

MENTAL HEALTH AND WELLBEING STRATEGY DEVELOPMENT - UPDATE

Report of the Director of Public Health

1. INTRODUCTION AND PURPOSE OF REPORT

- 1.1 The One Stockport Borough Plan commits partners to development of an all-age mental health and wellbeing strategy. Initial work involving a small group of leaders in the CCG and Council has developed an outline for the strategy, and a wide range of stakeholders have been invited to comment on this to refine it.
- 1.2 This paper presents the developing strategy and the key findings from the engagement work so far, and invites the Health and Wellbeing Board to contribute to the further development of this vital work area.
- 1.3 The emergence of the ICS and Locality Plan structures provides an opportunity to assess their ability to deliver such an ambitious agenda.

2. MENTAL HEALTH AND WELLBEING STRATEGY DEVELOPMENT

- 2.1 The attached slide deck outlines an emerging strategy for mental health and wellbeing for Stockport; this is in response to the need for a greater focus on mental health and wellbeing expressed by partners engaged in the development of the Borough Plan.
- 2.2 The strategy builds on work already ongoing in relation to the care of people with mental health problems in the health and care sector, and relevant transformation work. However, health – and mental health – is determined by many aspects of our lives; the strategy thus also focusses on the wider determinants of mental health and wellbeing, and the opportunities for promoting mental health and prevention across sectors, beyond the health and care sector.
- 2.3 It contains emerging themes to build and work on, as we shape a comprehensive, intersectoral approach. The attached slide deck includes the suggested aims, approach, principles and ambitions for the strategy, and a framework to consider the domains influencing mental health, which provide opportunities for action. This framework provides a tool for a shared understanding on which to build wider engagement to co-design specific actions with partners, across relevant sectors subsequently.

3. ENGAGEMENT

- 3.1 The strategy outline has been shared with a broad range of partners and stakeholders, including statutory and voluntary sector and some local business representatives, through attendance at scheduled meetings, four short workshops, and an online survey. The engagement was adapted to the differing contexts in which the outline strategy was shared, but centred on four key questions¹:
- Do you think the purpose, vision, approach, and principles are the right ones?
 - What are you / your organisation already doing?
 - What are the opportunities to do more or better?
 - What would help individuals to improve their mental wellbeing?
- 3.2 The responses to these are summarized in Appendix 1. A list of the meetings and other engagement activities is attached at Appendix 2.
- 3.3 The responses are overwhelmingly supportive of the direction and framework described in the presentation. They also add valuable perspectives and insights as well as ideas to inform the development of more detailed actions.
- 3.4 Some reflections on the responses are:
- 3.5 The strategy should focus on prevention and on the promotion of wellbeing, and also include the ongoing work on mental health service transformation. We also need to identify the governance structures for relevant work within the new Integrated Care System.
- 3.6 It is also recognised that many of the determinants of mental health and wellbeing fall within other plans and strategies also aligned with the delivery of the One Stockport Borough Plan. The role of the emerging Mental Health and Wellbeing Strategy is to influence and work with partners and colleagues to identify opportunities for synergy, added value and collaboration to optimize the mental wellbeing impacts of other sectors.

4. NEXT STEPS

- 4.1 Further work is planned to explore the alignment of the values, language and approaches of the Borough Plan strategies, to ensure consistency and facilitate read across the inter-related fields of activity.
- 4.2 We will use this strategy to explore and advise how the Integrated Care System (ICS) structures can be shaped to deliver such an ambitious area of work as mental health and wellbeing.
- 4.3 We will finalise and share an updated Mental Health & Wellbeing Joint Strategic Needs Assessment.

¹ Another question asked who else we need to engage, the responses to which will help to inform the recruitment to the next stage of strategy development workshops

- 4.4 The feedback gathered during the engagement will inform a co-design process to develop and prioritize specific actions across sectors.
- 4.5 An outcomes framework for the strategy will build on the One Stockport Borough Plan Outcomes Framework as well as the Greater Manchester wellbeing dashboard (expected to become available in April).

4 CONCLUSIONS AND RECOMMENDATIONS

6.1 The Board is invited to:

- 1. note and comment on the outline strategy and engagement work
- 2. contribute, and support staff to contribute, to developing the strategy and actions over the coming months
- 3. contribute to developing ICS / Locality Board structures which will be capable of delivering the strategy.

BACKGROUND PAPERS

This paper is accompanied by the slide deck 'Stockport All-age Mental Health & Wellbeing Strategy – outline'.

Anyone wishing to inspect the above background papers or requiring further information should contact Judith Strobl on telephone number: 0161-474-2535 or alternatively email Judith.Strobl@stockport.gov.uk or Simon Armour 07891 949030 or email simon.armour@stockport.gov.uk

Appendix 1: Summary of responses to consultation questions

Theme	Key points
Do you think the purpose, vision, approach, and principles are the right ones?	
People centred	<ul style="list-style-type: none"> Putting the person at the centre of their care allows individuality and autonomy
Self-help	<ul style="list-style-type: none"> Need to look at people developing coping strategies to manage their mental health when they are well. Then these could be utilised in times of crisis
Substance misuse	<ul style="list-style-type: none"> Unless substance abuse is under control, we often find it hard to move people through the services. Dual diagnosis can sometimes work against each other. Link into substance abuse prevention strategy.
Mental Health Services	<ul style="list-style-type: none"> Reducing inequality of availability of services We need a broader remit for Mental Health services More focus on mental health recovery rather than focusing on legal duties - step in step out option No wrong door
General comments	<ul style="list-style-type: none"> Inequities needs more emphasis and focus Lack of understanding of enduring serious mental illness and how people in the community may be helped to access wellbeing Include service users and carers more in the development and evaluation Some great ideas Impressed by linking in with the Thrive Model Yes. Good and aspirational Commendable vision Like breadth and holistic approach Great to see how Council involving a range of partners Proactive and preventative Need to identify outcomes Learn from previous work undertaken by Mind in Stockport (2016-21 Mental Health Investment Plan) Fuel price rise on top of the Universal Credit drop is having and will have a huge impact on physical and mental wellbeing of adults and children
Governance issues	<ul style="list-style-type: none"> Need for clear governance structure aligned with emerging ICS structures and Locality Board Need to align with related strategies and plans – Economic Plan, Climate Action Now, Active Communities Strategy etc. Need to avoid over-reach – stay focused

Theme	Key points
	<ul style="list-style-type: none"> Two parts to strategy – treatment & wellbeing
What are you / your organisation already doing?	
Workforce wellbeing	Events, wellbeing weeks, supportive leadership, risk assessments, counselling and training, team/peer support
Support for public/service users	Responses include a wide range of support including: self-help information; signposting; counselling; therapies; support for carers; mentoring; physical activity; mental resilience work in schools; and work to address determinants, such as poverty and housing issues.
Community activities	Including peer support groups, training, community events, volunteering, and the Community Champions programme
Communications	Including engaging with services and service users to develop accessible support and signposting, through communication and social media, distributing leaflets and 'while you wait' survey and engagement sessions
Partnership working	Collaborative interagency working to support the person in the best way, working together to improve services, community mapping of green social prescribing offers
What more do we need to do? What are the opportunities?	
Communications / addressing stigma	<ul style="list-style-type: none"> Making mental health conversations normal Listening to what people want Parity with physical health – no blame Accessible language and translations Leadership by example Linking with places of worship
Support & Resources	<ul style="list-style-type: none"> Central points of information and access to support – all age front door; directory of support including for adults with a disability; proactive support offer; sharing waiting times information Helping third sector/groups/local organisations to support members in their community and help them access services at point of need Delivery of support through local facilities e.g. leisure centres, libraries, play centres; More social prescribing, including 'green' activities Systems that are resilient in case of further pandemic etc. Integration of wellbeing in recovery from physical or psychological injury Need to be less dependent on statutory provision

Theme	Key points
	<ul style="list-style-type: none"> • Strength-based approaches should not be a substitute for full and appropriate assessment due to resource restraints
Workforce wellbeing and development	<ul style="list-style-type: none"> • Cross-sector training for managers, frontline staff and non-professional local people including trauma awareness, veterans' awareness • Promotion of wellbeing support available • Wellbeing ambassadors in the workplace • Council's new People Plan development, including planned staff survey - opportunity for co-design • Offer work opportunities for young adults with additional needs
Specific support needs	<p>Participants highlighted many specific groups or service areas who could benefit from investment in improved support/services, including:</p> <ul style="list-style-type: none"> • People with dual diagnosis /complex needs • Early help for young people including care leavers • People with long-term physical health conditions • Minority ethnic communities • New parents and infants • IAPT (Improving Access to Psychological Therapies) services • Trauma interventions • Specialist support for veterans • People with a Serious Mental Illness (SMI) • People who need long term care in the community • Carers of people with SMI
Collaborative working	<p>Many highlighted opportunities for collaboration including:</p> <ul style="list-style-type: none"> • Alignment of VCFSE support for mental health & wellbeing, and moving from competing for funding to collaborating • Connecting volunteer hub to support networks • Make better use of spaces – e.g. art gallery • Essential that service users, carers and third-party organisations work together to offer personalisation of the service. • Adult Social Care role in NHS mental health services transformation – joint leadership as part of ICS • Clarity over roles and offers available to provide a more joined up approach and reduce duplication

Theme	Key points
	<ul style="list-style-type: none"> • Cross sector communication and consultation on mental health and wellbeing activities
Health inequalities / determinants	<p>Responses included</p> <ul style="list-style-type: none"> • Resource distribution according to need • Being more inclusive and fostering sense of community and trust • Invest in social housing suitable for families • 'Family friendly' community centres, parks and spaces. • Safe and creative spaces for teenagers and young adults to promote activity and reduce anti-social behaviour • Clean and affordable public transport
What would help individuals to improve their mental wellbeing?	
Workforce	<ul style="list-style-type: none"> • Volunteering with support from managers • Information and training on mental health and stigma • Regular de-briefs • Real living wage
Communications	<ul style="list-style-type: none"> • Change in attitudes around mental health - stigma does still exist • Easily understandable info about where to go when struggling
Accessible support and information	<p>Many responses related to accessible support, including:</p> <ul style="list-style-type: none"> • Online, in workplace, flexible times • Promotion of support relating to determinants of mental health and wellbeing support available - including via Stockport Hub, Healthy Stockport Website, GP practices, GM wellbeing hub • Clear Mental Health treatment pathways and reduced waiting times • Proactive support offer • Simple self-referral processes • Signposting, information and easy access to services • Promotion of the services provided by Social Prescribers, Wellbeing Independence Network etc • Promoting take up of welfare benefits • Need to understand the barriers to accessing support • Volunteering opportunities • Walking for health etc • Support for recognising early signs and developing tools to cope

Theme	Key points
Relationships/communities	<ul style="list-style-type: none"> • Support people to connect with each other • Community activities – art/music/social • Funding to support community initiatives • Opportunities to feel ‘heard’ • Link with community connectors

Appendix 2: List of engagement meetings undertaken to date

Stakeholder organisation / group	Process	Date
Borough Plan partnership	'Bitesize' session	30/11/21
Mental Health VCSE group	Scheduled meeting agenda	16/11/2021
Cross-sector Forum	Scheduled meeting agenda	09/12/2021
CCG Executive Board	Scheduled meeting agenda	26/01/2022
Adult mental health service providers	Online meeting with two managers and invite to workshops for their teams	26/01/2022
C&YP Mental Health & Wellbeing Partnership	Scheduled meeting agenda	18/01/2022
Interested stakeholders / partners, including front-line staff and managers	Four open workshop sessions, attended by 45 people representing a range of services and partners. An online survey was made available to facilitate comments from any who were unable to attend the workshops, and this was used by only one respondent.	8-11 th Feb 2022
Mental Health Carers Group	Shared presentation and draft public survey for comments via email	31/1/2022
Primary Care Networks	Invited to workshops	03/02/2022
Safer Stockport Partnership	Scheduled meeting agenda	26/01/2022
Stockport Safeguarding Board	Scheduled meeting agenda	3/3/2022
Sector 3 Equity Network	Scheduled meeting agenda	13/01/2021
Stockport Race Equality Partnership	Online meeting with MH lead representative	2/2/2022
Public Health Senior Management Team (SMT)	Scheduled meeting agenda	20/01/2022
Council Corporate Leadership Team	Scheduled meeting agenda	10/2/2022
Place SMT	Scheduled meeting agenda item deferred - shared by email in the interim	16/02/2022
CSS SMT	Scheduled meeting agenda	16/02/2022
Stockport Family & Education SMT	Scheduled meeting agenda	<i>To be confirmed</i>
Adult Social Care SMT	Scheduled meeting agenda	26/01/2022