

Public Mental Health Councillor Briefing

Wednesday 21st February 2018

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Introduction

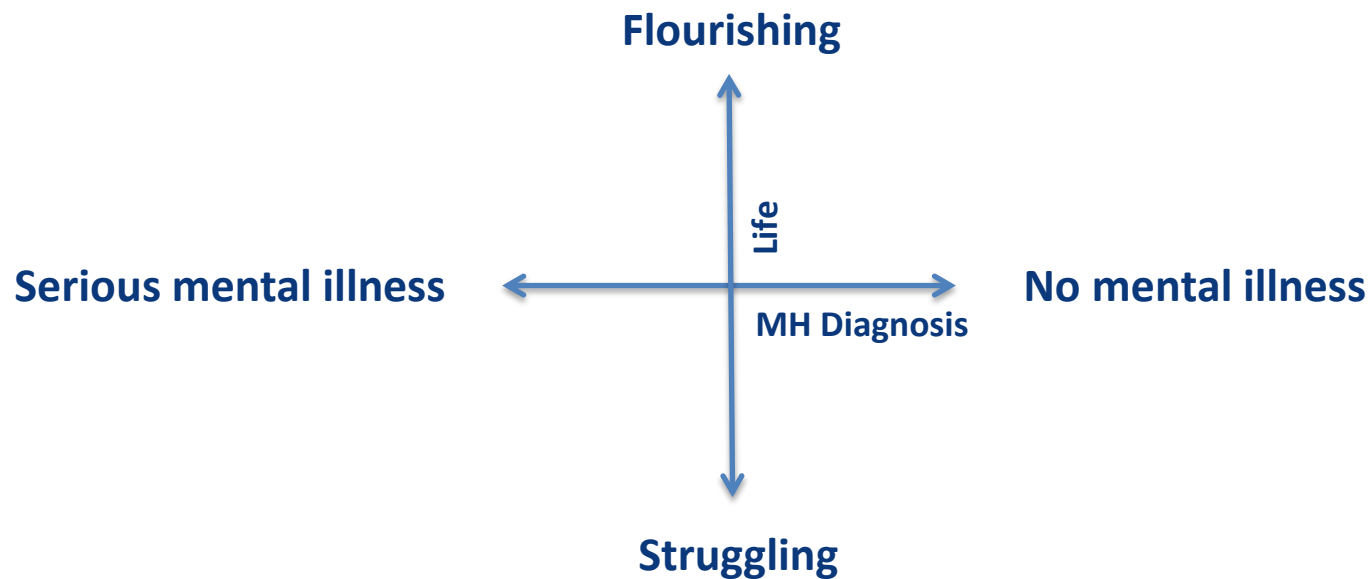
Objectives

- Provide an overview of Public Mental Health
 - What Public Mental Health is/isn't
 - What GCC Public Health is responsible for
 - Where it sits in terms of Mental Health treatment and services
- Introduce the Prevention Concordat for Better Mental Health and Gloucestershire's response to this
- Introduce the Member Mental Health Champions for Gloucestershire and raise aware of the Local Authority Mental Health Challenge

Definitions

Mental Health

The WHO constitution states: "**Health** is a state of complete physical, **mental** and social well-being and not merely the **absence** of disease or infirmity." An important implication of this definition is that **mental health** is more than just the **absence of mental disorders** or disabilities.



Definitions

Mental Wellbeing

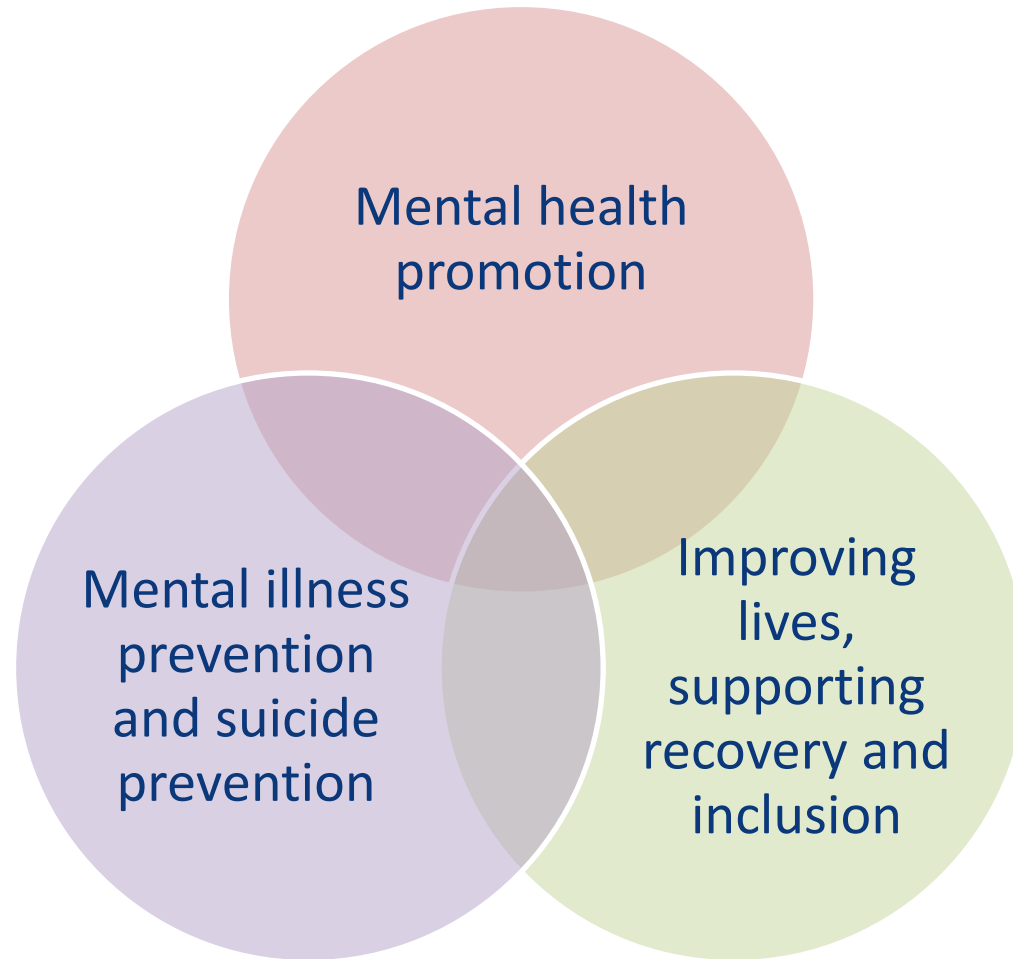
Mental wellbeing can be described as a person having:

- A positive state of mind and body, feeling safe and able to cope, with a sense of connection with people, communities and the wider environment.

Research has found that people with higher levels of mental well being have:

- Better outcomes in learning, achievement and employment; improved cognitive ability and quality of life, and improved social networks.
- Lower mortality rates, criminal and anti-social behaviour, health damaging behaviour, sickness absence
- More resilience – are more able to deal with problems, with a lower risk of developing mental illness or dying by suicide.

What is Public Mental Health?



Within the Public Health Agenda...

- Public Mental Health sits within the wider Public Health portfolio and contributes to the overall aim of Public Health which is:

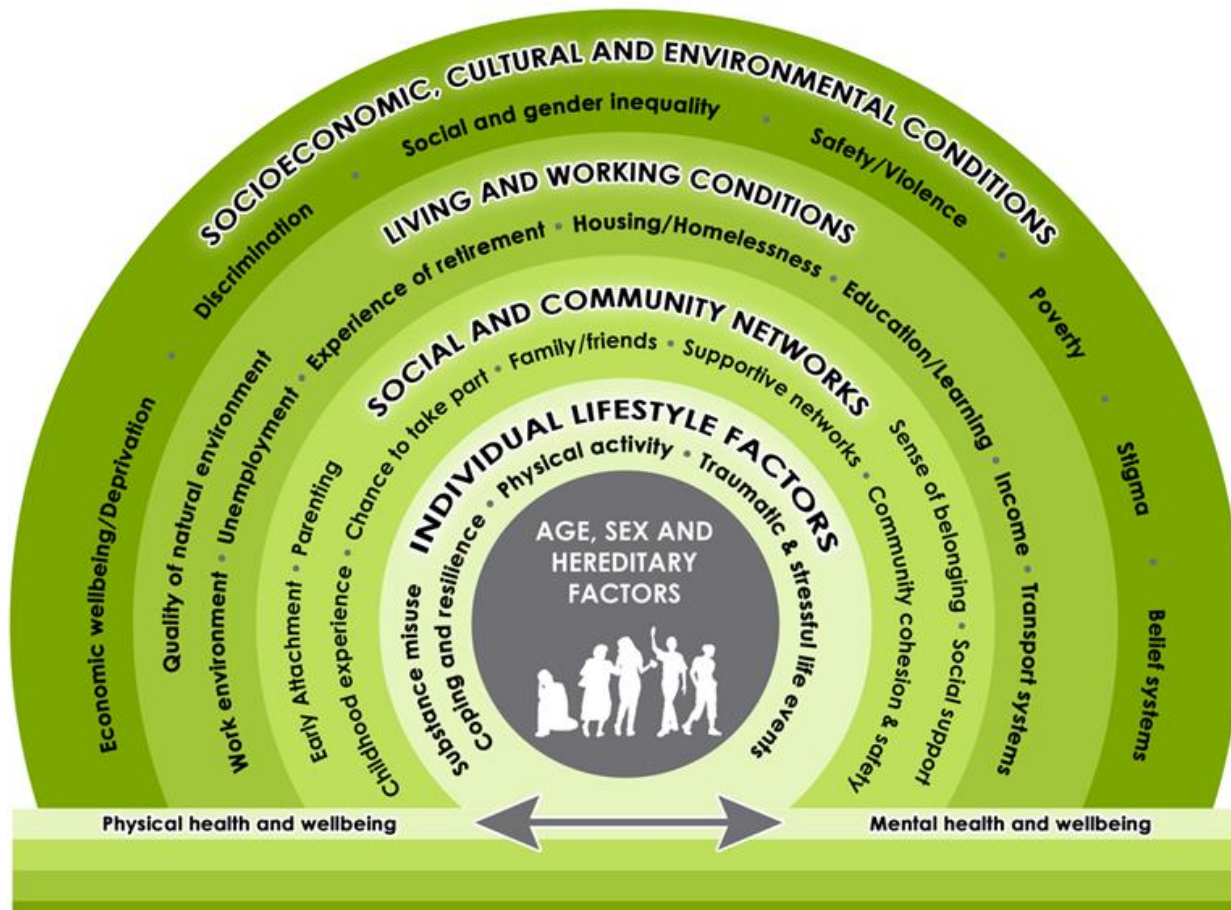
“to protect and improve the nation's health and wellbeing, and reduce health inequalities.”

- Contributes to the key theme of prevention of ill health and keeping the population healthy, reducing demand on downstream services.
- Addresses health inequalities through delivering a proportionate universalism approach, targeting those most likely to be at risk of being exposed to risk factors, as well as aiming to improve mental health which often contributes to inequality.

How does Public Mental Health fit with Mental Health Treatment Services?

- Public Mental Health does not have responsibility for commissioning treatment of Mental Illness or social care related services
- However, there are key interdependencies and strong partnerships with commissioners of these services
- Public Mental Health is more 'upstream' and focusses on the wider determinants of mental health and wellbeing.

Wider determinants of mental health and wellbeing



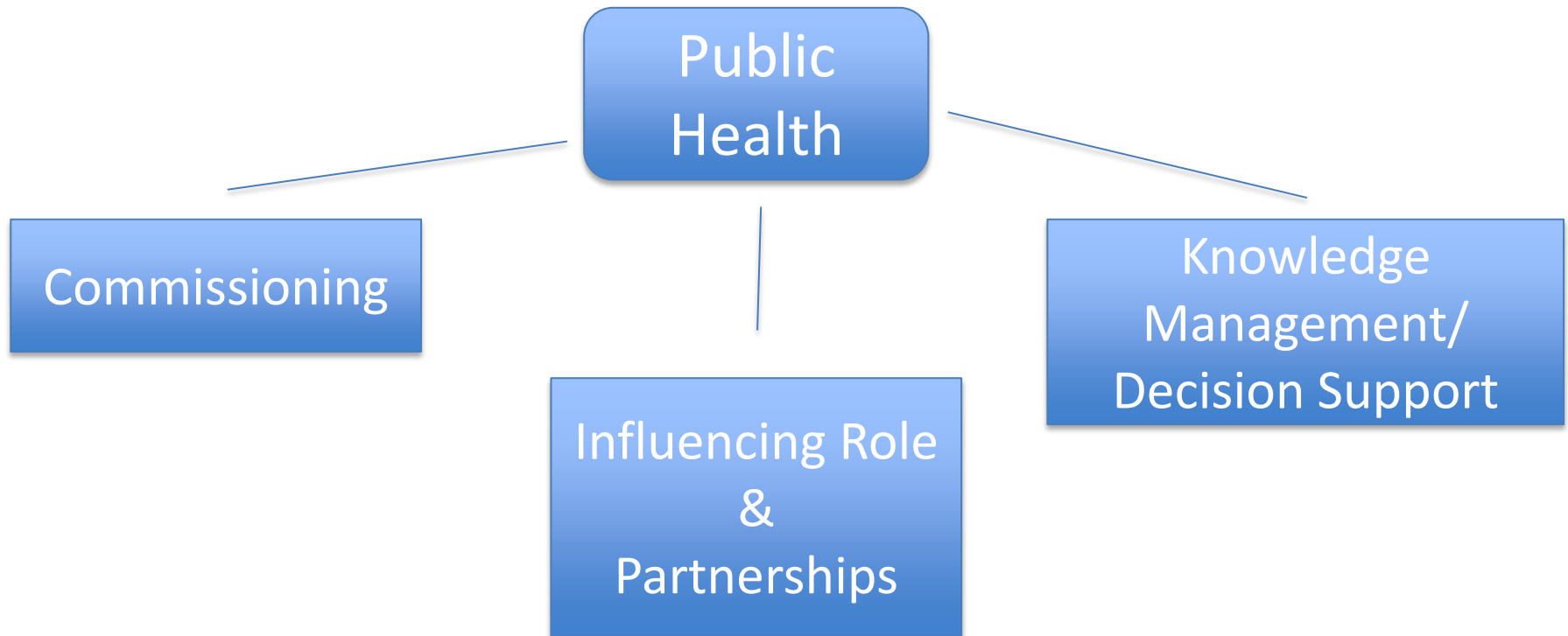
Being mindful of mental health

The role of local government in
mental health and wellbeing



The types of activities that GCC's Public Health Team undertake within the Public Mental Health Portfolio...

These broadly follow the three themes of the Public Health Team:



Public Mental Health Budget

PMH Budget for 18/19 = £270,000

This budget allows for various activities:

- Commission a limited number of small scale services and interventions
- Contribute to other services
- Promotional and campaign activities
- Provision of frontline training
- Contribution to innovative projects and pilots which meet needs identified in cross-sectoral strategies



10th
SEPT



www.iasp.info

Working in partnership with the Gloucestershire Suicide Prevention Partnership

Public Mental Health Budget

Spend on public mental health goes beyond the budget line:

- PH team capacity has increased in last 2-3 years (and role of teams across the wider system)
- Other PH spend, e.g. GHLL, Health Visiting & School Nursing – not included in this budget line
- Other GCC spend, e.g. services to support carers, victims of domestic abuse and children in care as well as wider determinants, e.g. employment support, transport and libraries
- Wider system spend:
 - On activity directly related to mental health activity, e.g. CCG spend on Future in Mind plan
 - On wider determinants of mental health and wellbeing, e.g. district council spend on housing, community safety and open spaces



GHLL Mental Health Champions Award

www.ghll.org.uk



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Living and Learning

Influencing Role & Partnerships

- The PMH Team lead a number of key strategies in Gloucestershire, including:
 - Gloucestershire Suicide Prevention Partnership & Strategy
 - Prevention Concordat for Better Mental Health
- We also contribute to the following joint strategies:
 - Future in Mind Transformation Plan for Children & Young People's Emotional Health & Wellbeing
 - Mental Health and Wellbeing Partnership including tackling stigma, strategy steering group
 - Mental Health Crisis Care Workforce Development Group
- **Wider system leadership**

Knowledge Management & Decision Support

- Using our technical skills and expertise to inform decision making, e.g.:
 - Children & Young People's Mental Health & Wellbeing Needs Assessment – informed development of Future in Mind Transformation Plan
 - Adult Mental Health & Wellbeing Needs Assessment – recommendations are informing refreshed Mental Health & Wellbeing Strategy
 - Gloucestershire Suicide Audit – undertaken to inform preventative action to reduce deaths by suicide
 - Review of self-harm pathways – has identified priorities for improvement across the system and age groups

Questions?

Prevention Concordat for Better Mental Health

- Launched by Public Health England in September 2017
- Aims to facilitate local and national action around preventing mental health problems and promoting good mental health
- National Consensus Statement:
 - National bodies committing to and calling for increased emphasis on public mental health and wider determinants of mental health
 - “We believe local areas will benefit from adopting the Prevention Concordat for Better Mental Health”

Prevention Concordat for Better Mental Health – Consensus Statement

- Gloucestershire Health & Wellbeing Board providing leadership to the better mental health and wellbeing agenda
- H&WB Board has agreed a local Consensus Statement – to be launched later this year
- Detailed engagement with wide range of stakeholders
- PHE have provided a suite of resources to support local areas to deliver on the Concordat

Questions?

The Mental Health Challenge

- Encourages local authorities to appoint a member champion and lead officer to promote and advocate for mental health
- Visible commitment – raising awareness and tackling stigma
- Leading specific pieces of work to promote mental health
- Accessing training and resources to support local work

Local Mental Health Champions

- Gloucestershire County Council – Cllr. Roger Wilson (Con)
- Cheltenham Borough Council – Cllr. Louis Savage (Con), Cllr. Garth Barnes (LD) and Cllr. David Wallingham (LD)



We're in!

The mental health challenge

Local councils championing mental health

The Mental Health Challenge

“Good mental health is fundamental to good health and wellbeing. I am committed to do all I can to make Gloucestershire a county whose population has the highest standards of mental health awareness and care.”

Cllr. Roger Wilson, Gloucestershire County Council



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Discussion