

[Update on the Mental Health and Wellbeing Strategy]

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<p>Summary:</p>	<p>This report is providing both:</p> <p>An update on the cross-sector Mental Health and Wellbeing Strategy as a follow up to the presentation to the Board in May 2019, and an introduction to the Prevention Concordat for Better Mental Health.</p> <p>The Mental Health and Wellbeing Strategy includes an outline of a system wide Mental Health and Wellbeing delivery framework for adults, children and young people.</p> <p>This framework takes into account both the promotion of mental health and wellbeing, as well as the prevention of mental ill health, with access to timely and appropriate treatment and recovery services. It has been developed by Somerset Clinical Commissioning Group Mental Health Commissioners, Somerset County Council Adult Social Care, Children's Commissioning and Public Health together with representation of the voluntary sector via the VCSE Mental Health Hub.</p> <p>The Prevention Concordat for Better Mental Health is underpinned by an understanding that 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. The local authority along with other partners such as the NHS, public, private and VCSE sector organisations, education settings and employers will be asked to support this initiative. To engage fully in the Prevention Concordat, the Health and Wellbeing Board will be asked to sign up to a consensus statement that describes the shared commitment to work together to promote mental health and prevent mental health problems.</p> <p>The key messages for the Board are:</p> <ul style="list-style-type: none">• Approving the further development and endorsement of the strategy and its use to inform commissioning and service
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	<p>planning across the health and care system</p> <ul style="list-style-type: none"> • The strategy takes a system wide approach recognising the importance of promotion and prevention as well as the delivery of effective treatment services • The vision, themes and aspirations are based on best evidence, national drivers and good practice. • The framework for delivery will be widely shared and discussed with partners across many statutory, voluntary and third sector organisations • The Prevention Concordat provides an approach to strengthen and develop a public mental health informed approach to prevention. • The approach takes into account the wider determinants of health and will help to reduce health inequalities across Somerset <p>This report is requesting approval to proceed with the further development and consultation on the Mental Health and Wellbeing Strategy and the Prevention Concordat for Better Mental Health action plan. Both items will then return to the Board for approval.</p>
<p>Recommendations:</p>	<p>That the Somerset Health and Wellbeing Board:</p> <ol style="list-style-type: none"> 1. Agrees the outline proposal of Mental Health and Wellbeing Strategy and its development and adoption across key partners 2. Agree to proceed with developing a Prevention Concordat for Better Mental Health Action Plan to develop a mental health promotion cross sector approach which will then lead to the Health and Wellbeing Board becoming signatures to the consensus statement
<p>Reasons for recommendations:</p>	<p>The strategy will provide a cross-sector approach that will inform mental health and wellbeing commissioning across partner organisations. This will deliver better health outcomes and a better experience for patients, families, carers and service users. It will provide better value for money and ensure health, social care and other resources are used more effectively. It focuses on the complete pathway from prevention to treatment.</p> <p>The Prevention Concordat for Better Mental Health Programme aims to facilitate local and national action around preventing mental health problems and promoting good mental health. The set of resources will help Somerset put in place effective primary</p>

	<p>prevention planning arrangements.</p> <p>Improving people’s mental health and wellbeing is more important than ever. We know that good mental health gives people the capacity to cope with life’s ups and downs, and that it is protective against physical illness, social inequalities and unhealthy lifestyles. There is good evidence that a whole system approach improves people’s life chances and saves money in the wider economy.</p>								
<p>Links to The Improving Lives Strategy</p>	<p>Please tick the Improving Lives priorities influenced by the delivery of this work</p> <table border="1" data-bbox="544 640 1466 1104"> <tr> <td data-bbox="544 640 1289 763">A County infrastructure that drives productivity, supports economic prosperity and sustainable public services</td> <td data-bbox="1289 640 1466 763"><i>yes</i></td> </tr> <tr> <td data-bbox="544 763 1289 891">Safe, vibrant and well-balanced communities able to enjoy and benefit from the natural environment</td> <td data-bbox="1289 763 1466 891"><i>yes</i></td> </tr> <tr> <td data-bbox="544 891 1289 976">Fairer life chances and opportunity for all</td> <td data-bbox="1289 891 1466 976"><i>yes</i></td> </tr> <tr> <td data-bbox="544 976 1289 1104">Improved health and wellbeing and more people living healthy and independent lives for longer</td> <td data-bbox="1289 976 1466 1104"><i>yes</i></td> </tr> </table> <p>Mental health is central to all health and wellbeing. Mental health is a determinant and a consequence of physical health as well as a resource for living. By promoting positive mental health and preventing mental illness, it will help enable people to work and make a positive contribution to their communities. The strategy intends to take an empowerment model and address inequalities. Promoting mental health and preventing ill health is a golden thread throughout the priorities and outcomes of the Improving Lives Strategy.</p>	A County infrastructure that drives productivity, supports economic prosperity and sustainable public services	<i>yes</i>	Safe, vibrant and well-balanced communities able to enjoy and benefit from the natural environment	<i>yes</i>	Fairer life chances and opportunity for all	<i>yes</i>	Improved health and wellbeing and more people living healthy and independent lives for longer	<i>yes</i>
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Improved health and wellbeing and more people living healthy and independent lives for longer	<i>yes</i>								
<p>Financial, Legal, HR, Social value and partnership Implications:</p>	<p>Not applicable</p>								
<p>Equalities Implications:</p>	<p>The strategy is showing a direction of travel that has been informed by a number of equality and diversity impact assessments undertaken with the recent services that have developed.</p> <p>Summary of key equality priorities:</p> <ul style="list-style-type: none"> • People with severe and enduring mental illness are at greater risk of poor physical health and reduced life expectancy 								

	<p>compared to the general population. People living with Serious Mental Illness experience have a life expectancy of up to 20 years less than the general population.</p> <ul style="list-style-type: none"> • People with mental illness are more likely to have higher rates of poverty, homelessness, incarceration, social isolation and unemployment. As an example, psychosis is up to 15 times higher among people who are homeless compared to the general population • Young adults with severe mental illness are more likely to have physical health conditions such as diabetes, hypertension, obesity and asthma • There is a lack of specialised provision taking into account the protective characteristics e.g. gender reassignment, sexual orientation, pregnancy and maternity • Data on the protected characteristics can vary between providers and services <p>Promoting Mental Health is one of the priorities for the Somerset Equalities Officers Group, Equalities Objectives.</p> <p>A specific Equalities Impact Assessment will be carried out on the strategy and prevention concordat as the details are developed.</p>
Risk Assessment:	Not applicable

1. BACKGROUND

1.1 At the May Health and Wellbeing Board, a report was presented to update members on the delivery of the Positive Mental Health Strategy 2014-2019. The strategy has come to an end, and the Board approved the recommendation of a refocused collaborative strategy to ensure the continued relevance and impact of locally developed initiatives to promote positive mental health for the whole population of Somerset. The new strategy needed to be responsive to both national and local drivers.

1.2 The emerging model of mental health delivery in Somerset (see appendix one) recognises the different needs individuals will have, and that needs are not static. The emerging model will be supported by a single point of access led by experienced mental health clinicians and social care professionals making appropriate assessments to assist the flow of people using the service to the correct 'level' at the start of the respective pathway. People will then step up or down according to their needs. Some individuals will not need to engage with the single point of access as their needs will be met in the prevention and universal support part of the pathway.

- 1.3 As part of the proposed approach, the emerging strategy puts greater emphasis on prevention and early intervention and to enable individuals to move within the new model as their needs change. The model will ensure current mental health services are safe and that it provides a platform to build parity with physical health services.
- 1.4 Promoting mental health and emotional wellbeing work will be supported by the Prevention Concordat for Better Mental Health. The Concordat was developed by Public Health England, recognising the need to put in place effective arrangements to promote good mental health and prevent mental health problems.
- 1.5 The Concordat is intended to provide a focus for cross-sector action to deliver a tangible increase in the adoption of public mental health approaches across local authorities, the NHS, public, private and VCSE sector organisations, educational settings and employers. It acknowledges the active role played by people with lived experience of mental health problems, individually and through user led organisations.
- 1.6 To engage fully in the Prevention Concordat, the Health and Wellbeing Board are being asked to sign up to a consensus statement that describes the shared commitment to work together to promote mental health and prevent mental health problems.

2. THE EMERGING MENTAL HEALTH MODEL IN SOMERSET

- 2.1 Somerset Clinical Commissioning Group and Somerset County Council have been working together to deliver a model of care to achieve the strategies aim of:

"Everyone in Somerset is supported to build resilience and maintain their mental health, and are always able to access the right information, advice and support to maintain and increase positive emotional health and wellbeing. When needing support, we will focus on person centred care, promoting independence, increasing resilience, recovery and wellbeing by providing the right support in a timely manner."
- 2.2 In order to demonstrate the thinking behind the emerging model appendix one provides a plan on the page and a diagram to illustrate the model.
- 2.3 Since the model was first shared with the Board, further consultation has taken place and the model now includes greater recognition of prevention within a systems approach to delivering a mental health programme of work.
- 2.4 The process of developing the plan on a page and the emerging model has created wider system culture change including:

- Improved relationships across the whole mental health system with shared values of health promotion, prevention and where appropriate earlier intervention
- The establishment of an effective multi-agency MH&LD Programme Board.
- The establish of a new Prevention sub-group to the Mental Health and Learning Disabilities Programme Board
- To recognise the existing Somerset Suicide Prevention Partnership Board as a sub-group under the Programme Board.
- Commissioned collaborations between commissioners – both Local Authority and the CCG) and the Trust and the VCSE, e.g., Young Somerset (the Big Tent) and the Village Agents (the Emotional Wellbeing Service).
- The establishment of a MH Stakeholder Engagement Forum (led by Somerset Mental Health Hub, including service users, carers and VCSE partners)

3. IMPROVING LIVES PRIORITIES AND OUTCOMES

- 3.1 The Mental Health and Wellbeing Strategy takes a life course approach and promotes an empowerment and independence agenda. The aim of the strategy recognises the work that needs to be done to address inequalities and to ensure work is carried out not only at an individual level but also creates community and structural changes. The Prevention Concordat for Better Mental Health squarely focuses on prevention and recognition of the wider social determinates of health. The strategy intends to create a thriving population throughout Somerset.

4. CONSULTATIONS UNDERTAKEN

- 4.1 Extensive consultation with partners, VCSE sector and people with lived experience has taken place in the development of services described in the update. This has been through workshops, service user stakeholder events, the Somerset Mental Health Hub for VCSE organisations, feedback forms and internal newsletters to staff. Consultations will continue as we work through this process.

5. REQUESTS OF THE BOARD AND BOARD MEMBERS

- 5.1 That the Somerset Health and Wellbeing Board:

- 5.1.1 Agrees the outline proposal of the Mental Health and Wellbeing Strategy and its development and adoption across key partners.
- 5.1.2 Agree to proceed with developing a Prevention Concordat for Better Mental Health Action Plan to development a mental health promotion cross-sector approach which will then lead to the Health and Wellbeing Board becoming signatories to the consensus statement.

6. BACKGROUND PAPERS

- 6.1 Prevention Concordat for Better Mental Health:
<https://www.gov.uk/government/collections/prevention-concordat-for-better-mental-health>

7. REPORT SIGN OFF

	Seen by:	Name	Date
Report Sign off	Relevant Senior Manager / Lead Officer (Director Level)	Trudi Grant	28/10/19
	Cabinet Member / Portfolio Holder (if applicable)	Christine Lawrence	28/10/19
	Monitoring Officer (Somerset County Council)	Scott Wooldridge	28/10/19