

HEALTH AND WELL-BEING BOARD
21 MAY 2019**GOOD MENTAL HEALTH AND WELLBEING PLAN UPDATE**

Board Sponsor

Dr. Frances Howie, Director of Public Health

Author

Liz Altay, Directorate of Public Health

Priorities

Mental health & well-being

Being Active

Reducing harm from Alcohol

Other (specify below)

(Please click below
then on down arrow)

Yes

No

No

Safeguarding

Impact on Safeguarding Children

If yes please give details

Yes

Impact on Safeguarding Adults

If yes please give details

Yes

Item for Decision, Consideration or Information

Information and assurance

Recommendation**1. The Health and Well-being Board is asked to:**

- a) Note progress made on the Good Mental Health and Wellbeing Plan;
- b) Agree commitment and sign up to a shared Prevention Concordat for Better Mental Health;
- c) Identify a HWBB mental health champion as required for declaring a Prevention Concordat arrangement;
- d) Support a multi-agency refresh of the Mental Health and Wellbeing Plan incorporating the prevention concordat requirements and findings from an updated Mental Health JSNA ;
- e) Note the progress and activities of the Worcestershire Time to Change hub sponsored by the Board and support ongoing sustainability of this anti-stigma activity; and
- f) Each Board member organisation is asked to commit to signing the Time to Change employer's pledge by August 2019 as agreed in October 2017 to demonstrate the importance of embedding mental health and anti-stigma activity within their own organisations.

Background

2. A national Prevention Concordat for Better Mental Health was launched on 30th August 2017 and promotes a joined-up approach around preventing mental health problems and promoting good mental health. The Prevention Concordat programme of work is one of the recommendations in the 'Five Year Forward View for Mental Health', published in 2016.

3. The concordat was launched with 30 national organisations signing the Consensus Statement including the Local Government Association, Association of Directors of Public Health UK, Public Health England and NHS England. A number of Health and Wellbeing Boards have signed up to the concordat since its launch. The aim is that local action can be taken to mark a turning point in moving towards a more prevention focussed approach to mental health, and in seeing mental health as being important as our physical health

4. The Concordat is part of a wider drive to secure an increase in the implementation of public mental health approaches across the whole system. The sustainability and cost effectiveness of this approach will be enhanced by the inclusion of action that impacts on the wider determinants of mental health and wellbeing. Taking a prevention-focused approach to improving the public's mental health is shown to make a valuable contribution to achieving a fairer and more equitable society. It is an opportunity to share the work that is taking place locally to create resilient communities, build momentum in a national shift to support prevention activity and ultimately, through local and national action, to prevent mental health problems and promote good mental health. It acknowledges the active role played by people with lived experience of mental health problems, individually and through user-led organisations.

Prevention Concordat Consensus Statement

5. By signing the Prevention Concordat, organisations declare their endorsement of the consensus statement and their shared commitment to support local and national action to prevent mental health problems and promote good mental health.

6. Organisations agree that:

- i. To transform the health system, we must increase the focus on prevention and the wider determinants of mental health. We recognise the need for a shift towards prevention-focussed leadership and action throughout the mental health system; and into the wider system. In turn, this will impact positively on the NHS and social care system by enabling early help through the use of upstream interventions.
- ii. There must be joint cross-sectoral action to deliver an increased focus on the prevention of mental health problems and the promotion of good mental health at local level. This should draw on the expertise of people with lived experience of mental health problems, and the wider community, to identify solutions and promote equality.

- iii. We will promote a prevention-focused approach towards improving the public's mental health, as all our organisations have a role to play.
- iv. We will work collaboratively across organisational boundaries and disciplines to secure place-based improvements that are tailored to local needs and assets, in turn increasing sustainability and the effective use of limited resources.
- v. We will build the capacity and capability across our workforce to prevent mental health problems and promote good mental health, as outlined in the Public Mental Health Leadership and Workforce Development Framework Call to Action.
- vi. We believe local areas will benefit from adopting the Prevention Concordat for Better Mental Health.
- vii. We are committed to supporting local authorities, policy makers, NHS clinical commissioning groups and other commissioners, service providers, employers and the voluntary and community sector to adopt this Concordat and its approach.

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

7. The Health and Well-being Board (HWBB) and partner organisations are already working in a way which is consistent with the Concordat. Good Mental Health and Wellbeing is one of the three priorities of the HWBB and The Good Mental Health and Wellbeing throughout life plan was developed in 2016 to deliver against the priority (Appendix 1). The plan represents a public mental health informed approach to prevention and aims to create resilient communities and build on evidence-based cross sector prevention activity across the life course. Progress against the plan is summarised in Appendix 2 and has been reported annually to the HWBB through the Health Improvement Group Bi-annual report.

Time to Change (TTC) Update

8. Time to Change is a growing movement of people changing how we all think and act about mental health. Time to Change began in 2007 and is funded by the Department of Health, Comic Relief, and the Big Lottery Fund, and led by Mind and Rethink Mental Illness. In October 2017, the HWBB endorsed the Worcestershire Time to Change Application as the local Time to Change Hub Host, and the application was successful in a regional funding bid in January 2018.

9. A Time to Change Hub is a partnership of local organisations and people who are committed to ending mental health stigma and discrimination. Collectively and independently they initiate and run regular local activities to challenge mental health prejudice, coming together to align and maximise the impact of their combined activity. They provide encouragement, support and tools to those that are already campaigning locally and to those that aspire to join the campaign, as well as seeking to encourage anti-stigma and discrimination policies and best practice within both their own organisations and relevant local strategies. Community First is the hub co-ordinator and has received funding for the duration of 18 months from March 2018-August 2019. Funding includes £15,000 contribution from Time to Change towards

the coordination and support for the Hub partnership. Community First is also responsible for overseeing a £10,000 Champions Fund pot to support local activity and campaigns.

10. Together with Worcestershire County Council and Community First, the HWBB as the Hub Host is expected to:

- Oversee and endorse the Time to Change Hub application,
- Ensure the collective production and ownership of the Local Hub action plan,
- Ensure mental health anti-stigma and discrimination work and policies are embedded within their own organisation, including signing the Time to Change employer's pledge, by August 2019,
- Commit to ensuring sufficient staff-time, including the necessary level of senior management buy-in, is available to effectively facilitate delivery,
- Enact the core principle of Lived Experience Leadership at the heart of Hub governance and programme planning and delivery.

11. Progress to date is listed in Appendix 3.

A cross sector approach to public mental health and refreshed action plan

12. Moving forward, there is a need to ensure a co-ordinated cross sector approach to public mental health by bringing key partners together to re-fresh the Good Mental Health throughout life plan and incorporate recommendations from a new and updated Mental Health Joint Strategic Needs Assessment (JSNA) aligning activity to develop an overarching Prevention Concordat commitment action plan.

13. The Prevention Concordat sign-up protocol involves endorsement of the consensus statement (paragraph 5) and the submission of a commitment action plan outlining current activity that promotes better mental health and proposed collective action across five key areas of work:

- Assessing needs and assets
- Building partnerships
- Delivering commitments
- Defining success
- Leading for prevention

14. In addition to this, a current suicide prevention action plan, supported by a multi-agency partnership and an established Mental Health JSNA (or a commitment to start one within three months) describing local system mental health need is required. The Worcestershire Suicide Prevention Plan was approved by the HWBB in February 2018 and is overseen by a multi-agency suicide prevention steering group. A new Mental Health JSNA is currently in progress. A Mental Health JSNA toolkit is enabling the development of aspects for the needs assessment including 'understanding place', 'understanding people', 'perinatal mental health', 'children and young people', 'working age people' and 'living well in older years'.

15. On approval of the Worcestershire Prevention Concordat Action Plan by the Prevention Concordat National Panel, a formal announcement of new national and local signatories will be highlighted through PHE communications or uploaded onto

the Prevention Concordat for Better Mental Health webpage. National and local signatories will receive a formal certificate.

Contact Points

County Council Contact Points

County Council: 01905 763763

Worcestershire Hub: 01905 765765

Specific Contact Points for this report

Name, Liz Altay, Public Health Consultant

Tel: 01905 846503

Email: latlay@worcestershire.gov.uk