



Aberdeen City Health & Social Care Partnership  
*A caring partnership*



## **Our Mental Health and Wellbeing Strategic Statement**

**2020-2023**



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## Foreword

Promoting positive mental health and wellbeing is a priority for Aberdeen City Health and Social Care Partnership. Ensuring effective support is available for people to help maintain and recover good mental health will be of key importance if we are to collectively value the contributions that everyone can make to our community regardless of periods of ill-health.

This strategic statement sets out our collaborative approach to promote positive mental health and wellbeing in Aberdeen. Ensuring that Health and Social Care professionals, individuals, their families and communities, including organisations which provide mental health support, are all considered as equal partners is vital.

We will work alongside all partner organisations and stakeholders, including close working relationships with other Integration Joint Boards (Aberdeenshire and Moray) and other services such as Child and Adolescent Mental Health Services and In-Patient and Specialist Services at Royal Cornhill Hospital.

Ensuring that a person-centred approach is at the heart of support to maintain or recover good mental health will involve the efforts of many areas. Co-ordination with colleagues in: Integrated Children's and Family Services, Housing, Community Planning, Primary Care, Police and Fire Services, as well as other Council and NHS Grampian services in addition to the Third and Independent Sectors will support the maximisation of a truly holistic approach to mental health and wellbeing.

We aim to support people to have the best possible mental health and wellbeing. If people require support this should be delivered where possible in their communities, whilst promoting their rights and respecting their dignity. Our recovery focus values the individual as an expert by experience and aims to provide timely and appropriate support to Carers.

Whilst we cannot ignore that demand for public services is increasing, and resources, whether staffing or financial, are reducing it is important to recognise that when we work together in a person-centred way different opportunities for innovation can present themselves. We collectively hold a number of skills, experiences and knowledge, which when used in the right way, can offer meaningful and valued support to individuals and our community, placing positive mental health and wellbeing at the centre.

## Sandra Ross

(Chief Officer, Aberdeen City Health and Social Care Partnership)



## Introduction

Promoting positive mental health and wellbeing in Aberdeen is an aspiration we all seek to achieve. This document outlines our vision and aims by developing a Strategic Statement for mental health and wellbeing.

Aberdeen City Health and Social Care Partnership (ACHSCP) is responsible for the delivery of Health and Social Care services in Aberdeen City. This joint approach between Aberdeen City Council, NHS Grampian and wider partners holds responsibility for community mental health and wellbeing services. More information regarding ACHSCP and the services it provides can be found [here](#).

Mental Health and Wellbeing services are delivered by a variety of partners across Aberdeen City with collaboration a key focus to ensure quality, sustainability and responsiveness are at the core.

All services provided by ACHSCP are delivered in line with our [Strategic Plan](#). This plan sets out our organisational vision, values and aims. At the heart of Health and Social Care in Aberdeen are the aims of:

- Prevention
- Resilience
- Personalisation
- Connections
- Communities

A range of commitments and priorities are clearly identified within this plan, including:

Commitment: *Promote positive health and wellbeing*

Priority: *Develop Mental Health Strategy (Year 1) and deliver on this in future years*

This document aims to support the promotion of positive mental health and wellbeing and will deliver the priority through the development of our Strategic Statement. A delivery plan will sit alongside this document, including specific actions, measures and timescales.



## Our Strategic Statement

We echo the vision set out in the national [Mental Health Strategy 2017-2027](#) and welcome the ambitious shift in emphasis, placing wider focus on mental health and wellbeing as a matter of broader public interest, beyond the sole remit of health and social care.

*‘people can get the right help at the right time, expect recovery, and fully enjoy their rights, free from discrimination and stigma’*

Mental Health Strategy 2017-2027

We all have mental health, which can range from good to poor, and can fluctuate over time or due to wider circumstances. Mental health remains a major public health challenge, locally and nationally, despite Aberdeen having higher self-reported mental wellbeing than other parts of Scotland.

There are many factors which affect mental health and wellbeing, including physical health and wellbeing, employment, housing, poverty, isolation and personal resilience. People with mental ill-health are known to be more likely to experience poorer physical health and may have reduced family or community connections, resulting in the requirement for us to think in a more holistic way about how we promote positive mental health and wellbeing which, supports a reduction in health inequalities.

Over recent years we have commenced a gradual shift away from providing centralised hospital-based services to develop care and treatment, which is closer to the individual and where possible in their community. Within this approach greater emphasis is placed on prevention and supported self-management. We will continue in this shift to ensure the potential within individuals and communities is recognised and valued.

Our strategic approach is built on the core view that people facing mental ill-health or poor mental wellbeing are experts by experience. They are a key partner in the delivery of any support or services they wish or need to access. We aim to empower people to build personal resilience, which is crucial for them to thrive and grow. By taking a recovery focus we understand that every individual’s experience and journey is unique and the support we offer requires to be flexible over time, in nature and in intensity.

A variety of supports and services will always be required, which includes hospital based or specialist services as well as broader community led supports, delivered by a range of partners, including individuals themselves. Individual responses to their own mental health, including reactions to trauma, will guide the way care and support is provided. Learning from the experiences of individuals, including their experiences of care and support targeted at maintaining or improving mental health and wellbeing, will inform the ways in which services and broader support mechanisms are designed and commissioned.



# Aberdeen City Health & Social Care Partnership

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Complementary work is taking place locally to review Grampian-wide mental health services and to deliver Action 15 within the National Strategy for Aberdeen City, which focuses on increasing the numbers of mental health workers in identified key settings. Additionally, work is ongoing to deliver a local dementia strategic vision and suicide prevention plan. All of these developments seek to place the promotion of positive mental health at their core and should be viewed as playing key roles within the holistic approach we wish to take in Aberdeen to provide the right support, in the right place, at the right time for individuals affected by mental ill-health.



## Our Partners

The aspiration of promoting positive mental health and wellbeing is one which we cannot achieve alone.

A range of partners will be vital to the success of this vision, each bringing varied skills, knowledge, experience and expertise. This broad partnership can only strengthen our collective approach, with all partners valued equally for their contributions.

Viewing people with experience of mental ill-health or poor mental wellbeing as partners is crucial to the successful delivery of support and services. Developing and maintaining strong relationships with experts by experience and wider community groups will be a key focus during the life of this strategic statement and the associated delivery plan.

A variety of methods already exist within Aberdeen City which enable good connections to be made with individuals with experience, their families and other interested parties. The Mental Health Partnership Group have provided valuable insight which has guided the creation of this strategic statement. A Provider Network of Third and Independent Sector organisations is established in Aberdeen and will enable good relationships to be built and maintained with organisations who provide services and supports.

ACHSCP operates a 3-locality model within Aberdeen City which correlates to the model operated by the Community Planning Partnership. Active citizen led groups already form part of the governance arrangements within localities and the wide reach of such groups will be valuable in ensuring this strategic statement is broadly known and can be achieved within our communities.

Prevention forms one of the ACHSCP core strategic aims. This, alongside early intervention, personalisation and supported self-management will be the keystones of our approach. Strong emphasis will rightly be placed on the community ability to actively support the promotion of positive mental health and wellbeing. Where possible local communities will be a focus point for any delivery of services to people facing mental ill-health or poor mental wellbeing. This should support our approach, which seeks to reduce stigma and discrimination and enhance people's ability to live as independently as they choose.



## Our Aims

The aims of this strategic statement can be summarised as follows:

**Prevention:** working in partnership to reduce the preventable causes of mental ill - health and providing earlier access to support, which promotes positive mental wellbeing

**Self-management:** empowering and supporting individuals to use their own skills and connections to maintain positive mental health and wellbeing

**Recovery:** individuals define their own recovery journey and are supported in this journey where required

**Dignity and Rights:** emphasis is placed on valuing the views and experiences of people in relation to their mental health, whilst seeking to reduce stigma and discrimination

**Support for Carers:** carers are actively recognised and valued for the vital role they place in supporting an individual in their recovery

Our specific aims are:

### **Aim 1 – Prevention**

*People are supported to enjoy the best possible mental health and wellbeing*

### **Aim 2 – Self-management**

*People who experience poor mental health are supported to self-manage in their communities*

### **Aim 3 – Recovery**

*People who experience mental illness are supported throughout their recovery*

### **Aim 4 – Dignity and Rights**

*Support provided respects the dignity and rights of the individual*

### **Aim 5 – Support for Carers**

*Carers of people with poor mental health will be supported to be equal partners*



## Our Areas of Focus

Within each of the aims identified we will centre our focus on the following areas:

### **Aim 1** *People are supported to enjoy the best possible mental health and wellbeing*

- Promote lifestyles and behaviours associated with positive mental health and wellbeing
- Improve access to affordable good quality social and private housing
- Support people to use existing facilities, resources and support to promote and maintain mental wellbeing
- Minimise the risk of poverty through the provision of financial guidance and support
- Provide support to individuals and families at key life stages

### **Aim 2** *People who experience poor mental health are supported to self-manage in their communities*

- Develop support in the community which promotes independence and self-management
- Ensure strong links between services

### **Aim 3** *People who experience mental illness are supported throughout their recovery*

- Ensure that there are good transitions in care between hospital and the community for people with long-term mental health needs
- Provide residential or supported accommodation which meets the needs of people with long-term mental health conditions to enable them to live as independently as possible in the community

### **Aim 4** *Support provided respects the dignity and rights of the individual*

- Ensure that people are valued and their views are heard
- Recruit and train staff to focus on values and behaviour to promote choice and self-management wherever possible

### **Aim 5** *Carers of people with poor mental health will be supported to be equal partners*

- Ensure that carers have advice and information to support them in their caring role
- Encourage carers to identify as a carer
- Promote use of the Adult Carers Support Plan to identify carers own outcomes and any support required



## **Our Next Steps**

The contributions of a variety of partners will be required to embed the strategic vision and approach within this document.

A delivery plan detailing specific actions aligned to each of the aims and areas of focus will sit alongside this strategic statement. Partners from all areas including Health and Social Care Services, Community Planning organisations, individuals, their families and communities will all play key roles in enabling Aberdeen City to be a place where positive mental health and wellbeing is actively promoted.

Innovative solutions will be required to address long-standing and complex issues. We cannot hope to achieve aspirational change immediately, but we can set in place the building blocks for longer term success. It is important to ensure that we all recognise the role we play and our collaborative approach will be one founded on good quality, honest and respectful relationships. We invite everyone to take an active interest in promoting positive mental health and wellbeing, whether this is for themselves, a family member, the community or for wider societal change in Aberdeen.

We will seek to engage in meaningful conversations with a range of partners as we progress through the life of this Strategic Statement and associated delivery plan. We will report regularly on our progress, both within our own organisational governance channels and into the public sphere, enhancing our collective accountability to achieve the aims outlined and ultimately to promote positive mental health and wellbeing in Aberdeen.