

Appendix 2

Good Mental Health and Wellbeing throughout Life Plan (2016-2021)

1. The Good Mental Health and Wellbeing Plan focusses on building resilience and improving lifestyle to improve mental health and well-being and reduce the risk of dementia.
2. Progress against the plan is summarised below and has been reported annually to the HWBB through the Health Improvement Group Bi-annual report. The priority groups include under- fives and their parents, young people, older people, and populations with poorer health outcomes. The action plan has 5 objectives and examples of progress against each objective is listed below

Objective 1: Increasing mental health and wellbeing literacy of residents and frontline workers to better enable prevention, recognition and management of mental health and wellbeing and dementia.

- A range of evidence based mental health and wellbeing training continues to be promoted and completed by frontline staff including Youth Mental Health First Aid, Self-Harm and Young People and Moodmasters. Adult Mental Health First aid courses are available countywide throughout 2019/20. A Connect 5 mental health promotion training pilot has been delivered for frontline staff to enable them to be more effective in having conversations about mental health and wellbeing. Health Education England and Public Health England will be delivering further Connect 5 Train the Trainer sessions later this year to enhance roll out locally.
- The Making Every Contact Count (MECC) programme for Worcestershire has been reviewed and re-developed working with the MECC Partnership and Herefordshire County Council to ensure a consistent offer across the STP footprint. The refreshed model consists of a 30 minute e-learning package and face to face skills training which is being rolled out through the Public Health team and through partner organisations adopting a train the trainer approach. In 2018/19, over 180 frontline staff, volunteers and students have completed MECC e-learning. In addition, 89 people have completed MECC skills training and 9 trainers have completed train the trainer. Further engagement with MECC training and consistent use of its approach by all frontline staff across public sector and commissioned providers will realise the potential of brief opportunistic advice as a vehicle for behaviour change and population level health improvement.
- There has been continued countywide promotion of key campaigns including Mental Health Awareness Week; World Mental Health Day and Time to Talk day has taken place. Social media activity during Mental Health Awareness Week 2018 resulted in 8511 impressions. The 5 ways to Wellbeing 12-month campaign has been running in Wyre Forest focussing on a different aspect of wellbeing every two months. Local opportunities and information for self-help has been promoted.
- The Books on Prescription scheme continues to operate in libraries providing six self-help book collections covering health and wellbeing, children and families, dementia and carers and two new collections covering domestic abuse and postnatal depression.

- Malvern Hills District Council launched 'Selfie Where's the Harm' DVD and teacher resource pack in October 2017. The resources have been shared with high schools and youth organisations and are available for countywide use.

Objective 2: Promoting self-care and supporting the development of local community assets that build resilience, improve lifestyles and support good mental health and wellbeing throughout life

- The Time to Change Worcestershire hub has been established following a successful application to the Time to Change National team in November 2017. Further information is detailed in Appendix 3.
- The number of Health Walks delivered by the Walking for Health scheme has increased across the county, with walks being set up from local GP practices.
- Libraries & Learning continue to offer a range of courses across the county to improve mental health and wellbeing.
- The NHS Health Check is a mandated Public Health service for adults aged 40-74 to a review of their health to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. In Worcestershire, the NHS Health Checks is delivered through GP practices. In 2017/18 9% of the eligible population in Worcestershire received an NHS Health Check, this is significantly better than the England average of 8.3%. Maximising the number of people who receive an NHS health check and modify their lifestyles or receive other preventative treatment to reduce their risk of cardiovascular disease and dementia at a later stage will have a huge impact on healthy life expectancy and reduce the demand on wider services.
- The 12 month pilot social prescribing programme was developed and jointly funded by Worcestershire County Council, (Public Health) and the three Worcestershire Clinical Commissioning Groups. Six pilot sites were developed across Worcestershire working with the Primary Care Network(s). Over the one-year period, over 1,300 people were referred by health care professionals into the social prescribing service. Using the shortened WEMWBS tool, reported data indicates that patients have generally improved their mental health and wellbeing score and several GP practices are reporting a reduction in appointments because of social prescribing referral. In line with the new NHS England Directed Enhanced Service both the CCG and Public Health are working to implement new social prescribing interventions in all GP practices in Worcestershire working with Primary Care Networks (neighbourhood teams).

Objective 3: Enabling those in need to access local support, services and activities to support their mental health and wellbeing

- The Tackling Loneliness group are reviewing the countywide plan and effective approaches to reduce loneliness in older people including the continued promotion of the Reconnections Service for older people.
- Worcestershire Health and Care NHS Trust is an IPS Centre of Excellence in supporting employment for people with mental health conditions, leading to greater physical and mental health outcomes for individuals and a reduction in stigma and discrimination within the organisation.
- Worcestershire Health and Care NHS Trust launched a Mental Health Campaign in October 2018 to raise awareness of support available to residents, particularly men. The campaign 'Now We're Talking' encourages people in need to contact the Worcestershire Healthy Minds Service.

- The Worcestershire Wellbeing Hub information and signposting service continues to support adults who are experiencing low mood, anxiety or stress. The Wellbeing Assistants provide rapid access to community and voluntary sector services and referrals into the Healthy Minds Service if needed.
- Digital connectors and digital champions continue to promote and deliver free training in digital confidence and skills at community venues across Worcestershire.
- The on-line Kooth service was commissioned as part of the childrens emotional health and wellbeing transformation programme and has been operational in Worcestershire since November 2016. Kooth.com website is available 24 hours a day, 7 days a week to children and young people in Worcestershire aged 11-19. In 2017/2018, there were 1870 new registrations.
- The Reach 4 Wellbeing (R4W) service has been operational since May 2017 and is commissioned to provide face to face support for children and young people with mild to moderate emotional and mental health difficulties that have not responded to school or setting based prevention and emotional wellbeing support. In 2017/2018, 636 referrals were received.
- The CAST (Consultation, Advice, Support and Training) team became operational during summer 2017. The team provides schools, colleges and other universal services with a named contact within CAMHS who can offer advice, support and training to those working with children and young people who are having difficulties with their emotional wellbeing or mental health.
- An integrated wellbeing model or offer for supporting wellbeing is being developed across the county. Work is progressing to bring together and develop an holistic approach to access and support for mental wellbeing, lifestyle behaviours and wider determinants of wellbeing.

Objective 4: Creating health promoting and dementia friendly environments to build resilience, improve lifestyle and support mental health and wellbeing

- The Emotional Wellbeing Toolkit for schools, colleges and skills providers has been reviewed and refreshed in December 2018. It aims to provide a quick guide to best practice in order to help Worcestershire schools, colleges and other education settings know what they should be providing or commissioning to meet the emotional wellbeing needs of their pupils and learners, and to know when and how to access further support if needed.
- The Worcestershire Works Well (WWW) workplace accreditation scheme is open to all businesses with a minimum of 2 employees across the county. The programme is delivered in partnership between Public Health, Herefordshire and Worcestershire Chamber of Commerce, Wellness Works, Sports Partnership Herefordshire and Worcestershire and Worcestershire Regulatory Services. As of 1st April 2019, 100 active businesses are signed up to WWW across the county. 56% of businesses have reached at least level 1 accreditation. Increasing the number of mentally healthy workplaces will have a huge impact on the mental health and wellbeing of the working population and their families.
- Health Impact Assessment (HIA) and Health Impact Assessment screening continue to be requested across the county enabling any potential positive or negative mental and physical health impacts of proposed developments to be considered and responded to during the planning process. This is an opportunity at the earliest stage to consider how new places can improve health, mitigate or limit threats to health and well-being and narrow health

inequalities. Public Health responds to planning applications highlighting issues and recommendations.

- A number of Dementia Action Alliances have been developed across the county. Partners have been encouraged to sign up to local action alliances and move towards dementia friendly communities.

Objective 5: Ensuring services prioritise and embed effective prevention and early intervention to support mental health and wellbeing and dementia

- A menu of universal and targeted parenting programmes have been rolled out across the county including online parenting courses (Solihull Approach) and one to one and group programmes delivered in Children’s Centres and community settings (Triple P, PEEP). Incredible Years training has also been delivered to 25 parenting practitioners and delivery of programmes commenced.
- The CCG is making significant additional investments in Mental Health, which includes peri-natal mental health, IAPT and dementia services.
- A recent review by NHSE provided positive feedback on the peri-natal service developments with Worcestershire already exceeding their access target of 4.5% of birth population by delivering a service to 8.1%.
- The IAPT service is meeting all targets for access, there is further investment to meet 22% access for 2019-20, including expansion of support for people with LTCs (physical health)
- The STP Dementia Strategy has been launched in final draft form and is undergoing consultation with non-NHS Partners including districts to ensure alignment with wider strategies such as housing. There is a ‘new’ post-diagnostic support service in place from 1st April giving locality-based support to enable people to live well with dementia. There is also expansion of local memory service capacity to improve access to diagnostic assessment.
- The ICOPe Strategy has recently been launched to support positive aging within the county. Dementia can contribute to the frailty of an individual and the strategy seeks to deliver early intervention and support. The pathway for mild cognitive impairment is being developed for those with difficulties that are not caused by a dementia.