



# Bailiwick of Guernsey Mental Health and Wellbeing Strategy Annual Report 2023

Investing in mental health.  
Investing in healthy futures.



States of  
Guernsey

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# Foreword from Mental Health and Wellbeing Strategy Steering Group Chair


The new Mental Health & Wellbeing Strategy 2023 –2029 (the Strategy)<sup>1</sup> was published in September 2023 following extensive collaboration across the States of Guernsey, Primary Care and the third sector and incorporates feedback from the two Gedze reviews conducted in 2021 and 2022.


<sup>1</sup> *Mental Health & Wellbeing Strategy 2023 –2029*

Within the States of Guernsey, colleagues have been brought together from Health & Social Care; Education, Sport & Culture; Home Affairs and Employment and Social Security, highlighting how mental health and wellbeing exist within many aspects of our lives and not solely health. Developing these close working relationships has been key as we begin to implement actions from the Mental Health and Wellbeing Strategy.


As well as partnership working within the States of Guernsey, we have also been working closely with the third sector, as highlighted in this report which details some of the highlights from their activities in 2023.

## The four pillars of the Mental Health and Wellbeing Strategy are:

 **Understanding and collating Bailiwick datasets**

 **Awareness, access and early intervention**

 **Service improvements**

 **Responding to recommendations of external reviews**

This first annual report is a short version which reports only on Pillar 1 'Understanding Bailiwick datasets.' This will provide a baseline of data collated in 2023, providing a comparator for future activity. Although substantive work has begun on many actions within other pillars of the Strategy, this will be reported on in the annual report for 2024 activity in order to provide more substantive updates on these actions.

Within this report, data has been presented from a variety of sources, providing for the first time a comprehensive view of both mental health and wellbeing from a population level to individual service areas. Not all indicators have been captured within this report as reporting pathways are still being developed.

It is hoped that the data published within this report will provide a rich resource for partners across the States of Guernsey, charitable services and the public.

Some notable findings of the report include:

## Education and Training

- The activity recorded by community and Third Sector services demonstrates an appetite for mental health awareness and related training.
- There are a number of both statutory and community resources available for awareness and early intervention, as shown below which increase knowledge and awareness and how to access support.
- Activities such as suicide prevention initiatives champion the eradication of stigma and provide people with opportunities to connect with others. This is particularly important as there is a statistically insignificant but increasing trend in the rates of deaths from suicide and injuries of undetermined intent in Guernsey.

## Service Activity

- Services across the statutory offer and the Third Sector continue to report significant levels of activity.
- Out-patient referrals to Adult Specialist Mental Health Services have increased by 10% when comparing 2022 with 2023 (1327 referrals in 2022 and 1677 in 2023). This highlights the needs for appropriate resource and resilience planning. Alongside this, services are reporting an increase in the complexity of cases being seen.

- Whilst the total occupied bed days for admission to the adult mental health special ward (Crevichon Ward) decreased slightly when 2022 was compared to 2023, Admissions associated with cannabis use rose from 4% in 2019 to 25% in 2023. An admission that is associated to cannabis is not definitively and solely caused by cannabis use. In collating these figures, clinical judgement has been used as to whether it is more likely than not that admission is linked to the patient's cannabis use. Not all patients admitted to Crevichon who have ever or currently use cannabis are included as a cannabis associated admission.
- Referrals to Children and Adolescent Mental Health Services (CAMHS) have increased by 14% (585 referrals in 2022 and 684 referrals in 2023).
- For the small number of young people who are admitted to the adult Crevichon ward, the number of bed days is disproportionately high compared to counterparts who stay on Frossard ward. This highlights the level of complexity of these cases.
- Bailiwick Law Enforcement continue to see a significant number of cases in the community where there are concerns about complex mental health issues.
- Prescription numbers for Sertraline, Citalopram, Fluoxetine, Venlafaxine, Mirtazapine are included for 2023 and will be compared on an annual basis to determine trends and any change in usage.
- Third Sector activity is also recorded for 2023 and will form part of the yearly report, again to monitor trends in activity and usage.

## The Building Blocks for Health

- Housing deprivation and income inequality increased in the period from 2014-2020. Ensuring that islanders have the environment to thrive is vital to ensuring population level wellbeing.
- This highlights the need for a 'mental health and wellbeing in all policies' approach to facilitate cross-policy actions that more effectively address the wide-ranging social, economic and environmental factors that impact people's mental health and wellbeing, including poverty, stigma and discrimination.

These findings have reinforced the approach of project prioritisation within the Mental Health & Wellbeing Steering Group, who are currently working on a number of the published actions to improve efficiency and care experiences for those with mental ill health in the community. Further details of the progress of these projects will be released as and when each project develops within 2024, and within the 2024 annual report alongside updates to the data presented within this year's report.

### Deputy Marc Leadbeater

*Vice President of the Committee for Health & Social Care*

# 1 Population level survey data

## 1.1 - 1.7 Guernsey and Alderney Wellbeing Survey<sup>2</sup>

Data is due to be updated later in 2024

<sup>2</sup> Both the Guernsey and Alderney Wellbeing Survey and the Children and Young People's Survey include data from Alderney residents. Due to relatively small numbers of Alderney residents participating data for Alderney is unable to be presented separately from Guernsey.

<sup>3</sup> As defined by the short version of the Warwick-Edinburgh Mental Wellbeing Scale

<sup>4</sup> As measured by the De Jong Gierveld Loneliness Scale

**28%** of people said they had a mental / emotional health condition.

**82%** of people had a moderate or high mental wellbeing score.<sup>3</sup>

**15%** of people were intensely emotionally lonely and 38% intensely socially lonely.<sup>4</sup>

**45%** of people think their life will be better in five years' time.

**36%** of people self-reported that they had experienced a 'large amount of stress' in the last 12 months. This is higher than in 2013 (25.4%).

**23%** of adults said that cost had stopped them from seeing a GP in the last 12 months.

## 1.8 - 1.11 Young People's Survey

Based on responses from years 6, 8, 10 from 2022.

**28%** of students had a high self-esteem score, lower than in 2019 (33%), 2016 (36%) and 2013 (36%). Year 10 females reported the lowest self-esteem of those surveyed, with only 16% having high self-esteem.

**33%** of students surveyed reported they had been bullied at or near school in the last 12 months.

**71%** of year 6 students agreed that they generally feel happy.

**41%** of year 8 and year 10 students responded that they generally feel happy.

## 2 Charitable Community Services

### 1.12 - 1.19 Data from charitable community services

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#### Bailiwick Social Prescribing

A free scheme, which in up to six sessions, can link adults with sources of non-medical support, helping to improve their health and wellbeing.

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#### In 2023:

350 Referrals

82 Quality assured partners

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Partners are able to support people to participate in social prescribing improving their confidence and ability to manage their own wellbeing, in a safe and supportive way. For a full list of partners visit:

<https://bsp.org.gg/our-partners/quality-assured/>







## Guernsey Mind

A mental health charity whose main aim is to support the people of the Bailiwick, encouraging a positive attitude towards mental health and supporting mental wellbeing.

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### In 2023:

- 410 Individual client appointments
- 1100 Individual therapeutic sessions
- 200 Peer support 'drop in' sessions
- 15 Individuals supported in Alderney
- 937 People accessed training sessions:
  - 151 Mental Health first aid
  - 42 suicide first aid
  - 744 workplace awareness and management



## Guernsey Bereavement Service

A service which offers 1:1 emotional support to adults who are struggling with a loss. They also promote awareness, in the community, of the nature of grief.

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### In 2023:

- 150 Approached by 150 people for counselling related to grief in 2023
- Seeing many cases of complex grief meaning clients are needing help for longer
- Provided training for other charitable services and people working with grief with over 220 people attending training and/or seminars in one week.

## Citizens Advice Guernsey

A local charity which is a member of the National Citizens Advice network. Trained advisors provide a free and confidential telephone service with information and advice offered on almost any subject.



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### In 2023:

**155** Cases referencing mental health within the call

## Talking Benches

A charity that raises awareness on suicide with suicide awareness benches spreading a life-saving message to encourage people to get help if needed. This charity was founded by three Guernsey women who sadly lost their sons to suicide.



Six new benches were placed around the island for the Island Games and now have permanent sites.

In March 2024, the Suicide Support Journey Conference was held, which will be reported on in full in the 2024 annual report.

## Guernsey Sports Commission

A charitable organisation set up in 2004 that aims to promote physical activity and sport in Guernsey.



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### In the academic year 2022/23:

**114** 1-1 Sessions:  
**64** in primary aged children  
**50** in secondary aged children

# 3 Statutory Services

## 1.21 Mental Health School Nurse Services

The Mental Health Nurse for Maternal Early Childhood Sustained Home Visiting (MESCH) and School Nursing works alongside the Health Visiting and School Nursing team. They provide mental health and wellbeing support for service users experiencing mild to moderate mental health and wellbeing concerns, and has the ability to refer on to other agencies if required. The post holder receives referrals from professionals within both health and education settings and can offer therapeutic one to one or group work, including EMDR.

In the 2022/23 academic year:

439

referrals linked to emotional health and wellbeing. These included:

18

Sleep

39

Anxiety

71

Behaviour

138

Emotional Health & Wellbeing

## 1.22 Numbers of qualified Emotional Literacy Support Assistants (ELSAs) working in that role in States Education settings (for at least 1.5 days per week)

Emotional Literacy Support Assistants (ELSA's) are a trained, school based learning support assistant. Their role is to support the emotional wellbeing of pupils.

There were 16 ELSAs operating fully in January 2023 with places offered to 20 further ELSAs to be trained in 2024.

## 1.23 Numbers of Mental Health First Aid Champions in States Education settings

There were 31 attendees to the Mental Health First Aid Champions course in 2023 across States of Guernsey Education settings.

## 1.25 Annual number of prescriptions for Sertraline, Citalopram, Fluoxetine, Venlafaxine, Mirtazapine

The Mental Health and Wellbeing Steering group agree to monitor the prescribing activity for six common drugs used in mental health prescribing. These are citalopram, Fluoxetine, Sertraline, Venlafaxine and Mirtazapine. This year's data will provide a baseline for comparison.

**Table 1:** Annual number of prescriptions for common mental health drugs in 2023.

| BNF Chemical Substance                    | 2023          |                        |
|---|---------------|------------------------|
|   | Prescriptions | Likely patient numbers |
| Citalopram hydrobromide and hydrochloride | 21,887        | 1,684                  |
| Fluoxetine hydrochloride                  | 10,607        | 816                    |
| Sertraline hydrochloride                  | 29,132        | 2,241                  |
| Venlafaxine                               | 12,033        | 926                    |
| Mirtazapine                               | 14,305        | 1,100                  |
| <b>Total</b>                              | <b>87,694</b> | <b>6,766</b>           |

N.B. It is important to note that some of these drugs can be used for non-mental health related conditions. This figure will be recorded on an annual basis to detect any trends in use.



## 1.26 Number of people accessing Healthy Minds

Healthy Minds provides evidence based, time limited psychological therapy and interventions for adults with mild to moderate anxiety, depression, single event trauma and/or past adverse life events which may be contributing to mental health problems but that do not require input by the Adult Specialist Mental Health Service i.e. high risk, severe mental illness.

**Table 2:** Healthy Minds number of referrals and % accepted.

|      | Referrals | % Accepted |
|------|-----------|------------|
| 2022 | 946       | 92%        |
| 2023 | 820       | 88%        |

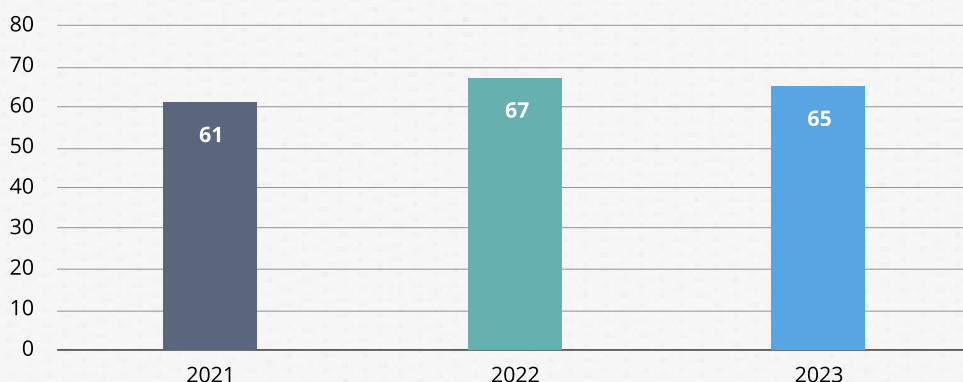
The introduction of a self-referral process has contributed to a higher number of referrals being not accepted and re-directed to more appropriate services such as Adult Specialist Mental Health Services, Older Adult Service, Adult Learning Disability, the pain clinic or signposting is undertaken. The service is seeing an increase in complexity and clinical risk in referral demographics and has a waiting list to access services.

**Table 3:** Healthy Minds waiting time snapshot.

|                    | Time in weeks to assessment | Time in weeks from assessment to face to face therapy | Number of people waiting for face to face therapy |
|--------------------|-----------------------------|---|---|
| 31st December 2023 | 3-4                         | 16-20   | 75  |

## 1.30 Number of Section 92 admissions to the Emergency Department

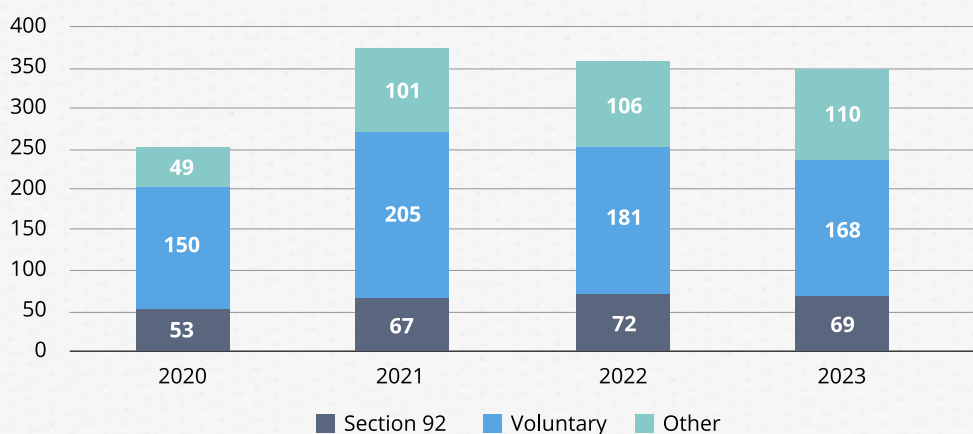
Section 92 of the mental health law enables officers to, in the interests of the individual, move that person to a place of safety for up to 72 hours to be examined by a medical practitioner and to be interviewed by an approved social worker for potential treatment.



**Figure 1:** Number of section 92 admissions to the emergency Department (2021 - 2023).

## 1.31 Number of mental health incidents attended by Bailiwick Law Enforcement, as defined by the mental health monitoring form

Section 92 of the mental health law enables officers to, in the interests of the individual, move that person to a place of safety for up to 72 hours to be examined by a medical practitioner and to be interviewed by an approved social worker for potential treatment



\* 'Other' is a mental health related call out logged on the mental health monitoring form that does not result in a section 92 or voluntary attendance at the Emergency Department.

**Figure 2:** Number of mental health incidents attended by Bailiwick Law Enforcement, as defined by the mental health monitoring form\*.

## 1.32 Specialist Mental Health Services - accepted referrals

<sup>5</sup> Includes Duty & Intervention Team, Psychological therapies team, Recovery and Wellbeing Service, Recovery and Rehabilitation and Oberlands Wellness Clinic.

<sup>6</sup> Includes Memory clinic, Older Adult Community Mental Health Team, Older Adult Alderney and Old Age Psychiatry

**Table 4:** Specialist mental health outpatient and older adult referrals (2022-2023).

|  | 2022                      |            | 2023                      |            |
|--|---------------------------|------------|---------------------------|------------|
|  | Total number of referrals | % accepted | Total number of referrals | % accepted |
| <b>Outpatient Adult mental illness<sup>5</sup></b> | 1327                      | 75%        | 1677                      | 76%        |
| <b>Older adult caseload referrals<sup>6</sup></b>  | 374                       | 79%        | 463                       | 73%        |

## 1.33 Specialist Mental Health Services - bed occupancy

### Crevichon ward

is an in-patient facility for people who are experiencing severe symptoms of mental ill health.

**Table 5:** Crevichon ward bed occupancy

|             | Number of beds | Average length of stay | Total occupied bed days including leave | % occupancy |
|-------------|----------------|------------------------|---|-------------|
| <b>2022</b> | 17             | 71                     | 288                                     | 55%         |
| <b>2023</b> | 18             | 69                     | 251                                     | 47%         |

## Brehon ward

provides inpatient care for individuals who require specialist nursing interventions that cannot be met within a community setting. Also offers short-term respite placements to give carers of individuals who have complex physical and mental health needs a break.

*Table 6: Brehon ward bed occupancy.*

|             | Number of beds | Average length of stay | Total occupied bed days including leave | % occupancy |
|-------------|----------------|------------------------|---|-------------|
| <b>2022</b> | 20             | 2086                   | 594                                     | 96%         |
| <b>2023</b> | 20             | 2229                   | 601                                     | 99%         |

## Corbiere ward

provides specialist long term and respite care primarily to individuals who have dementia who present with complex needs and challenging behaviours

*Table 7: Corbiere ward bed occupancy.*

|             | Number of beds | Average length of stay | Total occupied bed days including leave | % occupancy |
|-------------|----------------|------------------------|---|-------------|
| <b>2022</b> | 20             | 633                    | 547                                     | 88%         |
| <b>2023</b> | 20             | 462                    | 566                                     | 93%         |

## Roustel ward

provides specialist care primarily to individuals who have dementia who present with highly complex needs and behaviours that pose significant challenges.

*Table 8: Corbiere ward bed occupancy.*

|             | Number of beds | Average length of stay | Total occupied bed days including leave | % occupancy |
|-------------|----------------|------------------------|---|-------------|
| <b>2022</b> | 20             | 674                    | 517                                     | 83%         |
| <b>2023</b> | 20             | 599                    | 589                                     | 97%         |



## Tautenay ward

inpatient mental health assessment unit for older adults with dementia and other mental illnesses.

*Table 9: Tautenay ward - bed occupancy.*

|      | Number of beds | Average length of stay | Total occupied bed days including leave | % occupancy |
|------|----------------|------------------------|---|-------------|
| 2022 | 8              | 49                     | 215                                     | 87%         |
| 2023 | 8              | 69                     | 184                                     | 76%         |



## 1.34 Specialist Mental Health Services – cannabis associated admissions to Crevichon ward

Specialist Mental Health Services have raised concerns regarding the increase in the numbers of individuals requiring inpatient treatment associated with cannabis use, including cannabis induced psychosis. The lifetime incidence of psychosis internationally is 1% of the population, with 0.5% of people experiencing psychotic symptoms at any one time.

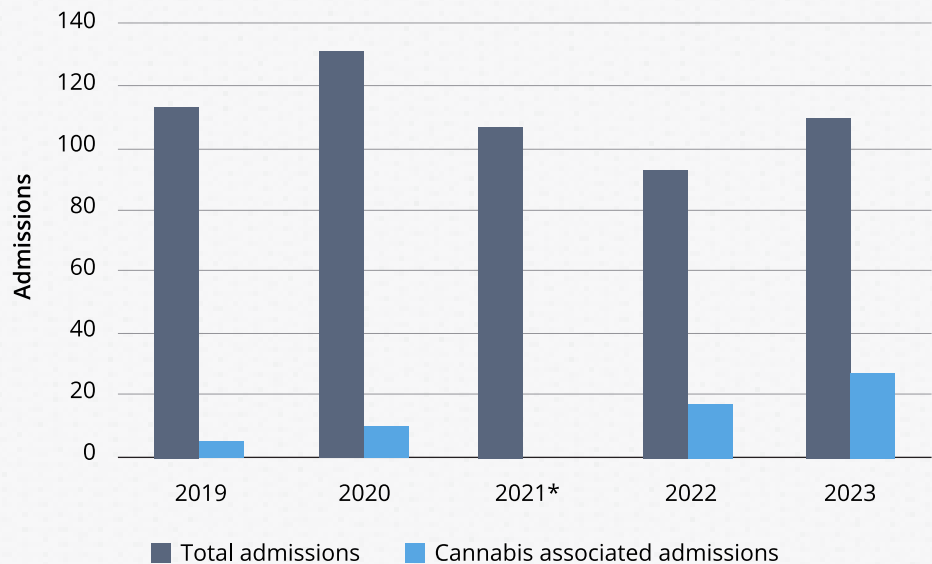
Some studies have concluded any cannabis use doubles the rate of psychosis, and heavy or daily use increases the rate six-fold. Therefore, although the relative risk of psychosis in cannabis use is increased with heavy or daily use, the absolute risk remains low (94% of heavy users do not experience psychosis).<sup>7</sup>

There needs to be caution from all parties regarding cannabis, and its use. For medicinal cannabis this means both responsible prescribing practices and those with prescriptions only using cannabis as directed.

In December 2023, there were 1434 prescriptions issued on-island for medicinal cannabis. This does not necessarily equate to number of patients. In the same month there were 111 licences issued to patients to import their medicinal cannabis dispensed in a UK Pharmacy. This equates to a total of 1545 prescriptions issued in December 2023.

Given the rise in cannabis prescriptions in Guernsey since its introduction in 2019, the proportion of admissions to Crevichon Ward which are associated with cannabis use has increased from 4% in 2019 to 25% (27 admissions) in 2023. An admission that is associated to cannabis is not definitively and solely caused by cannabis use. In collating these figures, clinical judgement has been used as to whether it is more likely than not that admission is linked to the patient's cannabis use. Not all patients admitted to Crevichon who have ever or currently use cannabis are included as a cannabis associated admission. Given the degree of increase the case for it being at least partially responsible, is compelling. This matches international experiences and is having an impact both on individuals, carers and the mental health service.

*<sup>7</sup> Hall, 2014. A meta-analysis of longitudinal cohort studies has found that any cannabis use is associated with a doubling in the rate of psychosis, and heavy or daily use is associated with a six-fold increase.*



**Figure 3: Cannabis associated admissions to Crevichon ward.**

\*The number of cannabis associated admissions in 2021 was <5

N.B. An admission that is associated to cannabis is not definitively and solely caused by cannabis use. In collating these figures, clinical judgement has been used as to whether it is more likely than not that admission is linked to the patient’s cannabis use. Not all patients admitted to Crevichon who have ever or currently use cannabis are included as a cannabis associated admission.

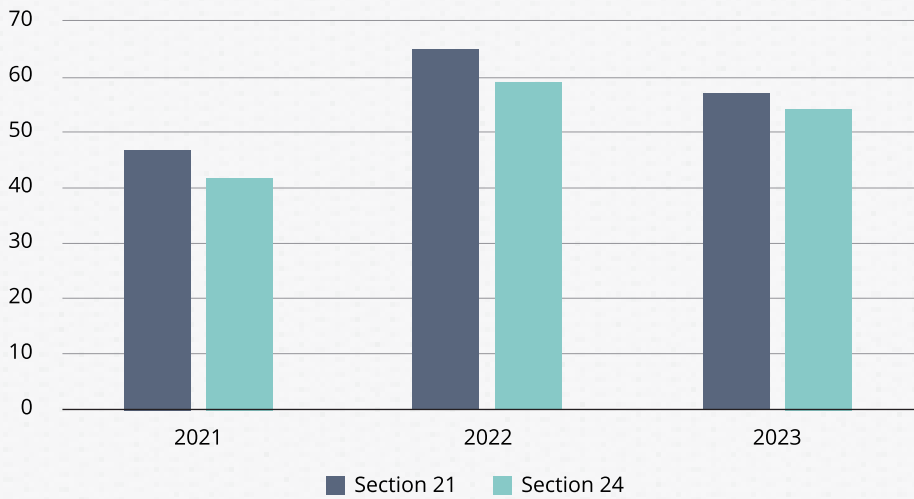
The above figures only reflect the admissions to Crevichon Ward, there is a further cohort which are under the care of the community team, which are negatively impacted, albeit to a lesser extent.

It is currently not quantified to what extent admissions are due to individuals using their own prescribed medicinal cannabis, diverted medicinal cannabis or from other illicit supply.

The above does not record individuals who receive positive benefits from cannabis use.

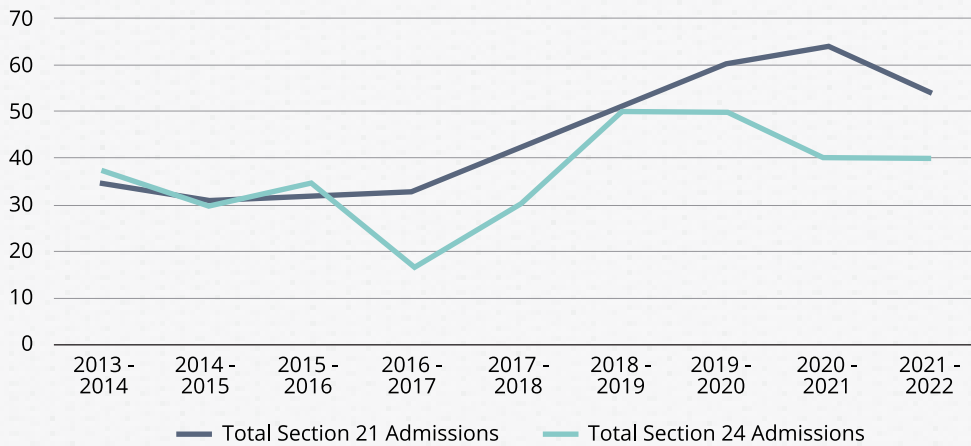
### 1.35 Specialist Mental Health Services - Patients detained under sections 21 and 24 of the Mental Health (Bailiwick of Guernsey) Law, 2010

- Section 21 is where an individual is detained for up to 28 days for assessment.
- Section 24 is where an individual is detained for up to 6 months for treatment.



**Figure 4:** Patients detained under Section 21 and Section 24 of The Mental Health (Bailiwick of Guernsey) Law, 2010.

Figure 5 details the longer term trend of numbers in section 21 and section 24 admissions in each 'mental health year'.<sup>8</sup>



**Figure 5:** Patients detained under sections 21 and 24 of The Mental Health (Bailiwick of Guernsey) Law, 2010 each mental health year.<sup>7</sup>

<sup>8</sup> The Mental Health Law was introduced on the 8th April 2013 and as a consequence the 'Mental Health Year' for statistical purposes starts on the 8th April through to the 7th April the following year.

## 1.36 Number of bed days related to child and adolescent mental health admission

While the number of emergency admissions decreased in 2023 when compared to 2022, bed days rose slightly. Although total number of bed days was lower in 2023 than 2022, of concern is that for those children and young people who are admitted to the adult Crevichon ward are spending far longer on the ward than those who can remain on Frossard ward. This highlights the level of complexity of these cases.

**Table 10:** Crevichon ward bed occupancy.

|             | Emergency Admissions to Frossard | Emergency Admissions to Crevichon | Bed Days Frossard | Bed Days Crevichon | Urgent Assessments | Off Island | Off Island Bed Days |
|-------------|----------------------------------|-----------------------------------|-------------------|--------------------|--------------------|------------|---------------------|
| <b>2022</b> | 101                              | <5                                | 243               | 84                 | 64                 | 0          | 0                   |
| <b>2023</b> | 78                               | <5                                | 188               | 146                | 58                 | 0          | 0                   |

## 1.37 Child and Adolescent Mental Health Service referrals

Guernsey CAMHS is a specialist mental health service that assess and treat children and young people who are experiencing moderate to severe mental health difficulties, which are significantly impacting upon their daily functioning or are associated with risk. All referrals are prioritised on the basis of risk.

CAMHS support covers anxiety disorders, depression, self-harm, neurodevelopmental disorders, eating disorders, obsessive compulsive disorders and psychotic illness. CAMHS will also see those in acute emotional distress that need assessment of risk and those with unexplained severe deterioration in psychological functioning. CAMHS do not accept referrals for behavioural difficulties without a co-morbid mental health problem.

As a service, they work closely with young people individually; parents, carers and extended family as well as working in close liaison with other professionals that may be involved, such as teachers or social workers.

Referrals for CAMHS can be made through the GP or via a school nurse. There has been an increase in both the number of referrals to the service and the proportion of referrals accepted for treatment.

**Table 11:** Total referrals and % accepted referrals for CAMHS (2022-2023).

|      | Referrals | % Accepted |
|------|-----------|------------|
| 2022 | 585       | 65%        |
| 2023 | 684       | 79%        |

### 1.39 Community Drug and Alcohol Team (CDAT)

The Community Drug and Alcohol Team work with anyone over the age of 18 whose drug and/or alcohol consumption is causing problems, which generally include withdrawal features. CDAT offer the following interventions:

- 1-2-1 key working offering therapeutic support and individualised work. This might include Motivational Interviewing, Brief Interventions, Harm Reduction, Drug & Alcohol Star.
- Substitute prescribing for opiate dependence with compulsory supervised substitute medication dispensing in participating community pharmacies.
- Opiate in-patient and out-patient detox.
- Alcohol in-patient and out-patient detox.
- Relapse prevention work.
- Risk assessment and risk management plans

**Table 12:** Community Drug and Alcohol Team - Total and accepted referrals (2022-2023).

|      | Referrals | % Accepted |
|------|-----------|------------|
| 2022 | 252       | 54%        |
| 2023 | 268       | 55%        |

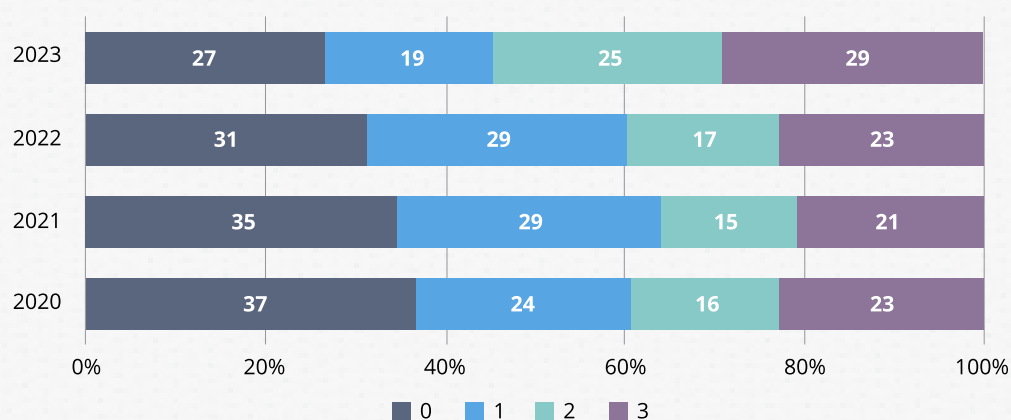
Although a referral is accepted, clients may not go on to treatment. In 2022, 52 clients entered treatment, increasing to 99 in 2023. The majority of clients access CDAT for alcohol treatment.

## 140 Reported mental health condition prevalence in Guernsey prison

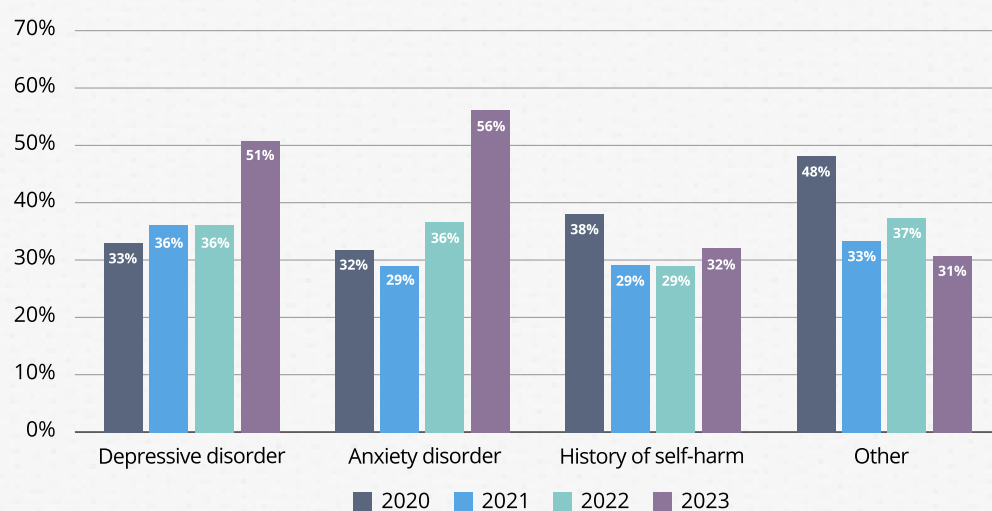
This data is collected via a point prevalence, whereby those in custody at a single point during the year are audited through data collected upon reception to prison.

9 House of Commons Justice Committee, 2021. *Mental health in prison. Fifth Report of Session 2021- 22.* [online] House of Commons Justice Committee.

Those in custody have far higher reported prevalence of mental health conditions than the general population, with 73% of those in custody in 2023 experiencing one or more self-reported mental health conditions. This is similar to reported rates in England, where 70%<sup>9</sup> of those in custody have some form of mental health need. Of those in custody within this period, depression and anxiety disorders were most common.



**Figure 6:** Number of mental health conditions experienced by those in custody at Guernsey Prison (%) (2020-2023). Data as of May 3<sup>rd</sup> for each reported year.



**Figure 7:** Proportion of those in custody self-reporting experience of the mental health conditions (2020-2023) Data as of 3<sup>rd</sup> May for each reported year.

'Other' includes PTSD, personality disorder and functional psychosis among others.

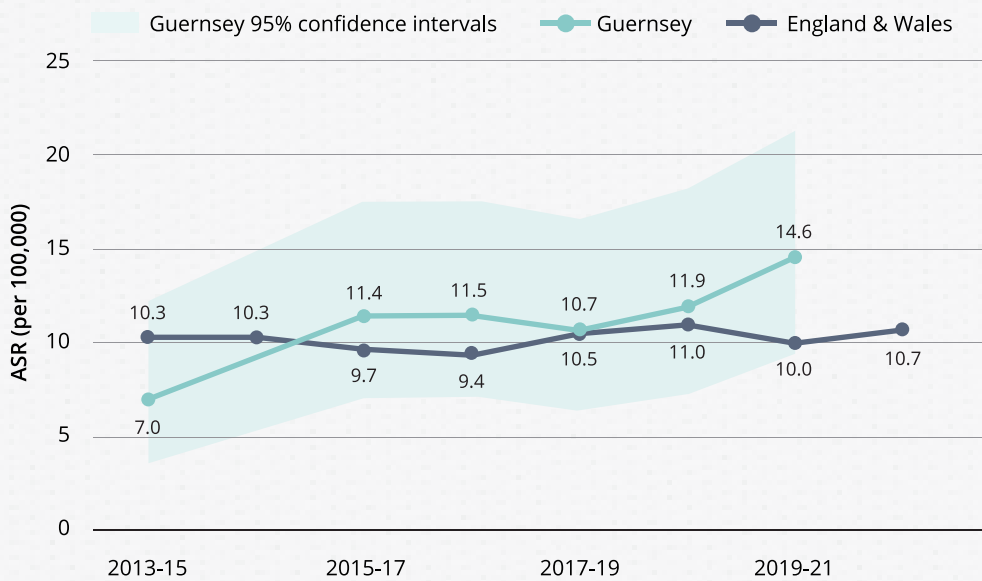
## 141 Deaths from suicide or injury of undetermined intent

The age-standardised rate for suicides and injury of undetermined intent for Guernsey has increased from 7 per 100,000 in 2013-15 to 15 per 100,000 in 2019-21. The most recent rate for Guernsey is higher than that of England and Wales (10 per 100,000 for 2021) as well as Jersey (9 per 100,000 for 2018-2020).

There are greater numbers of suicides and injuries of undetermined intent in males (75%) than females (25%). Male suicide deaths are highest between ages 20-59 with a pronounced peak from 20-29.

Due to the relatively small numbers of deaths by suicide and injury of undetermined intent compared to larger jurisdictions such as England, this observed increase is not statistically significant. This increasing trend is however of concern, with every death by suicide having a far reaching impact on our small community.

Work is ongoing with community partners to develop further actions to target suicide prevention. These will be reported on in the 2024 Annual Report.



The England & Wales rates relate to the central year of the three-year average

**Figure 8:** Age-standardised mortality rates for suicide or injury of undetermined intent per year for Guernsey from 2013-15 to 2019-21 with England and Wales for comparison.



## 4 Building blocks for good health

Data provided by States of Guernsey Data and Analysis unless otherwise stated.



Our mental health is influenced by a complex array of interacting factors which change throughout our lives. Many of these factors are outside of our personal control, and those factors that are often seen to be within our personal control are strongly influenced by our demographics, social factors, living conditions and surroundings.

Building blocks for health, often called the wider determinants of health, include things such as stable jobs, good pay, quality and secure housing, education and skills and meaningful community connections. Providing society with these things are similar to constructing a sturdy building. A thriving community, with good mental wellbeing needs all the right building blocks in place in order to be able to succeed. Identifying, measuring, and tackling inequalities and places where blocks are missing is vital to ensure we fix the root of these problems as well as dealing with poor mental health once it arises.

This section of the report highlights data surrounding our building blocks for good health.

### 142 % who couldn't afford an unexpected but necessary expense of £100 and £1000

Data from the Guernsey and Alderney Wellbeing Survey 2018 stated that:

-  **6%** of people could not afford an unexpected but necessary expense of £100. **20%** said they could but it would not be easy.
-  **23%** of people could not afford an unexpected but necessary expense of £1000. **32%** said they could but it would not be easy

### 143 People accessing support from Guernsey Community Savings

Guernsey Community Savings is a non-profit making charitable organisation helping financially excluded Guernsey residents' access basic financial services.

**Table 13:** Accounts opened with assistance from Guernsey Community Savings (September 2020-2023).

|                                | Accounts Opened |
|--------------------------------|-----------------|
| September 2020 - December 2022 | 97              |
| 2023                           | 52              |

Since Guernsey Community Savings started September 2020:

- Six people have gone back into mainstream banking;
- 30 clients have jobs which would not be possible without a bank account;
- Supported approximately 30 clients with budgeting; and
- Delivered financial education in the prison to over 35 people.

## 145 Employment rate

The Guernsey employment rate has remained relatively stable since 2015.

**Table 14:** Guernsey Employment rate (%) The employment participation rate for Guernsey is calculated from people of working age 16-64.

|      | Guernsey | UK <sup>10</sup> |
|------|----------|------------------|
| 2015 | 74.8     | 73.67            |
| 2016 | 75.2     | 74.38            |
| 2017 | 75.9     | 75.00            |
| 2018 | 75.8     | 75.63            |
| 2019 | 75.6     | 76.17            |
| 2020 | 73.9     | 75.40            |
| 2021 | 74.2     | 75.13            |

<sup>10</sup> OECD (2023)  
Employment rate  
indicator

## 146 Housing Expenditure as a percentage of household income<sup>11</sup>

The proportion of household income spent on housing has increased from 24% to 27% between 2018 and 2020.

*Table 15: Housing expenditure as a percentage of household income.*

|      | Proportion of household income (%) |
|------|------------------------------------|
| 2018 | 24                                 |
| 2019 | 26                                 |
| 2020 | 27                                 |

## 147-1.52 Better Life Indicators and Indicators of Poverty Report<sup>10</sup>

2014 is set as the base year for future trend analysis. As such, each of the domains has been given a “deprivation index” of 100 in 2014. The annual changes in individual measures within each domain are combined (without weighting) to give an overall change for the domain. This change is applied to this base figure to show whether the index for the domain as a whole has increased or decreased each year.

### 147 Income deprivation

Income deprivation has decreased since the 2014 baseline. This index is measured using the following indicators:

- Proportion of population whose household income is less than 60% of the median.
- Proportion of population whose household income is less than 60% of the median and are not in receipt of supplementary benefit / income support.

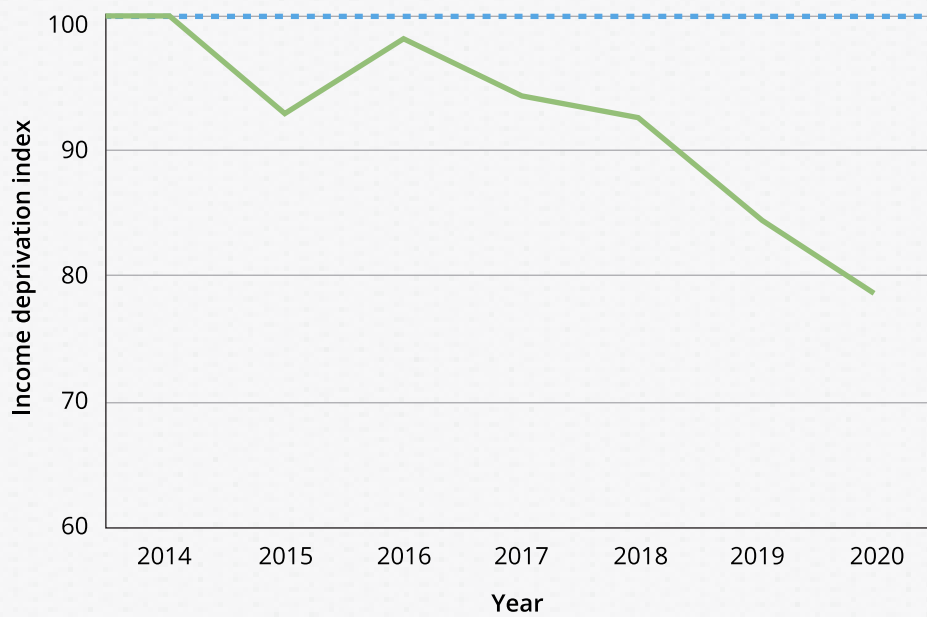


Figure 9: Income deprivation index.

## 148 Employment deprivation

Employment deprivation has increased since 2019 after an initial decline from 2014 – 2016. This index is measured using the following indicator:

- Proportion of working age population receiving incapacity, severe disability or unemployment benefits, or carer’s allowance

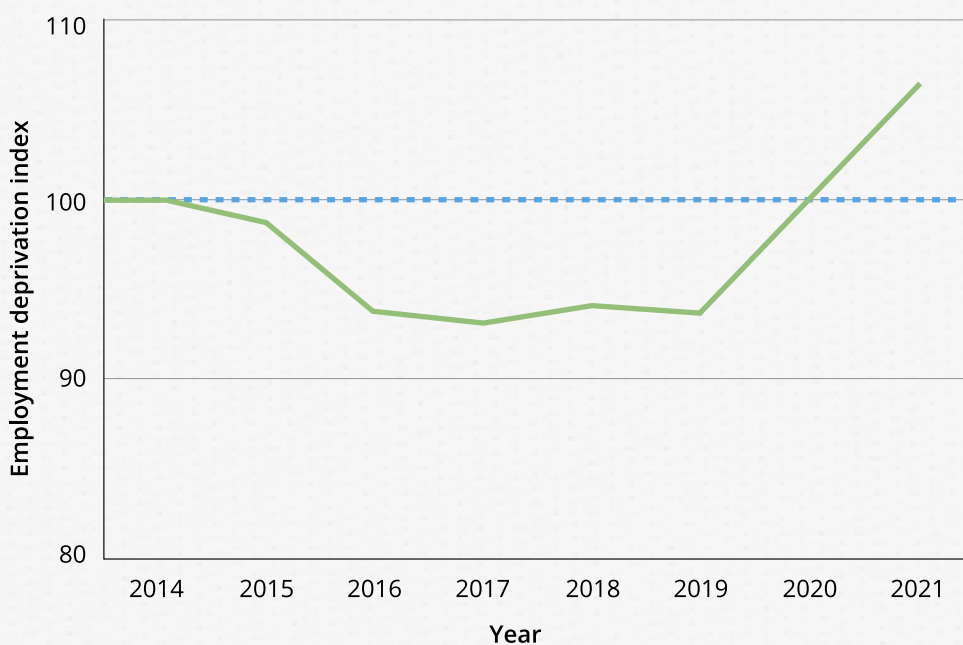


Figure 10: Employment deprivation index.

## 149 Health deprivation

Health deprivation has increased since 2019. This index is measured using the following indicators:

- Years of potential life lost per 10,000 population (three year period ending in the year shown).
- Proportion of population receiving invalidity/severe disability benefit.
- Number of emergency admissions lasting at least 24 hours per capita.
- Comparison of number of doctor/nurse appointments for those in receipt of Income Support compared with those not in receipt of the benefit.

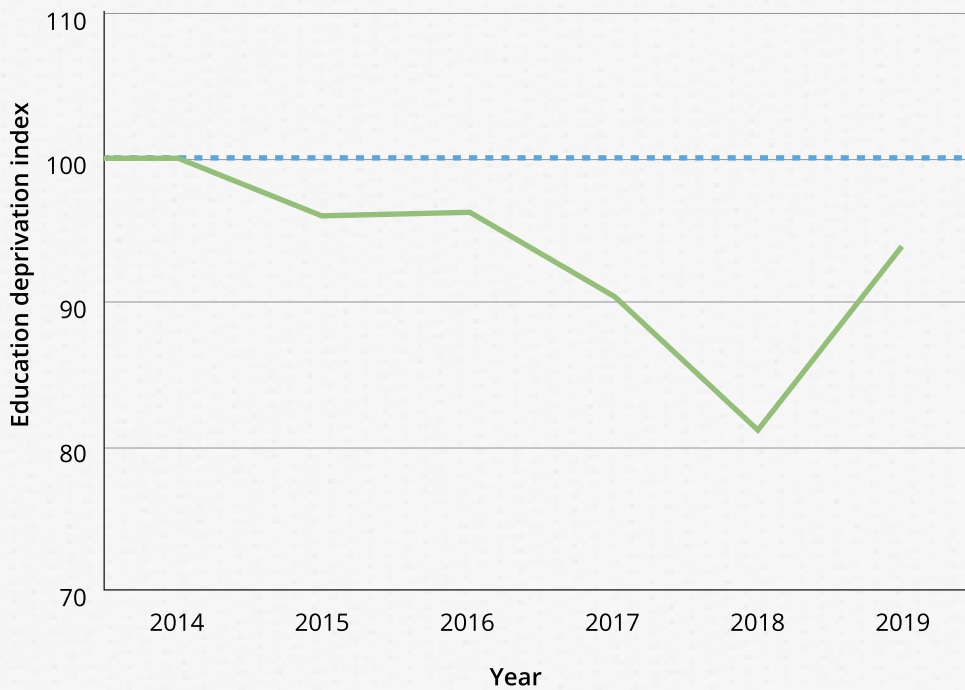


**Figure 11:** Index of health deprivation.

## 1.50 Education deprivation

Education deprivation decreased between 2014 and 2018, with an increase in 2019. This index was not updated for 2020 and 2021 due to insufficient or incomparable data. This index is measured using the following indicators:

- Those not achieving level 4 or higher at key stage 2.
- Those not achieving 5 A to G GCSEs or equivalent at key stage 4.
- Secondary school absence rate.
- Proportion of 16 year olds not in education, employment or training.
- Proportion of 18 to 20 year olds not in education or employment.
- Number of approved applications for uniform grants as percentage of total school children.



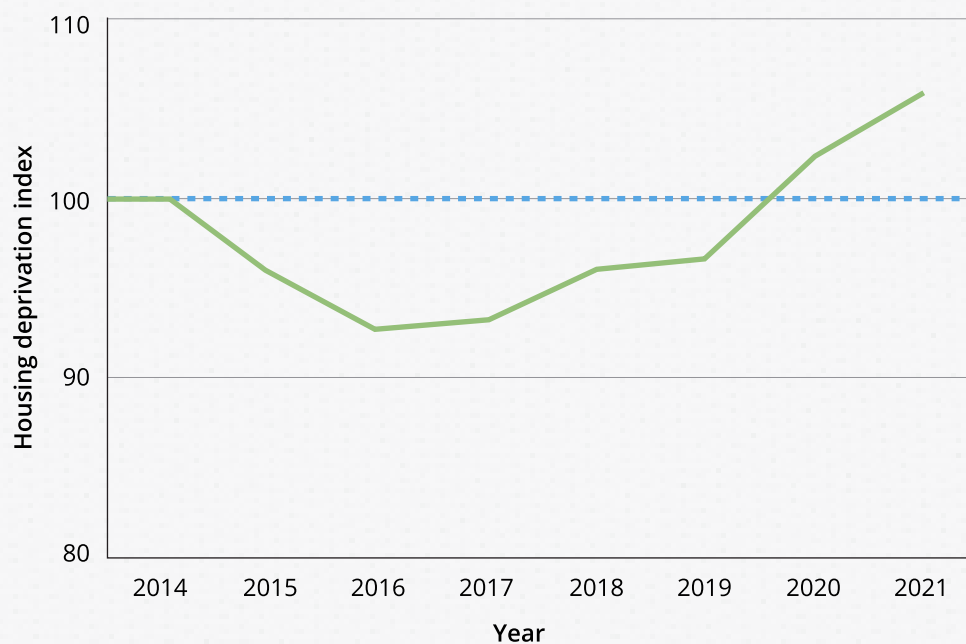
*Note: not updated for 2020 or 2021 due to insufficient or incomparable data*

**Figure 12:** Index of education deprivation.

## 1.51 Housing deprivation

Housing deprivation has been increasing from 2016-2021. This index is measured using the following indicators:

- Household overcrowding as percentage of households (data held for approx. 90% of properties).
- Percentage of population without secure housing.
- Affordability: annual rent to earnings ratio.
- Affordability: purchase price to earnings ratio.
- Affordability: percentage of population in affordable housing (rented from the States or GHA).
- Affordability: percentage of households receiving assistance with social housing rent payments.

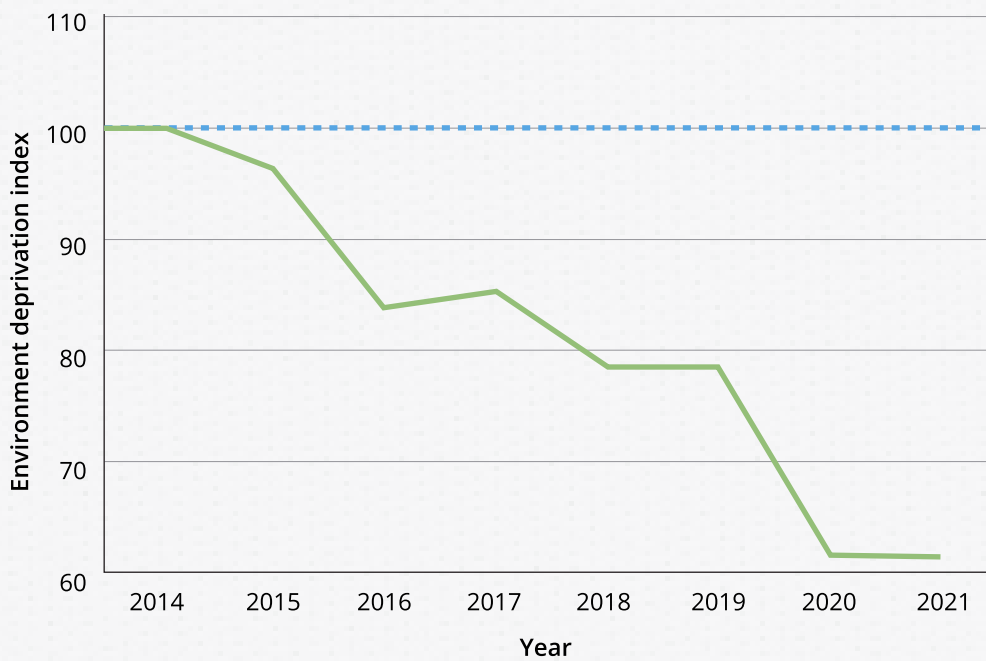


**Figure 13:** Index of housing deprivation.

## 1.52 Environmental deprivation

Environmental deprivation has continued to decrease since 2014. This index is measured using the following indicators:

- Number of housing complaints per 1,000 houses.
- Outdoor pollutant level,  $\mu\text{g}$  per  $\text{m}^3$  - nitrogen dioxide (3 year average).
- Outdoor pollutant level,  $\mu\text{g}$  per  $\text{m}^3$  - sulphur dioxide (3 year average).
- Road traffic accident injuries (three year average).
- Bathing water quality rating.

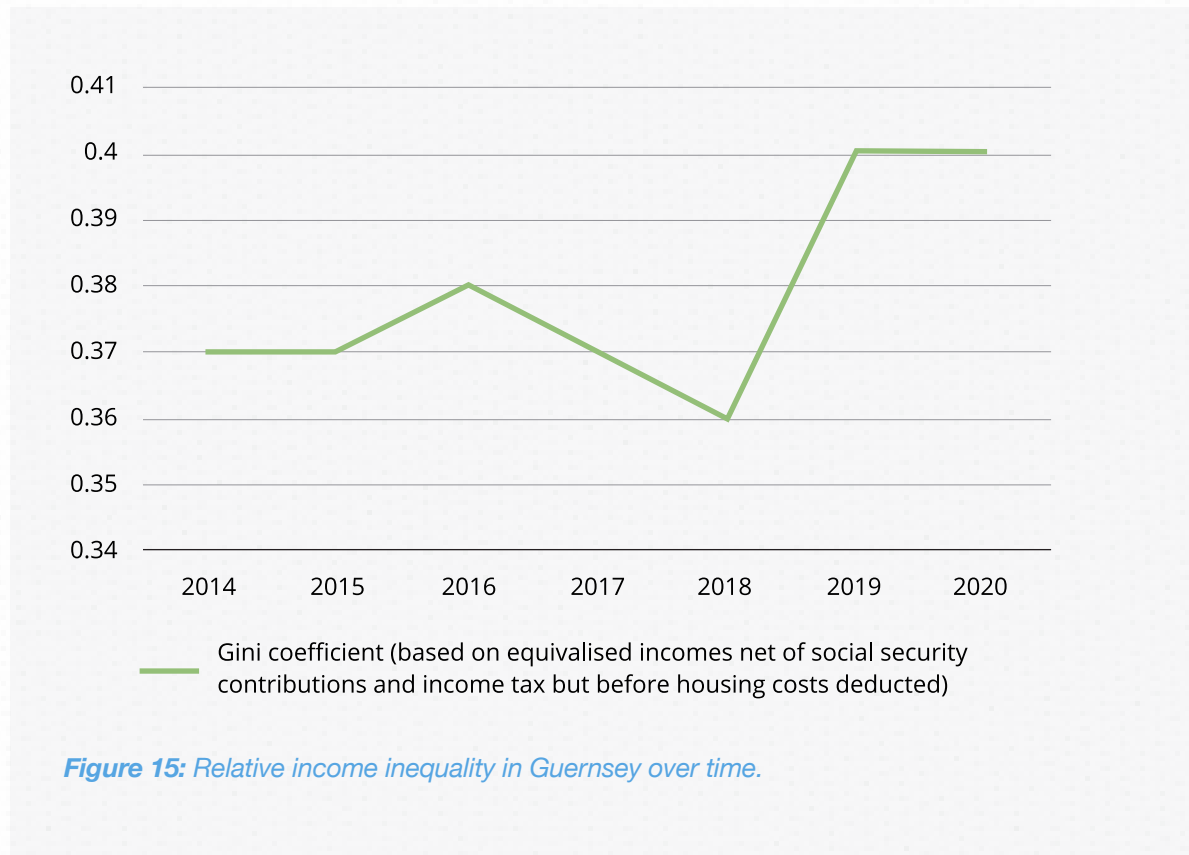


**Figure 14:** Index of environmental deprivation.



## 1.53 Relative income equality<sup>12</sup>

Measured via the Gini coefficient, a statistical measure to review how income is distributed, with a value of one indicating where one household has all the income within a population and a value of zero indicating perfect equality, where all households have the same income. **This data illustrates that income inequality has increased since 2014.**



**Figure 15:** Relative income inequality in Guernsey over time.

\*2020 values are calculated based on the change seen between 2019 and 2020 within households for which both 2019 and 2020 data was available and there had been no changes in their household composition.







States of  
Guernsey

