

Southend Health & Wellbeing Board

(Joint) Report of the Director of Public Health

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to

Health & Wellbeing Board

on

Tuesday 9th February 2016

**Agenda
Item No.**

Report prepared by: Rob Walters, Partnership Advisor, Health
and Wellbeing

For information only		For discussion	x	Approval required	
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Summary of Mental Health Discussion, December 2015

Part 1 (Public Agenda Item)

1. Purpose of Report

- 1.1. To provide a summary of the discussion that the Health and Wellbeing Board had in December 2015 regarding mental health in the Borough.

2. Recommendations

- 2.1. That, subject to amendments, the Board notes the summary.
- 2.2. That the Board considers any additional actions or next steps in relation to the issues and opportunities identified in the discussion.
- 2.3. That Board members consider how they might further contribute towards meeting the actions/themes identified from the discussion.

3. Background & Context

- 3.1. Mental health has been a recurring priority for members of the Health and Wellbeing Board over the past year. A number of reports and discussions resulted in the Board commissioning a mental health needs assessment (MHNA) for the Borough. The MHNA forms a part of the wider Joint Strategic Needs Assessment (JSNA).
- 3.2. Feedback from the Local Government Association (LGA) Peer Challenge in July 2015 recommended that the HWB Board focus on the key priorities or “big ticket items” for the Borough. In response, and in context of its ongoing profile and priority, mental health was identified as a “big ticket” area, for closer focus.

- 3.3. The Board held an informal, developmental discussion in December 2015 to;
- Consider the output of the Mental Health Needs Assessment (MHNA)
 - Build a shared understanding of what is already being done and understand any significant gaps in light of the MHNA
 - Develop collective ownership of the approach to mental health and wellbeing in Southend
- 3.4 A range of themes and suggested actions were discussed, as summarised in Appendix 1. Appropriate response and ownership of the identified themes and actions is being developed, to enable the Board to measure progress.
- 3.5 The Board is invited to consider and voice any additional actions/potential next steps for the theme of mental health.
- 3.6 Board members are also asked to consider how they might further contribute towards meeting the actions/themes identified from the discussion.

4. Health & Wellbeing Board Priorities / Added Value

How does this item contribute to delivering the;

- Nine HWB Strategy Ambitions (listed on final page)
- Three HWB “Broad Impact Goals” which add value;
 - a) Increased physical activity (prevention)
 - b) Increased aspiration & opportunity (addressing inequality)
 - c) Increased personal responsibility/participation (sustainability)

- 4.1 The outcomes from this discussion are relevant to broad areas of Southend’s HWB Strategy in relation to the wider-determinant nature of mental health. Specifically:
- HWB Ambition 1: A positive start in life; in relation to the group discussion on parenting and mental health.
 - HWB Ambition 3: Improving mental wellbeing.
 - Broad Impact Goal B: Increased Aspiration and Opportunity (addressing inequality); in relation to the group discussion regarding employment and mental health.

5. Reasons for Recommendations

- 5.1. To progress the priority area of mental health in the Borough and enable the board to measure progress.

6. Financial / Resource Implications

- 6.1 No immediate implications identified.

7. Legal Implications

- 7.1. No immediate implications identified.

8. Equality & Diversity

8.1. An inherent aspect of this priority area is to ensure mental wellbeing for all. There are broad “wider-determinant” considerations in achieving this such as good quality housing, addressing deprivation and inequality through education, opportunity and employment and addressing stigma, as well as appropriate access to joined up services.

9. Background Papers

9.1. None.

10. Appendices

10.1. Appendix 1: Summary of discussion themes and potential actions.

HWB Strategy Priorities

Broad Impact Goals – adding value

- a) Increased Physical Activity (prevention)
- b) Increased Aspiration and Opportunity (addressing inequality)
- c) Increased Personal Responsibility and Participation (sustainability)

<p>Ambition 1. A positive start in life</p> <ul style="list-style-type: none"> a) Reduce need for children to be in care b) Narrow the education achievement gap c) Improve education provision for 16-19s d) Better support more young carers e) Promote children’s mental wellbeing f) Reduce under-18 conception rates g) Support families with significant social challenges 	<p>Ambition 2. Promoting healthy lifestyles</p> <ul style="list-style-type: none"> a) Reduce the use of tobacco b) Encourage use of green spaces and seafront c) Promote healthy weight d) Prevention and support for substance & alcohol misuse 	<p>Ambition 3. Improving mental wellbeing</p> <ul style="list-style-type: none"> a) A holistic approach to mental and physical wellbeing b) Provide the right support and care at an early stage c) Reduce stigma of mental illness d) Work to prevent suicide and self-harm e) Support parents postnatal
<p>Ambition 4. A safer population</p> <ul style="list-style-type: none"> a) Safeguard children and vulnerable adults against neglect and abuse b) Support the Domestic Abuse Strategy Group in their work c) Work to prevent unintentional injuries among under 15s 	<p>Ambition 5. Living independently</p> <ul style="list-style-type: none"> a) Promote personalised budgets b) Enable supported community living c) People feel informed and empowered in their own care d) Reablement where possible e) People feel supported to live independently for longer 	<p>Ambition 6. Active and healthy ageing</p> <ul style="list-style-type: none"> a) Join up health & social care services b) Reduce isolation of older people c) Physical & mental wellbeing d) Support those with long term conditions e) Empower people to be more in control of their care

<p>Ambition 7. Protecting health</p> <ul style="list-style-type: none"> a) Increase access to health screening b) Increase offer of immunisations c) Infection control to remain a priority for all care providers d) Severe weather plans in place e) Improve food hygiene in the Borough 	<p>Ambition 8. Housing</p> <ul style="list-style-type: none"> a) Work together to; <ul style="list-style-type: none"> o Tackle homelessness o Deliver health, care & housing in a more joined up way b) Adequate affordable housing c) Adequate specialist housing d) Understand condition and distribution of private sector housing stock, to better focus resources 	<p>Ambition 9. Maximising opportunity</p> <ul style="list-style-type: none"> a) Have a joined up view of Southend's health and care needs b) Work together to commission services more effectively c) Tackle health inequality (including improved access to services) d) Promote opportunities to thrive; Education, Employment
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