

Health and Wellbeing Scrutiny Commission Briefing

**Progress on the local Government Mental Health
Challenge 10 Actions**

Lead director: Rod Moore



Ward(s) affected: All

Report author: Julie O'Boyle Consultant in Public Health
Mark Wheatley Public Health Principal

Author contact details: Julie.oboyle@leicester.gov.uk

Purpose of Briefing

To provide the Health and Wellbeing Scrutiny Commission with an update on local progress made with regard to meeting the Local Government Mental Health Challenge and the 10 specific actions identified within the challenge.

Background

The Mental Health Challenge was set up by Centre for Mental Health, Mental Health Foundation, Mind, Rethink Mental Illness, Royal College of Psychiatrists and Young Minds. The aim of the Challenge is to ensure that local councils use their influence to promote good mental health in their communities and to help people with mental illness to have better, more fulfilling lives. The Challenge identifies 10 actions which will enable councils to promote mental health across all of their business. These actions build upon the implementation framework for No Health without Mental Health, the national mental health strategy.

Leicester City Council is one of 28 councils that have so far taken up the mental health challenge.

Introduction

Leicester City Council has a key role to play in improving the mental health of our citizens and in developing and implementing the Joint Commissioning Strategy for mental health. This is being done, for example, through scrutinising mental health services, commissioning social care related to mental health and by tackling some of the entrenched equalities issues which impact on mental health and wellbeing.

Improving mental health is a strategic priority identified in the Joint Health and Wellbeing Strategy, *Closing the Gap*. The City Council is in a position to influence this priority through its many functions and services including, public health, adult social care, children's services, housing, homelessness services, the environment, safety and transport. It also has a crucial role in collaborating with service users and carers and other organisations across the statutory and voluntary and community sectors.

The Mental Health Challenge is a way of promoting mental health and wellbeing across all the functions of the City Council. It may help all councillors to play a positive role in championing mental health on an individual and strategic basis. It is a mechanism through which councillors can advocate for service users and carers and influence local service commissioners and providers to take a proactive approach to mental health and wellbeing.

Progress on the 10 Actions set out in the Mental Health challenge

1. Appoint an elected member as mental health champion across the council;

Councillor Michael Cooke is the nominated mental health champion for Leicester City Council. In this role he instigated a review, with all local partners, of the Leicester City Joint Commissioning Strategy for Mental Health. The resulting report made recommendations about increasing capacity in the voluntary sector to prevent the escalation of mental health needs. This has led to increased funding to local voluntary sector mental health providers.

However, the approach taken in Leicester is to strengthen our commitment to protecting mental wellbeing by encouraging all councillors to be champions for mental health through their work. At a full council meeting councillors were invited publicly to sign up to the Time to Change pledge and the actions set out in the Mental Health Challenge. To support councillors in this role the Deputy City Mayor intends to host some policy discussion and workshops for elected members on mental health and wellbeing in Leicester's communities later this year.

2. Identify a lead officer for mental health to link in with colleagues across the council

Mark Wheatley Public Health Principal is the named lead officer for mental health in the council.

Our approach in Leicester City Council is that mental health is everybody's business. To support this; a programme to ensure that staff awareness of mental health issues is raised has started. In 2014 we have:

- Delivered a mental health workshop for directors and heads of service
- Commissioned and delivered suicide awareness training for front line council staff
- Delivered a mental health and wellbeing day for council employees to raise awareness of mental health issues and the services and support mechanisms in place for both staff and the public.

Plans for the next year include mental health awareness training for council staff as part of our workplace health programme and suicide awareness training for councillors.

3. Follow the implementation framework for the mental health strategy where it is relevant to the council's work and local needs

The national mental health strategy is accompanied by an implementation framework which sets out actions to bring about real and measurable improvements in mental

health and wellbeing. A number of the actions identified in the implementation framework are the same as those identified in the Mental Health Challenge.

The framework consists of 4 parts:

- Part 1 suggests the changes needed to turn vision into reality;
- Part 2 sets out how progress will be measured;
- Part 3 looks at what local organisations can do to implement the strategy;
- Part 4 sets out how local action will be aided by government and other national organisations.

The specific actions identified for local authorities in Part 3 are:

To appoint an elected member as ‘mental health champion.’

(See 1 above)

To assess how strategies, commissioning decisions and directly provided services support and improve mental health and wellbeing:

The local Mental Health Partnership Board oversees and influences the local strategic approach and commissioning framework for mental health. The Joint Commissioning Strategy for Mental Health in Leicester is currently under review; as part of this there is ongoing consultation with stakeholders, including service users and carers, to ensure local needs continue to be met.

Involve the local community, including those with mental health problems, their families and carers, in the co-production of service pathways and in service design. This includes providing clear and accessible communication regarding how people’s views and priorities have been taken into account.

(see above and 9 below)

Consider using ‘whole place’ or community budgets to improve the quality and efficiency of support offered to people with multiple needs including a mental health problem.

In Leicester we have made small grants available to local grass roots organisations to develop easier access to advocacy information advice and guidance for people with mental health problems.

Use the Local Government Association’s Knowledge Hub - allowing members and staff to share innovative approaches and good practice.

Sign up to the Time to Change campaign to raise the profile of mental health across the authority and address stigma among staff. Authorities can also develop local initiatives to make tackling stigma ‘business as usual’.

The council has signed up to the Time to Change pledge.

4. Work to reduce inequalities in mental health in our community

The Public Health team have completed a Joint Specific Needs Assessment (JSpNA) on mental health in Leicester. This covers issues of health inequalities and diversity and how they impact on the mental wellbeing of our population. The JSpNA is a key document which will inform our ongoing commissioning intentions for health and social care. A draft version of the JSpNA is available on the council website at <http://www.leicester.gov.uk/your-council-services/social-care-health/jsna/jspna-reports/>

As part of the on-going work of influencing mental health and social care commissioning Public Health has collaborated with commissioners to improve access to psychological therapy to people from minority ethnic communities, lesbian, gay, bisexual and transgender (LGBT) people and probation service users.

The Health and Wellbeing Scrutiny Commission is undertaking a review of the mental health needs and mental health service experiences of young men from black African and African Caribbean ethnic backgrounds across Leicester. This process is on-going and will culminate in a report with specific recommendations to the council executive and other partners.

5. Work with the NHS to integrate health and social care support

The local authority is working in partnership with the local NHS in programmes such as the Joint Commissioning Strategy on Mental Health in Leicester and the Better Care Together Programme. The development of these on-going projects is crucial to meet local mental health needs.

This work also includes working with key stakeholders to review the current mental health care pathways in line with the national Crisis Care Concordat and the development of a local crisis house, a key priority identified by service users at the Mental Health Summits held in 2013

A proposal has been approved by the Leicester Joint Integrated Commissioning Board to commission mental health first aid awareness training in local faith groups. The aim of this programme is to increase front line capacity to recognise mental health and sign post people appropriately and to address some of the specific issues relating to stigma within different communities.

6. Promote wellbeing and initiate and support action on public mental health

The local authority has supported a series of Mental Health Summits in Leicester, raising awareness of mental illness and influencing local service commissioners to integrate health and social care. The Deputy City Mayor and the mental health champion both spoke at these summits which were attended by a wide range of stakeholders including service users and carers.

In the last year more than 200 front line workers across the community have attended

Leicester City Council commissioned suicide awareness training; this is in addition to the suicide awareness training delivered to LCC's own staff.

All Leicester City Council libraries have the national books on prescription titles. This scheme is a national reading list for England delivered by The Reading Agency and the Society of Chief Librarians with funding from Arts Council England. The scheme is supported by: The Royal College of General Practitioners, The Royal College of Nursing, The Royal College of Psychiatrists, The British Psychological Society, the Department of Health's Improving Access to Psychological Therapies Programme (IAPT), the British Association of Behavioural and Cognitive Psychotherapies, the British Association for Counselling and Psychotherapies, and Mind.

The scheme helps people to manage their own health and well-being through recommended self-help books. Books on the list have been carefully selected and are designed to cover a range of mild to moderate mental health problems including stress, anxiety, anger, phobias and depression amongst others. They are free for any registered library user to borrow and can be identified in Leicester City Council libraries by a themed display of health books, the books on prescription catalogue and an on-line booklist which includes all the books on prescription titles.

The social inclusion team is linked to the Leicester, Leicestershire and Rutland Mental Health Promotion Network, and focuses activity on raising awareness of the risks of mental illness associated with social exclusion. The team organised a mental health awareness event for the public held in the city market.

As part of our work in raising awareness of suicide prevention, Leicester City Council co-commissioned 4 films of people who had survived an attempt on their own lives and described feelings of hope and fulfilment. These were screened at a public event at Curve in September 2014 to mark World Suicide Prevention Day. The films have been widely shared on social media sites.

The local authority is seeking to protect the mental health and wellbeing of people in Leicester by raising awareness of other priority public health conditions such as obesity, alcohol misuse and smoking, and with long term conditions

7. Tackle discrimination on the grounds of mental health in our community and tackle stigma

Leicester City Council has signed up to the Time to Change pledge to tackle stigma and discrimination relating to mental ill health. There was a public signing of the pledge by councillors at a full council meeting. Mental health awareness training for staff is being undertaken which seeks to empower staff to support and deal with people experiencing mental health issues in the workplace and their local communities.

The mental health first aid initiative is also designed to tackle discrimination and stigma in our community.

In addition to the work described above, a Mental Health Partnership Board, chaired by Councillor Patel, in which individual service users and carers, local voluntary and community groups and statutory organisations such as the NHS, the Police as well as the City Council meet to work together to reduce inequalities in mental health in our community, improve mental health care and tackle the stigma associated with mental illness.

The Deputy City Mayor has been proactive in his public support to the stamp out stigma campaign, writing a column for the Leicester Mercury to coincide with World Mental Health Day; the column focussed on the need to tackle stigma and discrimination.

8. Encourage positive mental health in our schools, colleges and workplaces;

Leicester City Council encourages positive mental health in our schools and colleges, with Educational Psychologists producing anti-bullying guidance and working with commissioners to take account of the effects of mental health and mental illness across the life course.

Suicide Awareness Partnership Training has been delivered to teachers in schools and colleges and we have plans to deliver this training for relevant staff in both our universities.

9. Proactively engage and listen to people of all ages and backgrounds about what they need for better mental health

All of the work described above has included engagement with services and carers across the city. This includes the Mental Health Partnership Board, chaired by Councillor Rita Patel. Service users and carers have a key role on this board along with voluntary and community sector organisations, such as Barnardos and the Big Mouth Forum.

The review of the Mental Health Joint Commissioning Strategy includes specific consultation on engagement with local communities including LGBT people and new and emerging communities.

The JSpNA on Mental Health in Leicester was developed with partners and included wide consultation with service users, carers and their representatives, across different ages and backgrounds.

New Leicester City Council guidance, processes and information to support the use of personal budgets and direct payments, which enhance choice and control, has been developed in co-production with service users and carers

The Council is actively working to encourage and support NHS and voluntary sector providers to improve their services. The City Council wants to see excellent services across Leicester. For example, concerns were raised by both the Executive and scrutiny about Leicestershire Partnership NHS Trust's plans to temporarily relocate the CAMHS ward to Coalville Hospital. The council will now be taking an active part in discussions as part of the CAMHS review to secure the best possible outcome for young people in Leicester and Leicestershire. This will be discussed at the October meeting of the Health & Wellbeing Board.

10. Sign up to the time to change pledge

Leicester City Council formally signed the Time to Change Pledge on 23rd January 2014.

Conclusion

Leicester City Council is committed to the Local Authority Mental Health Challenge and has made significant progress against the ten actions set out in the challenge.

Immediate future work includes the following:

- Linking the findings and recommendations of the JSpNA on Mental Health in Leicester to the Joint Commissioning Strategy on Mental Health
- Working with statutory sector organisations to improve real time surveillance of potential cases of death from suicide and undetermined injury
- Working with service users, carers and statutory and voluntary sector providers to develop the Strategy
- Influencing the Better Care Funding approach to the delivery of appropriate accessible mental health care
- Undertaking further work to understand the needs and tackle stigma and discrimination within the LGBT community and new and emerging communities
- Working within Leicester City Council, for instance, homelessness services, to ensure that the mental health needs of service users are considered.

Details of Scrutiny