**Our Plan of Action: Mental Health and Criminal Justice**

**WE WILL:**

- Develop approaches to health and crime
- Improve the service the public feel they receive by reducing the burden of mental ill health
- Reduce inequalities in the use of restraint in inpatient settings
- Implement them and test which work best before making them permanent
- Identify and address the causes of reoffending and the use of police custody

**THIS IS THE BEGINNING OF A JOURNEY**

Our ambition is clear – we need to work with others, lead the way on reducing the burden of mental health by promoting mental wellbeing and using public and private resources more effectively.

Over the next decade, existing initiatives across the region will come together and work with employers to include mental health and wellbeing, guided by people with experience of mental health issues.

And people with experience of mental health issues will continue to shape our actions. Actions are implemented and will monitor progress.

This Action Plan is the start of a practice wherever it exists.

Great work is already taking place in our region. Ultimately, our ambition is clear – we welcome the opportunity to build a stronger mental health system.
The West Midlands is a region where communities and the economy are intertwined, with over 1.2 million people calling it home. This region is particularly diverse, with areas of both affluence and significant social and economic deprivation. Over half of the people in our region live in localities within the 10% most deprived areas in the UK, including in the cities of Wolverhampton, Sandwell, and Birmingham.

In 2015, 477 people lost their lives to suicide in the West Midlands. This is the biggest killer of people of working age. But it would have been impossible to consider suicide as a public health problem without the data from mental health services.

In 2014, around a fifth of the total population of the West Midlands used mental health services. An estimated cost of approximately £125 million was spent on the treatment of mental health conditions across the West Midlands. This cost is not only to the health service but also to the local economy. It is the biggest burden on our local authorities.

We know that people from Black, Asian and Minority Ethnic communities, and those with disabilities, experience mental ill health at higher rates than the general population. It is the biggest burden on our local authorities.

In 2015, 20% of the population of the West Midlands were living with at least one mental health problem. This includes 1 in 5 children under the age of 16, and 1 in 10 young people in their teens. Of those with a mental health problem, 9 out of 10 have multiple problems. People with mental health problems need help with physical health, ensuring that they are not at risk of physical illness such as cardiovascular disease or diabetes. They are also at higher risk of mental illnesses such as schizophrenia and other severe mental illnesses.

The Institute of Innovation and Management for Health Leadership (IIMHL) is pursuing major initiatives on mental health, including pursuing the International Initiative for Mental Health Leadership (IIMHL). We are building a global network of cities and systems leaders who are developing approaches to compassionate and efficient use of resources.

In 2013, 1 in 6 people in the UK had a mental health problem, with 2 out of 3 of these being women. People with mental ill health are at higher risk of physical illness such as cardiovascular disease and diabetes. They are also at higher risk of mental illnesses such as schizophrenia and other severe mental illnesses.

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