



Public Health England

Protecting and improving the nation's health

Prevention Concordat for Better Mental Health: information required from signatories to the Consensus Statement

We are delighted that you are interested in becoming a signatory to the [Prevention Concordat for Better Mental Health Consensus Statement](#). You will be joining a number of organisations who have committed to working together to prevent mental health problems and promote good mental health through local and national action.

The Prevention Concordat registration process

Step 1. Complete the local Prevention Concordat action plan template below (Attach any supporting documents that you may want to share)

Step 2. Senior leader/CEO of organisation to commit and sign up to approved action plan

Step 3 e-mail your submission to publicmentalhealth@phe.gov.uk

Step 4. Confirmation of receipt

Step 5. A panel will review and approve action plans submitted within one month of submission date;

- wave 8 – Wednesday 17th July 2019

NB: the team are currently reviewing the process for approving action plans and intend to have a digital process set up moving forward. Please see below.

Registration form

Please answer the questions below:

Lead contact name	Maria Payne Elozona Umeh
Lead contact details	Email: mpayne@thurrock.gov.uk / eumeh@thurrock.gov.uk Telephone number: 01375 652626
Job title of lead officer	Strategic Lead – Public Mental Health & Adult Mental Health Service Transformation Senior Public Health Programme Manager - Children
Name of organisation / partnership	Thurrock Health and Wellbeing Board
Who are you representing? <i>(e.g. Individual)</i>	Multiple organisations – Thurrock Council, Thurrock CCG, Essex Partnership University Foundation Trust, Thurrock Healthwatch, North East London Foundation Trust

For further information please contact publicmentalhealth@phe.gov.uk

<p><i>organisation, collaboration, partnership, Local Authority, Clinical Commissioning Group, community group and other, please name)</i></p>	
<p>Please tell us more about your organisation's work (no more than 150 words)</p>	<p>Thurrock's Health and Wellbeing Board is comprised of members and officers from the Council, Thurrock CCG, NHS England, the provider Foundation Trusts, Thurrock Healthwatch and the voluntary sector,</p> <p>The Board was established according to the Health and Care Act 2012 and has a duty to "encourage integrated working" between health and other public services in order to improve wellbeing outcomes for Thurrock. It is responsible for delivery of the Joint Strategic Needs Assessment (JSNA) and Thurrock's Health and Wellbeing Strategy 2016-21.</p> <p>With regard to mental health, Thurrock Health and Wellbeing Board receive reports from and provide a level of oversight to two key Groups that direct and govern mental health priorities locally. One is the Brighter Futures Steering Group, and the other is the Thurrock Mental Health Partnership Board (see further details on each of these in the submission below).</p>
<p>What are you currently doing that promotes better mental health?</p>	<p>Mental Health in both children and adults has been a key transformation priority for the Health and Wellbeing Board. In the last year, reports presented to the Council's Cabinet outlined a number of issues and proposed work programmes relating to mental health transformation, which received a great deal of support from Members.</p> <p>Following on from this, there is a large work programme with regard to mental health transformation underway. Whilst much of this focusses on service development to embed earlier intervention and prevention principles within, there is also work underway to support individuals to self-care, and use an asset-based approach to care where it is required.</p> <p>There is a separate workplan which details the above, but other examples include:</p> <ul style="list-style-type: none"> - Public Health fund Exercise on Referral, with one specific pathway focussed for those with poor mental health - support to schools in rolling out the Daily Mile as a way of increasing physical activity in schoolchildren - Implementation of a School Wellbeing Service to support whole school approach to mental health and enabling mentally healthy school's environment - Implementation of a programme of service transformation for CYP 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

	<p>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.</p> <ul style="list-style-type: none"> - 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.
<p>Do you have or are you intending on producing a mental health plan or a mental health needs assessment.</p>	<p>Yes <input checked="" type="checkbox"/> No <input type="checkbox"/></p> <p>If yes, please specify:</p> <p>We have produced local authority-led Joint Strategic Needs Assessments covering aspects of both children’s and adult’s mental health. The Children’s Mental Health JSNA was focussed on exploring the protective and risk factors for poor mental health – so had a very strong preventative focus. The Adults Mental Health JSNA was focussed on Common Mental Health Disorders but also incorporated high risk groups.</p> <p>Adult Mental Health has a new Board workplan in place for 2019/20; and the workplan for Children’s Mental Health will be developed following recruitment of the new School-based Wellbeing Service lead through the School Wellbeing Emotional Wellbeing Partnership Board.</p>
<p>The Prevention Concordat for better mental health highlights the five domain framework for local action</p> <p>Please describe what are you planning to commit to in the next 12 months for your area (see * page 3 for examples to support completion of this section);</p>	
<p>1. Leadership and Direction</p>	<ul style="list-style-type: none"> - For Adult Mental Health we have established a Thurrock Mental Health Transformation Board which is comprised of senior officers from the Local Authority (Public Health, Adult Social Care, Housing), Mental Health Trusts, third sector organisations and the CCG (Director of Commissioning chairs the Board). This Board will continue to meet bi-monthly throughout 2019/20. - The Board workplan contains a strong focus on developing a more holistic model of treating common mental health conditions in the community, and it is the ambition of the Board to have designed this model in collaboration with partners by the end of the financial year. - There is a Strategic Lead post within the Public Health team who was jointly appointed by Public Health, Adult Social Care and the CCG in order to coordinate mental health transformative work across organisations. - Thurrock CCG also lead the Mental Health agenda across the Mid and South Essex STP; so will be using this opportunity to embed Thurrock priorities into wider pieces of

	<p>work such as the work on a new costed delivery plan setting out key care model, financial, workforce, capacity, digital and estates assumptions</p> <ul style="list-style-type: none"> - Thurrock representatives work with colleagues across Essex and Southend on aspects of suicide prevention, and a new Board has been set up to provide governance for this. - The Council, CCG and schools and academies are collaboratively funding a Schools-Based Wellbeing Service to actively promote good mental health within schools, following the outcomes of the JSNA. There is a Brighter Futures Partnership Board in place comprising of senior officers from a number of relevant organisations, who will oversee the work of this service, through a sub-group CYP Emotional Wellbeing Partnership Board. The Team Leader for the service has recently been appointed and will be in post in June 2019 The intention is to have a full team establishment in place by September 2019.
<p>2. Understanding local need and assets</p>	<ul style="list-style-type: none"> - As mentioned above, we have JSNAs produced for both children’s and adults mental health, and plans in place to act upon the key findings. During 2019/20, Public Health are also leading on a JSNA product focussing on self-care in adults, which will further support this approach. - Thurrock also participated in an LGA Peer Review in 2018 which gave further insight into priority areas. This has been discussed at a number of relevant Boards, including Health & Wellbeing Board, and was one of the drivers for the development of the transformative work underway around adult mental health. - The Emotional Wellbeing Forum and Healthwatch are represented on the Thurrock Mental Health Transformation Board and are therefore well-placed to support co-production and identification of assets – which is one of our key principles on the workplan for this year. - Thurrock has an existing Stronger Together Partnership approach with the voluntary sector, and this operates on a strong asset-based approach. Members of this are represented across the relevant operational work programmes in place to ensure this approach is replicated going forward. - Partners in Thurrock have invested into a new integrated data solution that links primary care, secondary care, mental health, community healthcare and social care data on NHS number in order to provide a single view of how patients interact with multiple services over time. Data from our IAPT and secondary mental health teams is flowing into this solution, and it is the aim to use this intelligence to better understand the ‘trigger points’ at which patients are most likely to relapse. - Work on the new care models for both community mental health and serious mental health conditions will incorporate aspects such as Housing, Employment, and physical health screening to incorporate knowledge of high risk groups. - There is work underway in Adult Social Care to better understand employee sickness activity with regard to poor mental health, and to align the current staff wellbeing offer

	<p>with best practice nationally. This will be completed over the coming year.</p> <ul style="list-style-type: none"> - Thurrock Public Health colleagues will be undertaking a suicide audit in conjunction with Essex and Southend colleagues to inform strategic priorities going forward, which will also align with national strategic priorities around suicide prevention. This will be completed by September 2019. - Much of the local data for Children and Young People comes from the Brighter Futures Survey (BFS). It is a survey focused on pupils in academic Years 5, 8 and 10. The survey provides quantitative data and insight into child and adolescent experiences, attitudes and development including issues related to mental health.
<p>3. Working together</p>	<ul style="list-style-type: none"> - The comprehensive workplan for Adult Mental Health details the extent to which organisations are working collaboratively. This has been endorsed via the Council mechanisms and the CCG Board, and is in the process of being endorsed by the relevant governance arms of the other partners. - For Children, there is a detailed work programme following the Open up Reach out Strategy which is monitored effectively through a Collaborative forum. The new service for schools is being monitored through the CYP Emotional Wellbeing Board which comprises of a range of senior officers across the CCG, Thurrock Council and schools and academies. - As mentioned above, a number of organisations have invested in embedding Mental Health First Aiders within their workforce. This work will continue for 2019/20.
<p>4. Taking action</p>	<ul style="list-style-type: none"> - The comprehensive workplan for Adult Mental Health details the actions we have committed to take, with clear quarterly milestones which will be monitored on a day-to-day basis by members of the Mental Health Operational Group, and overseen by the Mental Health Transformation Board. - Thurrock has already adopted an asset-based, community-focused approach to service delivery, which 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. - A school wellbeing service delivery model is in place. Work is ongoing on a detailed operational delivery plan for this new service and will be available by September 2019. - There is a detailed implementation plan for the Open Up Reach Out Strategy which is being monitored through a collaborative approach. - The Emotional Wellbeing and Mental Health Service (EWMHS) was launched in November 2015 taking over from the old Child and Adolescent Mental Health Service

	(CAMHS) with the aim of providing a most integrated and accessible service to children and young people with mental ill-health.
5. Defining success	<ul style="list-style-type: none"> - The comprehensive workplan for Adult Mental Health details the outputs we expect to deliver by the end of 2019/20. - Work is currently underway to define a shared commissioning outcomes framework for mental health across the Council and CCG, which will be centred around holistic person-centred outcomes. This will be completed by the end of 2019/20. - The School Wellbeing Service being new will have a robust independent evaluation of its impact in improving mental health and wellbeing, building resilience and ensuring a mentally healthy school environment for children and young people as well as assessing the wider impact the service has on CYP mental health and wellbeing system, schools and children and young people. This evaluation will be conducted over a 3 year period. - The EWMHS service have a detailed service specification detailing outputs and monitored collaboratively. There also has been a recent independent evaluation of the service with information yet to be received. - The Health and Wellbeing Board will receive regular updates from the Mental Health Transformation Board relating to progress and achievements. In addition, one of the five priority goals for the Health and Wellbeing Strategy 2016-21 is “Better Emotional Health and Wellbeing”. This has four objectives which sit underneath it, each of which is measured by specific performance indicators: <ul style="list-style-type: none"> • A. Parents will be given the support they need when they need it • B. Children will have good emotional health and wellbeing • C. Fewer people will feel socially isolated or lonely • D. Identification and treatment of mental ill health, particularly those at high risk.
<p>Is your organisation/ partnership happy to provide key impact headlines when contacted related to the commitment specified? Yes <input checked="" type="checkbox"/> No <input type="checkbox"/></p> <p><i>The purpose of this information is to support us to measure progress of the programme and inspire others. Information requests will not occur more than once a year.</i></p>	
Upload signature and organisation logo	

In your submission please attach any additional documents that you may want to share to support your commitments e.g. strategies, plans project outlines.

****What do we mean by prevention planning?***

You may already be doing excellent work in relation to prevention planning that you are eager to share however here are a few examples for you to think about

What does good look like; the framework for effective planning for better mental health in all local areas is evidence based and consists of five steps to delivery:

Steps	Partnerships	Organisations	Communities
Leadership and Direction	<p>Identified lead organisation within the partnership for prevention of mental illness and promotion of good mental health</p> <p>Designated mental health prevention champion at a senior officer level in each organisation</p> <p>Shared vision statement for prevention and promotion that all have signed up to</p>	<p>Designated mental health prevention champion at a senior officer level in each organisation</p> <p>Support and development is given to roles that champion mental health prevention</p> <p>A clear vision for mental health promotion and prevention that fits across the whole organisation , involving all departments and functions and is integrated in all plans and strategies</p>	<p>An identified mental health prevention champion e.g. a local board member or community representative</p> <p>A shared vision and commitment to promote good mental health and prevent mental illness within the community</p> <p>Engagement within local partnerships to advocate for and meet community needs</p>
Understanding local need and assets	<p>Local Authority led Joint Strategic Needs Assessment with a mental health prevention focus</p> <p>Mental Health Equity Audits across the partnership</p> <p>Collaborative analysis of local information and intelligence</p>	<p>Mental health prevention needs assessment of targeted populations e.g. prison population, parents, Black and Minority Ethnic or Black, Asian and Minority Ethnic (BAME) , LGBTQ</p> <p>Engagement with communities to gain insight into their needs and assets</p>	<p>Asking questions of individuals, groups and families within the community about their mental health and wellbeing and what influences it e.g. use of WEMWEBs</p> <p>Engagement events and opportunities that enable citizens to share views and participate in decision making</p>

	<p>sharing</p> <p>Real time surveillance of suicide data</p> <p>Engagement with communities to gain insight into their needs and assets</p>		
Working together	<p>Working together in collaboration across a number of organisations on agreed prevention priorities, shared plans and strategies</p> <p>Involve local communities, including those with lived experience in planning;</p>	<p>Seeking collaboration with other organisations and working collaboratively within the organisation to address issues related to the promotion of mental wellbeing and the prevention of mental ill health e.g. multi agency suicide prevention plan, mental wellbeing plan</p> <p>Working with local communities and involving those with lived experience in planning</p>	<p>Coming together with other community groups and/or working with local partnerships</p> <p>Involving those with lived experience in planning and delivery</p>
Taking action	<p>Delivery of partnership plans and strategies</p> <p>Shared prioritisation and resources</p> <p>Mental Health Impact Assessments to integrate mental health prevention into partnership plans and strategies</p>	<p>Delivery of an organisational plan and/or strategy that has clear identified priorities and resource to support implementation.</p> <p>Prevention activity across the whole of the organisation</p> <p>Developing the workforce's knowledge and skills in promotion and prevention.</p>	<p>Programmes of local activity that promote better mental health.</p> <p>Enable citizens and communities to take action to promote better mental health.</p>

Defining success	Agreed outputs and outcomes across all partners that demonstrate delivery of the plans , level of partnership engagement and the measurement of impact/ improvements in local communities in relation to preventing mental illness and promoting mental health	Agreed outputs and outcomes across the organisation that demonstrate delivery of plans , level of partnership engagement and the measurement of impact/ improvements in local communities in relation to preventing mental illness and promoting mental health	Measuring the impact of activity on people's mental health and wellbeing in local communities
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