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Supporting Mental health and Wellbeing - COVID 19 response

Scrutiny Meeting 22nd October, 2020

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Mental Health – a priority

A report published by the World Health Organisation last week outlines:

- There is mounting evidence that the COVID-19 pandemic is having significant effects on the mental health and wellbeing of populations worldwide.
- Even before COVID-19, mental health conditions were prevalent, accounting for about 13% of the global burden of disease.
- Years of underinvestment in mental health, have left us vulnerable. We must address the substantial unmet mental health needs of whole societies, with a focus on the most vulnerable (WHO, 2020).

Source: World Health Organisation (October, 2020). Available at: [https://www.thelancet.com/journals/laninf/article/PIIS1473-3099\(20\)30797-9/fulltext](https://www.thelancet.com/journals/laninf/article/PIIS1473-3099(20)30797-9/fulltext)



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Mental Health Strategy for Bristol

- In Bristol, we remain committed to supporting the mental health and wellbeing of our population through our Thrive Bristol programme, led by Cllr Asher Craig.
- We are also working with system wide partners on the Healthier Together mental health programme and with West of England Combined Authority on the Thriving at Work West of England programme.
- The plans and the strategic approach being discussed today reflect an evolving piece of work, particularly in the current climate where we are having to respond swiftly to need and be agile in our approach.
- They will continue to develop and change according to the changing need, particularly as more of the impact of COVID-19 on mental health unfolds. So your feedback on these plans will help inform this evolving work.



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Mental Health Strategy for BNSSG a whole system response

In response to COVID-19 crisis, a BNSSG wide Mental Health and Wellbeing Cell was established, co-chaired by Public Health and BNSSG CCG which involves:

- 60+ partners across communities, NHS, local authorities, voluntary sector, user-led organisations and academia.
- Development of a new approach for system partners to have oversight of levels of mental health need, or key population groups to escalate and act upon risks.
- A focus on gathering real-time data on mental health and wellbeing needs across the population
- With support from academic, equality and lived experience advisors, and national mental health partners (inc. Centre for Mental Health, NHS Confederation and Mind).
- Using a health inequalities lens throughout.



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Mental Health Strategy for BNSSG a whole system response

- **Communities** – mental health and trauma informed support training for volunteers and faith groups, capacity building grants
- **Children & Young People’s mental health** – increased access to specialist and CAMHS and targeted support for BAME children and young people
- **Suicide and self-harm reduction** – provision of welfare workers, expansion of HOPE service and provision of targeted self-harm support
- **Increased access to IAPT care**
- **Strengthened support through primary and secondary mental health care** - My Team Around Me; support for refugees and asylum seekers and people with Dementia, personality disorders and learning disabilities and autism



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Mental Health Strategy for BNSSG a whole system response

- **Support for groups greatly affected by COVID-19** – Black led mental health support (adults); counselling for people affected by abuse and trauma; bereavement counselling support
- **Mental health crisis specialists** to support 111 and South West Ambulance
- **Improved access to support** - BNSSG 24/7 mental health helpline established
- **Workplace mental health** – Thrive at Work West of England programme



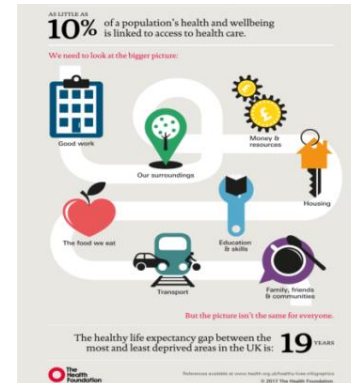
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Thrive Bristol

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

Current work streams supporting COVID-19 response:

- Children, Young People, Schools & Students
- Thrive at Work
- Communities
- Mental Health Literacy
- Suicide prevention and self harm reduction





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Thrive at Work Bristol & West Of England



Objective: Improve mental health and wellbeing of employees (Thrive at Work)

Approach:

- Provide large scale preventative mental health support to workplaces across the region (BSSNG and B&NES)
- [Thrive at Work West of England](#) programme focussed on SMEs & BAME-led employers
- Provides mental health resources inc. mental health line manager training (WECA funded)
- Provide mental health support for 5,000+ employees (WECA footprint)
- Support 400 local employers (WECA footprint) to sign up to the Mental Health at Work commitment
- Evaluate impact



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Children & Young People



Objective: Improve mental health and wellbeing of children and young people in Bristol.

Approach:

- Support implementation of ‘Mental Health Support Teams’ in Schools
- Increase provision of Primary Mental Health Specialists (via COVID-19 Business Case funding).
- Roll out Healthy Schools Essential award across Bristol’s Schools.
- Co-lead new targeted support for CYP from Black, Asian and Ethnic Minority communities



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Thriving Students

Objective: Improve the mental health and wellbeing of students in Bristol

Approach:

- Support 'Thriving Students' partnership (FEs / sixth forms and universities, led by UWE) which aims to improve student's mental health - both supporting efforts to improve mental wellbeing, and ensuring that systems are in place to quickly and effectively respond when students become unwell.
- Participate in Universities UK Student Mental Health Steering group



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Thriving Communities



- **Objective:** Increase capacity of community partners to support mental health & wellbeing
- **Approach:** Roll out community mental wellbeing grant programme and evaluate impact:
 - Distribute £50,000 in grants to community partners for targeted work to improve mental health and wellbeing.
 - 10-20 projects to reach 1,500 people in communities experiencing inequalities in mental health by August 2021 (750 residents by end of March 2021), with 75% residents reporting sustained or improved scores for anxiety, happiness and loneliness
 - Evaluate impact and share learning



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BAME Communities



- **Objective:** Address inequalities in mental health outcomes experienced by people from Black, Asian and Ethnic minority communities.
- **Approach:** In partnership with BAME-led community organisations :
 - Support new Nilaari; Somali Resource Centre and Bristol Black Carers partnership to increase support, and better understand specific needs of different communities.
 - Support Somali Community partners (with BCC Community Team) to develop existing projects and evaluate impact.
 - Draw upon learning from these and wider projects / data to inform the development of BNSSG Race & Mental Health Programme & Bristol-focused initiatives
 - Co-lead with community & mental health partners) to test new approaches to supporting the mental health needs of children and young people from BAME communities.



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Mental Health Literacy

Objective: Improve mental health literacy (including suicide prevention) to create supportive city free from mental health discrimination.

Approach: Roll out mental health and suicide prevention training at scale, with a focus on those at - or supporting those at - greatest risk (e.g. volunteers and community and faith groups).

- 75 mental health courses reaching approximately 1,500 people across Bristol receiving evidence-based mental health training by June 2021
- 1,000 of those by end of March 2021, with 75% attendees reporting increased knowledge and confidence.



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Suicide prevention

Objective: Reduce rates of suicide in Bristol.

Approach: Lead implementation of Bristol's Suicide Prevention Strategy and Action Plan.

- Host Bristol's Suicide Prevention Action Group 3-4 times a year
- Update Bristol's [Suicide Prevention Strategy and Action Plan](#) to ensure a focus on priority risks and actions.
- Participate in BNSSG-wide Suicide Prevention meetings.
- Undertake and evaluate suicide prevention work (e.g. Men's Talk Club; promote the roll out of free, digital Zero Suicide Training; roll out suicide prevention training)
- In partnership with wider Public Health colleagues develop real-time suicide surveillance and suicide postvention work.



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Self Harm

Objective: Reduce rates of self harm in Bristol.

Approach:

- Continue to monitor self-harm intelligence and assess and respond to trends, including ensuring that the findings of the Self-Harm Register are well communicated and acted upon.
- Support the development of new targeted, peer support self-harm intervention involving [Self Injury Support](#) and Psychiatric Liaison Teams.
- Agree where additional self-harm training is directed and support roll-out (e.g. teachers).



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Questions?