



Improving mental
health for all

Thrive Bristol

A One City approach to improving mental health and wellbeing for all



People Scrutiny Update – 28 November 2019
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BRISTOL
ONE CITY



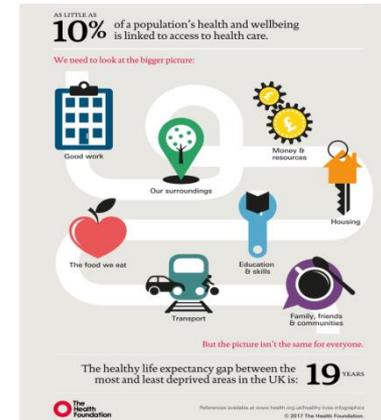
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Thrive Bristol

- 10 year programme to improve the mental health and wellbeing of everyone in Bristol, with a focus on those with the greatest needs.
- A One City approach focusing on how our city can keep us well, led by partners with learning from our national and global 'Thrive Cities' network.
- Recognition that as little as 10% of populations health & wellbeing is linked to access to health care.

Current work streams:

- Thriving Children, Young People and Schools
- Thriving Students
- Thriving at Work
- Thriving Communities
- Thriving at Home





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Thriving Schools



- ‘Whole school approach’ to mental wellbeing – for pupils & staff through our Healthy School’s Awards
- Helping schools to support each other - promoting excellent practice; testing interventions and evaluating impact; tailoring approaches to meet need

Progress

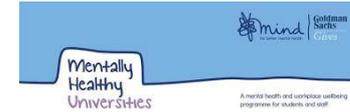
1. Reviewed and revised MH&W badge launched in October 2019
2. Developing a toolkit with evidence, best practice case studies & evaluation tools
3. By July 2020, aim for : 12 schools to be working towards achieving MH&W award
 - 6 further schools to have achieved the award (21 have achieved so far)
4. working with community partners and 4-5 schools in IC&E to develop culturally informed support for BAME population
5. Planning a MHW activity in schools in Feb 2020 – celebrate/share success



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Thriving Students



Working as a city to ensure that our students' mental health and wellbeing is fully supported through:

- Participating in national Mentally Healthy Universities programme to improve staff and student wellbeing, testing a range of interventions.
- Sharing expertise and resource in our universities with Further Education colleges and sixth forms and develop a 'community of practice' to share expertise and resource.

Progress

1. UoB is one of 10 involved in UUK's Mentally Healthy Universities programme
2. Meetings taking place and learning session planned including PHE to support the development of a community of practice



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Thriving at Work



To improve mental health and wellbeing in Bristol's workplaces through:

- Implementing the Thriving at Work recommendations in the Farmer / Stevenson review
- Supporting at least 10 Bristol employers to sign the Time to Change Employer Pledge

Progress

1. Formed 'Thriving at Work' Bristol group of 25 employers to share best practice including Burgess Salmon , Mind Bristol , Rolls Royce, Windmill Hill City Farm, NHS and unions.
2. Launched group's report in November 2019 to share learning across the City
3. Launched 3 action groups - leadership, policy, culture and behaviour led by partners: Deloitte, Hargreaves Lansdown and OVO Energy, to test interventions and share learning .
4. 16 Bristol employers signed Time to Change Employer Pledge in 2019 (now 40+ total)
5. Bristol is implementation site for national Thriving at Work Leadership Council - first city to adopt 'Mental Health at Work Commitment'
6. Working with WECA and neighbouring LA's to expand work across the region,



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Thriving Communities



- People in different communities can have different experiences of poor mental health and its consequences.
- We are working with community partners to test approaches to improving mental wellbeing

Progress

1. Established a project led by 5 Somali Community organisations in IC&E to tailor approaches to improve MHW: rolling out training; anti-stigma work; targeted communication campaigns; focused work with local schools and healthcare professionals to target middle aged men and young people
2. Working with NHS partners to evaluate the impact of this approach and share learning with other communities in the city.



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Thriving at Home



To act upon identified housing challenges which adversely affect mental health.

Progress

1. Mental health and Housing Report launched in May 2019 - recommendations for addressing gaps in the way services work in Bristol for people experiencing the connected issues of mental ill-health and poor housing.
2. A city-wide roundtable was held in November to agree the most effective approach to implementing the report's recommendations.
3. Supporting the 'No Cold Homes Group', responsible for developing Bristol's Fuel Poverty strategy, to ensure that those who are in contact with vulnerable people are aware of how cold housing can affect people's mental health and wellbeing and are able to signpost people to resources and services that can help.



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Mental Health Training and Suicide prevention

To create a city free from mental health discrimination, with an inclusive culture where conversations about mental health are encouraged and people are well supported through:

- Rolling out mental health and suicide prevention training at scale – aim for 1 in 5 people to have had access to training by 2028.
- Undertaking a feasibility study to develop local and sustainable mental health training.

Progress

1. October 2019 – steering group agreed approach to rolling out training in Mental Health First Aid (focus on higher risk of poor mental health and suicide) eg taxi drivers, construction workers – in process of commissioning.
2. Suicide Prevention Group agreed Bristol to become a Zero Suicide City – aiming to gain support of employers of approx. 250,000 staff to undertake training.



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Priorities for rest of 2019/20

- Strengthening programmes communications – launch of Thrive Bristol website
- Strengthening user and carer voice – developing models of co-production
- Focus on debt and impacts on Mental Health
- Focus on evaluation and measuring impact through system wide metrics

How can we strengthen Thrive Bristol's links with wider city programmes and initiatives (particularly within the People remit)?