



Bristol Health & Wellbeing Board

Mental Health and Wellbeing in Bristol	
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Report for Decision	

1. Purpose of this Paper

This paper provides an update on the Mental Health and Wellbeing Summit that was held in November. It also proposes an approach to developing a city-wide strategy for Mental Health and Wellbeing.

2. Executive Summary

In October 2016 the Health and Wellbeing Board (HWB) agreed that mental health and wellbeing is one of its three top priorities. This paper outlines the national and local context for this work; highlights some of the key themes that arose from the Health and Wellbeing Board's Mental Health Summit (held in November); and proposes a way forward for developing a city wide approach to improving mental health and wellbeing in Bristol.

To support this approach, we recommend that the HWB:

- Endorse the approach to developing a Mental Health and Wellbeing Strategy and action plan for Bristol
- Establish a working group to develop the draft strategy. This will require representation from across Bristol City Council, Bristol CCG, patient/user, voluntary and community groups.
- Secure champions from the HWB to inform and promote this work.

3. Context

It is widely reported that one in four people will develop a mental health problem at some point in their lives, and that mental illnesses account for the largest burden of ill health in England. The growing costs to individuals, families and society are not sustainable. The solution lies in promoting mental wellbeing and preventing mental illness, both of which are shaped by the social, economic, physical and cultural environments in which people live.

National drivers:

No Health without Mental Health strategy (2011). This strategy takes a life-course approach to improving mental health outcomes for people of all ages with a strong focus on early and effective intervention.

Preventing suicide in England: A cross government outcomes strategy to save lives (2012)

Five Year Forward View for Mental Health (2016). This is a strategic approach to improving mental health outcomes across the health and social care system. This has 3 key aspects, a

1. High quality 7 day crisis service,
2. Integration of physical and mental health
3. Promoting good mental health and preventing poor mental health.

One of the key recommendations is the establishment of a prevention concordat. Public Health England is expected to produce guidance in April.

Future in Mind (2015) focuses on promoting, protecting and improving our children and young people's mental health and wellbeing. In October 2015 CCGs in England were required to submit a **Transformation Plan** detailing how they would work with partners to support increased capacity/capability across whole system as a result of Future in Mind.

Local context:

Mental health is a priority for Bristol HWB. A mental health summit was held in November 2016. Over 70 people attended the event from wide ranges organisations across the City. It demonstrated that mental health and wellbeing is complex and it needs a system approach.

The public health team is currently developing Joint Strategic Needs assessment chapters on mental health and wellbeing for children and for adults in conjunction with key partners. These JSNA chapters will bring together quantitative data around mental health and wellbeing in Bristol, the evidence of effectiveness of interventions, current services within Bristol and local stakeholder views. This will include feedback from the Mental Health Summit as well as the 'Freedom of Mind' conference for young people held in October 2016. The JSNA chapters will identify key issues for mental health and wellbeing and will be used to inform the development of the strategy

4. Key themes from mental health summit

The mental health summit was held as an open space session. 43 conversations took place on subjects varying from nature to self-harm, social isolation to physical activity. The subjects have been broadly grouped into themes. The themes provide a framework for better mental health for all.

a) Creating mentally healthy people: children and adults

The life course approach provides a framework for understanding the development of mental health across the population, both in terms of mental wellbeing and mental health problems.

Some of the issues and population groups mentioned included

- Vulnerable and looked after children
- Unemployment
- Isolated older people
- BME communities
- Alcohol and substance misuse
- Homeless
- Physical activity and mental health

- Self-harm
- Suicide

b) Creating mentally healthy places

The built environment, local economy and the wider social cultural environment can have an effect on individuals and communities mental health. Living in an area with significant access or exposure to green spaces can have a lasting positive effect on mental wellbeing.

- Healthy workplaces
- Employment
- Environment and nature
- Money
- Emotional health and wellbeing in schools
- Arts and culture
- Children's centres

c) Creating mentally healthy neighbourhoods

Communities have many assets that can support mental wellbeing. The issues raised under this theme included:

- Social prescribing
- Community and social networks
- Access to services
- Challenging stigma
- Community led approaches
- Housing
- Parks
- Sports and physical activity

There were also some cross cutting themes which could be classed as:

d) Better data and information about mental health

- Clear definition of mental health and wellbeing
- Need data on employment and mental health
- Lack of information on mental health and wellbeing services
- Good practice guidance?
- Measurement tools

e) System wide issues

- Joint commissioning needed
- Multi-disciplinary teams essential
- Joined up approach between voluntary sector and statutory sector
- Explore impact of austerity and budget cuts

5. Indicative timeframe

The proposed working group will agree the approach for developing the Mental Health and Wellbeing Strategy. We currently anticipate launching the strategy in October to coincide with World Mental Health Day (10th October).

To note, this programme will incorporate our responsibility to develop a 'Prevention Concordat' (Five Year Forward View for Mental Health commitment), and will embed our suicide prevention activities.

6. Key risks and Opportunities

Opportunity:

- Far greater evidence now exists on the impact and cost effectiveness of interventions in mental health and wellbeing. Other parts of England have developed different approaches and have invited us to learn from these. Public Health England is also offering guidance and support.
- There is far greater recognition of mental health and wellbeing and a wider movement of activity to encourage people to speak out and seek help, which will support our efforts locally.

Risks:

- We may lack investment to develop new approaches to improving mental health and wellbeing.
- Mental health stigma does still exist and we may struggle to gain the support from different agencies that is needed. Senior level championing from the Health and Wellbeing Board will help to mitigate this.

7. Implications (Financial and Legal if appropriate)

To be considered within the working group.

8. Conclusions

Mental health is not just the absence of illness, but is a state of well-being in which the individual realises his/her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his/her community.

Mental health is more crucial today than it has ever been.

9. Recommendations

- 1) HWB to endorse the approach to developing a Mental Health and Wellbeing Strategy and action plan for Bristol.
- 2) HWB to establish a working group to develop the draft strategy. This will require representation from across Bristol City Council, Bristol CCG, patient/user, voluntary and community groups.
- 3) Champions to be secured from the HWB to inform and promote this work.

9. Appendices - None.