

Title of Report:	Mental Health Focus
Report to be considered by:	Health and Wellbeing Board
Date of Meeting:	30 March 2017

Purpose of Report:

To provide the Health and Wellbeing Board's guest, **Richard Benyon MP**, and the residents of **West Berkshire** an overview of activity to support mental health and wellbeing at the **Berkshire, Berkshire West and West Berkshire** levels.

Recommended Action:

The West Berkshire Health and Wellbeing Board pledge to develop and implement an action plan to build on the commitment it has made in its refreshed Strategy to support mental health and wellbeing throughout life.

The Health and Wellbeing Board approve the adoption of the Berkshire Suicide Prevention Strategy.

The Health and Wellbeing Board considers the information presented on the Berkshire West Mental Health Strategy 2016-2021 and provide direction regarding specific areas of concern/priority for the West Berkshire population.

The Health and Wellbeing Board note the progress of the refreshed Local Transformation Plan for Children and Young People's Emotional Health and Wellbeing.

The Health and Wellbeing Board note the progress of the Mental Health Collaborative to support the aim in the Health and Wellbeing Strategy to 'support mental health and wellbeing throughout life'.

Reason for decision to be taken:

For the Board to influence and endorse activity to support the mental health and wellbeing of West Berkshire's residents.

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Executive Report

1. Introduction

- 1.1 The provision of healthcare services to residents in West Berkshire happens in a complex geography:
- (1) **Berkshire** – refers to the six local authority areas which make up the county of Berkshire, including Slough, the Royal Borough of Windsor and Maidenhead, Bracknell Forest, Wokingham, Reading and West Berkshire. The authorities share a Public Health team.
 - (2) **Berkshire West** – refers to the local authorities, Clinical Commissioning Groups and NHS providers who serve Reading, Wokingham and West Berkshire.
 - (3) **West Berkshire** – refers to the area covered by West Berkshire Council, stretching from areas of Calcot and Tilehurst in the East of the District to Lambourn in the West.
- 1.2 So that the Health and Wellbeing Board can be assured of the work being undertaken at each of these different levels, it has decided to focus on activity to “support mental health and wellbeing throughout life”, which is one of the five strategic aims in the West Berkshire Joint Health and Wellbeing Strategy 2017-2020.

Berkshire

2. Brighter Berkshire 2017

- 2.1 Brighter Berkshire is a community-led initiative from volunteers across public and private sectors who have come together to mobilise and excite the community to improve the mental health of people in Berkshire and increase the opportunities and choice that are available to us.
- 2.2 We are people who have worked in mental health services, experienced mental health issues, know people or cared for people with mental health issues.
- (1) Mental health issues affect 1 in 4 people at any one time.
 - (2) Suicide is the biggest killer of men over 25
 - (3) It's the biggest killer of women in the first year after birth
 - (4) Over 50% of people with an adult diagnosis of mental health issue were known before age of 14.
- 2.3 68 people killed themselves in Berkshire last year, 2/3 of them were not in touch with services leading up to their decision to take their life. Many feel like this now. This demonstrates the impact of stigma for many people still in accessing help. This issue is getting worse. We also have reductions in public service spending. But there is not a reduction in money in the local system with parts of Berkshire for example being the fastest growing economy outside of London.

- 2.4 By bringing together a range of people across the county we could facilitate the growth of networks of support and in so doing we hope to
- (1) raise awareness and understanding of mental wellbeing, mental illness and recovery, by increasing the conversation on mental health in all aspects of life
 - (2) reduce the stigma attached to mental health
 - (3) increase the awareness of the local opportunities for people who have challenges linked to mental health
- 2.5 A list of the primary aims for the next year and examples of what is already happening across Berkshire is provided in Appendix A.
- 2.6 It is proposed that the Health and Wellbeing Board pledge to develop and implement an action plan to build on the commitment it has made in its refreshed Strategy to support mental health and wellbeing throughout life.

3. Draft Berkshire Suicide Prevention Strategy

- 3.1 The NHS Five Year Forward View for Mental Health sets a target on all NHS agencies and partners to reduce the current level of suicide by 10% by 2020. To achieve this, the Department of Health has recommended, in the National Suicide Prevention Strategy, that all top tier local authorities produce suicide prevention actions plans. In Berkshire, this has been coordinated by a multi-agency suicide prevention group who have drafted a strategy which includes a Berkshire-wide action plan, and local action plans responding to the unique needs and circumstances of each of the six unitary authorities in Berkshire. The action plans are reliant on multi-agency working and partners across the health and public sectors are in the process of endorsing the strategy.
- 3.2 Berkshire Authorities had not published a suicide prevention action plan at the time of the 2015 All Party Parliamentary Group inquiry into local suicide prevention plans in England. Action plans were a recommendation of the England Suicide Prevention Strategy published in 2012. Since 2015, a high-level multi-agency steering group have met in Berkshire to plan a local audit of suicides and to work together on a strategy and action plans for the local authorities. This draft strategy is the result of this work and a recommendation of the strategy is that all six local health and wellbeing boards endorse the strategy and their local action plans.
- 3.3 The full strategy is provided in Appendix B.
- 3.4 It is proposed that the Health and Wellbeing Board approve the Berkshire Suicide Prevention Strategy.

Berkshire West

4. Berkshire West Mental Health Strategy 2016-2021

- 4.1 The paper at Appendix C was provided to the Berkshire West 10 Integration Delivery Group on 25 January 2017, and subsequently to the Berkshire West Integration Board on 15 February 2017. This followed the request from the Integration Board, that the Delivery Group consider the current status of mental health services in Berkshire West.
- 4.2 The Delivery Group considered the paper, which is structured in line with the Board request to look at what is going well, what are our challenges, and recommendations about the next steps we should take to ensure mental health is appropriately included within our overall approach to integration as a system.
- 4.3 The Delivery Group endorsed the analysis outlined by the paper, and agreed that the following additional elements should be included in future work:
- (1) That proper consideration is given to the health inequalities experienced by people with mental health problems – specifically in terms of significantly reduced life expectancy
 - (2) That service provision for adults with autism and ADHD should be included in future plans
 - (3) That desired outcomes should be built into our implementation plans
- 4.4 The recommended next steps were endorsed by the Delivery Group:
- (1) H&WB Board discussions on Mental Health in each area to clarify local priorities, and approach to strategy implementation.
 - (2) Berkshire West Strategy Steering Group established with representatives linked to local governance arrangements appropriate to each area.
 - (3) Inclusion of Berkshire West key projects in Delivery Group monitoring, along with progress in reducing delayed transfers of care from MH Inpatient Services. N.B. this is not intended to duplicate existing reporting e.g. through A&E Delivery Board.
- 4.5 These recommendations were supported by the Integration Board at its meeting on 15 February 2017, and therefore the paper is being presented to the West Berkshire Health and Wellbeing Board in line with recommendation 1.
- 4.6 Subsequent to the Integration Board meeting, a discussion has taken place with the lead for the “Brighter Berkshire” campaign, and work is in progress to ensure that there are effective links between the mental health promotion aims of this initiative and that of the mental health strategy.
- 4.7 The Health and Wellbeing Board is asked to consider the information presented and provide direction regarding specific areas of concern/priority for the West Berkshire population. (These will be collated with feedback from Reading and

Wokingham Health and Wellbeing Boards and brought forward into the work of the Berkshire West Strategy Steering Group.)

- 4.8 Guidance regarding frequency of ongoing reporting of progress is also requested from the Health and Wellbeing Board. (It is suggested that this takes place twice yearly.)

West Berkshire

5. West Berkshire Mental Health Collaborative

- 5.1 The Mental Health Collaborative (MHC) originally started as a sub group of the monthly West Berkshire Mental Health Forum but then expanded to include other organisations who did not attend the Forum on a regular basis but still had an interest in mental health (for example; Citizen's Advice Forum, Sovereign Housing).
- 5.2 The MHC consists of a range of people from different organisations including sovereign housing, CAB, CCG, Talking Therapies, CMHT, voluntary sector, service users and staff from local mental health support groups (friends in need, 8 bells, Pulling together) all with an interest and knowledge of mental health services.
- 5.3 The aim of the MHC is to help to develop a strategic approach to mental health through joint working and allowing everyone to contribute and have a say. The MHC has now met several times, commencing with workshops in 2014 and 2015 to set out a vision and focus on key issues. From this, a workshop to develop an action plan took place.
- 5.4 Originally, the group remit was solely on adult mental health, as the mental health forum is just for adults but the MHC became a sub group of the Health and Wellbeing Board and in September 2015, they tasked the group with developing a Mental Health Strategy that includes a focus on children and young people as well as adults.
- 5.5 A draft mental health strategy was circulated in November 2015 but it was felt by the mental health collaborative that more work needed to be done on the strategy.
- 5.6 The MHC had no experts on children and young people so invites were sent to some key people who attending meetings in May 2016, September 2016 and November 2016 and January 2016.
- 5.7 Since May 2016, the MHC has become more focused on writing the mental wellbeing strategy. At the meeting on 19th May the collaborative decided to take that forward by breaking into sub-groups, each looking at a different stage of life, starting well (under 18s) living well (18 to 64s) and ageing well (over 65s). The aim of each sub group is to address their specific areas and come up with statements and suggestions on how mental health provision could be improved. Each sub group has people who write (author) or review their section of the strategy.
- 5.8 There is a proposed format of the strategy and each of the subgroups are writing sections on; mental health literacy, prevention and promotion, age 0 to 3 and right care, right time, right service.

- 5.9 All members of the MHC have access to an online platform, Huddle, where the editing and saving of documents can be done in one place. This avoids the need of having to email documents to each other and lose version control. Policy and other strategic documents can also be stored on Huddle for easy access.
- 5.10 Members of the Children's Delivery Group are being asked to comment on the Starting Well section which is being written by Public Health and Wellbeing, using information from the Local Transformation Plan and other relevant documents.
- 5.11 A mental wellbeing strategy consultation event was held on Monday 20th March, Shaw House, Church Rd, Newbury RG14 2DR, 9.30am to 12.30pm. To ensure more input from a diverse group of service users, small discussion groups was held with those with experience of mental health services, to enhance the strategy as well as address any adverse impact on specific groups; based on race, gender, disability and so forth. A suggestion was made that people from Faith groups should be consulted with.
- 5.12 Once the strategy has been written, there will be a workshop to develop an action plan, which will contain short, medium and long term goals. This will also align to the action plan for the Health and Wellbeing Strategy and will be monitored regularly.

6. West Berkshire Suicide Prevention Action Plan

- 6.1 At the meeting held on 2nd March, the Health and Wellbeing Board Steering group were supportive of the Berkshire Suicide Prevention strategy and were keen to identify how we were going to deliver the strategy locally and how we will make a difference in West Berkshire. To address these questions, a meeting was held on 9th March 2017 between Rachel Johnson (Chair of the Mental Health Collaborative), Garry Poulson (Director of volunteer Centre West Berkshire) and Jo Reeves (Principal Policy Officer) to look at the Berkshire Suicide Prevention Strategy and West Berkshire Suicide Prevention Action plan. It was felt that the action plan needed to be driven with support from the local community and voluntary sector. In this way, the work would be the responsibility of everyone and not just become a council owned initiative.
- 6.2 The action plan was reviewed and there was agreement that the monitoring and implementation of the suicide prevention strategy and local action plan should be separate from the mental health collaborative.
- 6.3 There was a proposal put forward that a West Berkshire suicide prevention working group would be formed, chaired by the Director of the volunteer centre. Administration of the group would fall to the volunteer centre. Membership of this working group would be different to the mental health collaborative and aimed at organisations that have direct contact with men who are at risk of suicide (for example, Samaritans, National Farmers Union, Young Farmers, Injured Jockeys, Racing Welfare).
- 6.4 At the meeting, it was suggested that the working group could focus on 3 out of the 6 areas within the action plan;
 - (1) Reduce the risk of suicide in key high-risk groups

- (2) Provide better information and support to those bereaved or affected by suicide
- (3) Support the media in delivering sensitive approaches to suicide and suicidal behaviour

6.5 The following areas would be picked up elsewhere;

- (1) Tailor approaches to improve mental health in specific groups (Mental Health Collaborative)
- (2) Reduce access to the means of suicide (Berkshire wide work with Support Network Rail, British Transport Police)
- (3) Support research, data collection and monitoring (the update of the JSNA will be done by Public Health)

6.6 One or two priorities within each of the three areas of the action plan will be identified, for example having a focus on men for the first year. The group had a preliminary discussion on the actions that could be undertaken by the working group; a general suicide awareness raising campaign, encouraging men to talk and seek help, implementing a specific campaign targeting men at risk of social isolation (for example, Men in Sheds) and considering how to link in with Brighter Berkshire.

7. Conclusion

7.1 This report provides a snapshot of activity being undertaken to support people with their mental health and wellbeing in West Berkshire and should be read in association with its appendices.

7.2 The Health and Wellbeing Board should consider whether these activities are aligned and whether they fully recognise and support local issues.

Appendices

Appendix A – Brighter Berkshire 2017

Appendix B – Draft Berkshire Suicide Prevention Strategy

Appendix C - Integration and Mental Health: Briefing for Berkshire West 10 Delivery Group

Consultees

Local Stakeholders: Health and Wellbeing Steering Group

Officers Consulted: n/a

Trade Union: n/a