

BRIEFING PAPER FOR HEALTH AND WELLBEING BOARD- PUBLIC

1.	Date of meeting:	5th July 2017
2.	Title:	Better Mental Health for All – Action Plan 2017-2020
3.	Directorate:	Public Health, RMBC

1. Background

Promoting the mental health of Rotherham people and preventing mental ill health is a collective responsibility. The Better Mental Health for All strategy was approved by the Health and Wellbeing Board (H&WbB) in May 2017. Working with partners across Rotherham the strategy aims to improve the mental health of Rotherham people across a three tiered approach:

- Universal interventions - promoting good mental health and emotional resilience for all ages (primary prevention)
- Targeted prevention and early intervention - targeted prevention of mental ill health and early intervention for people at risk of mental health problems (secondary prevention)
- Wider support for those with mental health problems - softening the impact of mental health problems (tertiary prevention)

It draws upon the evidence of what works for the whole population, for individuals who are more at risk of developing mental health problems and for people living with a mental health problem.

Lead Officers (Champions) from each partner organisation met for two workshops in May and June 2017. These two workshops used an Outcomes Based Accountability approach to develop the action plan which is now being submitted to the H&WbB for approval.

2. Key Issues

Improved mental wellbeing and reduced mental disorder are associated with; better physical health, longer life expectancy, reduced inequalities, healthier lifestyles, improved social functioning and better quality of life. Improving mental wellbeing is also associated with positive outcomes in relation to education, employment, as well as reduced crime and antisocial behaviour. (Joint Commissioning Panel for Mental Health, 2012).

There is already a plethora of activities and initiatives taking place across Rotherham which assist in promoting good mental health and wellbeing. These activities are delivered by partners of the H&WbB, the voluntary sector and local communities. A mapping exercise commenced in May 2017 to capture as much information as possible on the activities and initiatives. The findings from this mapping exercise will sit alongside the action plan for Better Mental Health for All. However since these activities and initiatives already have existing reporting and governance arrangements in place, the Better Mental Health for All action plan

focuses on work which brings added value, uses community assets (strengths) and provides opportunities for the H&WbB partners to work collaboratively. The action plan uses the three tiered approach to mental health promotion and prevention. It takes a whole life course approach from pre-birth to ageing well. Partner organisations have also been encouraged to look at opportunities within their current interventions to promote good mental health.

The action plan aims to link into community assets (strengths) and connecting people within their local community. The action plan recognises the skills, knowledge and expertise of individuals and the assets (strengths) that communities and organisations have to improve mental health and wellbeing.

Indicators from the Public Health Outcomes Framework (PHOF) and Quality Outcomes Framework (QOF) will be used to monitor the overall progress of the strategy. Output targets will measure progress of each action in the action plan.

3. Key actions and relevant timelines

Promoting the mental health of Rotherham people and preventing mental ill health is not the responsibility of one organisation and the action plan reflects this. The coordination of the strategy and delivery of the action plan will be led by Public Health, RMBC, with input from partners of the Health and Wellbeing Board.

The action plan covers the years 2017-2020 and reflects commitments to each of the three tiers: Whole population, Targeted and Wider support for people living with mental health problems

The action plan reflects the need for partners of the H&WbB to lead by example in promoting good mental health and wellbeing for their staff and through the services provided and procured.

4. Recommendations to Health and Wellbeing Board

4.1 Member organisations of the Health and Wellbeing Board accept and endorse the action plan.

4.2 Member organisations commit to lead by example and ensure that they follow best practice in relation to the Workplace Wellbeing Charter.

4.3 Member organisations to note that there are some actions within the plan which require financial investment; social marketing campaign for the Five Ways to Wellbeing and the investment in a web based resource like Gismo to enable individuals, communities and practitioners to source groups and opportunities which will help improve their mental health and wellbeing. The Better Mental Health for All subgroup will work with lead organisations to develop business cases accordingly.

4.4 Members of the Health and Wellbeing Board continue to support Lead Officers (Champions) from their organisation to assist with the implementation of the action plan. It envisaged that this will be quarterly meetings to update on progress and look at opportunities for collaborative working.

4.5 Health and Wellbeing Board to receive an annual update on progress made.

5. Name and contact details

Teresa Roche, Director of Public Health (DPH)

Ruth Fletcher-Brown

Public Health Specialist, Rotherham Public Health, Rotherham MBC,

Ruth.Fletcher-Brown@rotherham.gov.uk