

Prevention Concordat for Better Mental Health

Health and Wellbeing Board

Date: 28th March 2018

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Wards: All

Parishes Affected: All

1. Purpose and Reasons

- 1.1 The purpose for the National Prevention Concordat is to provide a focus for cross-sector action to deliver a tangible increase the adoption of public mental health approaches across local authorities, the NHS, public, private and VCSE sector organisations, education settings and employers. It acknowledges the active role played by people with lived experience of mental health problems, individually and through user led organisations.
- 1.2 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 achieve a fairer and more equitable society.
- 1.3 The National Prevention Concordat was launched by Public Health England in September 2017, it is outlined in the NHS Five Year Forward View for Mental Health.
- 1.4 It provides a focus for cross-sector action to improve people's mental health and reduce the risk of mental illness.
- 1.5 It has been estimated that the economic and social costs of mental health problems in England was £105 billion in 2009-10
- 1.6 The national prevention concordat states that the prevention agenda within local areas needs to be taken on at the highest level and led by the Health and Wellbeing Board. The role of the Health and Wellbeing Board would be to raise the profile of this work, hold partners to account and have annual oversight of this work.
- 1.7 Mental Health and Wellbeing is already recognised as a key priority in the Swindon Health and Wellbeing Strategy.
- 1.8 Four priority areas have been identified for the forthcoming year:
 - 1.8.1 Children and young people
 - 1.8.2 Housing and Homelessness
 - 1.8.3 Mental Health in workplace – SBC and partners

Further information on the subject of this report can be obtained from Frances Mayes, 01793 444677, FMayes@swindon.gov.uk.

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1.8.4 Promote the Five Ways to Wellbeing – Connect, Give, Take Notice, Keep Learning and Keep Physically Active

- Supporting self-care and talking stigma

2. Recommendations

The Board is recommended to:

2.1 Support the adoption of the Prevention Concordat for Better Mental Health in Swindon, and endorse the priority areas set out in paragraph 1.8 of the report.

2.2 Recommend to Cabinet and the Swindon Clinical Commissioning Group Governing Body that they adopt the Prevention Concordat for Better Mental Health in Swindon.

3. Detail

3.1 In addition to the cost of mental health highlighted above there are some other key facts which highlight the need to prevention mental health problems.

3.1.1 Half of young adults with mental health issues have symptoms by the age of 15 and nearly 75% by their late teens.

3.1.2 For those aged 5-19 years, suicide is the second most common cause of death and 1 in 5 adults has considered taking their life

3.1.3 Someone with a severe mental illness will die on average 20 years earlier than the general population

3.1.4 9 in 10 people with mental health problems experience stigma and discrimination

3.2 The National Prevention Concordat sets out some guidance and resources for areas to ensure they are delivering core high quality public mental health. It outlines the three different levels of prevention including:

3.2.1 Promoting good mental health and wellbeing

3.2.2 Prevention of mental health problems, suicide and self harm

3.2.3 Improving the lives of people experiencing and recovering from mental health problems

This is across all ages and the life course.

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- 3.3 The prevention concordat talks about three different levels of prevention Including:
- 3.3.1 Primary prevention - addressing the wider determinants e.g. debt, poverty, employment, education, housing, access to green space and adverse life experiences (abuse, bullying, bereavement).

Raising awareness and knowledge about mental health problems, maintaining good mental health (5 ways to wellbeing) and tackling stigma associated with poor mental health
 - 3.3.2 Secondary Prevention - early identification and early intervention to stop the progress of illness
 - 3.3.3 Tertiary Prevention - promoting recovery and reducing the risk of recurrence for people living with mental health problems
- 3.4 Best practice guidance by Public Health England identified 5 key steps to deliver the Prevention Concordat:
- 3.4.1 Undertake and needs assessment and assets mapping
 - 3.4.2 Working in partnership and alignment
 - 3.4.3 Translating need into deliverable commitments
 - 3.4.4 Defining success outcomes
 - 3.4.5 Leadership and accountability
- 3.5 In Swindon we have undertaken a mental health needs assessment for adults and a separate one for children and young people in which we have included some assets mapping. We also undertake a Suicide Audit which can also inform the prevention agenda.
- 3.6 We have some excellent examples of good partnership working and alignment including STP Transformation Plans, CAMHS transformation plans, suicide prevention and Swindon and Wiltshire Crisis Care Concordat. We need to ensure that the person with lived experience continue to be included in the development of all plans.
- 3.7 The STP Transformation Plan, The Five Year Forward Strategy, The CAMHS transformation Plan and Suicide Prevention and Self-Harm Prevention Strategy and Wiltshire and Swindon Crisis Care Concordat all have action plans which include the recommendations from the needs assessment. However, we would benefit from ensuring prevention is highlighted in all plans and pull all prevention
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actions into a single plan. We need to define accountability and ensure a wider range of plans include mental health e.g. homelessness strategy, substance misuse strategy etc.

- 3.8 All public mental health initiatives are evaluated but current measure are often very high level such as the suicide rate or self harm admissions. Prevention and awareness raising are more difficult to measure. For example, the Mindful Employer Network has very good attendance at events, 100s of employers in Swindon engaged, events are evaluated but it is more difficult to measure the impact it has on employees within those organisations.
- 3.9 Overall leadership and accountability for the concordat sits with the Local Authority and Clinical Commissioning Group alongside other partner's contributions. Service users need to be involved and form part of the governance structure. The Public Mental Health Lead and Champion are already established and in post.
- 3.10 The next steps for implementing the prevention concordat will be to review all these different areas in more detail to ensure they meet the concordat best practice guidance:
- Continuous monitoring of needs and data
 - Ensuring all mental health strategies and plans include prevention elements and capture these in one place
 - Ensure clearly defined success outcomes are in place
 - Ensure a wider range of strategies address public mental health issues
 - Review a human rights based approach with regard to public mental health
 - Ensure the service user voice is heard
- 3.11 Four areas have been highlighted for focus over the next year. They are:
- 3.11.1 Building capacity and identify and tackling mental health problems early for children and young people
- 3.11.2 Tackling mental health problems associated with housing and homelessness
- 3.11.3 Mental health in the workplace ensuring that Swindon Borough Council and partners such as CCG focus on the mental health and wellbeing of their employees and tackle the stigma associated with mental health problems whilst continuing to promote mental health in the workplace through the Mindful Employer Network.
- 3.11.4 Promote the Five Ways to Wellbeing
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- 3.12 We have also agreed alongside Wiltshire and Banes to have a “Year of Mental Health” in Swindon where we bring together much of the good work that is already taking place under a banner of mental health. Events planned include – Town Centre based activities during Mental Health Awareness Week in May, the roll out of ELSA (Emotional Literacy Support Advisor Training in Schools in September, the roll out of Connect 5 training for Swindon from May, various Mindful Employer Events, Twigs Events and the Launch of Swindon and Gloucestershire Mind.

4. Alternative Options

- 4.1 The Board could choose to not support the adoption of the Prevention Concordat.

5. Implications, Diversity Impact Assessment and Risk Management

Financial and Procurement Implications

- 5.1 There are no direct financial or procurement implications arising from the prevention concordat. Planned work as outlined in the concordat and under the priorities is covered by existing budgets or will go through appropriate Swindon Borough Council approval processes. In the longer term the impact of the strategy may reduce health and social care costs.

Legal and Human Rights Implications

- 5.2 There are no legal or human rights implications identified through the strategy.

All Other Implications (including Staff, Sustainability, Health, Rural, Crime and Disorder)

- 5.3 The Concordat has the potential to reduce health inequalities associated with mental health. It has a particular focus on improving mental health of the workforce.

Diversity Impact Assessment

- 5.4 A diversity impact assessment will be undertaken alongside development of this work. Diversity was considered as part of the needs assessments which will inform this work.

Risk Management

- 5.5 No specific risks have been identified at this stage for this report.

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6. Consultees

- 6.1 The Director of Finance (Section 151 Officer) and Director of Law and Democratic Services (Monitoring Officer) are consulted in respect of all reports.

7. Background Papers

- 7.1 Prevention concordat for better mental health: planning resource:
<https://www.gov.uk/government/publications/prevention-concordat-for-better-mental-health-planning-resource>

8. Appendices

- 8.1 None.