Good Mental Wellbeing Throughout Life Outcomes Dashboard

Herefordshire custom fingertips profile

Ambition 1: People feel satisfied with life and have a positive sense of personal wellbeing

	AMBITION 1: PEOPLE FEEL SA	TISFIED WITH LIFE AND HAVE A POSITIVE SENS	SE OF PERSONAL WELLBEING
Outcome s	1.1 Improve self-reported individual good mental health and resilience	1.2 Reduce the rates of self-harm amongst young people	1.3 Reduce the rates of suicide
Indicators	 1.1a Proportion of adults with good mental wellbeing 1.1b Proportion of adults with poor mental wellbeing 1.1c Proportion of adults with high self-reported anxiety 1.1d Proportion of primary school children with low/medium mental wellbeing 1.1e Proportion of secondary / FE pupils with low/medium mental wellbeing 1.1f Proportion of primary school pupils with low resilience scores 1.1g Proportion of secondary school/FE pupils with low resilience scores 	 1.2a Hospital admissions as a result of self-harm 10-14 years 1.2b Hospital admissions as a result of self-harm 15-19 years 1.2c Hospital admissions as a result of self-harm 20-24 years 1.2d Self-reported self-harm amongst CYP 	 1.3a Suicide rate (all persons) 1.3b Emergency Hospital Admissions for Intentional Self-Harm – all ages

Outcome Indicator (s)	Indicator Source	Time Period	Next release	Herefordshire Baseline*	Region	England	Nearest Neighbour High**	Nearest Neighbour Low	year 1	Target year 5 (2028)	Target year 10 (2033)
1.1a Proportion of adults with good mental wellbeing	Herefordshire Community Wellbeing Survey	2023	t.b.c (due Jan 2025)	37	n/a	n/a	n/a	n/a			
1.1b Proportion of adults with poor mental wellbeing	Herefordshire Community	2023	t.b.c (due Jan 2025)	8	n/a	n/a	n/a	n/a			

	Wellbeing										
	Survey										
1.1c Proportion of adults with	Herefordshire	2023	t.b.c (due	24	n/a	n/a	n/a	n/a			
high self-reported anxiety	Community		Jan 2025)								
	Wellbeing										
	Survey										
1.1d Proportion of primary	Herefordshire	2021	2024	25	n/a	n/a	n/a	n/a			
school children with	CYP Quality of										
low/medium mental wellbeing	Life Survey										
1.1e Proportion of secondary /	<u>Herefordshire</u>	2021	2024	48	n/a	n/a	n/a	n/a			
FE pupils with low/medium	CYP Quality of										
mental wellbeing	Life Survey										
1.1f Proportion of primary	Herefordshire	2021	2024	19	n/a	n/a	n/a	n/a			
school pupils with low	CYP Quality of										
resilience scores	Life Survey										
1.1g Proportion of secondary	Herefordshire	2021	2024	38 Secondary	n/a	n/a	n/a	n/a			
school/FE pupils with low	CYP Quality of			26 FE							
resilience scores	Life Survey										
1.2a Hospital admissions as a	Fingertips-	2022/23	2025	436.9	288.3	251.2	546.9	96.4			
result of self-harm 10-14 years	<u>HES</u>										
1.2b Hospital admissions as a	Fingertips -	2022/23	2025	538.0	442.4	468.2	1,533.8	269.1			
result of self-harm 15-19 years	<u>HES</u>										
1.2c Hospital admissions as a	Fingertips -	2022/23	2025	126.2	209.1	244.4	1,122.5	126.2			
result of self-harm 20-24 years	HES										
1.2d Proportion of self-	Herefordshire	2021	2024	10 (S):	n/a	n/a	n/a	n/a			
reported self-harm amongst	CYP Quality of			3(M)/15 (F)							
secondary & FE pupils	Life Survey			10 (FE)							
1.3a Suicide rate (all persons)	Fingertips –	2020/22	2025	11.7	10.7	10.3	15.6	7.1			
	ONS data										
1.3b Emergency Hospital	Fingertips –	2021/22	2025	151.0	150.9	163.7	397.5	102.9			
Admissions for Intentional	HES										
Self-Harm – all ages											
*Red, amber green ratings. Whe	ere available, base	eline figures	for Herefor	dshire are colour	coded Gre	een, Ambe	r or Red, repr	esenting signi	ficantly bet	ter, the sam	e, or
worse performance than the En	gland average res	pectively. E	Blue is where	there is a signific	ant differ	ence but t	he difference	is not better o	or worse.		
** Figures from (CIPFA) local au	thorities most sin	hilar to ours	are included	l where available	othorwig	o rogion h	igh/low are ir	cluded			

	AMBITION 2 : INDIVIDUALS AND FAMI	LIES ARE ABLE TO ACCESS APPROPRIA	TE MENTAL HEALTH INFORMATION AND SERVICES
Outcomes		2.2 Increase access to mental health services	2.3 Improve the physical health of individuals with mental illness
Indicators	 2.1a Hits to the mental health related pages of the Talk Community online directory 2.1b Hits to the Herefordshire Council 'Stay healthy: mental wellbeing' page 2.1c Hits to the Herefordshire & Worcestershire Health & Care Trust 'urgent help' page 2.1d Hits to the Talking Therapies local support page 	 2.2a Estimated dementia diagnosis rate (aged 65 and older) 2.2b Percentage of CYP under 19 with eating disorders seen within 4 weeks (routine) - interim measure 2.2c NHS Talking Therapies - percentage of people receiving first treatment appointment within 6 weeks of referral 2.2d NHS Talking Therapies – percentage of people receiving first treatment appointment within 18 weeks of referral 	 2.3a Premature mortality in adults with severe mental illness (SMI) 2.3b Smoking prevalence in adults with a long term mental health condition (18+) 2.3c Uptake of physical health checks among adults with SMI

Outcome Indicator (s)	Data Source	Time Period	Next release	Herefordshire Baseline	Region	England	Nearest Neighbour High	Nearest Neighbour Low	Target year 1 (2024)	Target year 5 (2028)	Target year 10 (2033)
2.1a Hits to the mental health related pages of the Talk Community online directory	Herefordshire Council - Talk Community	2023/ 24	2025	Mental health and emotional wellbeing = 289	n/a	n/a	n/a	n/a			
2.1b Hits to the Herefordshire Council ' <u>Stay healthy: mental</u> wellbeing' page	Herefordshire Council	2023/ 24	2025	128	n/a	n/a	n/a	n/a			
2.1c Hits to the Herefordshire & Worcestershire Health & Care Trust ' <u>urgent help</u> ' page	Herefordshire & Worcestershire Health and Care NHS Trust	2023/ 24	2025		n/a	n/a	n/a	n/a			
2.1d Hits to the Talking Therapies local support page	Herefordshire and Worcestershire	2023/ 24	2025		n/a	n/a	n/a	n/a			

	Health & Care NHS Trust									
2.2a Estimated dementia diagnosis rate (aged 65 and older)	<u>Fingertips – NHS</u> Digital	2023	2024	53.9	60.3	63.0	71.2	48.5		
2.2b Percentage of CYP under 19 with eating disorders seen within 4 weeks (routine) - interim measure	NHS Mental <u>Health</u> Dashboard	Q3 2023/ 24	Q4 2023/24	95.0(NB = H&W ICB)	71.0 (Midla nds)	79.4	n/a	n/a		
2.2c NHS Talking Therapies - percentage of people receiving first treatment appointment within 6 weeks of referral	<u>NHS Mental</u> <u>Health</u> <u>Dashboard</u>	Q3 2023/ 24	Q4 2023/24	98.56	87.0 (Midla nds)	90.6	n/a	n/a		
2.2d NHS Talking Therapies – percentage of people receiving first treatment appointment within 18 weeks of referral	<u>NHS Mental</u> <u>Health</u> <u>Dashboard</u>	Q3 2023/ 24	Q4 2023/24	99.71	97.0 (Midla nds)	98.4	n/a	n/a		
2.3a Premature mortality in adults with severe mental illness (SMI) (rate per 100,000)	<u>Fingertips -</u> <u>Mental Health</u> <u>Services Data</u> <u>Set (MHSDS)</u>	2018/ 20	2024	79.3	110.7	103.6	117.8	55.9		
2.3b Smoking prevalence in adults with a long term mental health condition (18+)	<u>Fingertips -</u> <u>GPPS</u>	2022/ 23	2025	27.8	24.6	25.1	33.0	17.1		
2.3c Uptake of physical health checks among adults with SMI	NHS Digital <u>Physical-Health-</u> <u>Checks</u>	2023	2024	2,915 (NB = H&W ICB)	n/a	n/a	n/a	n/a		

	AMBITION	3: PEOPLE FEEL SAFE FROM HARM IN THE	
Outcomes	3.1 Increase community mental health support	3.2 Improve partnership working	3.3 Improvements to surroundings
Indicators	3.1a Attended contacts with community and outpatient mental health services, per 100,000 3.1b Attended contacts with community and outpatient mental health services, per 100,000 (<18 yrs)	 3.2a New referrals to secondary mental health services, per 100,000 (<18 yrs) 3.2b New referrals to secondary mental health services, per 100,000 (all ages) 3.2c The proportion of clients entering drug treatment identified as having a mental health treatment need, who were receiving treatment for their mental health. 3.2d The proportion of clients entering alcohol treatment identified as having a mental health treatment need, who were receiving treatment for their mental health. 	 3.3a Proportion of secondary school pupils who feel safe when outside in their local area after dark 3.3b Proportion of FE students who feel safe when outside in their local area after dark 3.3c Proportion of adults (18+) who feel safe when outside in their area after dark 3.3d Proportion of adults in contact with secondary mental health services who live in stable and appropriate accommodation 3.3e Access to green space - average number of parks or public gardens or playing fields within 1,000 m radius (urban & rural)

Outcome Indicator (s)	Data Source	Time Period	Next release	Herefordshire Baseline	Region	England	Nearest Neighbour High	Nearest Neighbour Low	Target year 1 (2024)	Target year 5 (2028)	Target year 10 (2033)
3.1a Attended contacts with community and outpatient mental health services, per 100,000	<u>Fingertips -</u> <u>MHSDS</u>	2019/ 20		30,071	29,868	30,674	36,797	16,928			
3.1b Attended contacts with community and outpatient mental health services, per 100,000 (<18 yrs)	Fingertips - MHSDS	2019/ 20		19,782	21,238	28,395	54,706	7,544			
3.2a New referrals to secondary mental health services, per 100,000 (<18 yrs)	<u>Fingertips -</u> MHSDS	2019/ 20		4,670	7,522	6,977	13,008	2,967			
3.2b New referrals to secondary mental health services, per 100,000 (all ages)	<u>Fingertips -</u> <u>MHSDS</u>	2019/ 20		5,845	8,430	6,897	7,488	4,321			

		-				1				
3.2c The proportion of clients	<u>Fingertips</u> –	2020/		80.4	67.7	71.0	87.1	54.7		
entering drug treatment identified	National Drug	21								
as having a mental health	Treatment									
treatment need, who were	Monitoring									
receiving treatment for their	<u>System</u>									
mental health.										
3.2d The proportion of clients	Fingertips -	2020/		75.0	80.4	80.4	93.9	70.8		
entering alcohol treatment	National drug	21								
identified as having a mental	treatment									
health treatment need, who were	monitoring									
receiving treatment for their	system									
mental health										
3.3a Proportion of secondary	Herefordshire	2021	2024	41	n/a	n/a	n/a	n/a		
school pupils who always or	CYP Quality of									
usually feel safe when outside in	Life Survey									
their local area after dark	,									
3.3b Proportion of FE students	Herefordshire	2021	2024	49	n/a	n/a	n/a	n/a		
who always or usually feel safe	CYP Quality of				,					
when outside in their local area	Life Survey									
after dark	- /									
3.3c Proportion of adults (18+)	Herefordshire	2023	t.b.c	73	n/a	n/a	n/a	n/a		
who feel safe when outside in their	Community		(due		, -			,-		
area after dark	Wellbeing		Jan							
	Survey		2025)							
3.3d Proportion of adult in contact	Fingertips -	2020/	/	56	48	58	84	18		
with secondary mental health	ASCOF	21			-			-		
services who live in stable and										
appropriate accommodation										
3.3e Access to green space –	ONS – Access	2021		3.59	2.12	4.43	t.b.c	t.b.c.		
average number of parks or public	to gardens									
gardens or playing fields within	and public									
1,000 m radius (urban & rural)	green space in									
	Great Britain									
	Great Dritall									

	А	MBITION 4: PEOPLE FEEL CONNECTED TO THEIR C	OMMUNITY
Outcomes	4.1 Increase access to, and knowledge of, community support	4.2 Reduce loneliness and social isolation	4.3 Increase the community activity offer
Indicators	 4.1a Proportion of adults who agree that if they needed help, there are people in their local community who are there for them 4.1b Proportion of 16 to 17 year olds not in education, employment or training (NEET) or whose activity is not known 4.1c Gap in the employment rate for those who are in contact with secondary mental health services (aged 18 to 69) and on the Care Plan Approach, and the overall employment rate 	 4.2a Proportion of adults (18+) who often or always feel lonely 4.2b Social Isolation: percentage of adult carers who have as much social contact as they would like (18+ yrs) 4.2c Social Isolation: percentage of adult carers who have as much social contact as they would like (65+ yrs) 4.2d Social Isolation: percentage of adult social care users who have as much social contact as they would like (18+ yrs) 4.2e Social Isolation: percentage of adult social care users who have as much social contact as they would like (65+ yrs) 4.2e Social Isolation: percentage of adult social care users who have as much social contact as they would like (65+ yrs) 	 4.3a Proportion of adults (18+) who have given unpaid help to a group, club or organisation in the past 12 months 4.3b Proportion of primary school pupils who that they went to the following in their free time outside school in the last 4 weeks. Top 5 4.3c Proportion of secondary school pupils who that they went to the following in their free time outside school in the last 4 weeks. Top 5 4.3d Proportion of FE pupils who that they went to the following in their free time outside school in the last 4 weeks. Top 4

Outcome Indicator (s)	Data Source	Time Period	Next release	Herefordshire Baseline	Region	England	Nearest Neighbour High	Nearest Neighbour Low	Target year 1 (2024)	year 5	Target year 10 (2033)
4.1a Proportion of adults who agree that if they needed help, there are people in their local community who are there for them	Herefordshire Community Wellbeing Survey	2023	t.b.c (due Jan 2025)	78	n/a	n/a	n/a	n/a			
4.1b Proportion of 16 to 17 year olds not in education, employment or	<u>Fingertips -</u> <u>Department</u> <u>for Education</u>	2022/23	2025	4.3	5.2	5.2	7.9	1.4			

training (NEET) or whose activity is not known										
4.1c Gap in the employment rate for those who are in contact with secondary mental health services (aged 18 to 69) and on the Care Plan Approach, and the overall employment rate	<u>Fingertips -</u> <u>ASCOF</u>	2020/21		72.6	66.7	66.1	72.6	55.8		
4.2a Proportion of adults (18+) who often or always feel lonely	Herefordshire Community Wellbeing Survey	2023	t.b.c (due Jan 2025)	6	n/a	n/a	n/a	n/a		
4.2b Social Isolation: percentage of adult carers who have as much social contact as they would like (18+ yrs)	<u>Fingertips -</u> <u>ASCOF</u>	2021/22	2025	27.7	29.4	28.0	42.1	16.0		
4.2c Social Isolation: percentage of adult carers who have as much social contact as they would like (65+ yrs)	<u>Fingertips -</u> <u>ASCOF</u>	2021/22	2025	32.4	30.3	28.8	40.9	16.7		
4.2d Social Isolation: percentage of adult social care users who have as much social contact as they would like (18+ yrs)	<u>Fingertips -</u> <u>ASCOF</u>	2022/23	2025	53.2	47.1	44.4	53.2	38.4		
4.2e Social Isolation: percentage of adult social care users who have as much social contact as they would like (65+ yrs)	<u>Fingertips -</u> <u>ASCOF</u>	2022/23	2025	51.0	44.6	41.5	54.4	30.3		
4.3a Proportion of adults (18+) who have given unpaid help to a group, club or organisation in the past 12 months	Herefordshire Community Wellbeing Survey	2023	t.b.c (due Jan 2025)	41	n/a	n/a	n/a	n/a		
4.3b Proportion of primary school pupils who that they went to the following in their free time outside school in the last 4 weeks. Top 5: a) parks or open spaces, b) sports club or class (not school lessons or just watching, c) art, craft, dance, drama,	Herefordshire CYP Quality of Life Survey	2021	2024	a) 72 b) 48 c) 26 d) 24 e) 22	n/a	n/a	n/a	n/a		

film making group, d) swimming e) music group or lessons										
4.3c Proportion of secondary school pupils who that they went to the following in their free time outside school in the last 4 weeks. Top 5: a) parks or open spaces, b) sports club or class (not school lessons or just watching, c) swimming d) cinema/theatre e) music group or lessons	Herefordshire CYP Quality of Life Survey	2021	2024	a) 73 b) 45 c) 19 d) 16 e) 13	n/a	n/a	n/a	n/a		
4.3d Proportion of FE pupils who that they went to the following in their free time outside school in the last 4 weeks. Top 4: a) parks or open spaces, b) sports club or class (not school lessons or just watching, c) music group or lessons d) swimming	Herefordshire CYP Quality of Life Survey	2021	2024	a) 61 b) 24 c) 10 d) 8	n/a	n/a	n/a	n/a		

Table 1 Summary Outcomes and Indicators list (A3)

	AMBITION 1: PEOPLE FEEI	SATISFIED WITH LIFE AND HAVE A POSITIVE SENSE OF PERSONAL	WELLBEING
Outcome s	1.1 Improve self-reported individual good mental health and resilience	1.2 Reduce the rates of self-harm amongst young people	1.3 Reduce the rates
Indicators	1.1a Proportion of adults with good mental wellbeing	1.2a Hospital admissions as a result of self-harm 10-14 years	1.3a Suicide rate (all
	1.1b Proportion of adults with poor mental wellbeing	1.2b Hospital admissions as a result of self-harm 15-19 years	1.3b Emergency Hos
	1.1c Proportion of adults with high self-reported anxiety	1.2c Hospital admissions as a result of self-harm 20-24 years	ages
	1.1d Proportion of primary school children with low/medium mental	1.2d Self-reported self-harm amongst CYP	
	wellbeing		
	1.1e Proportion of secondary / FE pupils with low/medium mental		
	wellbeing		
	1.1f Proportion of primary school pupils with low resilience scores		
	1.1g Proportion of secondary school/FE pupils with low resilience scores		
Outcomes	2.1 Improvement in access to mental	2.2 Increase access to mental health services	2.3 Improve the phy
	health advice and information		
Indicators	2.1a Hits to the mental health related pages of the Talk Community	2.2a Estimated dementia diagnosis rate (aged 65 and older)	2.3a Premature mor
	online directory	2.2b Percentage of CYP under 19 with eating disorders seen within 4 weeks	2.3b Smoking preval
	2.1a Hits to the mental health related pages of the Talk Community	(routine) - interim measure	condition (18+)
	online directory	2.2c NHS Talking Therapies - percentage of people receiving first treatment	2.3c Uptake of physi
	2.1b Hits to the Herefordshire Council 'Stay healthy: mental wellbeing'	appointment within 6 weeks of referral	
	page	2.2d NHS Talking Therapies – percentage of people receiving first treatment	
	2.1c Hits to the Herefordshire & Worcestershire Health & Care Trust	appointment within 18 weeks of referral	
	'urgent help' page		
	2.1d Hits to the Talking Therapies local support page		
Outcomes	3.1 Increase community mental health support	3.2 Improve partnership working	3.3 Improvements to
Indicators	3.1a Attended contacts with community and outpatient mental health	3.2a New referrals to secondary mental health services, per 100,000 (<18 yrs)	3.3a Proportion of se
	services, per 100,000	3.2b New referrals to secondary mental health services, per 100,000 (all ages)	in their local area aft
	3.1b Attended contacts with community and outpatient mental health	3.2c The proportion of clients entering drug treatment identified as having a	3.3b Proportion of Fl
	services, per 100,000 (<18 yrs)	mental health treatment need, who were receiving treatment for their mental	local area after dark
		health.	3.3c Proportion of a
		3.2d The proportion of clients entering alcohol treatment identified as having a	area after dark
		mental health treatment need, who were receiving treatment for their mental	3.3d Proportion of a
		health.	services who live in s
			3.3e Access to green
			gardens or playing fi
Outcomes	4.1 Increase access to, and knowledge of, community support	4.2 Reduce loneliness and social isolation	4.3 Increase the con
	4.1a Proportion of adults who agree that if they needed help, there are	4.2a Proportion of adults (18+) who often or always feel lonely	4.3a Proportion of a
	people in their local community who are there for them	4.2b Social Isolation: percentage of adult carers who have as much social	group, club or organ
	4.1b Proportion of 16 to 17 year olds not in education, employment or	contact as they would like (18+ yrs)	4.3b Proportion of p
	training (NEET) or whose activity is not known	4.2c Social Isolation: percentage of adult carers who have as much social	following in their fre
Indicators	4.1c Gap in the employment rate for those who are in contact with	contact as they would like (65+ yrs)	4.3c Proportion of se
	secondary mental health services (aged 18 to 69) and on the Care Plan	4.2d Social Isolation: percentage of adult social care users who have as much	following in their fre
	Approach, and the overall employment rate	social contact as they would like (18+ yrs)	4.3d Proportion of F
		4.2e Social Isolation: percentage of adult social care users who have as much	their free time outsid

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adults in contact with secondary mental health n stable and appropriate accommodation en space – average number of parks or public

fields within 1,000 m radius (urban & rural)

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primary school pupils who that they went to the ree time outside school in the last 4 weeks. Top 5 secondary school pupils who that they went to the ree time outside school in the last 4 weeks. Top 5 FE pupils who that they went to the following in side school in the last 4 weeks. Top 4