



**West Yorkshire and Harrogate
Health and Care Partnership**

Mental Health, Learning Disability and Autism Strategy

2019/2024

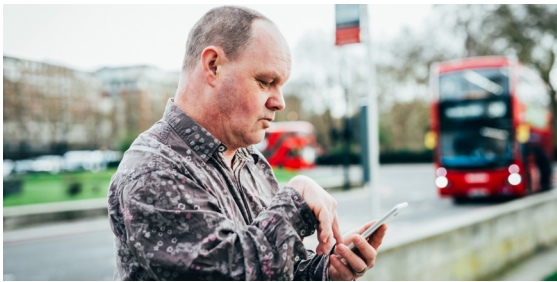
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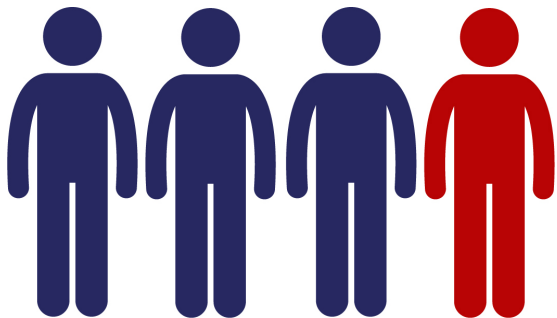
Introduction



People who have good mental wellbeing are more likely to live happier, healthier lives, have good jobs and have good relationships with others.



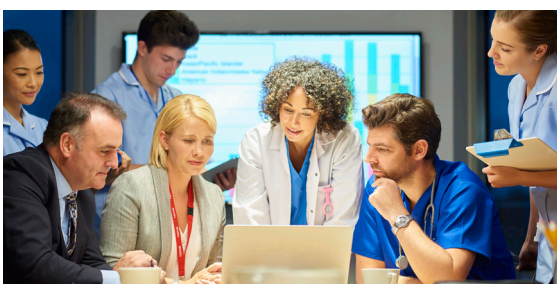
This is important for everyone but especially for people with learning disabilities or autism or both who may have many more challenges in their life.



One in four people in West Yorkshire and Harrogate will have poor mental health at some point in their life. People with a severe mental illness can die up to 20 years earlier than those without.



Having a learning disability can mean you may live in poverty and have less choice about what you do. Having autism can mean you might not be able to work and look after your own health.



Our health and care organisations are working together to make sure that everyone has the same chance to live a happy, healthy life.

About the plan



Many people have mental health problems from when they are little that stay with them for the rest of their lives.



People with poor mental health often smoke, may take drugs and find it harder to cope with everyday life. They don't always have good relationships with other people.



People with learning disabilities or autism or both, have much higher rates of mental health illness than people without.

Our Partnership



Our Partnership is made up of all the health and care organisations that support local people.



We work together to make things better for everyone who lives and works in our area.

We share our skills, resources and money.

Most of the changes that we talk about in this plan will be made in our 6 local places:



Bradford, Airedale and Craven

Leeds

Harrogate

Wakefield

Calderdale

Kirklees



Having one plan will help us to better understand some of the similar problems that people with learning disabilities, autism or mental health face.



We want to provide good health care that is joined up so people get the right care for their mental health as well as their physical health.



We also know that we also need to look at the other things that might affect someone's mental health. Such as where they live, how much money they have and so on.

What we plan to do

Over the next five years some of the things we want to do are:



Improve the mental health of all the people who live in our area, especially those who might need more support to stay healthy.



Spend more money on mental health services for people in crisis, mums and partners after the birth of their baby, children and young people.



Stop people with learning disabilities or mental health problems from staying in hospitals when they could be supported in their own community and not so far from home.



Cut down on the amount of people with a learning disability, autism or mental health condition from going to A & E when they don't need to.



Cut down on the amount of people who die by suicide.



Cut down on the amount of time that people have to wait for an autism assessment.



More people with learning disabilities who live in the community with support instead of hospital settings.

To help us with our plan we know we need to work on the following areas:



Our workforce - making the most of the staff we have and employing and training new staff.



Technology - making sure our systems work well together and using new technologies to give better care to everyone.



Communication and engagement - making sure we talk to people with mental health problems, learning disabilities and autism about what is important to them.

KEEPING PEOPLE WELL



We know that it is really important to keep people well and stop them getting ill in the first place.



We want to work with people to help them take control of their health and wellbeing and improve their quality of life.



We will work closely with other organisations like the police to keep our communities safe.

Early support for all our children and young people

Some of the things we will do are:



We will carry on with the good work that mental health support teams are doing in schools and colleges across West Yorkshire and Harrogate.



We will do more to stop children and young people with a learning disability going into mental health hospitals. If they need to, we will make sure that they don't have to stay there as long.



We will work together to improve services for children and young people who have autism. We will make sure that people can get diagnosed sooner.



We will make sure that we continue to support and recognise young carers so they can stay well.

The right support for adults with a learning disability and/or autism

Some of the things we will do are:



We will work together to make sure that adults with autism and ADHD are supported in the right way for them. We will make sure that people can get diagnosed quicker.



People with learning disabilities or autism or both will get treated with respect and get the best support available from the NHS. It will say on their records that they have a learning disability or autism.



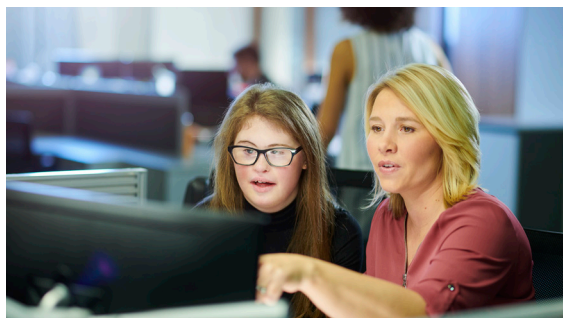
Everyone with a learning disability or autism will get a physical health check every year with their GP.



People with a learning disability will have more choice and control over their care. This is called Personalised Care.

Working with communities to improve people's mental health

Some of the things we will do are:



Being in work is important for everyone's health and wellbeing. We will make sure that people with severe mental illness can use our employment support service.



We will do all we can to stop people from dying by suicide.



Make sure that people who are sleeping rough get mental health support if they need it.



Help people with mental health issues and learning disabilities or autism or both to give up smoking.



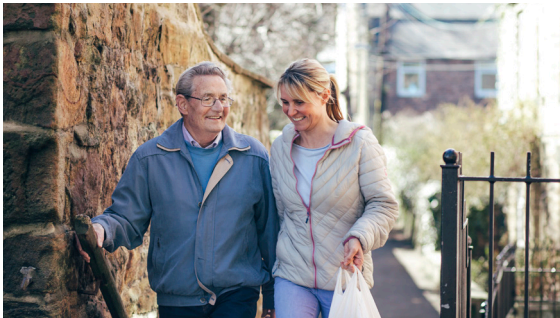
Make sure physical and mental health services work together so people are supported to stay independent for as long as they can.



Give good support to families and carers of people with mental health issues so they can stay well.



Work together to make sure that poor mental health is treated as seriously as poor physical health.



People with a mental health condition will have more choice and control over their care. This is called Personalised Care.



We will work with local councils and communities to promote good mental health.



This will help people living with mental illness to stay as well as they can.

ACCESS TO HIGH QUALITY CARE



Many children and adults will have a mental health problem in their lives. For some people they will last for many years, especially if they are not treated properly.



People with a learning disability or autism or both are more likely to have physical and mental health problems.



Mental illness can make your risk of getting other health conditions higher. You are more likely to smoke and take drugs too.



We want to make sure that high quality health and care services across West Yorkshire and Harrogate are easy for everyone to access.

Mental health care in community settings

Some of the things we will do are:



We will make sure that more people can access talking therapies quicker.



People with severe mental illness will get the support they need as close to their homes as possible.



Have good quality physical health checks for people with severe mental illness.



Make sure that women who have mental illness because of pregnancy get better support that works for them.

Mental health care in an emergency

Some of the things we will do are:



We will make sure that we employ more staff in our services, including peer support workers, nurses and paramedics.



We will have other places for people to go to when they are in a crisis, run by voluntary and community organisations. This will cut down on the amount of people who go to A and E.



We will make sure that crisis services are suitable for people with autism.



Have new and better training for ambulance staff and look at having mental health nurses in police control rooms.

Diagnosis and care for children and young people

Some of the things we will do are:



Improve care and support for children and young people with mental illness. This will include how referrals are made, waiting times and having more staff.

Have more services that are in the community and close to where people live.



Make sure that children and young people who are in crisis have better support.

Have better support for children and young people who have eating disorders.



Cut down on the amount of medication children and young people take for their mental illness.

Stop so many people with learning disabilities dying from things they shouldn't die from.

Mental health care in hospitals

Some of the things we will do are:



Make sure that when people do need to stay in hospital they don't stay there for as long.



Services will work better together so that people do not have to stay in hospitals outside of West Yorkshire and Harrogate.



Look at how we arrange psychiatric intensive care across our area so it better suits the needs of people.



Work closely with health, social care and housing providers so people are supported when they leave hospital and services.

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A partnership made up of the NHS, local councils, care providers, Healthwatch, community organisations and charities.

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