

Public Health Mental Health - Actions for Hackney

Set out below are actions that could improve mental health in Hackney and be delivered over the next 18 months. Each item on the list comes with summary notes, ideas for how it could be tested, and some criteria that has been used to help in deciding whether to take them forward. These actions are also focused on things that can best be achieved by working collaboratively across the Council, alongside other local organisations, and with residents. The actions are drawn from findings in our [Joint Strategic Needs Assessment](#), as well as other local and national sources of information.

Action	Is this idea...		y/n
<p>1. Deliver a comprehensive programme of Mental Health Awareness and Literacy training for Council staff by March 2018</p> <p><i>Notes:</i> Staff covered should include: estate managers and officers, repairs and maintenance staff, benefits officers, customer service and contact centre staff, cashiers, teachers and teaching assistants, waste operators, social workers, Councillors, sports coaches and leisure centre staff, children’s centre staff, communications and marketing, park wardens, service managers and commissioners, electoral services, parking attendants, registrars, librarians, planning officers, community wardens, environmental health officers, trading standards officers, recruitment staff, town centre managers, employment support officers, occupational therapists, group directors, directors, and security officers.</p> <p>The training should be tailored to address the increased mental health risks in Hackney for protected characteristics: people aged 40-64, women, people who are deaf or housebound, people who are LGBT+, people with language needs, carers, pregnant women and mothers, population groups known to be underrepresented on GP registers.</p> <p><i>Tests</i></p> <ul style="list-style-type: none"> • Self-reported knowledge of mental health awareness and literacy before and after training. • Number of referrals to mental health support services from service areas before and after training. • Mystery shopping by service users before and after training. • Qualitative feedback from mental health service users. 	Focused on primary prevention?		y
	SMART	Specific?	y
		Measurable?	y
		Achievable?	y
		Relevant?	y
		Time-bound?	y
	Based on evidence in the JSNA?		y
	Local authority focused?		y
	Related to the CCG’s priorities?		y
	A national or London priority?		Y

Action	Is this idea...	y/n	
<p>2. Create and maintain a simple signposting system explaining services relevant to mental wellbeing which trained staff, partners and residents can use.</p> <p><i>Notes:</i> Hackney's community directory contains four entries with limited information about what is provided and for whom it is relevant. It's not clear how current the information is but there is ongoing work to improve and maintain the iCare too. Any new system would need to interact with this.</p> <p>Leeds has an a-z directory that is comprehensive, encompassing related topics such as financial help and homelessness. Something similar to this that is both <i>simple, current and usable</i> for trained staff, partners, and residents is needed.</p> <p><i>Tests</i></p> <ul style="list-style-type: none"> • Last time the tool was updated (<6 months). • Records of when the tool is used and why. • Links to more detailed signposting services such as iCare and local campaigns such as fiveto thrive. 	Focused on primary prevention?	y	
	SMART	Specific?	y
		Measurable?	y
		Achievable?	y
		Relevant?	y
		Time-bound?	y
	Based on evidence in the JSNA?	y	
	Local authority focused?	y	
	Related to the CCG's priorities?	y	
	A national or London priority?	Y	

Action	Is this idea...	y/n	
<p>3. Make Hackney the most welcoming, healthy, accessible and prosperous place for people with mental health disorders in London by March 2018.</p> <p><i>Notes:</i> Public and social spaces in Hackney should meet the needs of our diverse resident populations, including people with Mental Health disorders. They should be available and accessible, allowing residents to carry out work, and build social networks in positive environments. These may be public, private or third sector spaces such as parks, offices, shops, leisure centres, cafes and restaurants, community halls, faith venues, public transport, libraries, on the phone, online or in person.</p> <p>This will also include workplaces. Employers will be encouraged and supported to address workforce mental health in a positive way, through the healthy workplace charter.</p> <p><i>Tests:</i></p> <ul style="list-style-type: none"> • An increase in the number of Dementia-Friendly spaces by March 2018. 	Focused on primary prevention?	y	
	SMART	Specific?	n
		Measurable?	y
		Achievable?	y
		Relevant?	y
		Time-bound?	y
	Based on evidence in the JSNA?	?	
	Local authority focused?	n	
	Related to the CCG's priorities?	y	
	A national or London priority?	Y	

<ul style="list-style-type: none"> • An increase in people with mild-moderate mental health disorders supported into employment. • Mystery shopping and annual service user “state of the borough” report. • Qualitative feedback from residents. 		
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Action	Is this idea...	y/n	
<p>4. A series of “Life Events” support packs that provide ideas, advice, phone numbers, video clips, etc. of how to be mentally resilient in times of change or stress</p> <p>The life events covered in the series could include:</p> <ul style="list-style-type: none"> • Changing school • Taking and/or failing exams or tests • Coming out • Moving house • Having children and becoming a parent • Being bereaved • Leaving the armed services • Serious physical injury • Losing a job • Becoming a carer • Being a victim of crime • Arriving from abroad • Splitting-up • Going to prison / leaving prison • Being alone • Becoming homeless • Developing a disability or sensory impairment • Losing a lot of money • Retiring <p><i>Notes:</i></p> <p>A lot of guidance on these topics already exists but this could be brought together as a neat, Hackney-themed series following a standard format. It presents a good opportunity to partner with charities.</p> <p><i>Test:</i></p> <ul style="list-style-type: none"> • At least one “pack” published per quarter through to March 2018. • Resident involvement and feedback 	Focused on primary prevention?	y	
	SMART	Specific?	y
		Measurable?	y
		Achievable?	y
		Relevant?	y
		Time-bound?	y
		Based on evidence in the JSNA?	y
		Local authority focused?	n
		Related to the CCG’s priorities?	y

Action	Is this idea...		y/n
<p>5. Deliver a child-centred, prevention-focused health and wellbeing education service that builds the resilience of all children and young people in Hackney aged 5-19 years, and up to 25 years for those with additional needs.</p> <p><i>Notes:</i></p> <p>348 of City and Hackney's 5-19 year olds have been diagnosed with a mental health disorder. 243 of these diagnoses are in 15-19 year olds and most are boys.</p> <p>The What About YOUth (WAY) survey conducted in 2014-15 with 15 year olds across the country found that Hackney, alongside four other local authorities, had the highest mean score on the Warwick-Edinburgh Mental Well-being Scale, showing high levels of self-reported wellbeing and had a low percentage of 15 year olds who reported being bullied in the past couple of months. However, the WAY survey also found that City and Hackney had a higher than average percentage of 15 year olds who had bullied others in the past couple of months and a statistically similar but slightly higher than average percentage of 15 year olds reporting low levels of life satisfaction.</p> <p>There is evidence that schools can help build emotional wellbeing and resilience. Ofsted found that children and young people expressed a desire to learn about emotional wellbeing. NICE recommends comprehensive whole school approaches to promoting the social and emotional wellbeing of children and young people. When whole school approaches encompass all that goes on in the school (not just teaching) they have been found to achieve health benefits that are sustained. The Department for Education found whole school emotional wellbeing approaches to be a protective factor for child and adolescent mental health.</p> <p><i>Test:</i></p> <ul style="list-style-type: none"> Achievement of key performance indicators set out in the contract for this service 	Focused on primary prevention?		y
	SMART	Specific?	y
		Measurable?	y
		Achievable?	y
		Relevant?	y
		Time-bound?	y
	Based on evidence in the JSNA?		y
	Local authority focused?		y
Related to the CCG's priorities?		y	