

17 November 2016		ITEM: 7
Thurrock Health and Wellbeing Board		
Thurrock Health and Wellbeing Strategy Goal C, Better Emotional Health and Wellbeing Summary Report		
Wards and communities affected: All	Key Decision: To note action plans	
Report of: Councillor James Halden, Portfolio Holder for Education and Health and Chair of Thurrock Health and Wellbeing Board		
Accountable Head of Service: N/A		
Accountable Director: Roger Harris, Corporate Director of Adult Housing and Health		
This report is Public		

Executive Summary

The Health and Wellbeing Strategy 2016-2021 was approved by the Health and Wellbeing Board in February 2016 and the CCG Board and Council in March 2016.

At its meeting in February, the Health and Wellbeing Board agreed that action plans and an outcomes framework should be developed to support the delivery of the Strategy and to measure its impact.

This paper provides action plans that have been developed to support the achievement of Thurrock's Health and Wellbeing Strategy Goal C, Better Emotional Health and Wellbeing. It follows the previous action plans considered by Health and Wellbeing Board members at their meeting in July for Goal A, Opportunity For All and in September for Goal B, A Healthier Environment.

1. Recommendation(s)

1.1 The Board is asked to agree action plans developed to support the achievement Thurrock's Health and Wellbeing Strategy Goal C, Better Emotional Health and Wellbeing.

1.2 Agree to the setting up of a review meeting for all of Thurrock Health and Wellbeing Strategy Goals.

2. Introduction and Background

2.1 Thurrock's Health and Wellbeing Strategy comprises five strategic goals which make the most difference to the health and wellbeing of the people of Thurrock.

2.2 Goal C, Better Emotional Health and Wellbeing, focusses on strengthening mental health and emotional wellbeing.

2.3 We know that at least one in four people will experience a mental health problem in their life and one in six adults will have a mental health problem at any one time. We also know that half of those with lifetime mental health problems first experience symptoms by the age of 14. Creating better emotional health and wellbeing throughout their lives will help to keep people well for as long as possible.

2.4 Four key objectives have been established as part of clearly defining and determining what needs to be done to create a healthier environment for Thurrock:

- i. Parents will be given the support they need
- ii. Improve the emotional health and wellbeing of children and young people
- iii. Reduce social isolation and loneliness
- iv. Improve the identification and treatment of depression, particularly in high risk groups

2.5 Each of the objectives would be supported by an action plan containing the key actions needed to meet the objective. Health and Wellbeing Board members approved an outcome framework containing a number of related performance indicators at your meeting in July. Individual action plans now contain specific indicators that will help to measure the impact of specific actions and the success of the Health and Wellbeing Strategy.

3. Issues, Options and Analysis of Options

3.1 Action plans are being presented to the Health and Wellbeing Board that have been subject to consultation. Health and Wellbeing Board members are asked to note the action plans for Goal C, Better Emotional Health and Wellbeing and invited to provide feedback on the actions and delivery timescales

4. Reasons for Recommendation

4.1 Health and Wellbeing Board members are responsible for driving forward Thurrock's Health and Wellbeing Strategy. Action plans have been developed for each of the Strategy's five Goals. Health and Wellbeing Board members have agreed to consider action plans for one of the Strategy's Goals at each meeting.

5. Consultation (including Overview and Scrutiny, if applicable)

- 5.1 Action plans are developed in partnership between Thurrock Council, CCG, VCS and key stakeholders. Community engagement is a key part of the development of action focussed plans to support the achievement of Thurrock's Health and Wellbeing Strategy.

6. Impact on corporate policies, priorities, performance and community impact

- 6.1 'Improve health and wellbeing' is one of the Council's five corporate priorities. The Health and Wellbeing Strategy is the means through which the priorities for improving the health and wellbeing of Thurrock's population are identified.
- 6.3 As part of giving parents the support they need a Healthy Families Programme will be commissioned by August 2017 which will ensure parents have access to universal support, advice and guidance through Health Visitors and School Nurses and that this is integrated with wider service delivery. An analysis of the Early Offer of Help Programme will be undertaken by December 2016 to inform re-commissioning of targeted parenting support. This will provide support for parents in need of targeted, specialist support is available, based on what works and linked to the Early Offer of Help integrated offer.
- 6.4 Actions identified to improve the emotional health and wellbeing of children and young people include ensuring the delivery of the Transformation Plan, "*Open Up Reach Out*" Including the new Emotional Wellbeing Mental Health Service. This aims to make sure that children and young people have increased access to high quality, community based services to support their Emotional Wellbeing and Mental Health needs. Guidance on the Prevention of Suicide and Self Harm to be reviewed/developed and distributed to schools colleges and other agencies by March 2017 which will ensure young people will have good support in schools and colleges with regard to self-harm behaviours and concerns regarding suicide.
- 6.5 Actions identified to reduce social isolation and loneliness include developing a Living Well @ Home Programme which will Increase in the proportion of the public can remain at home without the need for more *intensive* care. Living Well @ Home will enable people to establish local neighbourhood connections, enabling continued independence. Other actions include Increasing the time banking initiative by 10% by April 2017. Increasing the number of time-banks will help to stimulate volunteering and reduce isolation experienced by service users
- 6.6 As part of improving the identification and treatment of depression, particularly in high risk groups, actions to be taken comprise increasing the percentage of patients with CVD or COPD, and without a diagnosis of depression, screened for depression in the last 24 months using a standardised tool. This will delay the requirement residential care admissions in older people and improve the quality of life for affected residents of Thurrock.

7. Implications

7.1 Financial

Implications verified by: **Jo Freeman, Management Accountant Social Care and Commissioning**

There are no financial implications. The priorities of the Health and Wellbeing Strategy will be delivered through the existing resources of Health and Wellbeing Board partners.

7.2 Legal

Implications verified by: **Christopher Pickering, Principle Solicitor, Employment and Litigation.**

There are no legal implications. The Council and Clinical Commissioning Group have a duty to develop a Health and Wellbeing Strategy as part of the Health and Social Care Act 2012.

7.3 Diversity and Equality

Implications verified by: **Rebecca Price, Community Development Officer**

Action will need to be taken to improve the health and wellbeing of Thurrock's population and reduce inequalities in the health and wellbeing of Thurrock's population. Being successful will include identifying sections of the population whose health and wellbeing outcomes are significantly worse, and taking action that helps to ensure the outcomes of those people can improve. This will be supported by information contained within the Joint Strategic Needs Assessment.

7.4 Other implications (where significant) – i.e. Staff, Health, Sustainability, Crime and Disorder)

None identified

8. Background papers used in preparing the report (including their location on the Council's website or identification whether any are exempt or protected by copyright):

- None

9. Appendices to the report

- Action plans for Goal C, Better Emotional Health and Wellbeing.
 - Action Plan C1, Give parents the support they need
 - Action Plan C2, Improve the emotional health and wellbeing of children and young people.

- Action Plan C3, Reduce social isolation and loneliness
- Action Plan C4, Improve the identification and treatment of depression, particularly in high risk groups

Report Author:

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