



# **Equally Well- Supporting people living with severe mental illness through the winter months.**

Edward Kunonga

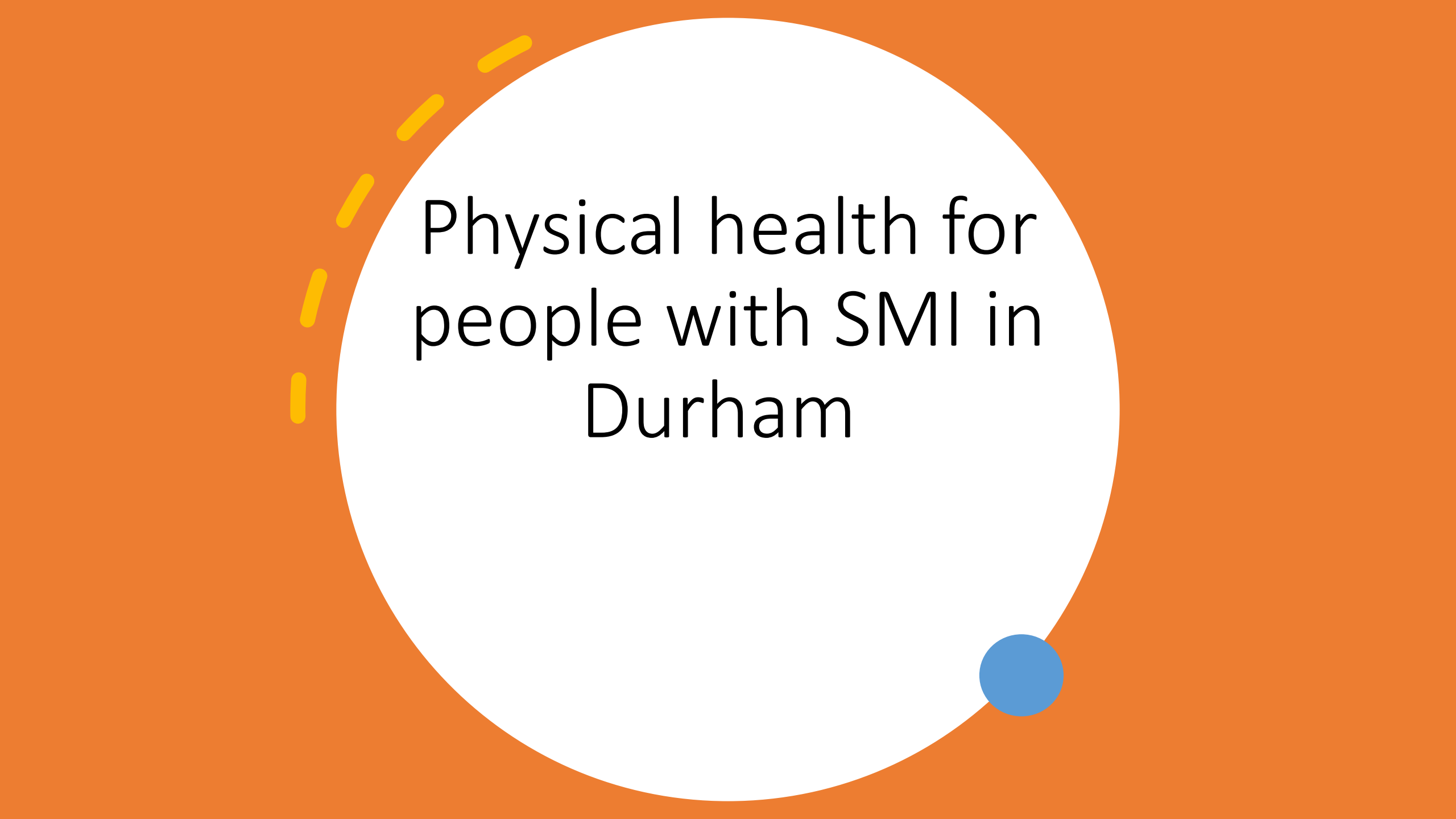
Catherine Parker

December 2022



# Overview

- Context- disproportionate burden of poor physical health on those with and SMI
- How this is reflected in the elective back log and the associated risk for the SMI population
- Spotlight on the specific social determinants worsened by winter
- Making Every Contact Count
- Learning from COVID
- Discussion



Physical health for  
people with SMI in  
Durham

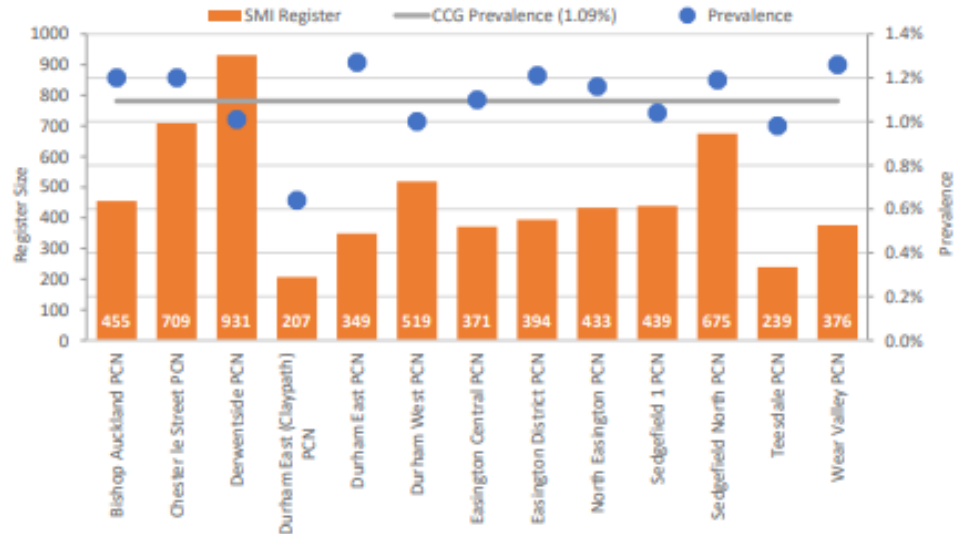
## Introduction

### Definition

This report uses the definition of Severe Mental Illness as applied in RAIDR, namely:  
**"Patients with a record of psychosis, schizophrenia or bi-polar disorder within their Primary Care record"**  
 The code list is broader than that used within the QOF Mental Health register.

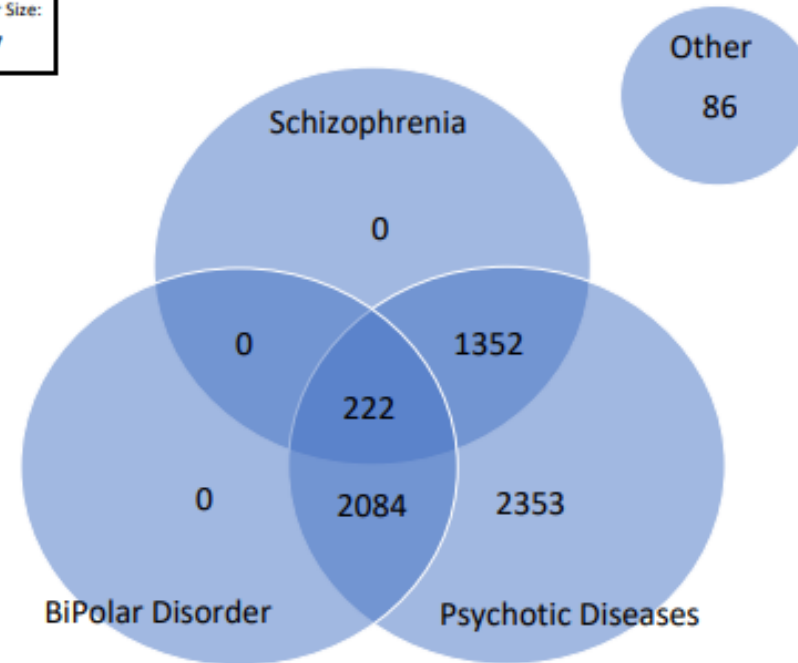
Where given, numbers in brackets on charts are the actual number of people.

### Register Size

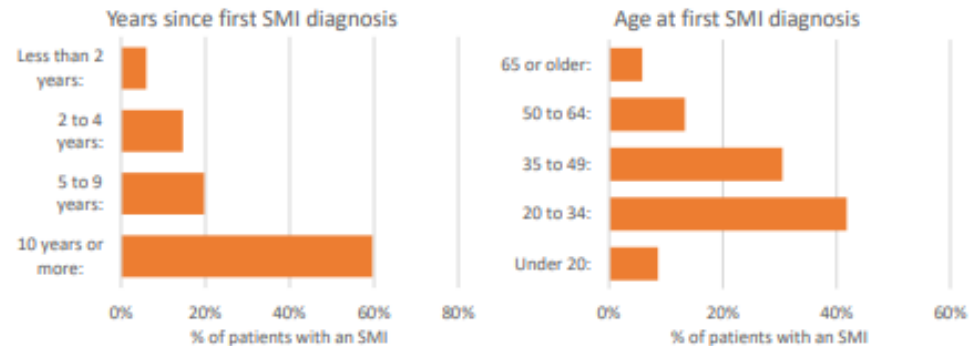


### Reason for Severe Mental Illness Diagnosis

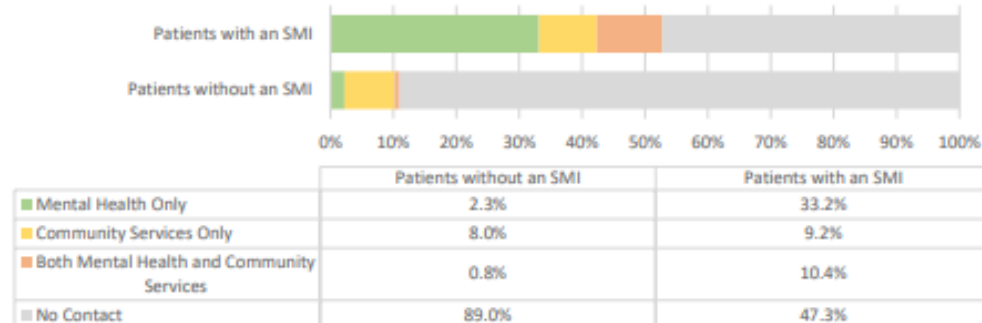
Total Register Size:  
**6,097**



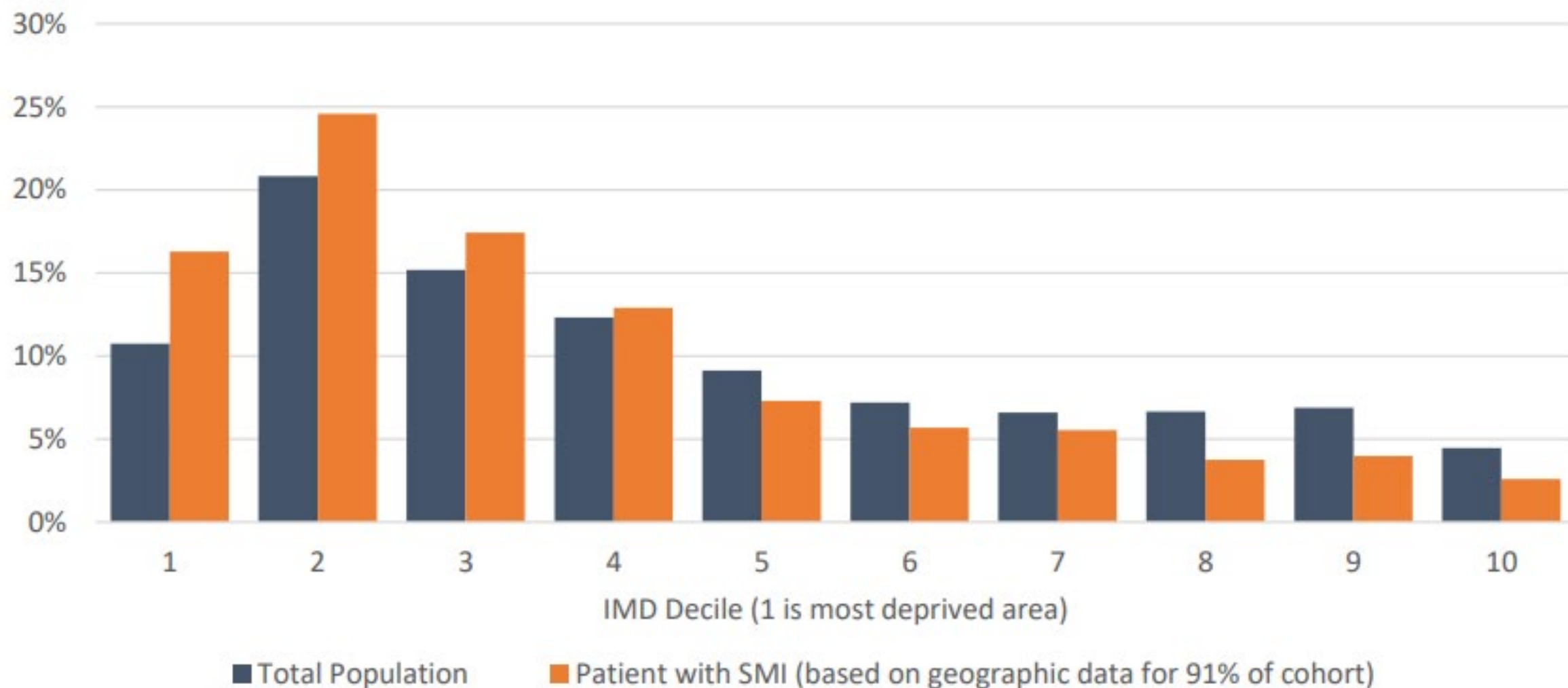
### Date of First Severe Mental Illness Diagnosis



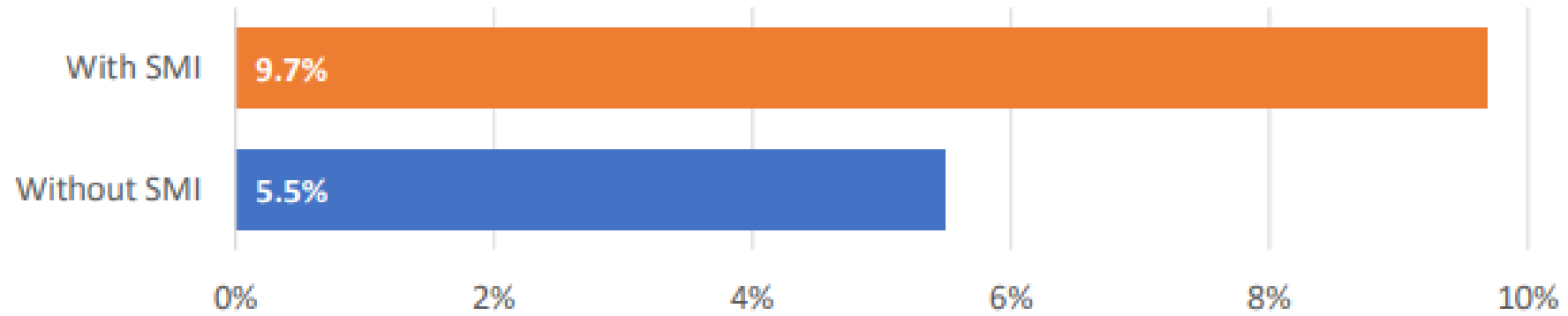
### Contacts with Mental Health and Community Services in Last 12 Months



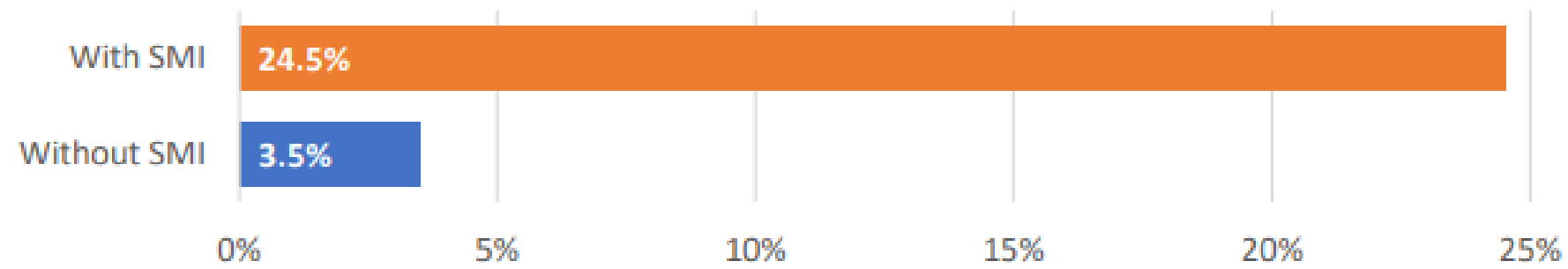
## Deprivation (Index of Multiple Deprivation)



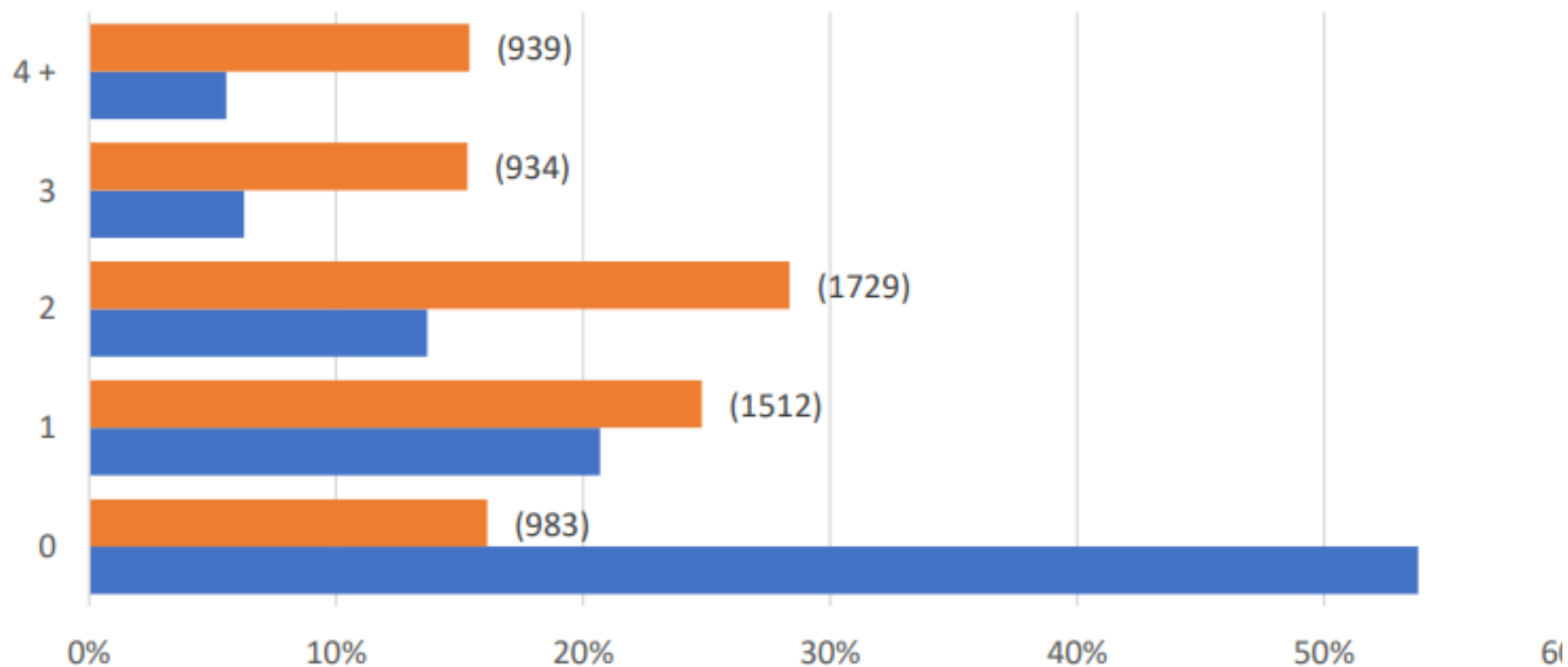
### Alcohol Risk - Increased or High



### Substance Abuse



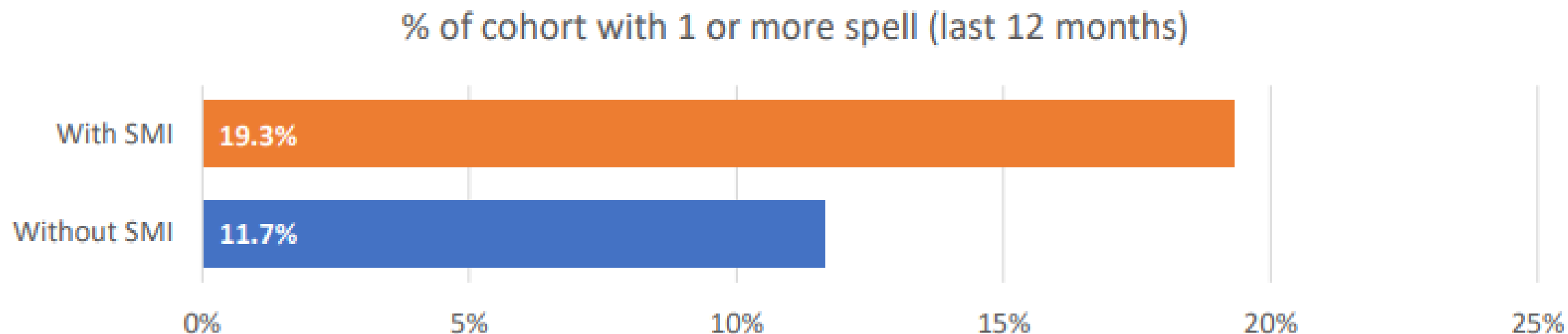
## Number of Co-Morbidities, Excluding Severe Mental Illness



	0	1	2	3	4 +
With SMI	16.1%	24.8%	28.4%	15.3%	15.4%
Without SMI	53.8%	20.7%	13.7%	6.3%	5.6%

## Secondary Care Inpatient

Patients with a severe mental illness are 1.7 times more likely than the patients without an SMI to have had a secondary care inpatient spell in the last 12 months. This cohort also has a higher likelihood of having an emergency readmission within 30 days of discharge, and a longer average length of stay when they are in hospital.





# Social Determinants and winter

- Loneliness and isolation
- Financial hardship and cost of living
- Social and economic impact of worsening LTC, exposure to seasonal viruses
- Cold homes and exacerbation of existing conditions
- Mental health impact of this layering of inequality

## Social inequalities and mental illness

### Employment

For those in contact with secondary mental health services, the employment rate was **67.4 percentage points lower** than the overall rate



### Benefits

**50.9% of Employment Support Allowance Claimants** have a primary condition of a mental and behavioural problem




### Social isolation

**Psychotic disorder is more common in people living alone.** Evidence suggests links between mental illness, social isolation, and the challenges that people with psychotic disorder may face with maintaining relationships



### Housing





**54% of adults (age 18-69) receiving secondary mental health services on the Care Programme Approach** were recorded as living independently, with or without support



# Making every contact count this winter

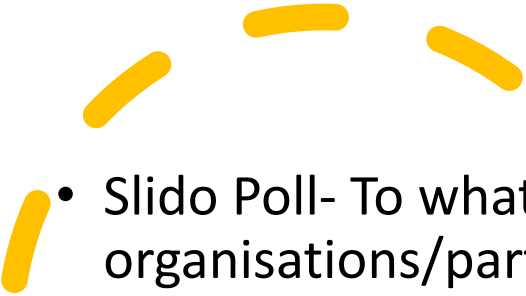
- Power of brief intervention and advice
- Trusted Voices
- Expanding the traditional model to address social determinants – green an blue spaces, loneliness and isolation, affordable warmth, financial worries...
- All Our Health: Financial wellbeing
- This is a bite-sized session to give health and care professionals an overview of financial wellbeing - including key evidence, data and signposting to trusted resources to help prevent illness, protect health and promote wellbeing.
- <https://www.e-lfh.org.uk/programmes/all-our-health/>
- Make Every Contact Count: Conversation Starters
- This information will enable you to make a brief intervention - ASK, ASSIST and ACT:
- <https://www.meccgateway.co.uk/nenc/services/Finances>

# Learning from COVID

 Better information	 Increasing Accessibility	 Empowering Communities	 Partnership Working
Summary ▼	Summary ▼	Summary ▼	Summary ▼
Introduction ▼	Introduction ▼	Introduction ▼	Introduction ▼
Which barriers does this overcome? ▼	Which barriers does this overcome? ▼	Which barriers does this overcome? ▼	Which barriers does this overcome? ▼
Examples ▼	Examples ▼	Examples ▼	Examples ▼

These can be applied as key principles to the planning and roll out of further COVID-19 vaccination and other screening and vaccination programmes.

[Covid-19 Vaccine Inequalities: Lessons Learned \(North East & North Cumbria\) - FutureNHS Collaboration Platform](#)

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- Slido Poll- To what extent have your organisations/partnerships built on the learning from COVID to prepare to support people through this winter ?
  - Discussion Point – what would it look like to apply the principles of shielding this year? whose health is most at risk from the current situation? how are we identifying groups that might need additional support, what might that support look like?

