

Men's Mental Health in Derby

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Why is men's mental health important?

- Impact of predominant male culture, and self and societal expectations of men's emotional behaviour
- Influencing ability to recognise symptoms of MH problem in themselves
- Less likely to seek support when needed than women
- Leads to underdiagnosis of MH problems in men with disparities between groups

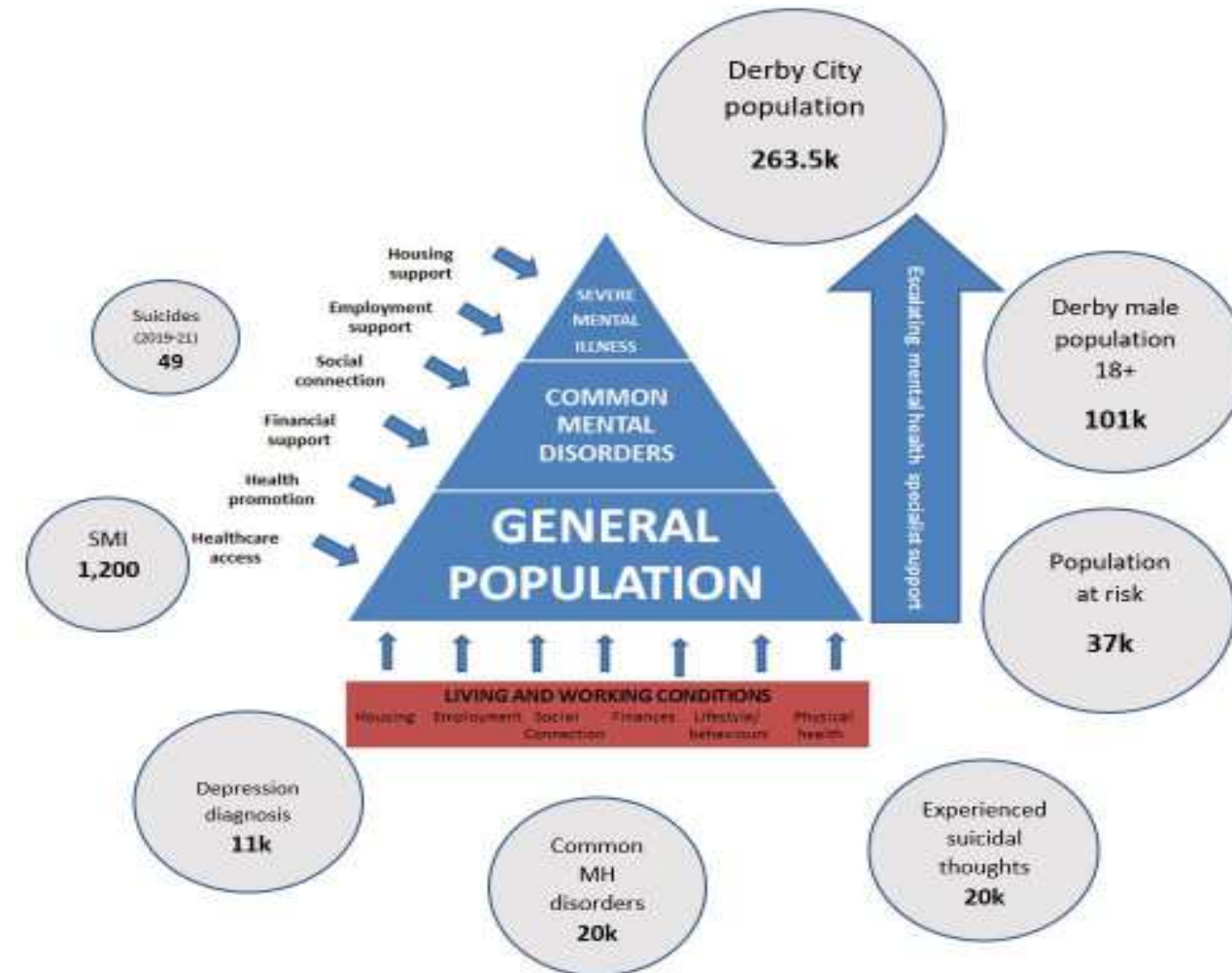


Statistics on men's mental health

(Reference: Men's Mental Health Forum)

- Over three quarters of people who kill themselves are men
- Men are less likely to access psychological therapies than women.
- Men are nearly three times more likely than women to become alcohol dependent and use drugs
- 73% of adults who go missing are men
- 87% of rough sleepers are men
- Men make up 95% of the prison population
- Men are nearly 50% more likely than women to be detained and treated compulsorily as psychiatric inpatients

Men's Mental Health Needs in Derby



Trends and comparisons- ICB population MH

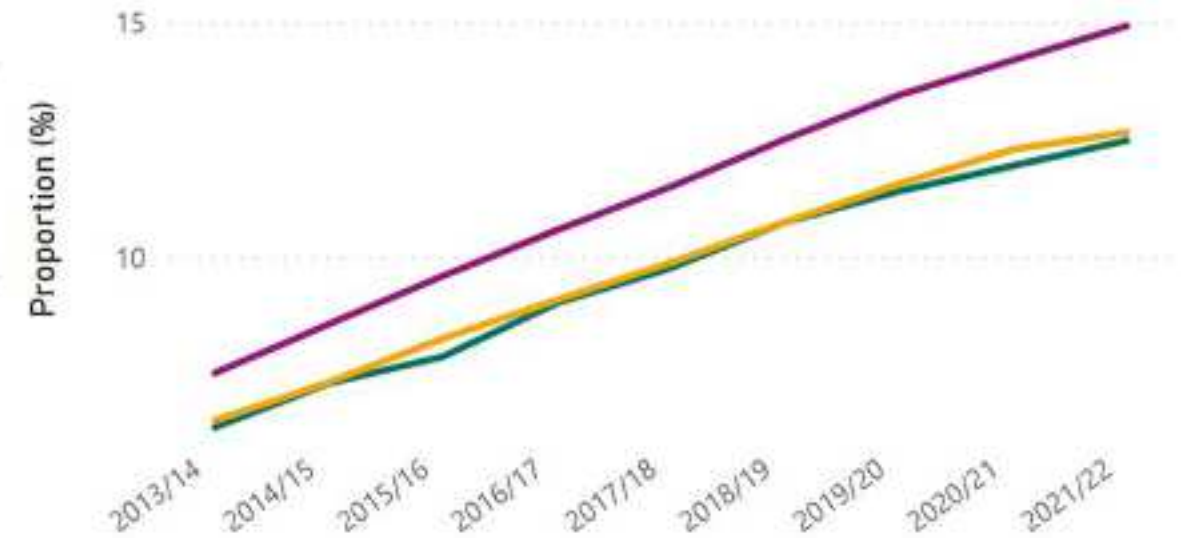
Self reported wellbeing: people with a high anxiety score (16+ years)

Area Name ● Derby ● Derbyshire ● England



Prevalence of depression (aged 18+ years)

Area Name ● Derby ● Derbyshire ● England



Source: QOF

Trends and comparisons

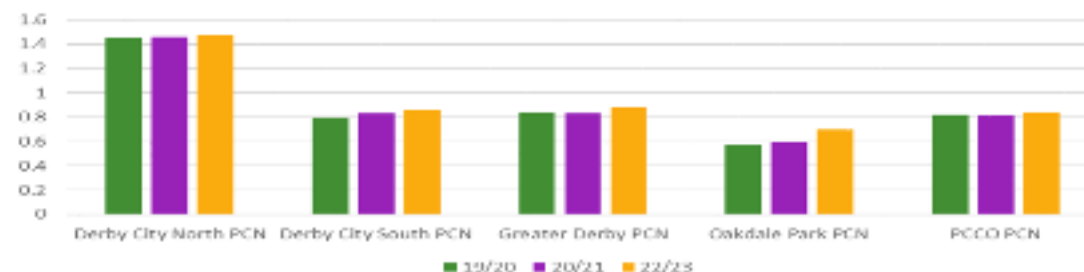
Depression

QOF % prevalence of depression recorded in Derby GP practices' patient lists grouped by Primary Care Network, between years 19/20 and 22/23



Serious mental illness

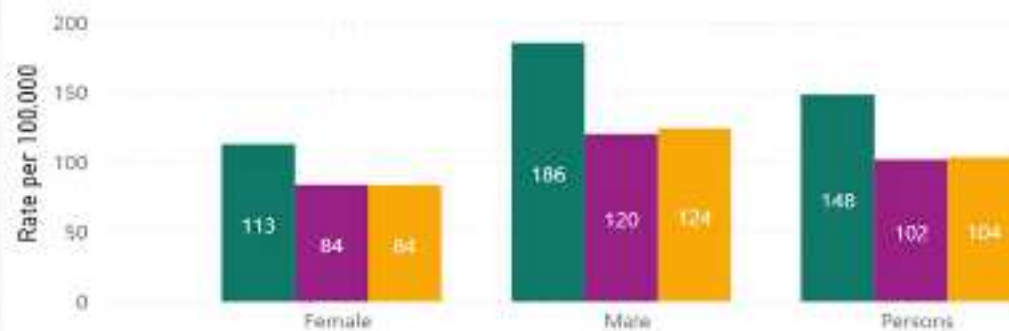
QOF % prevalence of serious mental illness recorded in Derby GP practices' patient lists grouped by Primary Care Network, between years 19/20 and 22/23



Impact of mental health on physical health

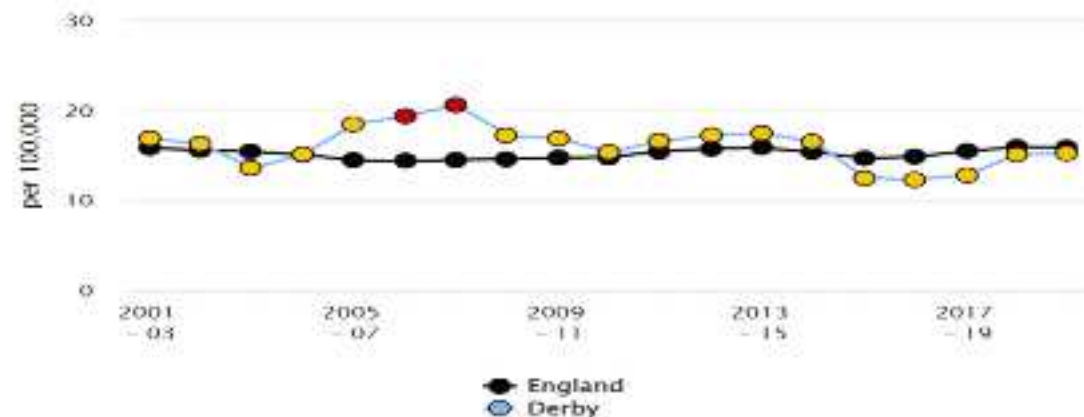
Directly standardised rate of premature mortality in adults with severe mental illness (SMI) (aged 18-74 years), 2018-20

AreaName ● Derby ● Derbyshire ● England



Source: OHID, Fingertius

Male suicide in Derby



Men's mental health - at-risk groups and inequalities in Derby

Derby males from ethnic minority background:

24,500

- higher untreated rates of common and serious mental disorders
- African-Caribbean men have higher rates of post-traumatic stress disorder, suicide risk and more likely to experience psychosis and be sectioned.

Derby males living in 20% most deprived communities:

38,600

- Poverty is strongly correlated with worse mental health with 4x levels of depression and SMI.
- 10x risk of suicide among men living in most deprived communities.

Derby males economically inactive (excluding students):

29,000

Universal credit/JSA male claimant in Derby:

4,655

Derby males – statutory homeless or at risk of homelessness

1,527

- 45% of people experiencing homelessness have been diagnosed with a mental health issue.
- This rises to 8 out of 10 rough sleepers.

Derby males -veterans/ex-armed forces:

5,952

- Higher rates of PTSD
- 2-5x more likely to be alcohol dependent
- Higher risk of violent offending
- Much less likely to seek professional help.

Derby males in drug and alcohol treatment:

1,440

- 30%-50% of men with a serious MH condition have a substance misuse problem.
- Substance misuse increase the risk of suicide attempts and completions.

Derby males who are classed as unpaid carers:

9,150

- Mental health problems of carers include emotional stress, depressive symptoms, and clinical depression.
- 71% of carers have poor physical or mental health.

Derby- gay and bisexual men, and transgender +:

c. 3,000

- More likely to have suicidal thoughts, self-harm and attempt suicide.
- Higher rates of all common MH conditions.

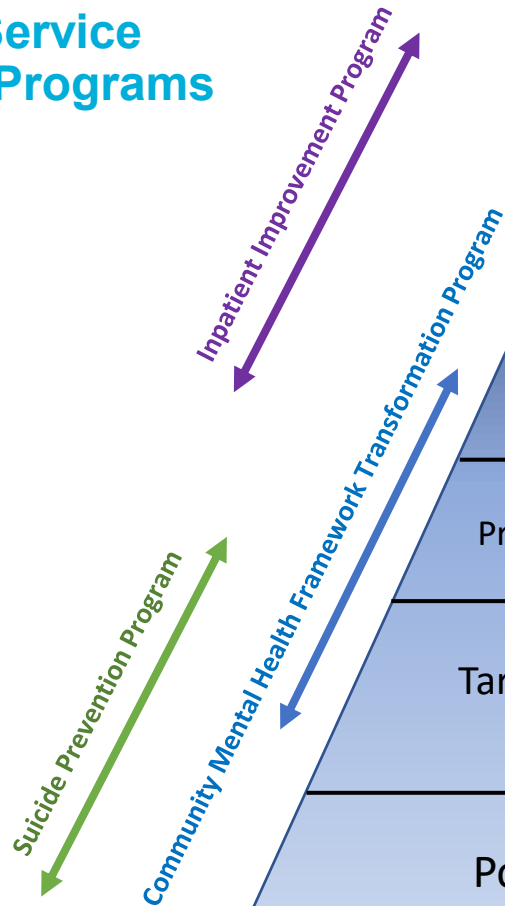
Derby- males with disabilities and neurodiversity

c. 16,000

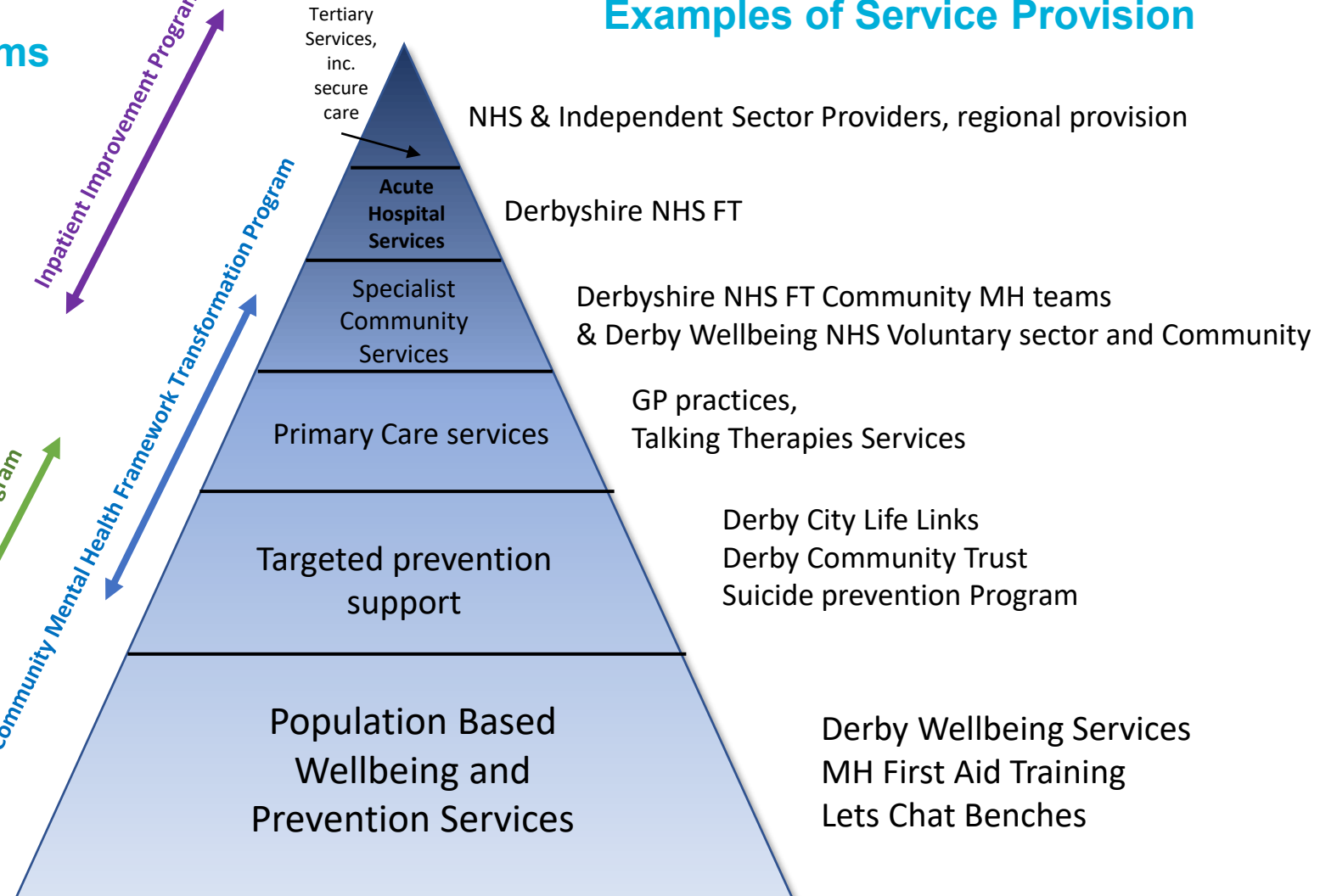
- Higher experience of common MH conditions
- Deaf people are twice as likely to experience MH difficulties.
- Experience poorer recovery outcomes in IAPT services than non-disabled people

Pyramid of Service Provision

Examples of Service Improvement Programs



Examples of Service Provision



Derby Wellbeing services

- A collaborative of voluntary and community groups and organisations, the local authority and NHS



Voluntary and community services for men's mental health in Derby



- offers short-term and longer-term MH support
- accessed by a multi-agency service single point of access
- Team includes Peer Support Workers, Wellbeing Coaches, Social Care Practitioners, Occupational Therapists and Community Psychiatric Nurses.
- Provided MH support for over 200 men in Derby in 2023

Derby County Community Trust

Offers a range of support programmes for men's mental health

- Team Talk community hubs providing a safe space for men to talk about their mental health
- Dad's Space- mental health programme for Dad's and Dad's to be- a safe space to socialise and discuss experiences of fatherhood



Derby City Life Links



- Operated by Richmond Fellowship, a national mental health charity
- Wellness and mental health recovery service with peer support groups for men, LGBT+ and experience of psychosis
- A range of self-help and mental health recovery education courses and workshops
- Aquarius Derby Drug and Alcohol Recovery Service
- Derby Safe Haven and crisis support service at Burton Road open from 4.30pm to midnight, 7 days a week

NHS Talking Therapies, for anxiety and depression

- Evidence-based psychological interventions for adults and older adults with common mental health disorders
- Accessed via self-referral, community or voluntary referral, and primary and secondary care
- Currently four providers service Derby

Access and Usage data

- 33% (where known) of Talking Therapy access are for Men. There is an average of 2,474 therapy's each year with a least one attended contact.
- 32% of Talking Therapy access from males are from the 20% most deprived areas.



Community Mental Health Framework

New **community-based** offer that includes access to psychological therapies, improved physical health care, employment support, personalised and trauma-informed care, medicines management and support for self-harm and coexisting substance use and proactive work to address racial disparities.

Local areas redesigned and reorganised core community mental health teams to move towards a new place-based, multidisciplinary service across health and social care aligned with primary care networks.

- Seek to address inequalities in mental health care.
- Strengthening relationships with local community groups and the VCSE
- Supports the adoption of more rights-based care based on greater choice and engaging early with communities to address inequalities

Work commenced with Derby City in 2022 to redesign the service offer with full mobilisation later on in the year.



Access and Usage data

- 46% of **ALL** mental Health Referrals are for Men. There is an average of 12,827 referrals each year.
- 39% of these referrals are for patients from the 20% most deprived areas.

Support for people in a mental health crisis

Crisis Support

- Mental Health Helpline / 111 press for MH
- Crisis Café
- Safe Haven Services
- Crisis Home Treatment Team
 - Crisis House
- Right Care Right Person National Partnership Agreement

Access and Usage data

- 46% of Mental Health A&E attendances are for Men. There is an average of 749 Mental Health A&E attendances each year.
- 41% of these attendances are from males from the 20% most deprived areas.

Top 5 Mental Health A&E Chief Complaint	%
Complaining of feeling depressed (finding)	21%
Self-injurious behavior (finding)	16%
NULL	14%
Anxiety (finding)	10%
Bizarre behavior (finding)	5%

When people need an admission into hospital

- All admissions are reviewed by Crisis Team to ensure that admission represents least restrictive option to receive assessment and treatment
- Informal admissions are made where individuals agree to the hospital stay
- Formal admissions relate to when individuals are detained within a hospital for Assessment and Treatment under the Mental Health Act

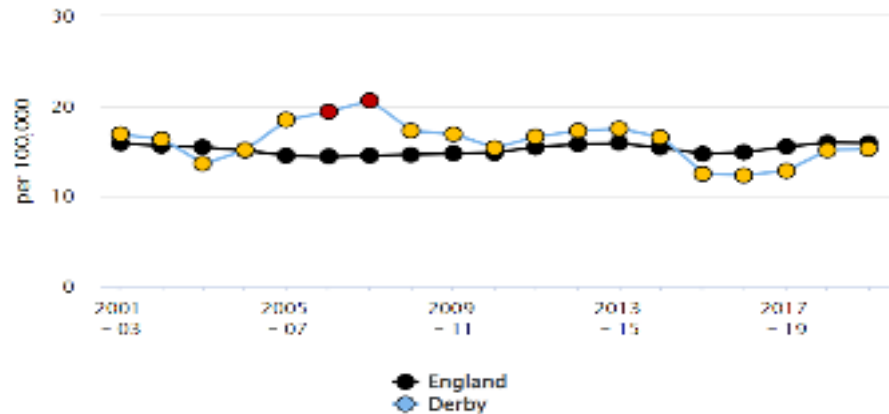
Access and Usage data

- 56% of Mental Health admissions are for Men.
- There is an average of 336 Mental Health Inpatients Admissions each year.



Male suicide in Derby

- The suicide rate in Derby is similar to the England average. Between 2019-2021 there were 49 male deaths in the City
- Men made up almost 85% of deaths by suicide in this period in Derby
- Most people in the UK (73%-2009-2019) who died by suicide were not in contact with mental health service in the 12 months before their death
- Effective suicide prevention requires a whole systems approach



Actions in place to reduce suicide rate

Overseen by Derby & Derbyshire Self-harm suicide prevention partnership

- **Public health preventative approach**
- Provision of free to access public resources
 - Derby and Derbyshire Emotional Health and Wellbeing website
 - Promote **Let's Chat** resources in all 16 Derby libraries
 - Work with Derby Homes to establish a **Mental Health First Aider** network and have resources in community centres and supported living
 - Link with **Move More Derby** about getting **bench signs** in the city so they can start walks or promote groups to these areas
 - Link with Derby University regarding information to students and staff and co-producing with social media students
 - Hold a **football tournament** for local construction firms
 - Deliver **Mental Health First Aid** training to Derby residents, volunteers and employees
- **Suicide Prevention Program**
 - **Bespoke workforce development initiatives** e.g. suicide awareness sessions, training resources.
 - **Community outreach and engagement** e.g. suicide prevention awareness at local events.
 - **Best practice-approaches to risk identification and management** e.g. working with teams and services to introduce and embed suicide prevention friendly approaches.

Any Questions?

