

**Agenda Item:**

## **REPORT OF THE CHAIR OF THE HEALTH AND WELLBEING BOARD**

### **HEALTH AND WELLBEING BOARD ACTIONS IN DEVELOPING PUBLIC MENTAL HEALTH PREVENTION APPROACHES IN NOTTINGHAMSHIRE**

#### **Purpose of the Report**

1. To confirm actions agreed by the Health and Wellbeing Board to improve mental health in Nottinghamshire through the development of mental health promotion and mental illness prevention approaches.

#### **Information**

2. Mental health is one of the 14 priorities listed within the Healthy and Sustainable Places ambition of the Joint Health and Wellbeing Strategy 2018-22.
3. At a workshop on 6 February 2019 the Board and partners considered the impact of good mental health and mental health resilience on people of all ages in Nottinghamshire and considered what could be achieved to support the promotion of mental health and mental illness prevention through the partnership.
4. The focus of the workshop was to identify ways that the Board could improve mental health, with a focus on those people who work within partner organisations.
5. A Board workshop in April 2019 on Community Resilience, a further Healthy and Sustainable Places ambition, will consider wider community influences on mental health.
6. Table discussions identified what 'good mental health' looks like for partner organisations.  
Feedback identified:
  - a. That mental health is hidden and it is not always obvious when people are struggling which could lead to isolation
  - b. Mental health is individual – what works for one person might not work for another
  - c. Good mental health is the ability to manage stress, being resilient and being able to ask for help
  - d. The key to mental health is openness – young people are better at being open about how they feel
  - e. There is a strong link between physical and mental health
  - f. Organisations need to equip managers and staff to recognise the signs of stress and act on them as soon as possible
7. The table discussions also identified potential Public Mental Health approaches which the Board could take forward and feedback included:

- a. Support for the Prevention Concordat and the development of action plans to support practical measures which make a difference
  - b. Partners to sign up to the Time to Change campaign to end stigma and discrimination around mental health problems
  - c. Partner organisations to develop mental health action plans to demonstrate commitment to the Prevention Concordat and Time to Change to include:
    - i. Identifying mental health champions
    - ii. Increasing the number of mental health first aiders within each partner organisation
    - iii. Driving progress to implement the Wellbeing@Work scheme
  - d. Board members to utilise links with schools to encourage mental health resilience for children and young people and to consider potential to extend to parents, carers, grandparents etc.
  - e. Board to explore potential to offer mental health first aid training to elected members in Nottinghamshire to offer support to their local communities
  - f. Board to support a one stop resource for mental health support
  - g. Board to support the development of a mental health resilience app for children and young people in Nottinghamshire.
8. Board members considered the potential benefits and outcomes of implementing these approaches. Most importantly members recognised the benefit of supporting people to develop resilience to avoid mental illness for improving health and wellbeing in Nottinghamshire and reducing the need for mental health services.

### **Other Options Considered**

9. Options were presented and considered during the Board workshop on 6 February 2019.

### **Reason/s for Recommendation/s**

10. The Health and Wellbeing Board recognise the importance of good mental health and have identified these actions which when delivered across the Board partners, have the potential to make a positive impact on mental health in Nottinghamshire.

### **Statutory and Policy Implications**

11. This report has been compiled after consideration of implications in respect of crime and disorder, data protection and information governance, finance, human resources, human rights, the NHS Constitution (public health services), the public sector equality duty, safeguarding of children and adults at risk, service users, smarter working, sustainability and the environment and where such implications are material they are described below. Appropriate consultation has been undertaken and advice sought on these issues as required.

### **Financial Implications**

12. There are no financial implications arising from this report.

## **RECOMMENDATION/S**

### **Essential:**

Than the Health and Wellbeing Board and individual partners considers and approves the following practical local actions to demonstrate leadership and a commitment in the prevention of mental health problems and the promotion good mental by;

- 1) Signing up to the [The Prevention Concordat for Better Mental Health](#) to increase the focus on the prevention of mental health problems and the promotion of good mental health at a local level.
- 2) Signing up to the [Time to Change](#) campaign to support ending stigma and discrimination around mental health

**Desirable:**

- 3) Raising Mental Health awareness during [Mental Health awareness week](#) from the 13<sup>th</sup> to 19<sup>th</sup> of May 2019, by promoting [Every Mind Matters](#) within your partner organisations
- 4) Utilising links with schools to support the mental health resilience programmes for children and young people
- 5) Undertaking Mental Health First Aid training to increase the number of mental health first aiders within each partner organisation
- 6) At all future HWB meetings, all HWB members offer a commitment to report back to the HWB on the progress in their organisation and local area, in implementing these actions.

**Insert name of report author(s) here**

**Chair of Nottinghamshire Health and Wellbeing Board**

**For any enquiries about this report please contact:**

Dawn Jenkin  
Consultant in Public Health  
e: dawn1.jenkin@nottsc.gov.uk  
t: 0115 9774923

Susan March  
Senior Public Health and Commissioning Manager  
e: susan.march@nottsc.gov.uk  
t: 0115 8040759

**Constitutional Comments (EP 22/02/2019)**

13. The recommendations fall within the remit of the Health and Wellbeing Board by virtue of its terms of reference.

**Financial Comments (OC 25/02/2019)**

14. The financial implications are contained within paragraph 12 of this report.

**Background Papers and Published Documents**

Except for previously published documents, which will be available elsewhere, the documents listed here will be available for inspection in accordance with Section 100D of the Local Government Act 1972.

- HWB Briefing paper – Developing a Public Mental Health Prevention Approach in Nottinghamshire
- HWB Developing a Public Mental Health Prevention Approach in Nottinghamshire Workshop presentation
- [News release by Broxtowe Borough Council re mental health task force](#)

**Electoral Division(s) and Member(s) Affected**

- All

**See also Chair's Report items:**

21. Children and young people's mental health – policy, CAMHS services, funding and education.
22. Mental Health Services for Children and Young People.
23. Don't be left in the dark: children and young people's mental health.
24. Supporting young people's mental health.
25. Finding your own way: mental health and moving from school to higher and further education.
34. Health matters: reducing health inequalities in mental illness.
35. Suicide prevention: cross government plan.
37. Women's Mental Health Taskforce.
53. Mental health and the NHS long term plan.