

## HEALTH OVERVIEW PANEL

7 DECEMBER 2007

### MENTAL HEALTH PROMOTION STRATEGY PROGRESS REPORT AND ACTION PLAN

#### REPORT BY THE HEALTHY KINGSTON CO-ORDINATOR

##### **SUMMARY**

The purpose of this report is to provide an update on progress Kingston's Mental Health Promotion strategy and make some recommendations for the future implementation of the strategy.

It puts Kingston in the context of the national picture and highlights the key features of the Government's Choosing Health (December 2004)<sup>1</sup> White Paper and NIMHEs 'Making it possible: improving mental health and well-being in England'.<sup>2</sup> An action plan progressing the priorities in the White Paper has been produced and covers the period to March 2008. Some of the key developments for next year are summarised in paragraph 15.

##### **ACTION BY THE PANEL**

The Panel may wish to include monitoring/scrutiny of progress on realising this in its Work Programme for 07/08.

##### **BACKGROUND**

1. Kingston's mental health promotion strategy was developed to provide a framework for the delivery of Mental Health Promotion in Kingston, implementing Standard One of the National Service Framework for Mental Health<sup>3</sup>. RBK Executive and Kingston's Health and Wellbeing Board both agreed to its implementation in March 2004.
2. It was based on input from a widespread consultation and a stakeholder event in October 2003. It has the following goals:

Goal 1: To provide a mental health promoting environment in Kingston

Goal 2: Promoting mental wellbeing in children, young people and parents

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<sup>1</sup> Choosing Health 2004

[http://www.dh.gov.uk/PublicationsAndStatistics/Publications/PublicationsPolicyAndGuidance/PublicationsPolicyAndGuidanceArticle/fs/en?CONTENT\\_ID=4094550&chk=aN5Cor](http://www.dh.gov.uk/PublicationsAndStatistics/Publications/PublicationsPolicyAndGuidance/PublicationsPolicyAndGuidanceArticle/fs/en?CONTENT_ID=4094550&chk=aN5Cor)

<sup>2</sup> 'Making it possible: improving mental health and well-being in England'.

<http://www.nimhe.csip.org.uk/index.cfm?fuseaction=main.viewItem&intItemID=72401&intSectionID=1064&intParentID=0>

<sup>3</sup> Mental health NSF 1999

[http://www.dh.gov.uk/PublicationsAndStatistics/Publications/PublicationsPolicyAndGuidance/PublicationsPolicyAndGuidanceArticle/fs/en?CONTENT\\_ID=4009598&chk=jmAMLk](http://www.dh.gov.uk/PublicationsAndStatistics/Publications/PublicationsPolicyAndGuidance/PublicationsPolicyAndGuidanceArticle/fs/en?CONTENT_ID=4009598&chk=jmAMLk)

Goal 3: Promoting mental wellbeing in workplaces

Goal 4: Promoting mental wellbeing in vulnerable groups

## **WHAT DO WE MEAN BY MENTAL HEALTH PROMOTION?**

3. Improving the mental health of the population contributes to achieving a wide range of cross government priorities for children and adults. The skills and attributes associated with positive mental health lead to improved physical health, better quality of life, reduced crime, higher educational attainment, economic well-being and personal dignity. Mental well-being also contributes fundamentally to the extent to which people feel able and motivated to exercise choice and control and to adopt healthy lifestyles. It is essential to enabling individuals, families and communities to realise their full potential and to make a positive contribution.
4. What might be called the 'five fruit and vegetables' of mental health, which help to protect mental wellbeing for everyone, whether or not they have symptoms include:
  - keeping physically active,
  - eating well
  - drinking in moderation
  - valuing yourself and others
  - talking about your feelings
  - keeping in touch with friends and loved ones
  - caring for others
  - getting involved and making a contribution
  - learning new skills
  - doing something creative
  - taking a break
  - asking for help

## **NATIONAL CONTEXT**

5. A number of other strategies relating to mental health promotion have been produced and from these it is clear that mental health promotion, tackling social exclusion in people with mental health problems, improving their employment prospects and opposing stigma and discrimination are becoming a greater priority.
6. A progress report on the NSF – notes less has been achieved on mental health promotion and social exclusion (Standard 1), and highlights the

- need for further investment in Mental Health promotion<sup>4</sup>. NIMHE has launched guidance 'Making it possible: improving mental health and well-being in England'. The key areas promoted in the publication include marketing mental health, equality and inclusion, and support for parents and other carers of young children.
7. The recent White Paper on public health, *Choosing Health*, highlights the importance of community mental health including:
    - the social and emotional development of young children,
    - supporting parents,
    - improve the self esteem, social skills and emotional wellbeing of looked after children
    - support frontline staff to offer initial support and provide information on the sources of help that are available to vulnerable people,
    - promoting management standards to reduce stress in the workplace
  8. SEU report - sets out a 27-point action plan for the development of better access to employment and social, educational and community activity<sup>5</sup> NIMHE produced the new anti-stigma programme *From Here to Equality*<sup>6</sup>
  9. The Criteria for the Healthier communities section of the Comprehensive performance assessment (CPA) corporate assessment expects the council to have implemented the local action plan on mental health and social exclusion<sup>7</sup> and to have made progress towards improving the mental health of children and families

## PROGRESS AGAINST THE GOALS

### **10. Goal 1: To provide a mental health promoting environment for the wider population**

- Multi agency Mental Health awareness training for frontline staff, over 100 trained so far
- Commitment to introduce Health Impact assessment (covering Mental Health) into RBK
- Publicity and Mental health awareness for the public through 'Livin' Kingston magazine
- Mental health and wellbeing website

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<sup>4</sup> The National Service Framework for Mental Health – Five Years On  
[http://www.dh.gov.uk/PublicationsAndStatistics/Publications/PublicationsPolicyAndGuidance/PublicationsPolicyAndGuidanceArticle/fs/en?CONTENT\\_ID=4099120&chk=CKJpKk](http://www.dh.gov.uk/PublicationsAndStatistics/Publications/PublicationsPolicyAndGuidance/PublicationsPolicyAndGuidanceArticle/fs/en?CONTENT_ID=4099120&chk=CKJpKk)

<sup>5</sup> Mental health SEU <http://www.socialexclusion.gov.uk/page.asp?id=257>

<sup>6</sup> *From Here to Equality*  
<http://nimhe.csip.org.uk/index.cfm?fuseaction=main.viewItem&intItemID=13871>

<sup>7</sup> Comprehensive performance assessment 2005 Key lines of enquiry for corporate assessment  
<http://www.audit-commission.gov.uk/kloe/downloads/CAKLOEsummaryversionFeb06.pdf>

### **11. Goal 2: Promoting mental wellbeing in children, young people and parents**

- Expansion of Healthy schools
- Emotional aspects of learning now included in Healthy Schools programme
- Pilot of Social and Emotional aspects of learning curriculum in local schools
- Multi agency 'Understanding the emotional health and wellbeing of children and young people' training for frontline staff working with children and young people
- councillor for Looked After Children
- Parenting strategy

### **12. Goal 3 promoting mental wellbeing in workplaces**

- Workplace and mental health strategy
- LAA agreed on 'Supporting people with health related problems into work'
- Successful bid for EQUAL funding to support people with mild mental health problems into work

### **13. Goal 4: Promoting mental wellbeing in vulnerable groups**

- Scrutiny of Domestic Violence and plan to improve local services
- LAA to reduce Domestic Violence
- Joint Ethnicity action plan agreed to improve access to mental health service for black and minority ethnic groups

## **NIMHE RECOMMENDATIONS**

14. The NIMHE report lists the following areas where there is sufficient good quality research to demonstrate both the benefits and effectiveness of promoting mental health. There is a strong case for action in the following areas:

#### **ACTION: MARKETING MENTAL HEALTH**

- People are well informed and motivated to look after their own and others' mental health
- People have positive and accepting attitudes to people with mental health problems

#### **ACTION: EQUALITY AND INCLUSION**

- People have access to a wide range of sources of support for emotional and psychological difficulties
- Reduction in inequalities in access to non-pharmacological sources of support, notably for Black and Minority Ethnic Communities and older people

### **ACTION: TACKLING VIOLENCE AND ABUSE**

- Reduction in prevalence of mental health problems
- Reduction in self harming behaviour

### **ACTION: PARENTS AND EARLY YEARS**

- Parents and caregivers have the knowledge, skills and capacity to meet the emotional and social needs of infants and young children
- Parents and carers have access to support for themselves and their parenting roles, delivered in a way that is evidence based and meets their needs

### **ACTION: SCHOOLS**

- Schools achieving National Healthy Schools Status targets and delivering Social and Emotional Aspects of Learning (SEAL)

### **ACTION: EMPLOYMENT**

- Reduction in mental health related unemployment

### **ACTION: WORKPLACE**

- Workplaces adopt HSE stress management standards
- Support in place to enable people off work with mental health problems to return to work

### **ACTION: COMMUNITIES**

- Improved quality of life and life satisfaction
- Increase in the proportion of local areas with a high 'liveability' score

### **ACTION: LATER LIFE**

- Improved life satisfaction among older people
- Increased opportunities for older people to participate

## **FUTURE PRIORITIES**

15. An action plan progressing the priorities identified in NIMHE 'Making it possible: improving mental health and well-being in England' has been produced. Some of the key developments for the next year are:
  - Publicise mental health services and information about mental health and wellbeing in the new CAP 'Help, advice and information centre' and in the new Hook library
  - Review parent support services in particular action to target vulnerable groups e.g. parents with mental health problems, families of offenders and parents with learning disabilities.
  - Promote the 'You matter the young people's and parents' guide'
  - Increase the number of local schools using the Social and Emotional Aspects of Learning (SEAL) programme

- Introduce a procedure for recording all bullying incidents in schools and provide training to support the implementation of this procedure.
- Implement the LAA & EQUAL project to support unemployed people facing mental health problems to successfully access employment

## **IMPLEMENTATION**

16. The NIMHE report notes that many existing programmes within community strategies, crime and disorder reduction partnerships or local area agreements will be directly relevant to mental health e.g. action on housing, noise, traffic congestion, fear of crime and cleaning and greening the environment all contribute to promoting mental health.
17. It further suggests that to achieve sustained improvements will involve:
- working with those with the potential to influence mental health across all sectors
  - embedding mental health promotion within existing structures for improving health and social outcomes e.g. community strategies and local area agreements
18. Finally it advises that it is difficult to achieve improved mental health if local mental health promotion strategies are seen as stand alone documents, solely monitored through NSF for Mental health local implementation teams. Local and regional frameworks for action on mental health and well-being should therefore demonstrate:
- mechanisms for engaging and establishing formal links with stakeholders across all sectors
  - a system of governance linked to wider local targets, for example within community strategies and local area agreements
  - resources drawn from the wide range of areas, (over and above mental health), to which mental health promotion contributes, for example education, regeneration and health

## **MONITORING/ACCOUNTABILITY**

19. Overall responsibility for implementing the Mental Health Promotion strategy is included in the terms of reference of the Adults / Health & Well Being delivery group of Kingston's Community Leadership Forum (CLF). This group will ensure that:
- Mental health promotion is considered by other relevant CLF delivery groups as appropriate
  - Mental health promotion is made more prominent in the day to day business of all members of the CLF

- There is a process in place to monitor progress on the mental health promotion action plans and develop future plans to meet new priorities. This will include improving the setting of outcomes and developing robust measures to demonstrate the impact on the lives of Kingston residents.
- Members of the board will identify resources needed and refer these to the relevant senior management groups/boards for action.

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