

## Mental health promotion Action plan 2006-2008

<b><i>1. People from all cultures have positive and accepting attitudes to people with mental health problems</i></b>			
<b>Objectives</b>	<b>Key milestones and timescales</b>	<b>Lead/ committee</b>	<b>Performance Indicator</b>
1. Increase mental health awareness of frontline staff	i. Evaluate mental health awareness training <b>Apr 2007</b> ii. Run further sessions for professionals yet to attend <b>Jan – Dec 2007</b>	Lead Social Worker mental health, RBK Lead Social Worker mental health, RBK	Report Attendance by frontline professionals identified in the mental health promotion strategy
2. Increase mental health awareness of local communities	i. Hold interfaith and mental health event <b>Dec 2006</b>	Psychotherapist/ Service Access Officer RBK/ KPCT	Event held Plan in place for implementing any recommendations from day

<b><i>2. People are well informed and motivated to look after their own mental health and that of others</i></b>			
<b>Objectives</b>	<b>Key milestones and timescales</b>	<b>Lead/ committee</b>	<b>Performance Indicator</b>
1. Increase awareness of how to look after your mental health in various community settings	i. A series of articles in Livin' Kingston magazine <b>Jan 2007 – Dec 2007</b> ii. Article in tenants' newsletter <b>June 2007</b> iii. Community Development network to agree approach to promoting mental health promotion messages <b>Jan 2007</b>	Media Office Manager, RBK Head Of Housing Management, RBK Health Co-ordinator, KVA/ Public Health Programme Lead mental health promotion	Articles published Article published Action plan agreed
2. Increase awareness of	i. Introduce Health and Wellbeing Impact assessment into RBK <b>Nov</b>	Public Health Programme Lead mental	Briefings held Guidance on internet

SWL&StG (South West London and St George's mental health Trust)	RBK (Royal Borough of Kingston )	1
KPCT (Kingston Primary Care Trust)	KVA (Kingston Voluntary Action)	
CAMHS (Child & Adolescent Mental health services)	DCL (DC Leisure)	

## Mental health promotion Action plan 2006-2008

how to promote mental health by professionals	<b>2006 – Oct 2007</b>  ii. Mental health education for GPs to increase their capacity to support people with mild mental health problems <b>Mar 2008</b>	health promotion/ Principal Environment Officer, RBK KCI/ Public Health KPCT	Training held
3. Increase access to information about mental health and wellbeing and mental health services	i. Provide information in the new Community Action Partnership 'Help, advice and information centre'. <b>Dec 2006</b>  ii. Provide information in the new Hook library <b>April 2007</b>  iii. Provide a Mental health drop-in service in the new Hook library <b>Jan 2007</b>	Community Action Partnership Manager, KPCT  Head of Library Service, RBK MIND in Kingston/ Access team Manager, SWLStG	Information in place  Information in place  Number of contacts

### ***3. Improved quality of life and life satisfaction.***

<b>Objectives</b>	<b>Key milestones and timescales</b>	<b>Lead/ committee</b>	<b>Performance Indicator</b>
1. To increase access to green open spaces	i. Through the Council's Partnership with Quadron Services employ a Community Recreation Officer by <b>Mar 2007</b>	Head of Environment and Sustainability	Increased numbers from different communities using open spaces
2. Increase opportunities for physical activity	i. Complete the London Cycle Network + routes in the Borough and complimentary local cycle routes.  ii. Set up a sustainable Walking for Health scheme for the residents of	Borough Cycling Officer, RBK  Community Walking Officer, RBK	Increase modal split of cycling to 6% by 2011 (baseline is 3% in 2001) Numbers of volunteers and walkers

SWL&StG (South West London and St George's mental health Trust)	RBK (Royal Borough of Kingston )	2
KPCT (Kingston Primary Care Trust)	KVA (Kingston Voluntary Action)	
CAMHS (Child & Adolescent Mental health services)	DCL (DC Leisure)	

## Mental health promotion Action plan 2006-2008

	<p>the Cambridge Road Estate <b>Sep-Nov 2006</b></p> <p>iii. Develop initiatives to increase use of leisure services by mental health service users <b>Sep 2007</b></p> <p>iv. Develop initiatives to increase use of leisure services by groups who currently find it hard to use leisure services <b>Sep 2007</b></p>	<p>Partnership manager DCL/ RBK</p> <p>Partnership manager DCL/ RBK</p>	<p>Numbers of People with mental health problems using leisure services</p> <p>Numbers of people from hard to reach communities using leisure services</p>
<b>Objectives</b>	<b>Key milestones and timescales</b>	<b>Lead/ committee</b>	<b>Performance Indicator</b>
<p>3. Address social fragmentation and obstacles that stand in the way of community participation by excluded groups</p>	<p>i. Initiatives included in new Cultural Strategy <b>Dec 2006</b></p> <p>ii. Launch 2<sup>nd</sup> phase of Positive Environment Kingston project to increase community involvement in carrying out environmental actions and campaigns <b>March 2007</b></p> <p>iii. Develop customer involvement in the housing service by hard to reach groups <b>Mar 2007</b></p> <p>iv. Investigate the potential to increase the availability of, and improve access to, reading groups through training voluntary facilitators <b>July 2007</b></p> <p>v. Increase access to adult Learning by vulnerable groups <b>Mar 2007</b></p>	<p>Directorate Head of Leisure and Life Long Learning, RBK Community Environment Officer, RBK</p> <p>Head of Housing Management, RBK</p> <p>Head of Library Service, RBK</p> <p>Principal, Kingston Adult Education, RBK</p>	<p>Plans in place and excluded communities involved in development of strategy Event held, number of student volunteer mentors and local businesses and organisations involved</p> <p>Numbers involved</p> <p>Report produced</p> <p>Events held and plans produced</p>

SWL&StG (South West London and St George's mental health Trust)	RBK (Royal Borough of Kingston )	3
KPCT (Kingston Primary Care Trust)	KVA (Kingston Voluntary Action)	
CAMHS (Child & Adolescent Mental health services)	DCL (DC Leisure)	

## Mental health promotion Action plan 2006-2008

	<p>vi. Prepare non English speakers to move on to adult education classes, get a paid job or start gaining work experience by volunteering <b>Oct 2006</b></p> <p>vii. Award ceremony to recognise achievement of volunteers <b>June 2007</b></p> <p>viii. Establish volunteer outreach sessions in the:</p> <ul style="list-style-type: none"> <li>➤ CAP community shop</li> <li>➤ New Hook Centre</li> <li>➤ Kaleidoscope</li> <li>➤ Job Centre</li> </ul> <p><b>Aug 2007</b></p> <p>ix. Remarket the supported needs project to increase involvement by individuals and workplaces <b>May 2007</b></p> <p>x. Develop neighbourhood learning project to improve access to education, training and employment in Cambridge Road Estate <b>early 2007</b></p>	<p>Co-ordinator, Learn English at Home</p> <p>Kingston Volunteer Centre</p> <p>Kingston Volunteer Centre</p> <p>Kingston Volunteer Centre</p> <p>Kingston Volunteer Centre</p> <p>Community Action Partnership Manager, KPCT</p>	<p>Numbers involved in adult education, training, volunteering and work</p> <p>Numbers of volunteers</p> <p>Numbers attending sessions</p> <p>Increased numbers of individuals and workplaces involved</p> <p>Numbers accessing education, training and employment</p>
4. Reduce levels of violence and abuse	<p>i. Sanctuary service in place</p> <p>ii. Information Sharing system in place</p> <p>iii. Directory of services related to</p>	<p>Performance and Service Manager, RBK</p> <p>Head of Strategy and Performance, RBK</p> <p>Domestic Violence co-</p>	<p>Increase the % of incidents of Domestic Violence reported to the police in RBK which result in sanctioned detections by 7% over and</p>

SWL&StG (South West London and St George's mental health Trust)	RBK (Royal Borough of Kingston )	4
KPCT (Kingston Primary Care Trust)	KVA (Kingston Voluntary Action)	
CAMHS (Child & Adolescent Mental health services)	DCL (DC Leisure)	

## Mental health promotion Action plan 2006-2008

	<p>domestic abuse distributed <b>July 2007</b></p> <p>iv. Awareness raising sessions provided to children, young people and staff <b>Dec 2007</b></p> <p><i>For information on elder abuse see the active ageing strategy</i></p>	<p>ordinator, RBK Domestic Violence co-ordinator, RBK</p>	<p>above the rates set by the Metropolitan Police Service</p>
Objectives	Key milestones and timescales	Lead/ committee	Performance Indicator
<p>5. Strengthen work on alcohol harm reduction</p>	<p>i. Appoint alcohol Worker <b>Apr 2007</b></p> <p>ii. Undertake developmental work agreed in the alcohol strategy and action plan <b>Dec 2007</b></p> <p>iii. Establish baseline data and set up monitoring and reporting systems <b>Mar 2009</b></p> <p>iv. Run parents evenings to alert parents of teenagers of issues related to alcohol and available services <b>Mar 2007</b></p>	<p>Manager, Kingston Drug and Alcohol Team, RBK Manager, Kingston Drug and Alcohol Team, RBK</p> <p>Manager, Kingston Drug and Alcohol Team, RBK</p> <p>Community Action Partnership Manager, KPCT</p>	<p>Worker in post Action plan implemented</p> <p>Systems in place</p> <p>Numbers attending initiatives</p>

SWL&StG (South West London and St George's mental health Trust)	RBK (Royal Borough of Kingston )	5
KPCT (Kingston Primary Care Trust)	KVA (Kingston Voluntary Action)	
CAMHS (Child & Adolescent Mental health services)	DCL (DC Leisure)	

## Mental health promotion Action plan 2006-2008

<b><i>4. Parents and carers have access to support for themselves and for their parenting roles and have the knowledge, skills and capacity to meet the emotional and social needs of infants and young children</i></b>			
<b>Objectives</b>	<b>Key milestones and timescales</b>	<b>Lead/ committee</b>	<b>Performance Indicator</b>
1. Improve access to parenting support in particular by vulnerable groups	i. Review parent support services. <b>Mar 2007</b>	PM Child Protection and Family Support, RBK	Report produced with recommendations and action plan
	ii. Work towards having a family liaison worker available to all of the school clusters <b>Mar 2007</b>	Family Support Services Manager, RBK	7 family liaison workers in place (one per cluster)
	iii. Evaluate school outreach work to identify success in accessing hard to reach groups <b>End of summer term 2007 and 2008</b>	Manager Welcare	Measures set separately for each school
	iv. Analyse use of holiday activities and lunch clubs by different groups following each programme - <b>3 half terms, Summer and Easter</b>	Manager Welcare	Extract number "then and now" from WelCare stats
	v. Increase the number of Children's Centres <b>Sep 2007</b>	Head of Early Years, RBK	Number of centres set up
	vi. Increase access to Children's centres by parents of children with disabilities, parents with learning disabilities, parents with substance misuse problems, parents of offenders <b>Sep 2007</b>	Head of Early Years/ Inclusion Co-ordinator, RBK	Numbers of parents of Children with disabilities, parents with learning disabilities, substance misuse problems, parents of offenders attending centres
SWL&StG (South West London and St George's mental health Trust)		RBK (Royal Borough of Kingston )	6
KPCT (Kingston Primary Care Trust)		KVA (Kingston Voluntary Action)	
CAMHS (Child & Adolescent Mental health services)		DCL (DC Leisure)	

## Mental health promotion Action plan 2006-2008

2. Improve access to parenting support in particular by families of offenders	i. Strengthen links with the Youth Offending Team and Youth Inclusion Support Panel <b>Mar 2007</b>	Family Support Services Manager, Royal Borough of Kingston/ Youth Offending Support Service Manager	Numbers of parents of offenders provided with parenting support
3. Improve access to parenting support in particular by parents with mental health problems	i. Agree action to improve liaison between Welcare and community Mental Health teams <b>Nov 2006</b> ii. Provide mental health awareness training for Children's centre staff <b>Sep 2007</b>	Manager Welcare/ Social Work Care Co-ordinator, SWL & St Georges Head of Early Years, RBK	Extract numbers "then and now" from WelCare stats  Numbers of staff attending training
4. Increase the knowledge, skills and capacity of parents and carers to meet the emotional and social needs of infants and young children	i. Develop action plan for supporting parents with children in transition between primary and secondary schools <b>Nov 2006</b> ii. Improve engagement of parents in the Social and Emotional Aspects of Learning (SEAL) programme <b>July 2006</b> iii. Investigate the potential to provide language and literacy training for frontline staff to improve children's communication <b>Sep 2007</b> iv. Provide information about the emotional health of parents and children through the children's information service and outreach work <b>Sep 2007</b>	Family Support Services Manager, RBK  Family Support Services Manager/ Behaviour Consultant, RBK  Head of Early Years, RBK  Head of Early Years, RBK	Action plan produced  Number of schools where parents are involved  Report produced  Information on website and promoted

SWL&StG (South West London and St George's mental health Trust)	RBK (Royal Borough of Kingston )	7
KPCT (Kingston Primary Care Trust)	KVA (Kingston Voluntary Action)	
CAMHS (Child & Adolescent Mental health services)	DCL (DC Leisure)	

## Mental health promotion Action plan 2006-2008

<b><i>5. Promote children and young people's Emotional Health and Wellbeing</i></b>			
<b>Objectives</b>	<b>Key milestones and timescales</b>	<b>Lead/ committee</b>	<b>Performance Indicator</b>
1. Increase young people's access to information about emotional health and wellbeing	i. Distribute 'You matter the young people's guide' to all secondary school <b>Mar 2007</b>	Family Support Services Manager, RBK	Numbers distributed, feedback from students and parents
	ii. Promote the 'You matter the young people's guide' <b>Mar 2007</b>	Family Support Services Manager, RBK	
	iii. Develop mental health programme as part of youth matters week	Head of Youth Service, RBK	Events held
	iv. Hold world mental health day event for students <b>January 2007</b>	Nurse/Health Advisor, Kingston University	Events held
	v. Increase the frequency of the drop in service and promote to students <b>October 2006</b>	Nurse/Health Advisor, Kingston University	Numbers attending, satisfaction survey
	vi. Distribute 'You matter the young people's guide' at Kingston colleges health event <b>Feb 2007</b>	Kingston college nurse advisor/ Family Support Services Manager	Numbers distributed, feedback from students
2. Increase the number of schools promoting emotional health and wellbeing through the curriculum	i. Run 'Every Child Matters' events for schools <b>Termly</b>	School Improvement Inspector, RBK	71% schools accredited as Healthy schools by 2007, 90% by 2008 (baseline of 65%)
	ii. Set up database to measure progress of healthy schools <b>July 2007</b>		
	iii. Promote the Social and Emotional Aspects of Learning (SEAL) programme to local schools <b>July</b>	Behaviour Consultant, RBK	% of primary schools using the SEAL scheme

SWL&StG (South West London and St George's mental health Trust)	RBK (Royal Borough of Kingston )	8
KPCT (Kingston Primary Care Trust)	KVA (Kingston Voluntary Action)	
CAMHS (Child & Adolescent Mental health services)	DCL (DC Leisure)	

## Mental health promotion Action plan 2006-2008

	<b>2007</b>		
	iv. Provide support to schools introducing SEAL <b>July 2007</b>	Behaviour Consultant, RBK	% of primary schools using the SEAL scheme
3. Strengthen opportunities for young people to be actively involved and make a contribution to community life to support their social and emotional development	i. Review pupil participation in volunteering opportunities in schools <b>Dec 2006</b>	Curriculum Advisor for Work related Learning, RBK	Report produced
	ii. Pilot intergenerational volunteering programme <b>June 2007</b>	Curriculum Advisor for Work related Learning, RBK	Pilot completed and evaluated
	iii. Increase young people involved in the millennium volunteers project <b>Mar 2007</b>	Head of Youth Service, RBK	Numbers involved
	iv. Increase the involvement of hard to reach young people in volunteering in the Duke of Edinburgh award scheme through open awards centres <b>Mar 2007</b>	Head of Youth Service, RBK	Numbers involved
	v. Implement Kingston's Participation Strategy <b>Mar 2007</b>	Head of Youth Service, RBK	Increased numbers of children & young people, involved in decision making Report produced
	vi. Review volunteering opportunities for Looked After Children <b>Apr 2007</b>	Principal Manager Looked after Services, RBK	
	vii. Re-energise the Looked after children forum to increase the involvement of LAC in developing local services <b>Apr 2007</b>	Principal Manager Looked after Services, RBK	Increased numbers of Looked After Children involved

SWL&StG (South West London and St George's mental health Trust)	RBK (Royal Borough of Kingston )	9
KPCT (Kingston Primary Care Trust)	KVA (Kingston Voluntary Action)	
CAMHS (Child & Adolescent Mental health services)	DCL (DC Leisure)	

## Mental health promotion Action plan 2006-2008

<i>6. Strengthening support and training for the early identification of emotional problems in childhood and provide early interventions to identify and address emotional problems and challenging behaviour</i>			
<b>Objectives</b>	<b>Key milestones and timescales</b>	<b>Lead/ committee</b>	<b>Performance Indicator</b>
1. Increase the knowledge, skills and capacity of frontline staff to meet the emotional and social needs of children and young people	i. Run a workshop in 'emotional well-being' at the Early Years Conference <b>Feb 2007</b>	CAMHS tier 2 Manager, RBK	Evaluation of participants
	ii. Deliver training to Early Years providers on emotional literacy and behaviour management <b>June 2007</b>	CAMHS tier 2 Manager, RBK	Evaluation of participants
	iii. Investigate routes for addressing workforce needs of frontline staff working with children and young people in relation to mental health promotion <b>Nov 2006</b>	CAMHS tier 2 Manager, RBK/ Workforce development strategic manager RBK	Routes identified on workforce development plans
	iv. Carry out a follow up evaluation of the 'understanding the emotional health and wellbeing needs' of children and young people training <b>Dec 2006</b>	CAMHS tier 2 Manager, RBK/ Public Health Programme lead for mental health promotion	Report produced, action plan for further work agreed
	v. Develop tier 1 CAMHS as part of a comprehensive CAMHS strategy including <b>Sep 2006</b>	CAMHS commissioning group, RBK	Progress report

SWL&StG (South West London and St George's mental health Trust)	RBK (Royal Borough of Kingston )	10
KPCT (Kingston Primary Care Trust)	KVA (Kingston Voluntary Action)	
CAMHS (Child & Adolescent Mental health services)	DCL (DC Leisure)	

## Mental health promotion Action plan 2006-2008

<b><i>7. Improve access to a wider range of sources of support for emotional and psychological difficulties, for children who are vulnerable and at risk of developing Mental Health problems</i></b>			
<b>Objectives</b>	<b>Key milestones and timescales</b>	<b>Lead/ committee</b>	<b>Performance Indicator</b>
1. Improve access to a wider range of sources of support for emotional and psychological difficulties, for young people who may be at risk of mental health problems	i. Develop tier 2 CAMHS as part of a comprehensive CAMHS strategy including <b>Sep 2006</b>	CAMHS tier 2 Manager, RBK	Numbers of professionals supported by service
	ii. Set up a bereavement support service for children and young people in Kingston. <b>December 2006</b>	Manager, Kingston Bereavement service	Numbers of young people by service & their evaluation
	iii. Develop joint working arrangement with Family Advice and Support Service to improve access to mental health support for young offenders <b>December 2006</b>	Youth Offending and Support Services Manager, RBK/ CAMHS tier 2 Manager, RBK	Working Arrangement agreed
	iv. Identify best method to support young people in conflict management <b>Sep 2007</b>	Youth Offending and Support Services Manager, RBK	Plan in place
	v. Increase the support available for young gay men and lesbians <b>Mar 2007</b>	Head of Youth Service, RBK	Report produced
	vi. Introduce multi disciplinary teams to support vulnerable children, young people and families in a co-ordinated way <b>April 2007</b>	Directorate Head of Children's services and Safeguarding/ Strategic manager for preventative services, RBK	Numbers of young people by service & their evaluation
	vii. Review Joint protocol for parental mental ill health and the needs of	Workforce development	Review completed
SWL&StG (South West London and St George's mental health Trust)	RBK (Royal Borough of Kingston )	11	
KPCT (Kingston Primary Care Trust)	KVA (Kingston Voluntary Action)		
CAMHS (Child & Adolescent Mental health services)	DCL (DC Leisure)		

## Mental health promotion Action plan 2006-2008

	children <b>March 2007</b>	strategic manager RBK	
2. Improve access to a wider range of sources of support for emotional and psychological difficulties, for Looked after children (LAC) & unaccompanied minors	<ul style="list-style-type: none"> <li>i. Implement recommendations from audit of the Looked after children counselling service <b>Mar 2007</b></li> <li>ii. Identify an appropriate venue for Looked after children and counsellor meetings <b>Oct 2006</b></li> <li>iii. Review care leavers' support group <b>Apr 2007</b></li> <li>iv. Integrate the Looked after children and unaccompanied minors team <b>Sep 2007</b></li> <li>v. Develop LAC mental health screening tool <b>Apr 2007</b></li> </ul>	<ul style="list-style-type: none"> <li>Principal Manager Looked after Services, RBK</li> <li>Principal Manager Looked after Services, RBK</li> <li>Principal Manager Looked after Services, RBK</li> <li>Principal Manager Looked after Services, RBK</li> <li>Principal Manager Looked after Services, RBK</li> </ul>	<ul style="list-style-type: none"> <li>Increased numbers of LAC using counselling service</li> <li>Increased numbers of LAC using counselling service</li> <li>Increased numbers involved care leavers' support group Team in place</li> <li>Numbers screened and referred to appropriate services</li> </ul>
3. Improve support and information available to young people who self harm	<ul style="list-style-type: none"> <li>i. Review self harm procedure/ collect data on incidences of self harm by Looked after children <b>Apr 2007</b></li> <li>ii. Review the procedural guidelines for schools in managing self harm and the need for any further support by schools and other professionals working with young people <b>Sep 2007</b></li> </ul>	<ul style="list-style-type: none"> <li>Principal Manager Looked after Services, RBK</li> <li>Head of CAMHS tier 2 services</li> </ul>	<ul style="list-style-type: none"> <li>New guidelines in place Data collected</li> <li>New procedure in place Data collected</li> </ul>
4. Further develop activities to prevent bullying and support young people who are	<ul style="list-style-type: none"> <li>i. Introduce a procedure for recording all bullying incidents in schools and provide training to support the implementation of this procedure. <b>Oct 2008</b></li> </ul>	<ul style="list-style-type: none"> <li>School Improvement Inspector, RBK</li> </ul>	<ul style="list-style-type: none"> <li>Procedure in place</li> </ul>

SWL&StG (South West London and St George's mental health Trust)	RBK (Royal Borough of Kingston )	12
KPCT (Kingston Primary Care Trust)	KVA (Kingston Voluntary Action)	
CAMHS (Child & Adolescent Mental health services)	DCL (DC Leisure)	

## Mental health promotion Action plan 2006-2008

bullied	ii. Map current activities to tackle bullying <b>Jan 2007</b>	Public Health mental health promotion lead	Mapping completed, plan for further work produced
---------	---	--	---

### ***8. Reduction in mental health related unemployment***

Objectives	Key milestones and timescales	Lead/ committee	Performance Indicator
1. Encourage workplaces to promote the mental health of employees	i. Introduce mental health and workplace strategy following consultation <b>Mar 2007</b>	Workplace Mental health group	Consultation complete Annual progress reports
2. Support people with health related problems into work	i. Implement LAA <b>Mar 2007</b>	Economic Development and Regeneration co-ordinator, RBK/ Lead Employment Specialist & Programme Manager Public health programme lead on mental health promotion	Numbers who have been in receipt of an incapacity benefit (IB) supported to retain/ gain employment  Attendance by workplaces and job centre staff
	ii. Implement EQUAL project <b>Mar 2007</b>		
	iii. Promote mental health awareness training to workplaces and job centre staff. <b>Oct 2007</b>		

SWL&StG (South West London and St George's mental health Trust)	RBK (Royal Borough of Kingston )	13
KPCT (Kingston Primary Care Trust)	KVA (Kingston Voluntary Action)	
CAMHS (Child & Adolescent Mental health services)	DCL (DC Leisure)	

## Mental health promotion Action plan 2006-2008

<b><i>9. Improve access to a wider range of sources of support for emotional and psychological difficulties for vulnerable groups</i></b>			
<b>Objectives</b>	<b>Key milestones and timescales</b>	<b>Lead/ committee</b>	<b>Performance Indicator</b>
1. People with mild mental health problems	i. Develop peer support work <b>Sep 2007</b> ii. Review existing work and service protocols to assist in ameliorating emotional and psychological difficulties in light of NICE guidelines <b>Sep 2007</b>	Consultant Clin Psychol/Group Lead SWLSTG Kingston Psychological Therapies forum	Numbers using peer support  Review completed and action plan produced
2. Homeless people	i. Provide training to support the joint housing and mental health protocols. <b>June 2007</b> ii. Provide training to support the joint children and families/mental health protocol. <b>December 2006</b>	Performance management team RBK  Mental Health and Children and Families services RBK	Numbers attending training  Numbers attending training
3. Carers	i. Increased the availability of alternative therapies to enable the carers to take some time out for themselves <b>Mar 2007</b> ii. Introduce 'Flexible breaks for carers' to enable them to use a small pot of money for breaks in ways we currently do not provide <b>Mar 2007</b> iii. Give talks about local support	Carers' Development Officer, RBK  Carers' Development Officer, RBK  Carers' Development	Numbers using alternative therapies  Numbers using flexible breaks  Numbers attending talks
SWL&StG (South West London and St George's mental health Trust)		RBK (Royal Borough of Kingston )	14
KPCT (Kingston Primary Care Trust)		KVA (Kingston Voluntary Action)	
CAMHS (Child & Adolescent Mental health services)		DCL (DC Leisure)	

## Mental health promotion Action plan 2006-2008

	<p>services for people with illness/disabilities and their carers in local GP practices <b>Mar 2007</b></p> <p>iv. Develop, distribute and promote an information pack so that people receive information at an early stage about the support and advice available <b>Mar 2007</b></p> <p>v. Set up a black and minority ethnic groups/Mental Health a befriending scheme for carers <b>Sep 2007</b></p> <p>vi. Set up a BME Forum <b>Sep 2007</b></p>	<p>Officer, RBK</p> <p>Director, Kingston Carers network (KCN)</p> <p>Director, KCN</p> <p>Director, KCN</p>	<p>Numbers of packs distributed</p> <p>Numbers attending groups</p> <p>Numbers attending forum</p>
<b>Objectives</b>	<b>Key milestones and timescales</b>	<b>Lead/ committee</b>	<b>Performance Indicator</b>
4. People with learning disabilities	<p>i. Develop the drop-in café that is run by SHOUT in order to provide support and advocacy to the individuals who attend. <b>Mar 2007</b></p> <p>ii. Marketing strategy in place to improve community involvement in and awareness of the Stud Farm project <b>Mar 2008</b></p>	<p>Director, Kingston Advocacy Group</p> <p>PM Learning Disability Services, RBK</p>	<p>Numbers attending drop in</p> <p>Number of schools visits</p> <p>Number of volunteers achieving basic skills in horticulture qualification</p>
5. People with disabilities	<p>i. Devise a training/ coaching strategy for staff providing services to disabled people and people with sensory impairments based on an audit of the mental health training currently received <b>June 2007</b></p> <p>ii. Agree an approach to best identify</p>	<p>Principal Manager Health, Disability and Occupational Therapy services, RBK</p> <p>Principal Manager</p>	<p>Strategy produced</p> <p>Audit complete</p>

SWL&StG (South West London and St George's mental health Trust)	RBK (Royal Borough of Kingston )	15
KPCT (Kingston Primary Care Trust)	KVA (Kingston Voluntary Action)	
CAMHS (Child & Adolescent Mental health services)	DCL (DC Leisure)	

## Mental health promotion Action plan 2006-2008

	the mental health needs affecting disabled people and to audit the effectiveness of this approach <b>Mar 2008</b>	Health, Disability and Occupational Therapy services, RBK	
<b>Objectives</b>	<b>Key milestones and timescales</b>	<b>Lead/ committee</b>	<b>Performance Indicator</b>
6. Black and minority ethnic groups	<ul style="list-style-type: none"> <li>i. Implement 'Black &amp; Ethnic Minority Services Review Action Plan' <b>Mar 2007</b></li> <li>ii. Interfaith forum on mental health promotion and inclusion <b>Dec 2006</b></li> <li>iii. Promote local drop ins at CRE, e.g. MIND café to people attending refugee action Kingston <b>Mar 2007</b></li> </ul>	<ul style="list-style-type: none"> <li>Racial and equality group</li> <li>Psychotherapist/Service Access Officer RBK/ KPCT</li> <li>Director, MIND in Kingston</li> </ul>	<ul style="list-style-type: none"> <li>Progress report</li> <li>Numbers attending, evaluations, report</li> <li>Numbers attending</li> </ul>
7. Improve life satisfaction among older people and increase opportunities for older people to participate	<ul style="list-style-type: none"> <li>i. Implement active ageing strategy action plan <b>Dec 2006 – Mar 2008</b></li> </ul>	Active ageing steering group	Progress report

SWL&StG (South West London and St George's mental health Trust)	RBK (Royal Borough of Kingston )	16
KPCT (Kingston Primary Care Trust)	KVA (Kingston Voluntary Action)	
CAMHS (Child & Adolescent Mental health services)	DCL (DC Leisure)	