



Mental Wellbeing needs Assessment

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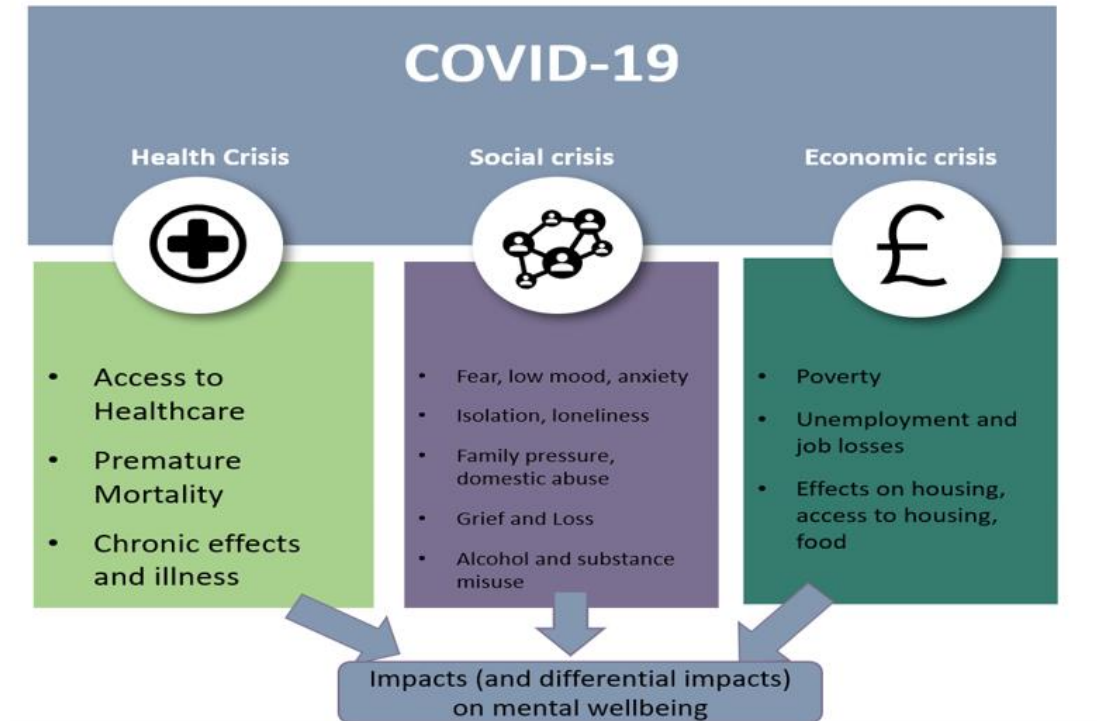
Acknowledgments : Health improvement
team, Prevention concordat for better
mental health, third sector and providers

Outline:

- Scope of needs assessment
- Headline findings
- Overview of recommendations



Aim, scope and context of the needs assessment



Key take home messages: findings

- Oxfordshire adults score well for many aspects of wellbeing, but 1 in 5 report high anxiety scores (>6/10) on ONS surveys
- **Oxfordshire children and young people, wellbeing reduces with age and older children and young people have reported more loneliness and anxiety in the pandemic**
- Within Oxfordshire there are **great examples of partnership working** to improve mental wellbeing
- There are many areas where we **need to build a better local picture of wellbeing**
 - E.g. improved community insight and an understanding of inequalities at a more local level; improved understanding of challenges at specific times in the life course; improved local understanding of loneliness through life course; what sort of support communities would like
- The **effects of COVID-19 on mental wellbeing are numerous and diverse.**
 - highlighted inequalities and the need to build on local and place based approaches to addressing these
 - In some instances, specific support is likely to be needed
 - There are lessons and positive ways of working which have emerged from COVID-19

Bringing findings together across the life course

Children and Young people

- mental **wellbeing reduces with increasing age, worse in girls**
- Teenagers more likely to struggle with **sleep and feel more lonely**
- Higher numbers of pupils report **bullying in school years 4-6** compared to older years

Young adults

- Young adults disproportionately affected by **unemployment** during the pandemic
- Highest levels of **loneliness** amongst all adults in **16-24 year olds**
- Those providing support for wellbeing in Oxfordshire feel there is **less support** and support less accessed by young adults

Working age adults

- Wellbeing across Oxfordshire is generally good
- Areas of **inequality** in levels of wellbeing and community enablers.
- There are **opportunities to diversify provision** and settings for wellbeing support, make support more inclusive and **promote wellbeing before people access medical systems**

Older adults

- access and use of wider determinants to mental wellbeing **decrease** with age.
- **Loneliness** (when include direct & indirect measures) – increases in those over 80
- Consider digital exclusion
- Those affected by pandemic – **additional loss physical and social confidence, potential cognitive effects**

Recommendations themes



**Whole systems approach
to mental wellbeing**

**Data and monitoring,
community insights**

**Wellbeing in all policies
and partnership working**

**Focus on areas of most
need**

**Inclusive services and
reducing inequalities**

**Building back fairer from
COVID-19**

1a) Identify and link to planned local research, to incorporate community insights on wellbeing into planned projects and evaluations	2a) Strengthen existing links between statutory and third sector providers in Oxfordshire and recognise the key role of third sector in strategy development.	3a) Work with partners to identify actions to improve wellbeing amongst groups with identified need and existing inequalities as highlighted in this report	4a) Develop an inclusive language around mental wellbeing to help reduce stigma and encourage all communities to access assets, <u>services</u> and online resources	5b) Build on aspects of working which have been well received during COVID-19 pandemic and population response
1b) Work to address key gaps in knowledge from those identified in this report	2b) Within commissioning structures, consider primary prevention and mental wellbeing at all levels of the patient journey and across the life course		4b) work with the Oxfordshire Communications Group (a multi-agency group established in June 2020) to increase the impact of our mental wellbeing campaigns	5b) Use the opportunity to promote mental wellbeing in policy changes following COVID-19 and consider new equity dimensions, such digital exclusion
1c) Mental wellbeing needs are likely to shift throughout the COVID-19 recovery stage: consider repeating this needs assessment in 2-3 years' time	2c) Consider undertaking mental wellbeing impact assessments when new local policy is being developed and this is relevant		4c) maximise opportunities to promote mental wellbeing across diverse settings and outside of formal healthcare, e.g., links with partners across settings such as community centres and ladders, faith settings and schools	
1d) To share widely the findings from this need's assessment report and other relevant current reviews			4d) identify opportunities for training in wellbeing support, for example amongst those who people turn to for initial help with mental wellbeing and the experience from our communities	

Questions, discussion

Thank you