

Merton Council

Health and Wellbeing Board - Community sub-group

3 November 2020

Supplementary agenda

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|---|---|--------|
| 7 | The Impact of CoViD-19 on Mental Health and Wellbeing –
Insight and Action | 3 - 6 |
| 8 | Power point presentation | 7 - 32 |

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South West London
Clinical Commissioning Group

MERTON HEALTH AND WELLBEING COMMUNITY SUB-GROUP



**The Impact of CoViD-19 on Mental Health
and Wellbeing – Insight and Action**

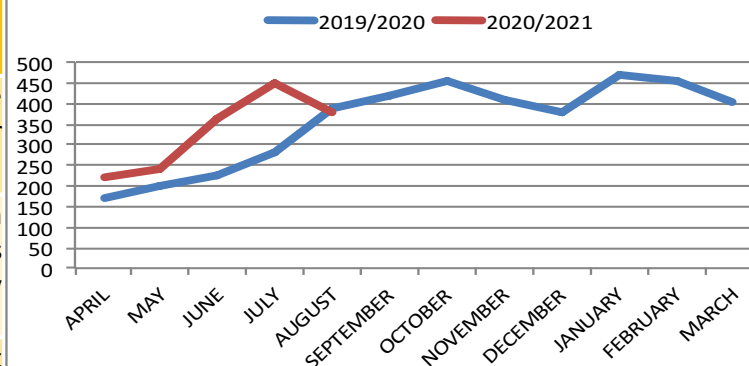
03 November 2020

Merton

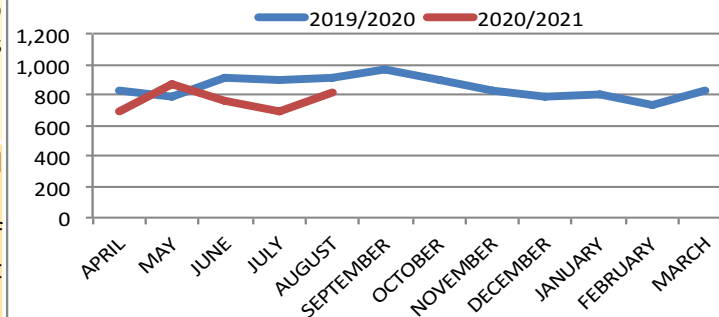
MERTON ADULT MENTAL HEALTH SERVICES RESPONSE TO DEMAND DURING THE COVID-19 PANDEMIC

Service Area/Care Group	MERTON ADULT MENTAL HEALTH SERVICES ACTIVITY
MERTON IAPT AND ACUTE INPATIENT ACTIVITY	Across all adult mental health services commissioned for the people of Merton, activity reports indicate there is no particular pattern of changes in activity caused by increased demand.
	Some services, such as the Merton IAPT service, are reporting an increase in activity 2020/2021 compared with 2019/2020. This is in part because the service increased online therapy options very quickly as the national 'lockdown' was introduced.
	Other services, including some inpatient services, and some urgent care services, have reported a reduced level of activity in the period April to August 2020/2021, compared with the same period of 2019/2020.
	South West London and St George's Mental Health NHS Trust also opened the Mental Health Emergency Service (MHES), known as the Orchid Suite, which operates from Springfield Hospital, and extended the Crisis Line to create the Mental Health Support Line.
	Many more Merton residents are accessing the new Mental Health Support Line than accessed the old Crisis Telephone Line. It's possible the new emergency services are relieving the flow of patients into services like the psychiatric liaison service at St George's Hospital, or inpatient services at Springfield Hospital.

MERTON IAPT PATIENTS ENTERING TREATMENT PER MONTH, 2019/2020 COMPARED WITH 2020/2021

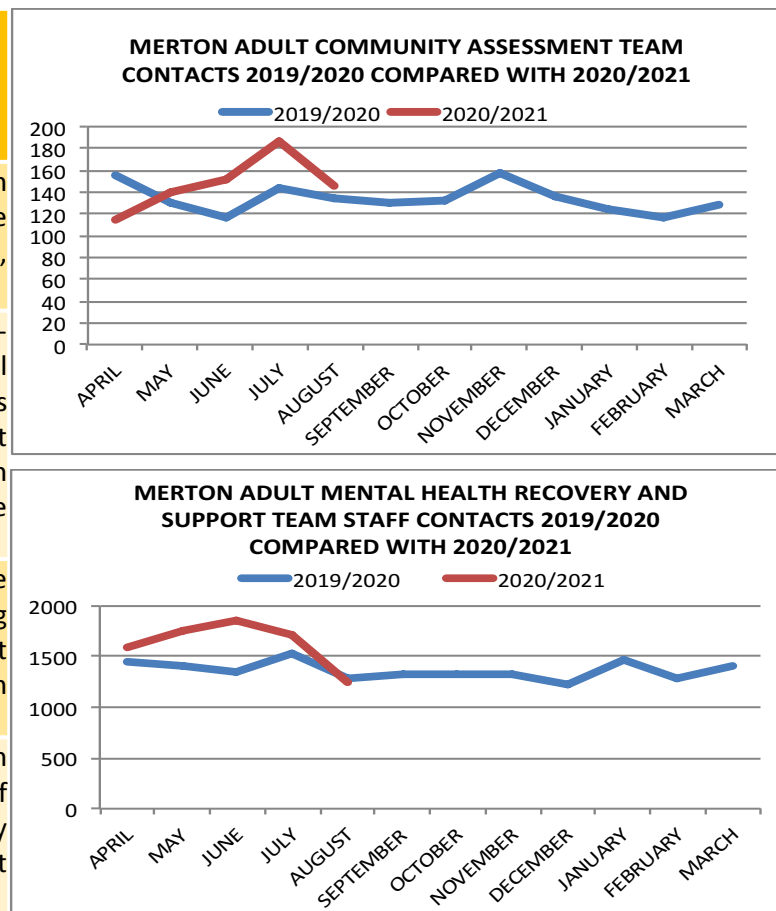


MERTON ADULT ACUTE INPATIENT ACTIVITY (OCCUPIED BED DAYS) 2019/2020 COMPARED WITH 2020/2021



MERTON ADULT MENTAL HEALTH SERVICES RESPONSE TO DEMAND DURING THE COVID-19 PANDEMIC

Service Area/Care Group	MERTON ADULT MENTAL HEALTH SERVICES ACTIVITY
MERTON COMMUNITY MENTAL HEALTH SERVICES	Generally, community mental health services provided by South West London and St George's Mental Health NHS Trust, are reporting higher levels of activity this year (April to August 2020), compared with the same period last year.
	Recovery and Support Workers carried out client assessments for:- CoViD-19; welfare; and risk shortly after the initial national 'lockdown'. Community staff have 'zoned', or categorised, clients on caseloads 'red', 'amber' or 'green'; red indicating the highest level of need. Arrangements were made to maintain contact with clients according to their zone, some clients having planned face to face visits, etc.
	The activity reports do not convey the extent to which the additional activity is in support of new people, or in providing support to known patients, although the Merton Assessment Team is reporting higher levels of activity this year compared with the same period (April to August 2019/2020).
	The Trust has reported, anecdotally, that its services are seeing an increase in referrals that are urgent and of a high level of complexity. The routine data reported by the Trust do not fully convey the extent to which the challenge faced by Trust colleagues is growing.



MERTON ADULT MENTAL HEALTH SERVICES RESPONSE TO DEMAND DURING THE COVID-19 PANDEMIC

Service Area/Care Group	MERTON ADULT MENTAL HEALTH SERVICES
DISCUSSION	<p>South West London and St George's Mental Health NHS Trust have reported increased levels of activity, and increased complexity, in the people approaching primary and secondary mental health services in Merton for assistance. Has this been your experience; are you happy that anyone who needs help is getting it?</p>
	<p>To date, there has been little analysis of the new services, such as the Mental Health Support Line, and the Orchid Suite. Also, services have changed the way they work in order to extend a supporting hand local residents in need – community mental health teams are making greater use of on line platforms and Merton IAPT has offered a greater number of treatments on line. Are these changes to the way services are working helpful and easy to engage?</p>
	<p>Is there anything about the ways in which mental health services are operating at this time that you would like to see changed?</p>
	<p>Is there anything about the ways in which mental health services are operating at the moment that you hope will continue, even after the nation returns to the way it worked before the national emergency?</p>

Merton Health and Wellbeing Board Community Subgroup - 3 November 2020

Situational Awareness Report: COVID-19 in Merton

Dr Dagmar Zeuner, Director of Public Health

Merton Public Health Intelligence

29th October 2020

Enquiries: ben.bezuidenhout@merton.gov.uk



Summary of weekly situational awareness report

Current value refers to data reported 22nd October – 28th October
Previous value refers to data reported 15th October – 21st October

Domain	Indicator	Area	Current value	Previous value	Change
National and regional markers	R value	London	1.1-1.3	1.1-1.4	↓
	JBC level	England	4	4	→
Cases	New ONS estimated cases rate (per 100,000)	London	660	550	↑
	New confirmed cases total	Merton	307	221	↑
		Merton	125.4	82.3	↑
	Official 7 day total rate (per 100,000)*	London	146.9	105.9	↑
	7 day total rate (per 100,000) aged 60 and over	Merton	60.7	52.4	↑
	7 day rate rank among SW London boroughs (1 st = lowest 7 day total rate)	Merton	3rd	2nd	↓
	New potential incidents as reported by LCRC (COVID cases linked to a named location)**	Merton	4	6	↓
	East and West 7 day total rate (per 100,000)	Merton	144.6 (East) 142.1 (West)	103.5 (East) 104.4 (West)	↑(East) ↑(West)
	Testing (pillar 2)		Merton	218.5	180.2
Daily total rate (per 100,000; 7 day average)		London	215.5	190.6	↑
		Merton	8.8%	6.5%	↑
Test positivity % (positive/total)		London	9.7%	8.3%	↑
Contact Tracing	% Cases completed by NHS T&T – cumulative (cases completed/total cases)	Merton	75% (781/1040)	74% (538/723)	↑
	% Cases completed by NHS T&T – cumulative (cases completed/total cases)	London	75%	75%	→
	% Contacts completed by NHS T&T – cumulative (contacts completed/total contacts)	Merton	63% (1429/2286)	64% (1067/1660)	↓
	% Contacts completed by NHS T&T – cumulative (contacts completed/total contacts)	London	63%	64%	↓
NHS data	Number of current confirmed COVID inpatients (as of 26 th October)	SWL***	102	76	↑
		London	815	633	↑
	Number of current confirmed COVID ITU/HDU inpatients (as of 26 th October)	SWL***	15	6	↑
		London	138	114	↑

*Official 7 day total rate is for week ending 22nd October, therefore change in rate might not match change in total number of cases.
** Only refers to incidents reported by LCRC. Some are now managed directly by settings themselves.
*** Refers to all inpatients at SWL trust hospitals – CHS, Epsom, St Helier, KHFT, RMH, and STG's.

Key Messages

307 new cases this week, rate of infections increased in both East and West Merton. 7 day positive rate per 100,000 remains at Red RAG rating with 125.4 cases per 100,000.

Total testing rate in Merton and London improved and remains in Green RAG rating.

Test positivity in Merton increases to 8.8% and now at Red RAG rating. Test positivity is still lower than London (9.7%) and England (10.0%).

COVID inpatients increased in SWL to 102. COVID inpatients in ITU for SWL increased to 15. SWL remains lowest among London NHS trusts for COVID ITU/HDU inpatients and second lowest for COVID inpatients overall

1 new registered Merton COVID death in hospital.

Merton exceedance remains at Red RAG rating.

Merton Indicator	RAG rating (current)	RAG rating (previous)
7 day positive case rate per 100k	RED	RED
7 day test positivity	RED	AMBER
7 day test rate per 100k	GREEN	GREEN

Positive cases per 100,000 across London boroughs

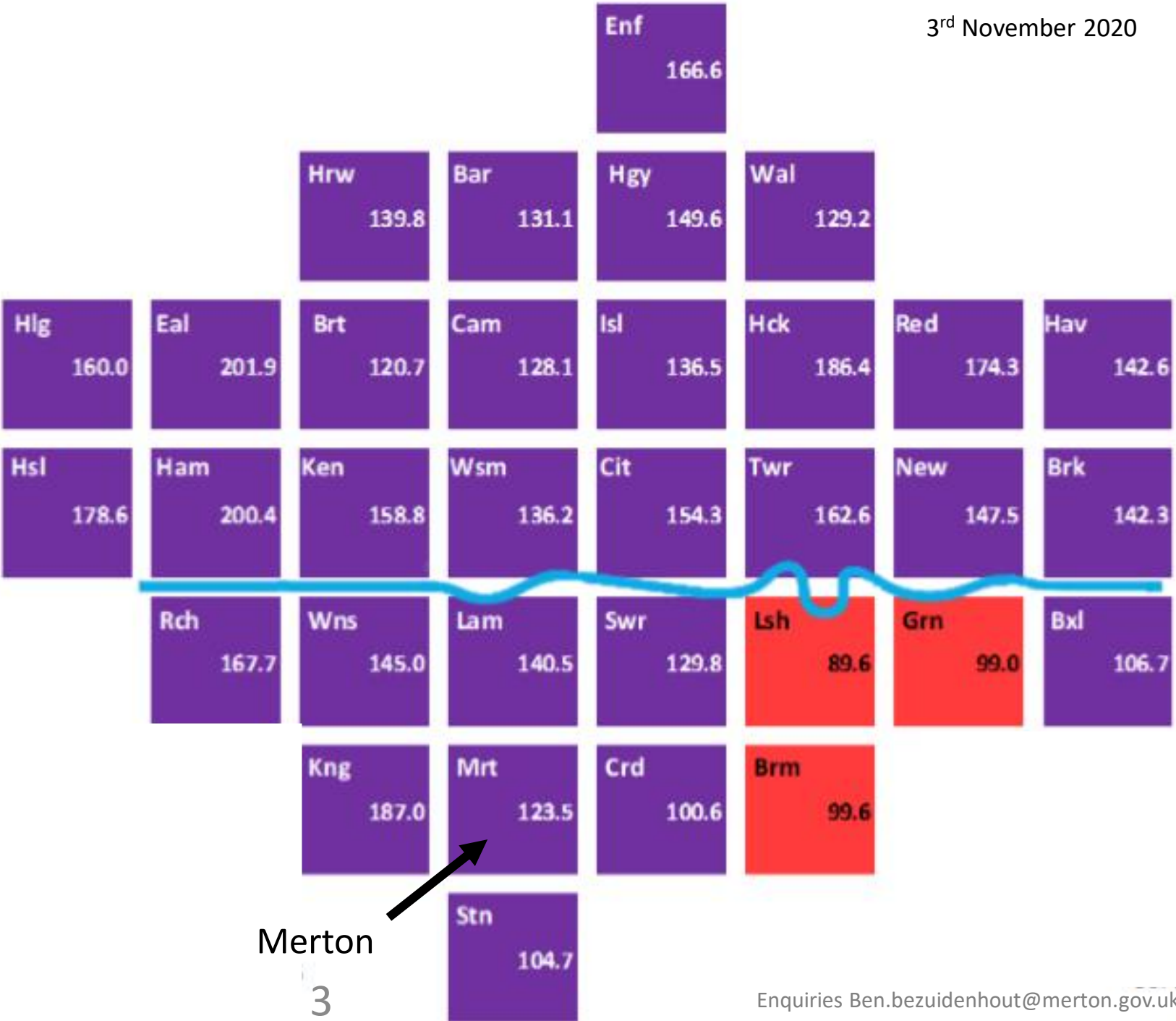
3rd November 2020

Source: PHE COVID-19: London overview and response summary slides
Reporting frequency: Weekly
(15.10.2020 – 21.10.2020)

Colour of box illustrates weekly cases per 100,000 for that week

Key: 7-day rate per 100,000 and Epidemic Level

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Merton

Positive cases among 60+ per 100,000 across London boroughs

3rd November 2020

Source: PHE COVID-19: London overview and response summary slides
Reporting frequency: Weekly
(15.10.2020 – 21.10.2020)

Colour of box illustrates weekly cases per 100,000 for that week

Key: 7-day rate per 100,000 and Epidemic Level

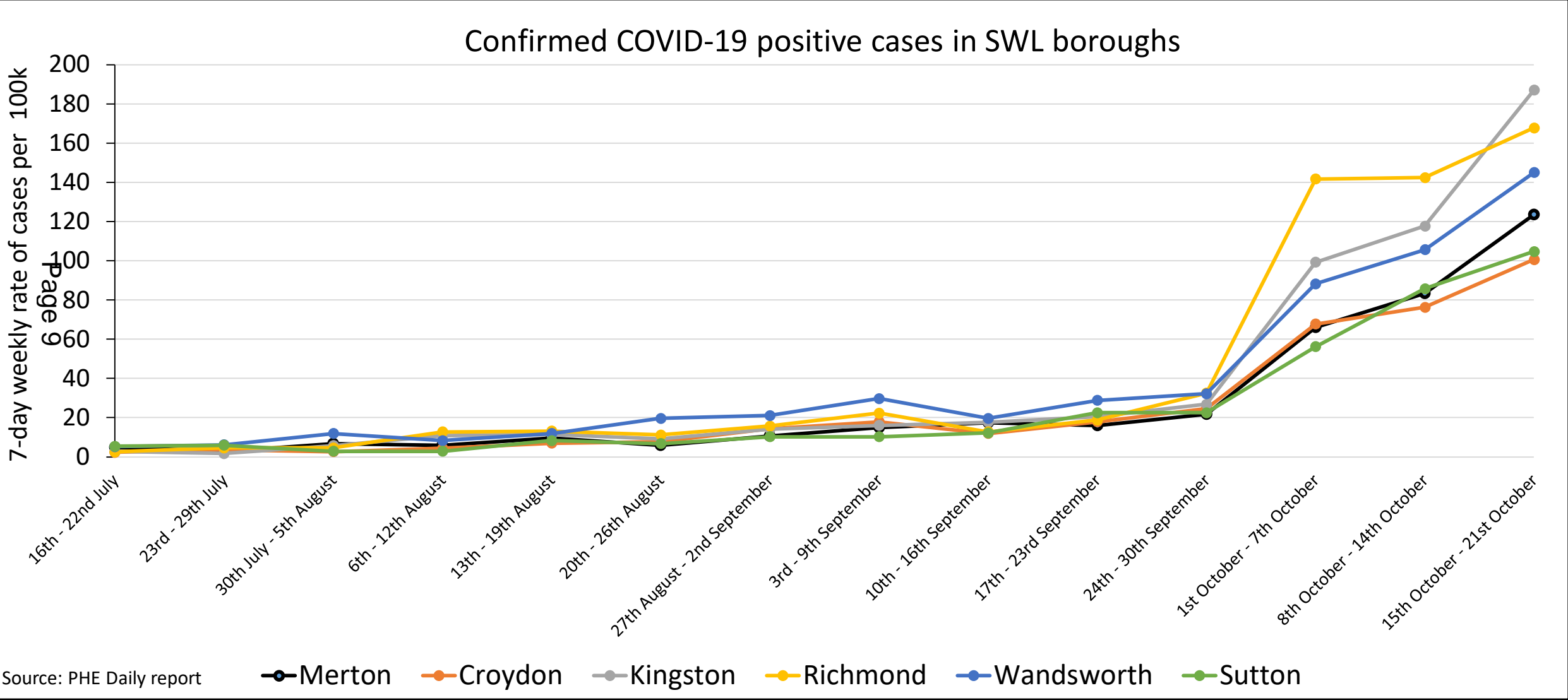
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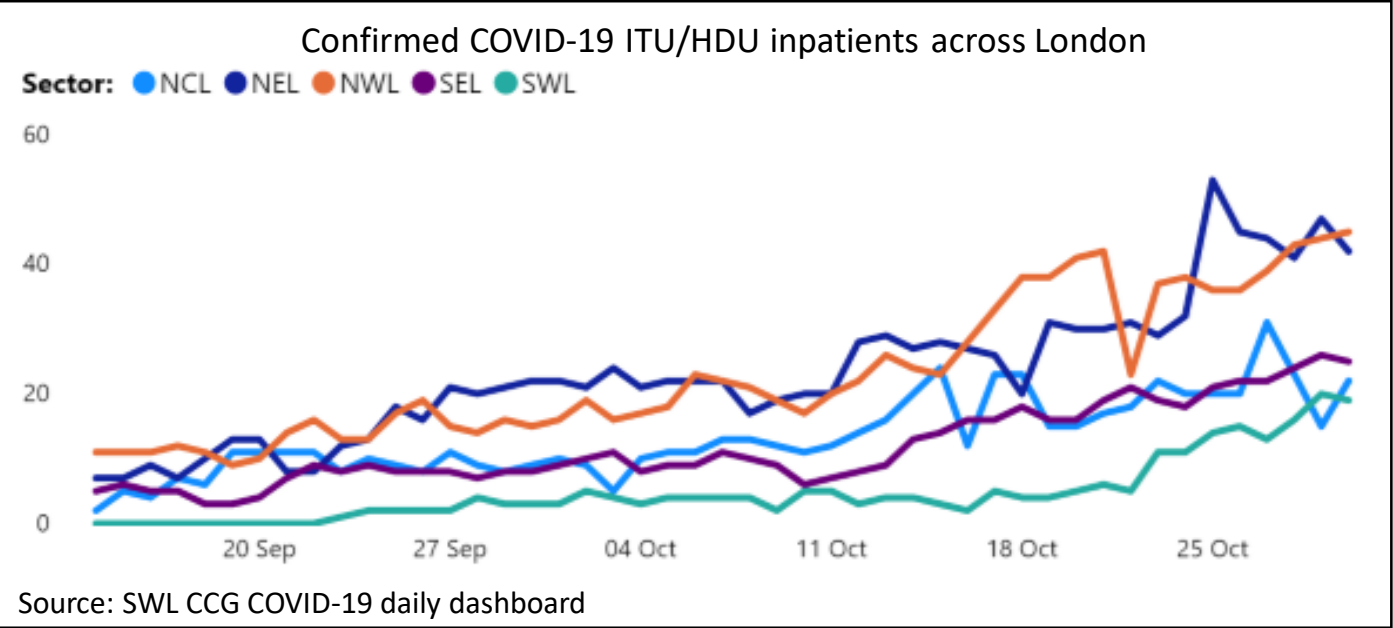
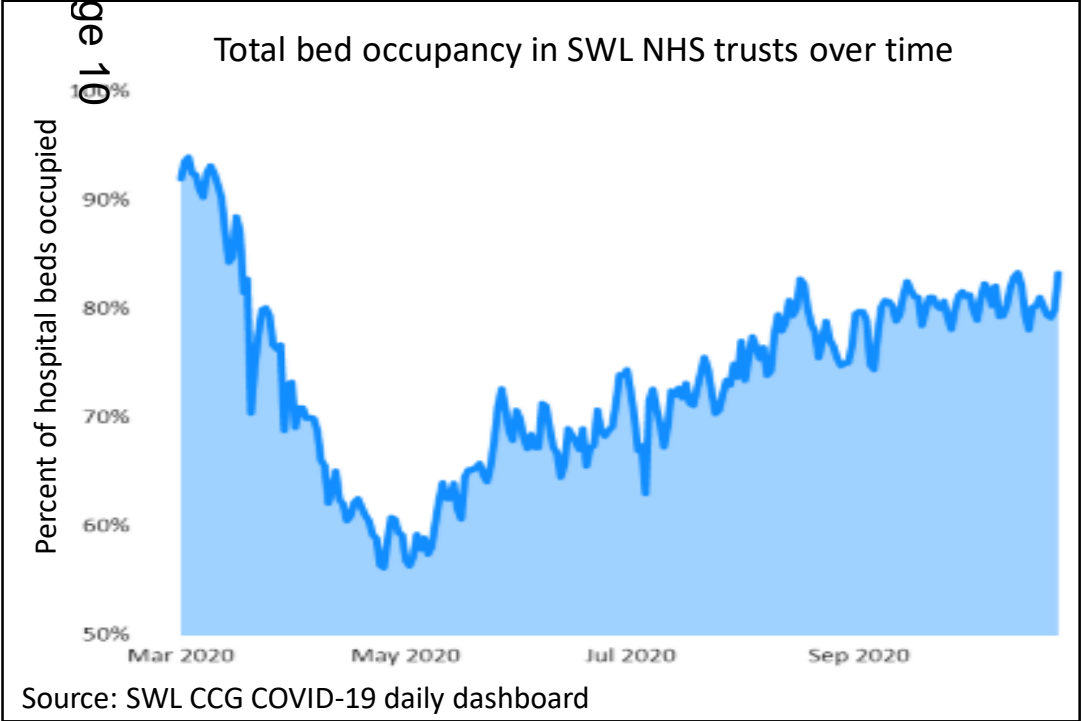
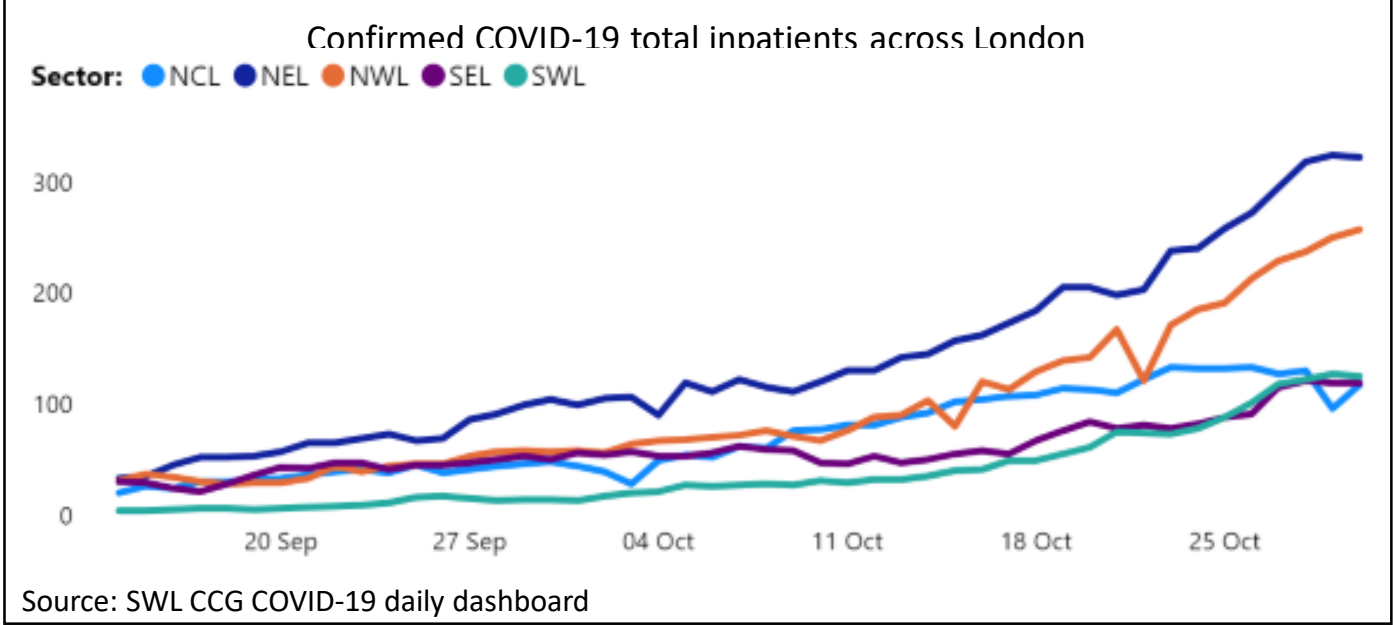
Rolling 7-day rate of confirmed positive cases per 100,000 population in Merton compared to South West London boroughs (Pillar 1 & 2)

3rd November 2020



Key messages

- Bed occupancy in SWL hospital trusts at 83%.
- Adult critical care occupancy in SWL hospital trusts at 59%.
- COVID-19 inpatients are rising in London overall. As of 30th October there were 126 inpatients in SWL hospitals confirmed with COVID-19 – compared to 79 previous week (60% increase)
- There were 19 confirmed COVID-19 inpatients in ITU/HDU in SWL trust hospitals as of 30th October. This is higher than the 11 confirmed COVID-19 for the previous week.
- SWL still records the lowest number of confirmed COVID-19 inpatients in ITU/HDU among all London NHS trusts.



Local analysis: COVID-19 in Merton

Page 11

COVID-19 deaths registered among Merton residents

3rd November 2020

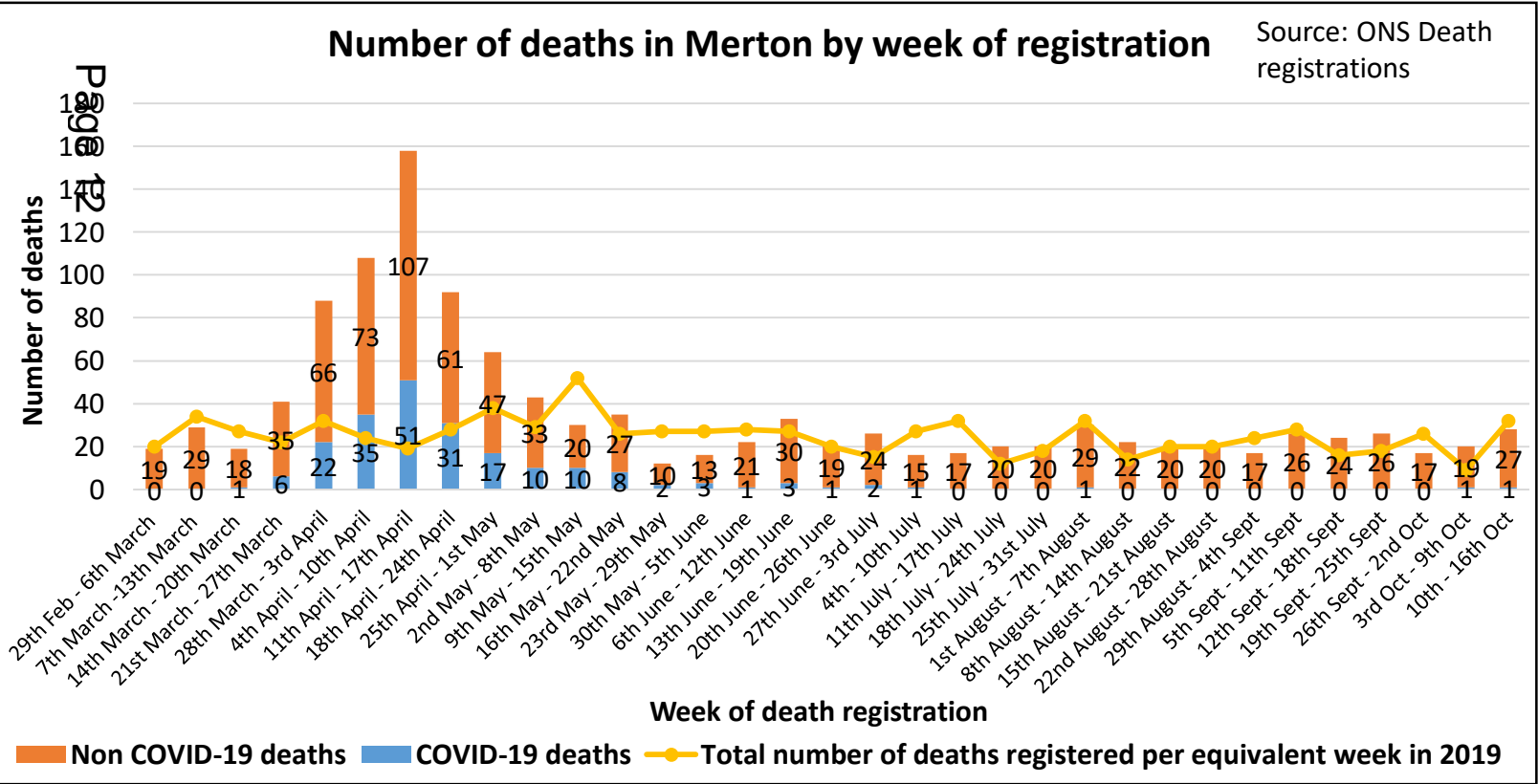
Key messages

- 1 registered death in Merton week ending 16th October due to COVID-19 – in a hospital.
- Merton has seen 207 cumulative registered COVID-19 deaths as of 16th October 2020.
- 31 of these 207 deaths (15%) have been in care homes. 152 (73%) have been in hospitals.
- No new registered care home deaths due to COVID-19 in Merton or London.

COVID-19 deaths in Merton – place of death

Place of death	Current week (10 th Oct – 16 th Oct)	Cumulative total
Care home	0	31
Hospital	1	152
Home	0	21
Hospice	0	2
Other communal establishment	0	0
Elsewhere	0	1
Total	1	207

Source: ONS Death registrations



COVID-19 deaths in care homes and as percent of all registered COVID-19 deaths

	Current week (10 th Oct – 16 th Oct)	Cumulative total
Merton	0 (0%)	31 (15%)
London	0 (0%)	1408 (16%)
England	101 (16%)	15,023 (30%)

Source: ONS Death registrations

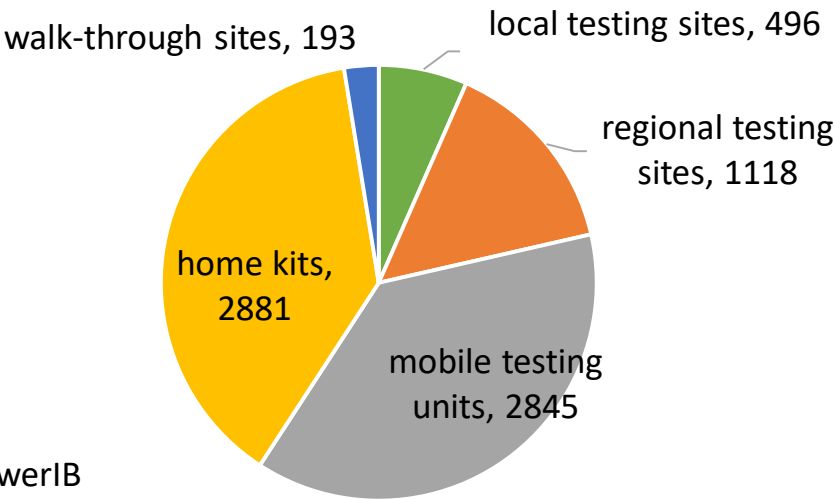
COVID-19 testing uptake among Merton residents

3rd November 2020

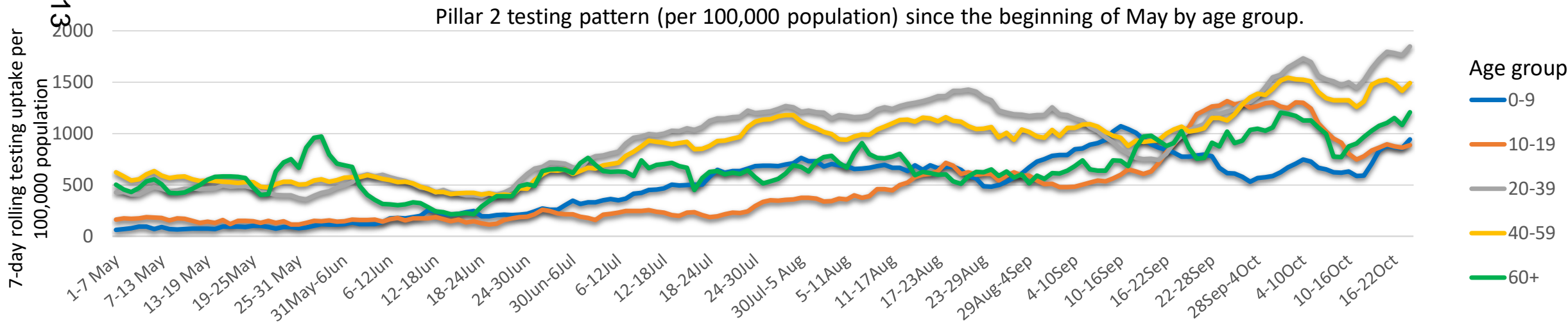
Key messages

- Around 38% of all Pillar 2 tests done on Merton residents in the 4 weeks ending 24th October were through home testing kits; 38% have been through the Mobile Testing Units (MTUs), and 24% through regional testing sites and elsewhere.
- The testing rate in all age groups has risen steadily since mid-May, currently highest in those aged 20-39 and lowest in those aged 10-19.

Pillar 2 testing sites where residents undertook COVID-19 tests in recent 4 weeks.
27th September – 24th October



Source: PHE/PowerIB



Source: PHE/PowerBI

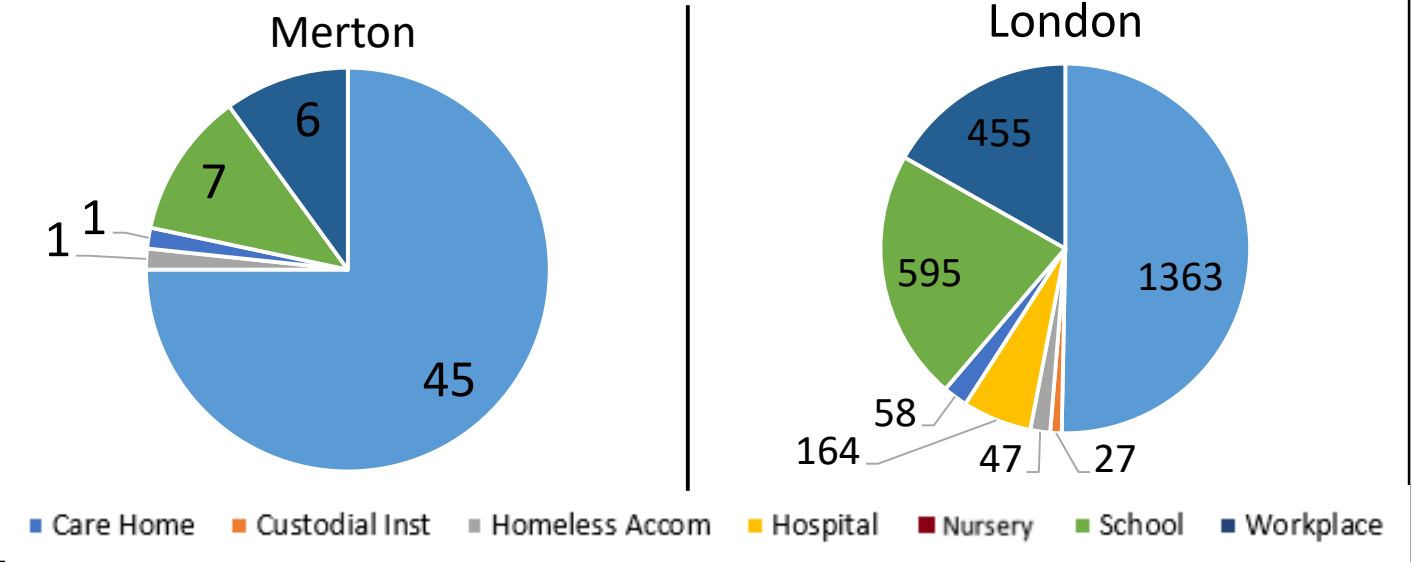
Local COVID-19 incidents and outbreaks in Merton

Key messages

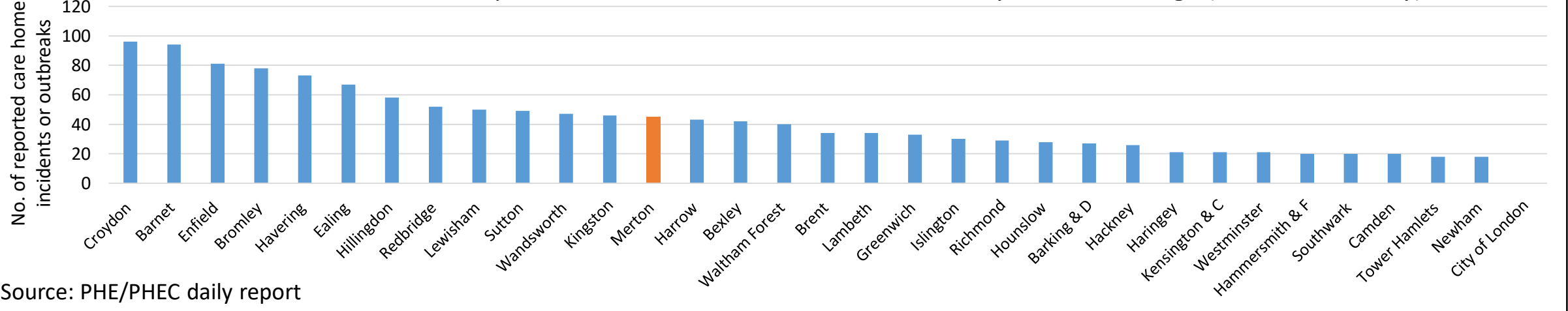
- 4 new reported incidents this week in Merton.
(2x in care homes, 1x food outlet, 1x in healthcare provider)
- Reported care home incidents this week were picked up from testing of asymptomatic staff and resident, thanks to routine testing in care homes. No symptomatic cases in care homes this week.
- Most reported incidents and outbreaks in Merton are from care homes (75%), higher than London average (50%).
- Merton has so far had no reported incidents or outbreaks in custodial institutions.

Reported incidents in Merton and London since 1st February 2020 - 27th October

Source: PHE daily summary report



Cumulative number of reported care home incidents and outbreaks by London borough (since 1st February)

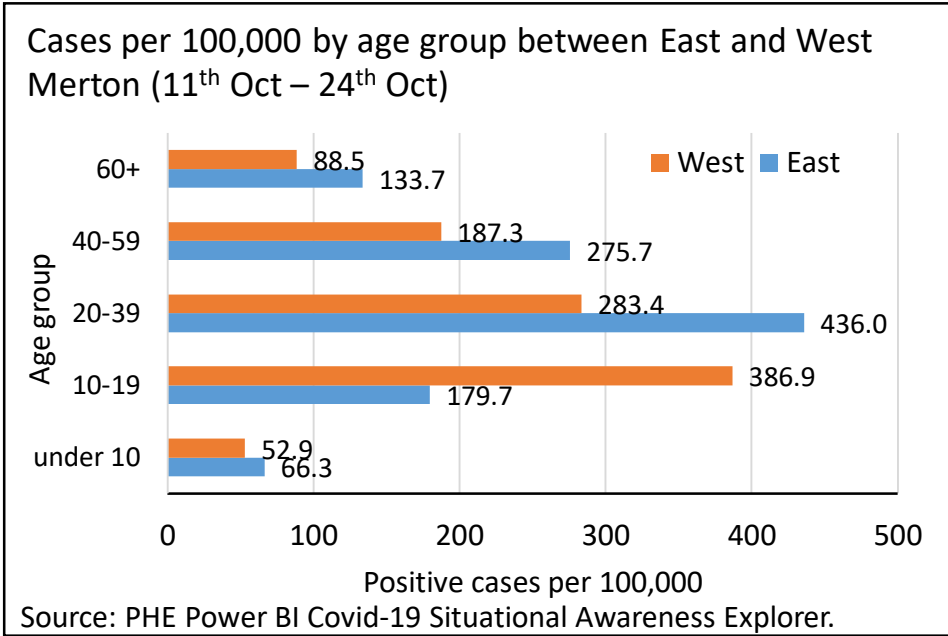
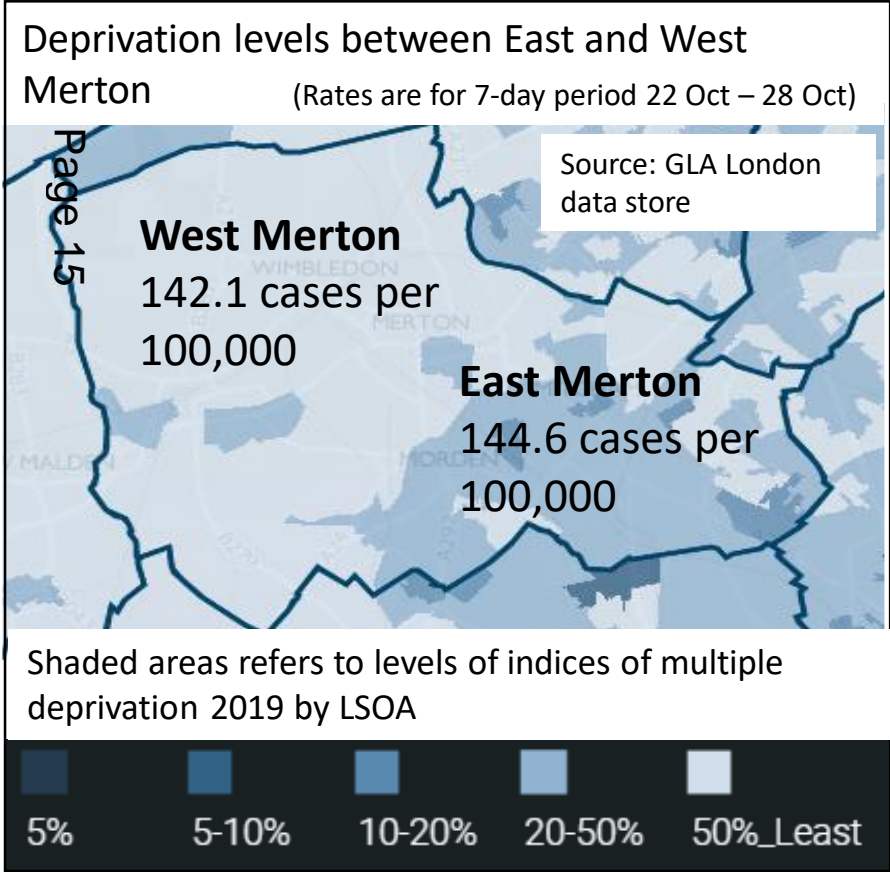


Source: PHE/PHEC daily report

COVID-19 total positive cases in East and West Merton

Key messages

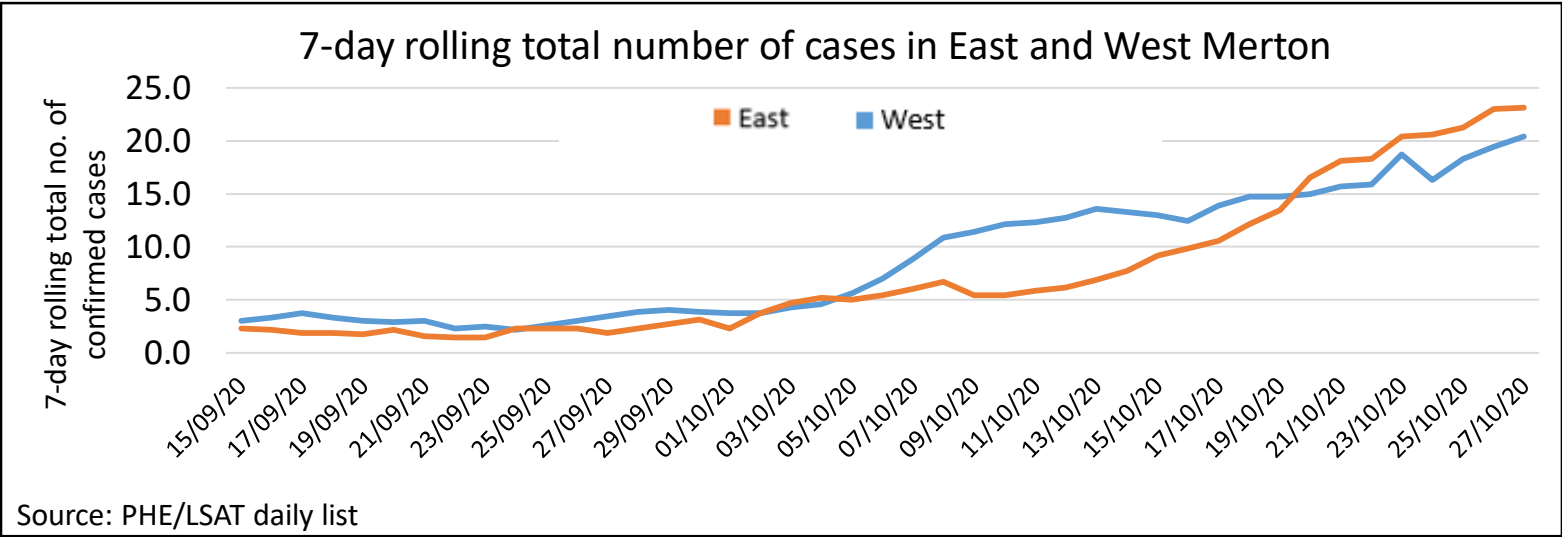
- Recent rise in cases has occurred in both East and West Merton.
- Recent weeks have shown faster rise in cases in East Merton.
- Test positivity is significantly higher in those aged 10-19 and 20-39, especially in West Merton.



Test positivity by age group between East and West Merton 11th – 24th October

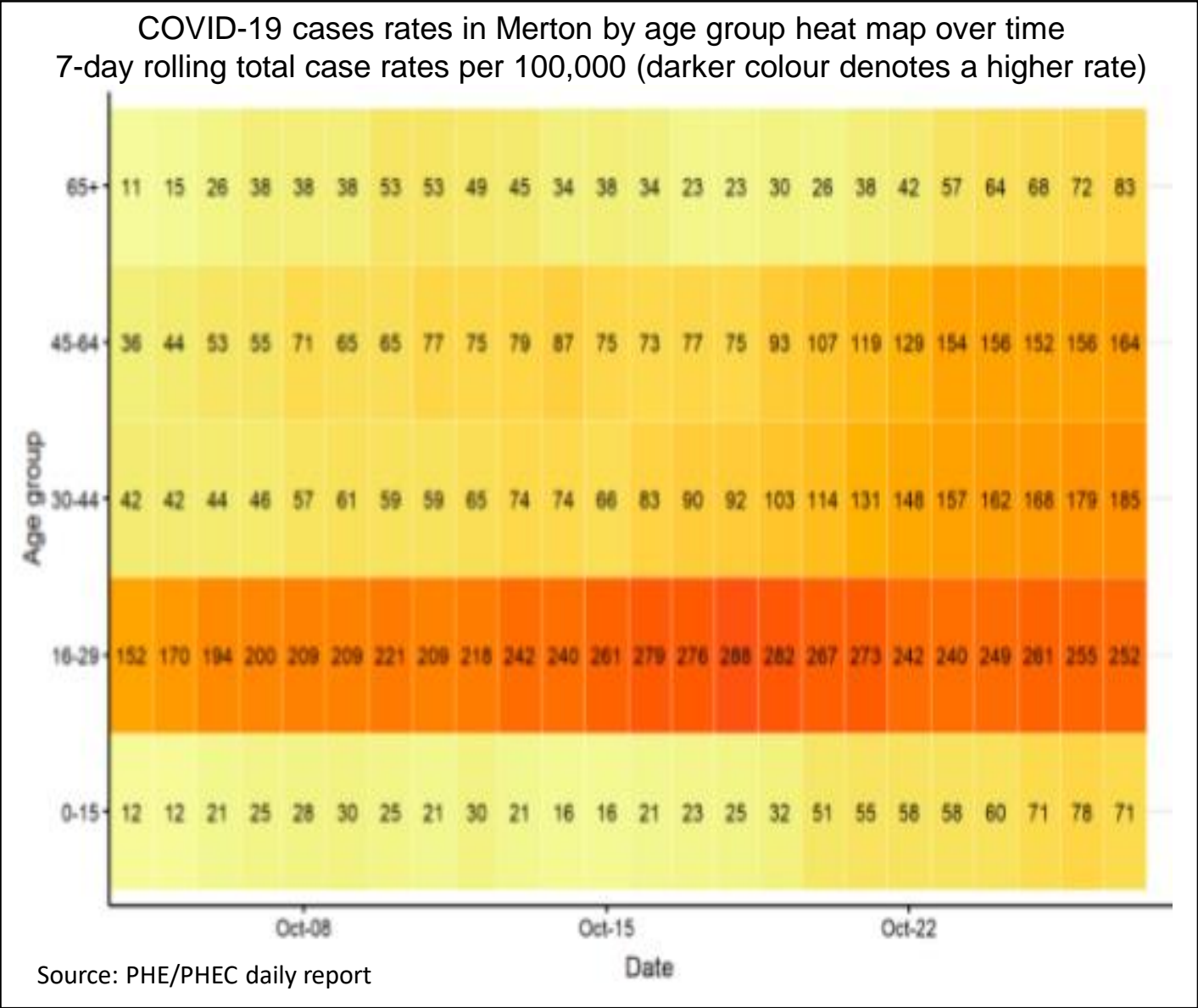
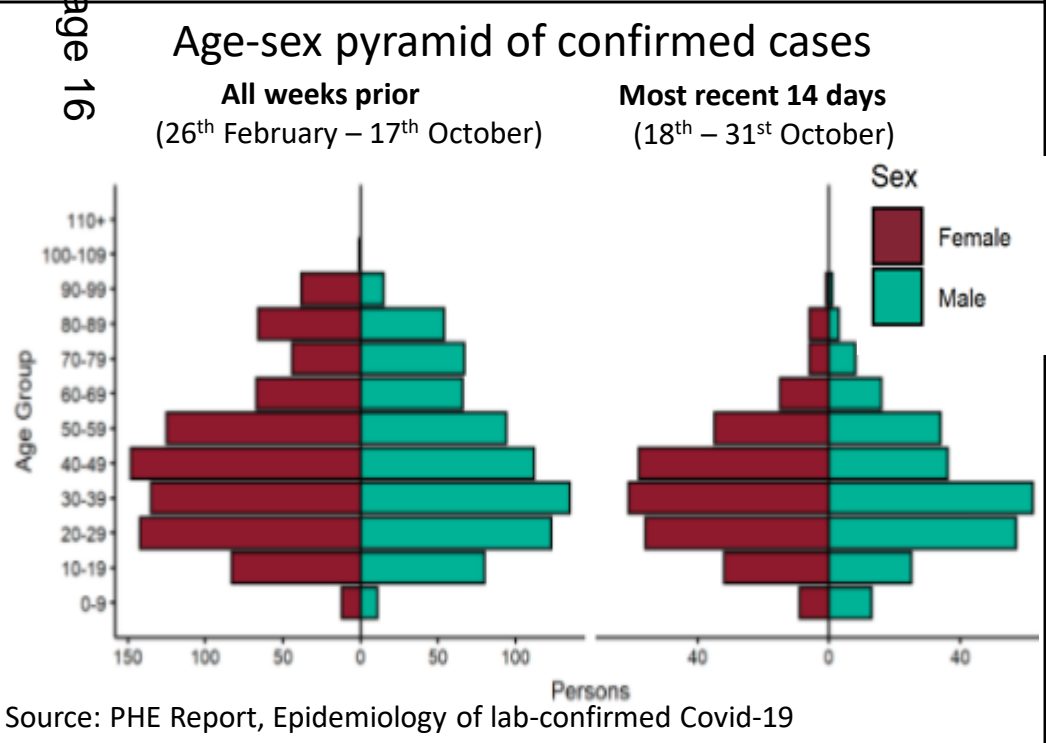
Source: PHE Power BI Covid-19 Situational Awareness Explorer.

Age group	East	West
60+	5.8%	3.6%
40-59	7.4%	9.3%
20-39	9.9%	10.9%
10-19	11.4%	20.0%
0-9	3.2%	2.6%
Total	8.2%	9.2%



COVID-19 total positive cases in Merton by age group and sex

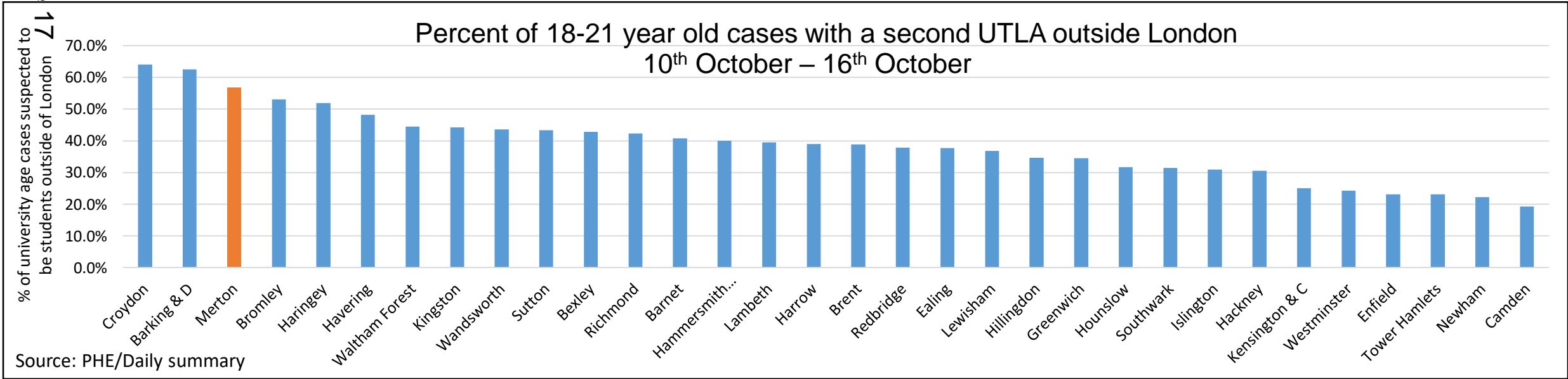
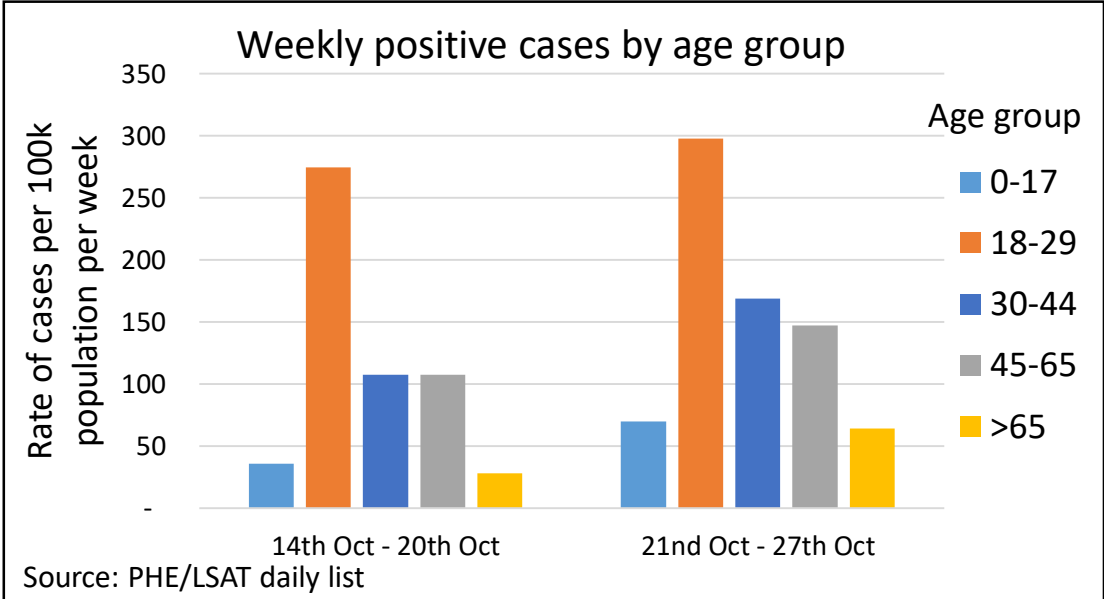
- Key messages**
- The age distribution of recent cases have been younger than the cumulative figures over the course of the pandemic
 - Cases in older age groups have increased. Among those aged 65+, the rate of cases per week doubled between 22nd and 29th October.
 - No observed significant difference between male and female cases at the moment



COVID-19 total positive cases in Merton among young people

Key messages

- Between 22nd – 28th October there were 124 cases among young people (ages 0-29) in Merton. This is 41% of all total cases during this period.
- 70% of <18 cases are in East Merton (22nd-28th Oct). The total number of young adult cases (18-29) are roughly evenly split between East and West.
- Some cases in London were from university students who were counted under their home GP address. Among those of university age (18-21), Merton reported the third highest percent of cases that are *likely* university students among London boroughs (10th -16th Oct). Approximately 57% (25 cases) of all university age Merton COVID-19 cases were reported via a second UTLA outside of London.



New Lockdown and Tiered Restrictions

**National Lockdown to run from
00:01 Thurs 5 Nov to Weds 2 December**

Main restrictions:

- No households mixing indoors, or in private gardens, unless in your support bubble
- Stay home only leave for specific reasons including education and work
- Schools, universities and colleges remain open
- Outdoor recreation encouraged, you can meet one other person outside your household
- Pubs and restaurants closed but takeaways permitted
- Non-essential shops, leisure and entertainment venues closed.

Tiered restrictions key differences:

- **Tier 1 – Medium**

Follow the rule of six if meeting indoors or outdoors

Pubs and restaurants to shut at 10pm

- **Tier 2 – High**

No household mixing indoors

Rule of six applies outdoors

Pubs and restaurants to shut at 10pm

- **Tier 3 – Very high** (further measures agreed locally)

No household mixing indoors or outdoors in hospitality venues or private gardens

Rule of six applies in outdoor spaces like parks

Pubs and bars not serving meals will be closed

Guidance against travelling in and out of the area

The impact of COVID-19 on Mental Health and Wellbeing—insight and action.

Page 19

Health and Wellbeing Community sub-group
3rd November 2020

Kalu Obuka, Head of Patient and Public Involvement & Equalities, SWLCCG

Barry Causer, Head of Strategic Commissioning, LBM

Aim and key Principles

Aim is for the Health and Wellbeing Board Community Subgroup to:

- receive an update on **Thrive London**
- hear about the **impact of COVID-19 on mental health and wellbeing**
- have a **focussed discussion** on Adults Mental Health services, Children and YP services and staff wellbeing.

Key Principles

- **Working with the community** is a key principle and central part of the Merton Outbreak Control Plan.
- We need to listen to, and work with, our communities to build upon our strengths and the **resourcefulness of local organisations**.
- COVID-19 is affecting all communities in Merton, but **some are being impacted more than others** and we are particularly focussing on BAME, carers, older people, young people and residents with a disability.
- Support vulnerable residents and reduce the impact of COVID-19, by **using the insight we gain** to inform work with our NHS and VCS colleagues.

Thrive London update

- Led by the Mayor of London and the London Health Board, Thrive LDN co-ordinates the public mental health response on behalf of PHE London and wider partners. It has developed a number of activities to address immediate areas of concern
 - produced **wellbeing guidance and in 27 languages** available to people in culturally competent formats.
 - funded the **Youth Mental Health First Aid programme**; a digital version of the two day course and a series of short mental health videos to support young people, education staff, and parents
 - expanded the **Suicide Prevention programme**, to include Bereavement Support for those bereaved by suicide, who are at increased risk of suicide themselves.
- For more information see <https://thriveldn.co.uk/> and would recommend members of the sub-group register for the newsletter <https://thriveldn.co.uk/newsletter/>

What have we heard from our engagement with communities (so far...)

- The fear of contracting Covid-19 meant some people were willing to tolerate other non-Covid symptoms.
- As well as fears about getting ill, we have heard that some of our residents are isolated. The impacts of isolation were keenly felt by both young people and elders, as well as people with learning disabilities.
- We also heard of anxieties about what the future holds re. educational attainment, financial hardship and employment opportunities.
- Engagement group members noted that in overcrowded households it has been difficult for people to find the privacy to speak to professionals, thus presenting a barrier to people accessing support for their mental health.

Adult Mental Health Services

Merton Uplift

- Opened the Orchard Suite (MH emergency) and opened a 24/7 Support Line, which many residents are accessing.
- Services e.g. IAPT are reporting increased activity, in part due to moving to on-line services. Not clear if this is from new people, or people already known to services.
- Anecdotal report that services are seeing an increase in urgent and complex referrals.
- <https://www.mertonuplift.nhs.uk/> and 0800 028 8000

Good Thinking

- London's digital mental wellbeing support service and supports common conditions e.g. anxiety, low mood, sleeping difficulties and stress.
- Use of good thinking has increased by over 300% during the pandemic, with 108,000 users visiting the site 150,000 times; with alcohol problems and anxiety the main issues and sleep issues also increasing.
- www.good-thinking.org

CYP Mental Health Services

CAMHS (SWLStG)

- The services initially saw a decrease in referrals, but are now returning to the usual levels. Referrals into eating disorder service has seen a surge during the period.
- A 24-hour crisis helpline in place and an active on-line CAMHS offer available to new and known patients. A self referral for 16-17 year old's into CAMHS is also being piloted to support young people during this period.

<https://www.swlstg.nhs.uk/our-services/find-a-service/service/merton-camhs>

Off The Record

Page 24

Talking therapy self referrals for 11-25 year old's for counselling both face to face (following risk assessment), real time chat and own-time message chat, as well as a virtual 'weekly walk-in' emotional support.

- Development of several interactive and recorded webinars on topical issues on emotional health and mental wellbeing.

<https://www.talkofftherecord.org/merton/>

Kooth

- On-line counselling supporting CYP's emotional health and wellbeing during COVID-19. This is opened to all schools within the borough continues to see an increase in referrals.
- Referral themes into services include bereavement and loss, educational concern, family concerns such as debt, employment, behaviour's that challenge our CYP with ASD/LD, anxiety, low mood and sleep issues.

<https://www.kooth.com/>

Staff wellbeing

COVID-19 has had a significant impact on front-line staff and volunteers across Merton.

- In recognition of the disproportionate impact on ethnic minority groups, LBM facilitated staff to set up and run a BAME staff network.
- Commissioned training for front line staff in LBM, SWLCCG, Primary Care and in VCS
 - 100 MHFA 2-day courses (the mental health first aid course)
 - 36 MHFA champion courses
 - 160 MHFA awareness courses
 - 100 suicide prevention training places

Training can be accessed by NHS staff / Primary care / voluntary sector staff by contacting adowell@imagineindependence.org.uk or phone 07816 131 027.

Round Table Update and Action on Next Steps

- What impact have you seen in your community and what can you do to mitigate or amplify it?
- How can you help us to connect services with the most vulnerable groups?
- What else can we do to support the paid and volunteer workforce across Merton?

Contact details

- Kalu Obuka, Head of Patient and Public Involvement & Equalities, SWLCCG. kalu.obuka@swlondon.nhs.uk
- Barry Causer, Head of Strategic Commissioning, LBM. barry.causer@merton.gov.uk
- For further information on Adult Mental Health Service - patrice.beveney@swlondon.nhs.uk
- For further information on CYP Mental Health Services - sarah.keen@swlondon.nhs.uk

Training and Communication Opportunities

Health and Wellbeing Community sub-group
3rd November 2020

Barry Causer, Head of Strategic Commissioning, LBM

What training and communications support do the HWB sub-group need to

- identify and **support vulnerable** people during lock-down
- establish on-going **dialogue with the community** to better understand the lived experience, help prevent outbreaks and mitigate (social and health) harm, in partnership with NHS.
- deliver **pro-active comms** e.g. videos of trusted local leaders and residents to support key messages.
- increase the reach and effectiveness of the **Community Champions**.

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