

Title	<b>Prevention Concordat for Better Mental Health</b>
Date	<b>Health and Wellbeing Board- 6th March 2019</b>
Report Authors	<b>Jack Gooding – Public Health Strategist Lucy Appleby – Senior Public Health Practitioner</b>

## 1. Context

- The Prevention Concordat for Better Mental Health recognises that taking a prevention-focused approach to improving the public's mental health is shown to make a valuable contribution to achieving a fairer and more equitable society. The concordat promotes evidence-based planning and commissioning to increase the impact on reducing health inequalities.
- Signing the Concordat is an opportunity to share work to create resilient communities and build momentum in a shift to support prevention activity. It demonstrates a shared commitment of the organisations involved to work together, through local and national action, to prevent mental health problems and promote good mental health.
- Signing the Concordat will also support the better coordination of preventative mental health action across City and Hackney, and emphasise the importance that the issue is given locally.

## Recommendations

- This report requests that the Health and Wellbeing Board agree to sign up to the Prevention Concordat for Better Mental Health, recognising the responsibility of all local stakeholders in protecting and promoting mental health and wellbeing.
- This report requests that Members consider what preventative mental health action could be taken throughout the wider system in the City and Hackney.

## 2. Background

### 2.1. Public Mental Health

Mental health is a broad term used to describe a spectrum of experiences; from how we deal with everyday ups and downs, to having a diagnosed mental health condition.

The focus of prevention in a public mental health context is to promote positive mental wellbeing for all and to prevent mental illness, rather than treating mental health conditions once they have occurred and/or have been diagnosed.

Acting early and creating an environment that supports good mental health and wellbeing builds resilience and the ability to cope with life’s everyday pressures, not only reducing the suffering and costs of mental ill-health to individuals, families and communities, but also reducing the pressure on and costs to health and social care services, acute and crisis services, and wider society.

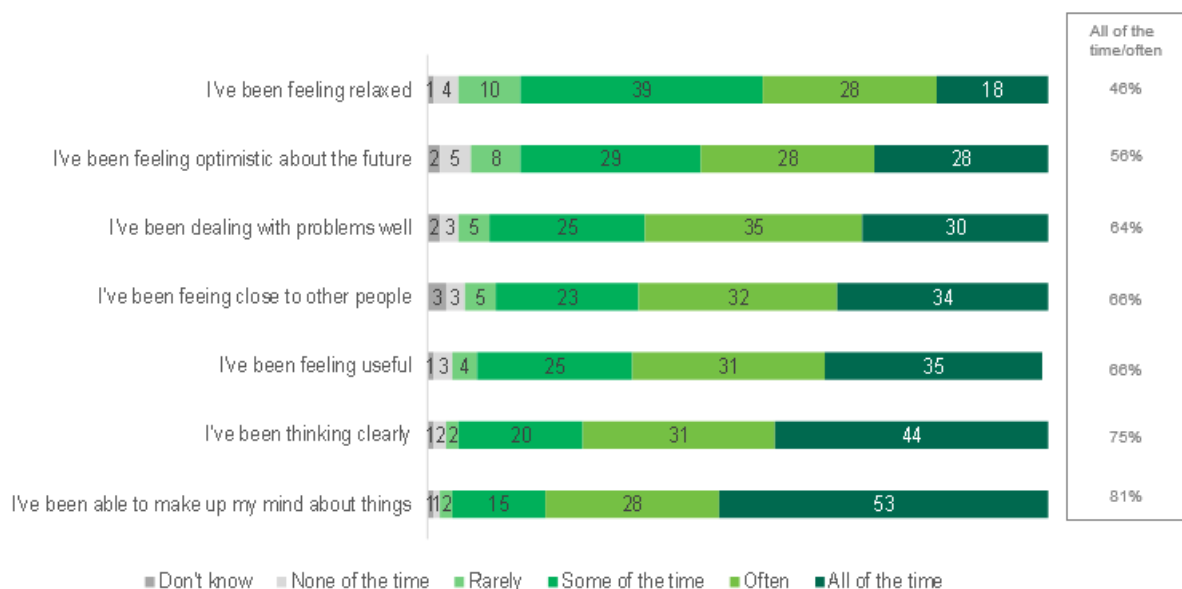
We want to ensure these ambitions are achieved in Hackney, whilst reducing stigma around mental health, and supporting residents and registered patients with severe and enduring mental illness. We believe Hackney and the City can be places where people have the best opportunities to experience good mental health and wellbeing.

## 2.2 Mental health need

It is estimated that approximately 53,000 adults aged 19-64 in Hackney and 1,300 adults aged 19-64 in the City of London currently meet the diagnostic criteria for at least one common mental disorder. It is important to note that the length of time spent with the disorder may be a few weeks or several years, and that some of these adults will have more than one common mental disorder. It is estimated that 6,356 people have a severe and enduring mental illness in Hackney (City and Hackney Joint Strategic Needs Assessment, 2016).

Findings from the Hackney Health and Wellbeing Survey (2016) showed that the Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS) metric score for Hackney residents is 25.1, compared to the national mean of 23.6 (Health Survey for England, 2011). The SWEMWBS metric score is calculated using the 7 SWEMWBS (table 1).

**Table 1: Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS): Residents Survey (2016)**



### **2.3 Hackney Public Mental Health action plan**

In 2018, the Hackney Health and Wellbeing Board agreed a set of five key actions (listed below), to form the refreshed Public Mental Health Action Plan, designed to promote better mental wellbeing and focused on things that can best be achieved by working collaboratively across the Council, alongside other local organisations, and with residents. The combined Public Mental Health and Five to Thrive steering group, co-chaired by Councillor Tom Rahilly (elected Mental Health Champion) and Dr Rhiannon England (Lead GP for mental health, City & Hackney CCG), will continue to oversee the delivery of the PMH action plan, with an ongoing focus on communications and publicity.

*Action 1: Work to prevent suicide and self-harm*

*Action 2: Work to ensure that the built local environment promotes positive mental wellbeing and creates mentally healthy places*

*Action 3: Make Hackney the most welcoming, healthy, and accessible place in London for residents with severe and enduring mental health conditions by March 2018*

*Action 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*

*Action 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*

### **2.4 Wider strategic presence**

Promoting mental health, focusing on relieving depression and anxiety for working age adults is one of four priorities in the Hackney Joint Health and Wellbeing Strategy (2015-18). It states that promoting good mental health contributes not only to lower rates of mental health disorders, but also to improved physical health, better educational performance, greater workforce productivity, improved relationships within families and safer communities. Promoting good mental health in the community.

The Mayor's Manifesto 2018 includes;

'We will continue our work to reduce stigma around mental health and to make Hackney a borough where improving mental health and wellbeing is at the heart of everything we do'.

The local public and health sector partnership (London Borough of Hackney, City of London, City and Hackney CCG, and East London Foundation Trust (ELFT)) are currently writing a joint Mental Health Strategy for Hackney and the City. Prevention will be a key theme of the strategy in line with local priorities, as outlined above, and national priorities, as outlined in the Five Year Forward View for Mental Health.

## 2.5 The Prevention Concordat for Better Mental Health

### 2.5.1 Background

The establishment of the Prevention Concordat for Better Mental Health Programme has been overseen by an expert steering group including the Faculty of Public Health, Local Government Association, and NHS England. It aims to facilitate local and national action around preventing mental health problems and promoting good mental health, and is one of the recommendations in the '[Five Year Forward View for Mental Health](#)', published in 2016. It is part of a wider drive to secure an increase in the implementation of public mental health approaches across the whole system and is underpinned by an understanding that taking a prevention-focused approach to improving the public's mental health is shown to make a valuable contribution to achieving a fairer and more equitable society.

### 2.5.2 Approach

The Concordat promotes evidence-based planning and commissioning to increase the impact on reducing health inequalities.

It helps to ensure action across the life course, in a range of settings to improve the public's mental health where they live, work, learn and play. It acknowledges the active role played by people with lived experience of mental health problems, individually and through user-led organisations.

The sustainability and cost-effectiveness of this approach will be enhanced by the inclusion of action that impacts on the wider determinants of mental health and wellbeing.

It uses a consensus statement (Appendix 1) to describe the shared commitment of the organisations involved, to work together via the Prevention Concordat for Better Mental Health, through local and national action, to prevent mental health problems and promote good mental health.

It is underpinned by a [framework](#) consisting of five key areas that should be focussed on by local areas to help ensure comprehensive planning for better mental health:

1. Needs and assets assessment- effective use of data and intelligence
2. Partnership and alignment
3. Translating need into deliverable commitments
4. Define success outcomes
5. Leadership and accountability

The Concordat is intended to provide a focus for cross-sector action to deliver a tangible increase in the adoption of public mental health approaches across:

- local authorities
- the NHS
- public, private and voluntary, community and social enterprise (VCSE) sector organisations
- educational settings
- employers

### **2.5.3 Next steps**

Agreement to submit the local Prevention Concordat action plan template on behalf of the Hackney Health and Wellbeing Board outlining the commitments that will be made locally in the next 12 months to the 5 key framework areas (as listed above).

After signing the Prevention Concordat for Better Mental Health, a formal announcement of new national and local signatories will be highlighted through PHE communications or uploaded onto the Prevention Concordat for Better Mental Health web page. National signatories will receive a formal letter and certificate. Signatories will be asked to promote their involvement and deliver joint communications on the prevention concordat, and their specified commitments.

## **Appendix 1: Consensus statement**

This consensus statement describes the shared commitment of the organisations involved to work together via the Prevention Concordat for Better Mental Health, through local and national action, to prevent mental health problems and promote good mental health.

The undersigned organisations agree that:

1. To transform the health system, we must increase the focus on prevention and the wider determinants of mental health. We recognise the need for a shift towards prevention-focussed leadership and action throughout the mental health system; and into the wider system. In turn, this will impact positively on the NHS and social care system by enabling early help through the use of upstream interventions.
2. There must be joint cross-sectoral action to deliver an increased focus on the prevention of mental health problems and the promotion of good mental health at local level. This should draw on the expertise of people with lived experience of mental health problems, and the wider community, to identify solutions and promote equality.
3. We will promote a prevention-focused approach towards improving the public's mental health, as all our organisations have a role to play.
4. We will work collaboratively across organisational boundaries and disciplines to secure place-based improvements that are tailored to local needs and assets, in turn increasing sustainability and the effective use of limited resources.
5. We will build the capacity and capability across our workforce to prevent mental health problems and promote good mental health, as outlined in the Public Mental Health Leadership and Workforce Development Framework Call to Action<sup>1</sup>.
6. We believe local areas will benefit from adopting the Prevention Concordat for Better Mental Health.
7. We are committed to supporting local authorities, policy makers, NHS clinical commissioning groups and other commissioners, service providers, employers and the voluntary and community sector to adopt this Concordat and its approach.