

Stage 1 Equality Impact Assessment

1.	Title of Proposal:	Artbeat: Assessment of the impact if funding for Artbeat (from Mental Health & Learning Disability Services) were to be discontinued (Artbeat provides creative activities for people who are socially excluded by reason of mental illness and/or learning disability)
2.	Service Area: Department:	People: Social Work
3.	Description:	<p><u>Introduction</u></p> <p>This Equality Impact Assessment is being carried out as part of a wider review of commissioning arrangements for joint mental health services. The need for that review was highlighted in a local Mental Health Needs Assessment commissioned by Scottish Borders Council and NHS Borders and carried out by 'Figure 8' Consultancy Services over 2014. This noted that historic commissioning decisions had not always been made on good evidence of cost effectiveness and quality. Recommendations included a need for commissioners to:</p> <ul style="list-style-type: none"> • Review the pattern of service provision and contracting to ensure that it strengthens the co-ordination of care and effective partnership working and communication; • Consideration needs to be given to conducting ongoing, consistent and equitable evaluation of all mental health services across the Borders <p>In March 2017 the Mental Health Board identified a need to review Artbeat in view of financial pressures in both the MH & LD budgets. It also felt that while the service is well used, it has been difficult to ascertain outcomes for clients and</p>

value for money from regular contract monitoring. An extension to the contract will allow evaluation work to be completed and a decision to be made regarding the viability of the service in the current financial pressures (Ref: Social Work Non-Competitive Action 06/07/17). Funding over 2016/17: Mental Health (£12,500) and Learning Disability (£10,180).

Equality Impact Assessment Objectives

Key objectives of this review are by end January 2018 to:

1. Assess the impact that this service has had on clients, and the potential impact and risks for key stakeholders if funding from statutory services is not to be continued:
 - a. For clients and carers (e.g. accessibility of services to vulnerable adults); nature and quality of services compared to alternative sources of support);
 - b. For the provider (unemployment, anxiety and distress, loss of skills and experience); and
 - c. For funders/other stakeholders (e.g. increased demand for other Mental Health services leading to longer waiting lists/higher costs, reputational damage).
2. Consider mitigating factors and actions should funding be discontinued
3. Present EIA Stage 3 summary to the Mental Health Board to inform a review of funding for the current contract for creative activities for adults with mental health problems to ensure cost-effectiveness.

Service description

This service is based in Hawick and assists people who are socially excluded by reason of mental illness and/or learning disability, poverty and isolation, typically within a 20 mile radius of the town (catchment area established through custom and practice, travel distances and cost, rather than design). It was established in 2000 by a local art teacher in response to problems clients had experienced in accessing local art classes (other attendees not happy about sharing classes with people who had special needs). Artbeat offers a range of person-centred creative therapies in the form of 1-1 and/or group work, delivered flexibly to meet client needs and is open weekdays (except Wednesdays) between 10.00 and 3.00 p.m.

There are 40 places per year (20 each for mental health and learning disability) for clients to participate in the activities available, including fine art, craft, music, design and photography. Length of time attending varies greatly from a few months to many years (15 for the longest attender). Clients referred by statutory Mental Health or Learning Disability services pay a contribution towards their attendance of £2, whilst others choosing to attend pay the full cost of £10 per session (a session is 2 hours).

	<p>Clients typically have a history of mental health problems and/or learning disability with associated vulnerability and social care needs. This manifests as anxiety, low self-esteem, difficulties in going out and interacting with others and requires Artbeat to offer flexible, reactive and responsive support for clients, some of whom can present in considerable distress.</p> <p>The service aims to help clients develop transferable skills to enable them to improve mental health and well-being, for example reduce anxiety levels, build confidence and self-esteem, encourage social interaction and develop interpersonal skills. Some clients go on to volunteer in the service. Some clients are accompanied by carers, or the carers are able to have some respite whilst the client is at the service. Some carers attend for their own respite (e.g. a carer who is full time support for an autistic child).</p> <p><u>Referral process</u></p> <p>Referrals have historically been made by telephone, but the introduction of an Enrolment Form in 2017 has strengthened the referral and assessment processes. New referrals are invited to visit and try a taster session, and if it suits them, the Enrolment Form is completed, identifying personal aims and desired achievements whilst at the service. New clients have a 4 week probationary period to try different activities, and if continuing to attend, progress is reviewed at 3 then 6-monthly intervals allowing progress to be assessed. Clients are matched with the most appropriate volunteers to support attendance and work towards desired achievements.</p> <p><u>Client profiles</u></p> <p>Geographically, most referrals come from the Hawick area (75%); with the rest coming from Selkirk (10%); Kelso (10%); Galashiels (3%); Melrose (1%), and Jedburgh (1%). The majority of clients are of working age (75%) and are evenly spread across the 26-65 age range. 15% are older people (65 plus) and 10% are young people in the 17-25 age range. The majority of clients are female (60%) compared to male (40%).</p> <p>People come to Artbeat with a wide range of mental, learning and physical conditions. Anxiety and depression are common, with other conditions including degenerative cognitive abilities; personality disorders, autism, alcohol and substance abuse, head injury, stroke recovery, degenerative physical conditions and physical disabilities including visual and hearing impairment.</p> <p>Over the last year the organisation has been successful in securing a revenue grant from the Robertson Trust to part-fund a Project Coordinator Post for 3 years, commencing 1st September (matched with funding from Artbeat). This has enabled the following achievements:</p>
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- Improved the structure of the organisation, refreshing the Board of Trustees to attract the necessary skills and experience; and
- Completed a revised handbook of policies and good practice guidance along with a
- 1 yr and 3 yr Development Plan to move the organisation forward. The Project Co-ordinator post will be key in supporting this work.
- Introduced the use of an Enrolment Form to improve identification of personal aims and desired achievements whilst at the service, and support gathering of evidence of progression.
- Agreed to remain open during holiday periods (exception Christmas) to improve and extend the service provision now an additional post has been secured to manage the studios.
- Strengthening the service users' voice by setting up a new Service User group, a representative of which will join the Board of Trustees (in progress).

Service evaluations

No external evaluations have been carried out, but assessment questionnaires and evaluations carried out by Artbeat in March 2016 revealed just how much individuals benefitted from attending the service. The positive impact on the mental health and wellbeing of participants by raising self-esteem and reducing social isolation was clearly evident. Comments from clients include: "safe haven, non-judgemental, helps anxiety, I learn new skills, rewarding, seeing others achieve makes me think everything is possible, it has changed my life". Other statements offer insight into the social isolation and exclusion experienced by clients: "I am lonely at home; I'm very low when not at Artbeat; I'm not ready to move on; I hate it when we are on holiday; If it wasn't for Artbeat, I'd probably be dead". These words were incorporated into a piece of group art - a 'Tree of Life' that hangs in the studios. The 'Tree of Life' symbolises the nurturing and supportive network that Artbeat Studios offer; as well as reflecting the creative and social developmental needs of its clients (and what it really means to them).

Wider context

Artbeat contributes to the delivery of a number of local and national strategies through their focus on improving mental health, promoting early intervention and recovery, improving accessibility of services, increasing service user involvement, and on reducing social isolation and health inequalities. Relevant strategies include:

Mental Health Strategies for Scottish Borders and Scotland (2017): These strategies call for greater emphasis on earlier intervention to prevent and reduce mental health problems at an earlier stage, with reduced barriers and improved access to services. Service User involvement and the Rights to Life Declaration are key strands of the strategies. Service user involvement has been identified as an area that the Scottish Borders needs to improve upon (Figure 8 2015).

The Scottish Borders Health & Social Care Integration Strategy 2016-2019: This sets out plans for the integration of services locally to improve health and well-being. Relevant objectives include:

- We will make services more accessible and develop our communities
- We will improve prevention and early intervention
- We will seek to enable people to have more choice and control
- We will seek to reduce health inequalities
- We want to improve support for Carers to keep them healthy and able to continue in their caring role

The Mental Health Strategy for the Scottish Borders is aligned to these objectives with key priorities including improved support pathways and improved access to services for those with mental health issues. These reflect priorities in other local strategies relevant to mental health such as those for suicide prevention, reducing inequalities, drug and alcohol problems, and autism.

Creative Health: The Arts for Health & Well-being (All-Party Parliamentary Group on Arts, Health & Well-being July 2017)

This report presents evidence on the powerful contribution that arts can make to improving health and well-being, with key messages being that the arts can help to:

- Aid our recovery and support longer lives better lived.
- Meet major challenges facing health and social care: ageing, long-term conditions, loneliness and mental health.
- Save money in the health service and social care.

Reducing inequalities in the Scottish Borders 2015-2010 Strategic Plan: A key strategic aim is to improve health and well-being. A range of factors can impact disproportionately on those living in deprived circumstances, leading to higher levels of mental and physical ill-health, and at an earlier stage. Mental and physical ill-health are core issues for Artbeat clients.

Local developments

Within the overall context of these strategies and reviews, a number of developments in the Joint Mental Health Services are being progressed which will help to inform any future commissioning decisions, including:

- Increased capacity in the Local Area Co-ordinator (LAC) Service – offering early intervention for those with mental health problems across localities and acting as a gateway to a range of community-based support options
- Gala Resource Centre – changing to become more recovery focused and offering outreach model of service delivery

	<ul style="list-style-type: none"> • Extension of contracts with New Horizons and Health in Mind • Recovery college (2018) – new commission <p><u>What else do we need to find out (Stage2)</u></p> <ul style="list-style-type: none"> • A consultation needs to be carried out to gather the views of carers and other stakeholders including referrers and (if possible) the wider community. • What other creative activities are there that clients might access, and do barriers to access still exist? • What about people living out with these areas who might need this service? What is available for them? • What would happen if this service wasn't available? • If people were referred to other services across the Borders e.g. GRC, LACS, would access to these and other services be the same or improved? • Will the Recovery College offer new opportunities (and how may these be strengthened in the new commission arrangements)?
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4.	Relevance to the Equality Duty.	
	Do you believe your proposal has any relevance to the following duties of the Council under the Equality Act 2010?	
	Duty	Yes/No
	Elimination of discrimination (both direct & indirect), victimisation and harassment.	Yes – Artbeat challenges stigma and reduces barriers to accessing creative activities for people with mental illness/learning disabilities. A cut in funding could increase discrimination against these groups.
	Promotion of equality of opportunity	Yes – Artbeat increases opportunities for people with mental illness/learning disabilities by reducing barriers and increasing access to creative activities. A cut in funding could hinder the promotion of equal opportunities for these groups.
	Foster good relations	Yes –A cut in funding for Artbeat has the potential to hinder relationships with people with mental illness/learning disabilities.

5. Which groups of people may be impacted (both positively and negatively) if the proposal is advanced? (Please x all that apply).				
Equality Characteristic	Impact			Description
	No Impact	Possible Positive Impact	Possible Negative Impact	
Age (Older or younger people or a specific age grouping)	x			Scottish Borders has an older age profile than the Scottish average (23% of our residents are aged 65+, higher than the 18% for Scotland overall) and the proportion of older people in our population is projected to rise faster than that for Scotland. Mental illness and/or learning disability can affect people of any age, but in general older people have more needs and these are likely to increase in complexity with increasing age. Artbeat caters for all adult age groups.
Disability e.g. Effects on people with mental, physical, sensory impairment, learning disability, visible/invisible, progressive or recurring			x	<p>Those with mental illness and/or learning disabilities are known to experience poorer health outcomes with many experiencing co-occurring physical conditions or disabilities. The Scottish Borders Integration Strategic Plan for 2016-2019 identified the following in terms of prevalence:</p> <ul style="list-style-type: none"> ☑ Mental Health (each year, around one in four adults will experience at least one diagnosable mental health problem) ☑ Learning Disabilities - we have at least 555 people aged 16+ in our population who have a learning disability); ☑ Physical Disabilities (according to the Scotland Census 2011, 6,995 people in Scottish Borders live with a physical disability); ☑ Sensory Impairment (an estimated 500 people in our population are blind or have severe sight loss, whilst an estimated 1,800 have severe or profound hearing loss). <p><u>Consideration:</u> Artbeat caters for the needs of clients with mental illness, learning and/or physical disabilities. It is based on the ground floor, has accessible toilet facilities, and can offer</p>

				support from trained and/or experienced staff and volunteers. A cut in funding would affect availability of this service for these groups.
Gender (Males, Females, Transgender or Transsexual people)	x			Artbeat works with all relevant clients regardless of gender.
Race Groups: including colour, nationality, ethnic origins, including minorities (e.g. gypsy travellers, refugees, migrants and asylum seekers)	x			<p>The 2011 Scotland Census reports the Scottish Borders population to be predominantly White Scottish or White British (95.2%) – higher than the 91.9% for Scotland. Around 1 in 100 of our population (a similar proportion to Scotland) are White Polish. The numbers of people in other ethnic groups are relatively small in Scottish Borders compared to Scotland.</p> <p>Artbeat has an explicitly inclusive and welcoming culture which is supported by written organisational policies. Referrals from minority ethnic groups are extremely rare but would be made welcome.</p>
People with Religious or other Beliefs: different beliefs, customs (including atheists and those with no aligned belief)	x			Artbeat works with all relevant clients regardless of their religious beliefs.
Pregnancy and Maternity (refers to the period after the birth, and is linked to maternity leave in the employment context. In the non-work context, protection against maternity)	x			Pregnancy is no barrier to accessing Artbeat. There have been occasional clients who are pregnant/recently had a baby. Nursing mothers can be offered private space to feed their baby. In the past, the service has made efforts to enable supervised contact between a client (mother) and her baby on the premises.

discrimination is for 26 weeks after giving birth),				
Sexual Orientation , e.g. Lesbian, Gay, Bisexual, Heterosexual	x			Artbeat works with all relevant clients regardless of sexual orientation.
Carers (those who have caring responsibilities for someone with an equality Characteristic)			x	<p>There is an identified link between deprivation and providing care: 46% of unpaid carers living in the most deprived areas of the Borders provide 35 or more hours of care per week, compared with 22% of carers living in the least deprived areas (Scottish Borders Health & Social Care Integration Strategic Plan for 2016-2019). Providing care for someone else is known to affect the carer's own health, with 42% of carers having one or more long-term conditions or health problems.</p> <p>Some clients accessing Artbeat are accompanied by carers, or the carers are able to have some respite whilst the client is at the service. Some carers attend for their own respite. A cut in funding would affect availability of this service for these carers.</p>
Poverty (people who are on a low income including benefits claimants, people experiencing fuel poverty, isolated rural communities etc)			x	<p>Deprivation has a big effect on the need for, and use of, health and social care services. Although more evident in some areas, deprivation is not confined by geography and also applies to vulnerable groups who may live in deprived circumstances, such as homeless people, offenders, and those with mental illness and/or learning disabilities. People with mental health problems and/or learning disabilities have been identified as a priority group in the Scottish Borders Reducing Inequalities Strategy (2016).</p> <p>Clients referred by statutory services pay a contribution towards their attendance of £2, whilst others choosing to attend pay the full cost of £10 per session (a session is 2 hours). A cut in funding would affect availability of this service for clients referred via mental health and learning disability services who benefit from subsidised places.</p>
Employees (those employed by the Council including	x			There are no barriers to SBC employees being able to access Artbeat if they have mental health problems and/or learning disabilities or are caring for someone else who does.

full time, part time and temporary)				
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6.	Mitigation	
	Where you have identified a potential negative impact, please detail what mitigations will need to be put in place in order for your proposal to progress. If you are unsure of the answer please state this and recommend further investigation.	
	Characteristic	Mitigation
		<p>There are many developments across health and social care services generally, as well as within services specifically for those with Mental Health problems and/or Learning Disabilities. These developments aim to support earlier and more effective interventions, more integrated, recovery-orientated care closer to home, and the promotion of self-management and peer support. It is envisaged that these developments will provide greater opportunities for this client group and those caring for them, by increasing access to a broader range of services for those living across the Borders.</p> <p>However, some clients, carers and services referring in to Artbeat, will be concerned that any reduction in funding for Artbeat could impact negatively. It will therefore be important to consult widely on any possible changes and ensure that any changes to service provision are informed by their views and knowledge of the impact this may bring about. Stage 2 will incorporate consultation with stakeholders to examine any concerns, identify ways in which these might be mitigated, and inform decisions around future plans.</p>

7.	How certain are you of the answers you have given?	
	Answer	Tick One
	Certain - I have populated the evidence base to support my answers.	
	Fairly Certain – but don't have concrete evidence to support my answers so would recommend further assessment is conducted if the proposal is progressed.	
	Not Certain – further assessment is recommended if proposal is progressed.	x

Completed By			
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Post	Planning & Development Manager, Joint Mental Health Services	Date	12th December 2017