

28th June 2019		ITEM:8
Health and Wellbeing Board		
Prevention Concordat for Better Mental Health		
Wards and communities affected: All	Key Decision: Non-key	
Report of: Maria Payne, Strategic Lead for Public Mental Health and Adult Mental Health System Transformation		
Accountable Head of Service:		
Accountable Director: Ian Wake, Director of Public Health		
This report is Public		

Executive Summary

This briefing paper gives an overview of the Prevention Concordat for Better Mental Health, including the rationale behind becoming a signatory and the process involved. Attached is the proposed submission which the Thurrock Health and Wellbeing Board would make in its application to become a signatory.

Recommendations

- **That the Health and Wellbeing Board endorse the activity outlined in the Prevention Concordat submission**
- **The Health and Wellbeing Board agree to sign the Prevention Concordat for 2019/20**
- **The Health and Wellbeing Board agree the named lead signatory.**

1 Introduction and Background

1.1 The Prevention Concordat for Better Mental Health was launched in 2018, 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.

- 1.2 The concordat promotes evidence-based planning and commissioning to increase the impact on reducing health inequalities, and encourages actions that impact on the wider determinants of mental health and wellbeing.
- 1.3 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 third sector organisations
 - educational settings
 - employers

It represents a public mental health informed approach to prevention, as outlined in the [NHS Five Year Forward View](#), and promotes relevant NICE guidance and existing evidence-based interventions and delivery approaches, such as 'making every contact count'.

- 1.4 Any partnership, organisation, community or alliance who has a commitment to prevention of mental health problems and promoting good mental health can become a signatory. Current signatory organisations range from Councils (e.g. Hertfordshire, Derby, Leeds etc), to schools (e.g. Shropshire) to Health and Wellbeing Boards (e.g. Doncaster, Warwickshire etc). One area [Oxfordshire] has pledged a number of its organisations at once – its Health and Wellbeing Board, its Clinical Commissioning Group, its district Councils, its hospital trust and its local Healthwatch to name a few.
- 1.5 The concordat has been endorsed by a number of wider organisations, a few examples include:
 - Association of Directors of Public Health UK
 - Faculty of Public Health
 - Local Government Association
 - National Institute for Health and Care Excellence
 - NHS England
 - Royal College of Psychiatrists

- Citizens Advice
- Homeless Link
- Housing Associations' Charitable Trust
- Mind
- National Suicide Prevention Alliance
- Samaritans
- Young People's Health Partnership

1.6 Organisations that sign the Prevention Concordat agree to the below principles:

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 Action¹.*
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.*

2 Rationale for Thurrock to sign the Concordat

2.1 Thurrock is already working collaboratively in a manner which the Concordat endorses. Examples of this which are listed in the full pledge submission include:

- *Implementation of a School Wellbeing Service to support whole school approach to mental health and enabling mentally healthy schools environment*
- *Implementation of a programme of service transformation for children and young people through the Open Up Reach Out Strategy 2010 -2020*
- *staff within our organisations are supported to work flexibly where possible, in order to promote a good work-life balance*
- *Thurrock Council has a strong Mental Health Staff Forum and an Anxiety Anonymous group where staff can talk to peers in a safe environment if they should wish to. There is also a high-profile wellbeing offer in place for staff to access.*
- *Mental Health First Aid training is being delivered and accessed by a number of relevant staff across organisations*
- *Thurrock Council have supported the start-up of a number of micro-enterprises, some of which focus on promoting good mental health in the community. One example is Reach Out for Mental Health, which provides a non-clinical out of hours outreach service for those who might feel overwhelmed but not want to access a statutory service.*
- *The existing approach to service delivery in Thurrock which focusses on assets and delivering support closer to home is transforming the way social care is delivered at a locality level, as well as the introduction of a wider range of workforce roles in primary care. During 2019/20, we will be working to embed these principles within mental health care, ensuring better recovery and resilience pathways are in place for those with poorer mental health, and that services & organisations in place to address the wider determinants of health are fully incorporated into this transformative programme of work.*

2.2 The principles in the pledge absolutely align with the approach we have already committed to undertake in both children's and adults mental health. We have got good partnership and collaborative working arrangements in place which recognise the roles we each have, and in particular we are committed to including the expertise

of people with lived experience and the third sector in our service transformation work. We have also got detailed action plans in place outlining how we propose to do this.

- 2.3 It is an opportunity to 'announce' nationally that our work programme and priorities are dedicated towards addressing the wider determinants of public mental health and supporting people to self-care as well as transforming service provision.
- 2.4 The process involved is not particularly complex (see section below) and will not require a large amount of ongoing scrutiny. It is not requiring Thurrock partners to do anything additional on top of what we have already agreed to do, as we stipulate the actions we will undertake.

3 Next Steps

3.1 Subject to Board approval, the next steps are:

- Confirm agreement on who the lead signatory should be [Chair of Health and Wellbeing Board, Director of Public Health or joint]
- Approved action plan is then emailed to publicmentalhealth@phe.gov.uk who will then review the plan, and if approved, publish it within the month.
- If approved as a signatory, we would then receive a formal letter and certificate, and our agreement would be announced in national communications led by Public Health England and published on the [Prevention Concordat for Better Mental Health web page](#).

3.2 The next submission deadline is Wave 8 – **Wednesday 17th July 2019**.

3.3 Public Health England would make contact on an annual basis to update on our pledged areas should we wish to continue being listed as a signatory, but the process for this is not very lengthy.

4 Reasons for Recommendation

4.1 Publically declaring our intention for a prevention-focussed approach towards improving the mental health of our population is in alignment with our existing approaches. Signing the Prevention Concordat is an endorsement of this.

5 Consultation (including Overview and Scrutiny, if applicable)

- 5.1 Support for signing the Concordat was gained from internal Public Health Leadership Team and Adult, Health and Housing Directorate Management Teams. It will be presented to the Children's Directorate Management Team meeting on 19th June.
- 5.1 The Thurrock Mental Health Transformation Board also voiced initial support for the pledge to be signed.

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

- 6.1 The principles of the Concordat align with the 'People' priority [*People – a borough where people of all ages are proud to work and play, live and stay.*]

This means:

- high quality, consistent and accessible public services which are right first time
- building on our partnerships with statutory, community, voluntary and faith groups to work together to improve health and wellbeing
- communities are empowered to make choices and be safer and stronger together

- 6.2 It also aligns with Goal C of the Health and Wellbeing Strategy 2016-2021 [*Better Emotional Health and Wellbeing*].

7 Implications

7.1 Financial

There are no financial implications arising from this report.

Implications verified by: Roger Harris, Corporate Director, Adults, Housing and Health

7.2 Legal

There are no legal implications arising from this report.

Implications verified by: Judith Knight
Deputy Monitoring Officer

7.3 Diversity and Equality

The approach outlined in the pledge statements will address inequalities and seeks to promote a joint approach to preventing mental ill-health.

Implications verified by: Roger Harris, Corporate Director, Adults, Housing and Health

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

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):

- A guide to signing the Prevention Concordat, Public Health England

9 Appendices to the report

- Draft Local Commitment Action Plan for Thurrock

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