worst performing).

Young people and mental health

in Haringey

- In Haringey 9.9% of young people aged 5-16 years have a mental health disorder, equating to over 3,800 children (based on ONS mid-year population estimates 2016). The rate in Haringey is above the London average and the 7th highest rate of all London boroughs (PHE, 2015).
- Haringey has the third highest proportion (4.45%) of pupils with social, emotional and mental health needs at secondary school age, of all London boroughs. This is substantially higher than the London average (2.6%) (Source: DfE SEN statistics, 2017).
- There is a higher prevalence of mental health problems among boys than among girls in Haringey, a pattern that is also seen in Inner London (Haringey JSNA, see Fig. 8 [here](#)).

Young people and mental health

in Haringey

- The rate of children that are within the care of the Local Authority (Looked After Children or LAC) in Haringey is greater than average (72 per 10,000 children, compared to a rate of 65 among statistical neighbours) (PHE 2015).
- Given that LAC children are **five times more likely to develop mental health problems**, there are potentially significant mental health needs amongst this group in the borough.
- National data suggests that overall mental ill health among young people is on the increase, while a 2016 [PHE report](#) found that just one in four children in the country that need treatment for mental ill health receive it.

Knock-on impact of mental health in Haringey

- Nationally, mental health problems account for 23% of the total burden of disease, and in Haringey mental health has a knock on impact on primary and secondary care in the borough.
- Haringey CCG has the fifth highest rate of GPs prescribing drugs for psychoses and related disorders of all London CCGs, at a rate of 65.1 per 1,000 population, 22% higher than the London NHS region average of 53.5 (NHS Digital, Q2 2017/18).
- In Haringey CCG there are 95.4 mental health admissions to hospital per 100,000 population aged 18+, per quarter, substantially higher than the rate in London (86.1) and England (69.8). Haringey CCG also has the sixth highest rate of delayed discharges of all London CCGs at 62.8 per 1,000 bed days (London: 32.2, England: 28.3) (HSCIC 2014/15 Q2).

Knock-on impact of mental health in Haringey (cont.)

- In Haringey there is a 68 percentage point gap in employment between those in contact with secondary mental health services and the overall population.
- Of all adults who entered drug treatment in 2015/16, 33% were also receiving care from mental health services for reasons other than substance abuse. This is higher than the national average of 20%.
- Of all adults who entered drug treatment in 2015-16, 32% also received care from a mental health service for reasons other than substance misuse. This is higher than the national average of 22%.

What can we do about Mental health issues in Harindev

- **Give Mental health the same parity of esteem as Physical health.**
- **Focus more on Preventative measures/services rather than a reactive service when those in distress are in Crisis resulting in Hospital admissions which is more costly.**
- **Focus on Raising awareness and destigmatising mental health in BME Communities in particular so they access services early preventing/reducing admission.**

What can we do about Mental health issues in Haringey

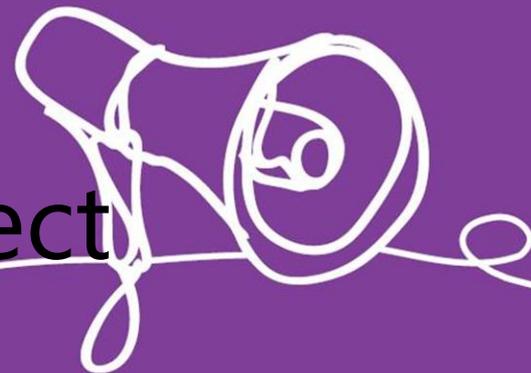
- **Focus on services that focus on Recovery, Resilience, and wellbeing for staying well**
- **Haringey needs a suicide prevention strategy to reduce number of suicides in borough particularly young males aged 16-24 years**
- **Haringey needs a Strategy to target services for young people particularly aged 16-24 years**
- **Haringey needs a strategy/ services for Perinatal Depression**

What is Mind in Haringey?

- ***Mind in Haringey*** is a registered charity supporting local people affected by mental ill health, their families, friends and carers in the London Borough of Haringey
- We offer a range of services that aim to improve the quality of life of those affected by mental ill health
- Funding from Haringey council is only 20% of our income and will be 7% by March 2015

The services we delivered this year

- ~~Were:~~ Counselling and Psychotherapy
- Advocacy (ends Dec 2014) & BME Advocacy
- Wellbeing activities & Adult learning
- Mindful Money project



- Equip 4 work
 - Emotional Support Project – Young people leaving care 14-21 yrs
 - We Care support group and Lets Talk Drop in service for young people 12-18 yrs
 - Mental health Information & Mental health awareness training
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