

MENTAL HEALTH AND WELLBEING STRATEGY – PROGRESS UPDATE

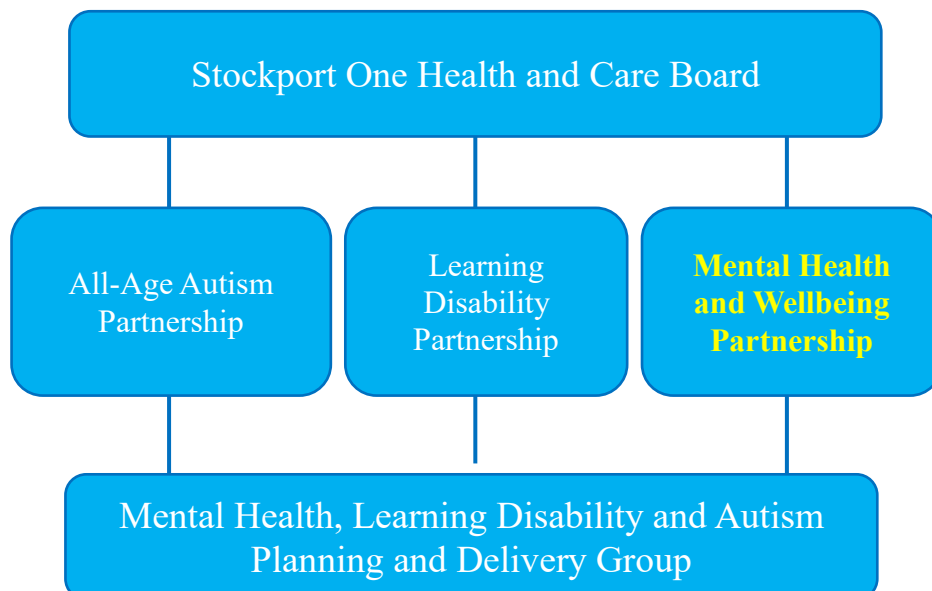
Report of the Director of Public Health

1. INTRODUCTION AND PURPOSE OF REPORT

- 1.1 Supporting the mental health and wellbeing of our residents has been a priority for us already during the pandemic, and subsequently in our Borough Plan. In response to the increased mental health needs across all age groups this priority is now also central in our refreshed One Stockport Health and Care Plan..
- 1.2 The Stockport Mental Health and Wellbeing Strategy has been developed with broad involvement of many partners during 2022/23, and was agreed by our Locality Board in July 2023, and presented to the Adult Social Care and Health Scrutiny Committee in September 2023. This report provides an update on progress since then with the delivery of this 7-year strategy.

2. DELIVERY PLANNING AND GOVERNANCE

- 2.1 Governance structures have undergone major revision and have now been embedded, with a multi-agency Mental Health and Wellbeing Partnership taking responsibility for the delivery of the strategy, reporting to the Locality Board. The Senior Responsible Officer (SRO) for Mental Health and Wellbeing, as well as Learning Disabilities and Autism, within the locality partnership is Clare Parker, Director of Quality, Nursing and Healthcare Professionals at Pennine Care Foundation Trust. Her Deputy is Jilla Burgess-Allen, the Director of Public Health for Stockport.
- 2.2 The Mental Health and Wellbeing Partnership is co-chaired by Sarah Dillon, Director of Adult Social Care, and a new co-chair recruited through a competitive process to lead with the voice of lived experience. The Partnership has met twice already and has already been able to attend to major pieces of work already under way, such as the Live Well Programme.
- 2.3 The current governance structure alongside other partnerships and work programmes is depicted below:



2.4 We have identified director-level leads for each of the five key ambitions within the strategy from different partner organisations, as follows:

Ambition 1: Putting lived experience at the heart of what we do	Sarah Dillon (Director of Adult Social Care)
Ambition 2: Embedding mental health in everything we do	Jilla Burgess-Allen (Director of Public Health)
Ambition 3: Promoting awareness and understanding of mental health and wellbeing	Heidi Shaw (Director of Children's Services)
Ambition 4: Working with communities and building the capacity of voluntary, community, faith and social enterprise organisations (VCFSE)	Jo McGrath (Chief Executive Officer, Sector 3)
Ambition 5: Improving our mental health support to enable people to live fulfilling lives	Emma Nazuralli (Network Director, South Division Pennine Care NHS Foundation Trust) Gina Evans (Senior Commissioning Manager, NHS Greater Manchester)

2.5 Public health, NHS, social care and other council and VCFSE colleagues work closely together on contributing to and delivering the action plans and actions under each ambition. Ambition leads meet to coordinate the work taking shape in a range of subgroups and teams. We are also refreshing our original dashboard.

2.6 The attached update templates for each ambition provide an overview of current progress.

2.7 Highlights include:

2.8 AMBITION 1: Putting lived experience at the heart of what we do

2.8.1 The Partnership has reiterated its absolute commitment to co-production and the inclusion of lived experience and is looking forward to developing this approach and way of working across the governance and delivery of the mental health programme. This has been confirmed in its terms of reference.

2.8.2 An open and competitive recruitment process for the co-chair of the Partnership has been undertaken and interviews are currently underway.

2.8.3 The Adult Social Care directorate has also recruited a co-production lead who will be able to support this work. This will help to develop a partnership-wide approach to co-production.

2.9 AMBITION 2: Embedding mental health in everything we do

2.9.1 Ambition 2 takes mental health and wellbeing promotion and prevention to a wide range of settings which have an impact – from schools to workplaces, and anchor organisations, including work areas and policies impacting on the wider determinants of mental health and wellbeing – housing, income, employment etc.

- 2.9.2 We have recently agreed that temporary NHS funding available for the implementation of the 'Whole Schools Approach' to mental wellbeing will be used to engage the support of a former headteacher to develop this work. It is important that this builds on existing efforts and relationships between schools and relevant Council and NHS teams. This will complement the successful work of Mental Health in Schools Teams, Jigsaw teams and others, and play a key part in universal prevention, as well as identifying and supporting young people early.
- 2.9.3 Mental health conditions, alongside musculoskeletal conditions, are the main reasons for people being unable to work or taking sick leave. Employers are in a key position to contribute to the prevention as well as response to mental health problems employees may face. The Greater Manchester Employment Charter is a great opportunity for employers to receive support with their commitment to the health and wellbeing of their workforce. We are now embarking on encouraging a large number of local employers to sign up to the Charter, and as part of that promote the existing mental health and wellbeing resources for employers. This will complement the individual placement support schemes already available for those affected by mental health and other chronic conditions.

2.10 AMBITION 3: Promoting awareness and understanding of mental health and wellbeing

- 2.10.1 Ambition 3 helps us spread mental health literacy widely across Stockport – both in terms of residents as well as frontline staff of all partner agencies. This involves the development of local and support of national campaigns, as well as mental health literacy training, particularly of frontline staff.
- 2.10.2 In recent months we have trained over 340 frontline staff of a wide range of organisations with our Connect 5 mental health literacy training, delivered via Stockport and District Mind. We have now initiated the second phase of delivery of Connect 5 training aimed at any frontline staff who have not previously had mental health training, but might be in situations where they can support or signpost someone affected by mental health issues. Explorations are under way about rolling this training out to staff involved in the new Family Hubs. The training has been funded non-recurrently from positive investment, supported by additional Greater Manchester funding. It offers three levels of training, with the first being suitable for everyone, and the second and third offering more depth. Staff and organisations can select to train to the level they deem most appropriate for themselves.
- 2.10.3 We have previously developed a set of resources, including webpages, flyers, etc. to raise awareness of the 'Five Ways to Feel Good', a set of five activities recognised by research as being instrumental in people's wellbeing ([5 Ways to Feel Good - Healthy Stockport](#) and [5 Ways to Feel Good Materials - Google Drive](#)). We have had initial discussions to prepare a wider campaign for Stockport to spread awareness and offer suggestions for people to build these Five Ways into their daily lives. Some partner organisation supporting individuals are also keen to use the Five Ways in their work. This is a great opportunity to encourage everyone in Stockport to think about how they can take enjoyable, simple, daily steps to promote their health and wellbeing.
- 2.10.4 We are sometimes asked for more information about support available. Work continues on spreading the knowledge about local sources of support. In recent months we have developed a draft 'padlet' – a simple but clear webpage – for anyone working with children and young people, to make them aware of existing

support as well as training options (see: [Mental Health in Education - information and resources for schools and colleges \(padlet.com\)](#)). We have also produced a further update of our core leaflet and shared it again with partners (November 2023)) alongside other key resources such as posters and business cards for adults as well as young people. All these signposting resources can be ordered easily for free here: [SMBC Mental Health & Wellbeing Resources \(office.com\)](#)

2.11 AMBITION 4: Working with communities and building the capacity of VCFSE organisations

- 2.11.1 Ambition 4 targets the development of our VCFSE organisations and groups to be able to play a full part in supporting mental health and wellbeing (from early help and prevention to supporting those affected by serious long-term mental health challenges), and to enable them to attract external funding. The Council is funding the development of a Mental Health VCSFE Network, which is coordinated by sector partners themselves. The Network has already had two well-attended meetings and started to discuss and develop shared priorities and relationships.
- 2.11.2 In order to also attract more funding for the VCSFE sector, this month has seen the launch of the 'Match My Project' platform which brings together contractor and other organisations who are seeking to fulfil their social value aspirations, with partners such as VCSFE organisations who could benefit from social value support. This is an exciting new opportunity for local VCSFE organisations. Suppliers will be directed to the platform as part of any bidding process. We have shared the platform with the local Mental Health VCSFE Network at the earliest opportunity and look forward to the sector reaping the benefits.
- 2.11.3 Although not specific to mental health, we are also in the process of recruiting a VCSFE Alliance to amplify the voice of the VCFSE sector across the One Stockport Partnership. The primary objectives of the Alliance will include a single route of contact and engagement with the VCFSE sector, a forum where subject matter experts can share learning and drive transformation, a forum to enable co-production and co-design of Council and Partnership strategies, policies, plans and services, a mechanism for understanding the needs of communities, and the provision of oversight in terms of progress towards VCFSE strategic priorities.

2.12 AMBITION 5: Improving our mental health support to enable people to live fulfilling lives

- 2.12.1 This Ambition brings together a wide range of large ongoing and new programmes of work designed to improve the support and care for people with mental health challenges. This includes programmes for children and young people's mental health services, community mental health transformation, and crisis response, among others.
- 2.12.2 A large amount of work has been summarised in the update table below and includes the mobilisation of Mental Health Support Teams which provide evidence-based brief interventions for young people in now 27 schools, a crisis pathway review for children and young people, and the development of a new pathway for support by the Children and Adolescent Mental Health Services (CAMHS).
- 2.12.3 A major work programme is the establishment and delivery of the Living Well Collaboratives which involve people with lived experience and all stakeholders to co-design the Mental Health Living Well model for Stockport.

2.12.4 The introduction of a new process to ensure that localities have grip and control on the increasing number of our residents who are admitted to out of area placements for acute mental health treatment.

3. CONCLUSIONS AND RECOMMENDATIONS

3.1 The Committee is asked to:

3.1.1 Note the update and progress

3.1.2 Offer comments to support its further implementation and positive impact.

BACKGROUND PAPERS

There are none; anyone requiring further information should contact Judith Strobl on telephone number Tel: 0161-474-2535 or alternatively email Judith.Strobl@stockport.gov.uk.

AMBITION:	Ambition 1: Putting lived experience at the heart of what we do	Report date	Feb 2024
Reporting period:	July 2023-Feb 2024	Ambition lead:	Sarah Dillon
		Email address:	<u>Sarah.dillon@stockport.gov.uk</u>
Outcomes contributed to by this ambition		Key updates for period	
<ul style="list-style-type: none"> • Better experiences of support among people accessing services (all ages); improved service outcomes • Changes in service commissioning / delivery based on learning from people’s experiences • Improved capture, documentation and understanding of lived experiences, and use of this to inform changes in services and policies 		<ul style="list-style-type: none"> • Planned and delivered open and competitive recruitment process for a partnership co-chair • Adult Social Care have recruited a Co-production Lead who will support this work • We have commissioned a co-production partner organisation (HealthWatch) to co-design and develop our community mental health service and support offers. 	
Risks / areas for attention of the Partnership		Key activities in the next period	
<ul style="list-style-type: none"> • Currently no significant risks identified 		<ul style="list-style-type: none"> • Co-chair induction and joint planning around the Partnership • Development of a co-production action plan across this work • Start work on lived experience of people facing multiple disadvantage 	
Coproduction reference points		Groups / teams delivering this work	
<ul style="list-style-type: none"> • Co-production is core to this ambition 		<ul style="list-style-type: none"> • Adult Social Care new Co-production lead will support the work 	

AMBITION:	Ambition 2: Embedding mental health in everything we do	Report date	Feb 2024
Reporting period:	July 2023-Feb 2024	Ambition lead:	Jilla Burgess-Allen
Outcomes contributed to by this ambition		Key updates for period	
<ul style="list-style-type: none"> • Improved workforce wellbeing, productivity and retention, reduced sickness absence – across organisations • Improved wellbeing of children and young people, and staff, reduced incidence of bullying, improved school attendance and attainment. • More people supported (including with mental health and learning disabilities) to secure employment • Increased access to information and support online for people experiencing mental health and wellbeing issues • Policies and plans clearly identify and respond to opportunities to promote mental health and wellbeing • Reduced sickness absence and staff turnover, improved motivation and engagement 		<ul style="list-style-type: none"> • Agreement reached that Whole School Approach NHS funding for Stockport will be managed within Stockport Council, in close partnership with NHS and schools leaders. • The Individual Placement Support (Place & Train model) for people with severe mental illness has supported 63 people, with 23 job starts and 22 sustained job outcomes. The Supported Employment model for people with a Learning Disability has supported 51 people, with 24 job starts and 18 sustained job outcomes. Referrals ended Sept 2023, so further updates to follow. • During the last 6 months the Work & Health Programme Team have actively engaged in events to link up with community organisations, and to seek to engage harder to reach customers such as those aged over 50. In the last 6 months, 163 started on the programme, 89 people were helped into employment and 58 sustained job outcomes. Referrals end September 2024. • Explored options for ‘mental wellbeing impact assessment’ of policies and programmes within the Council. 	

Risks / areas for attention of the Partnership	Key activities in the next period
<p>We do not have a dedicated resource for workplace health, so rely on Greater Manchester shared programmes and our and our partners' existing resources.</p>	<ul style="list-style-type: none"> • Plan to be developed for Whole School Approach programme • One Stockport Workforce Steering Group to start planning joint work to improve workforce mental health for and with partnership organisations as employers. • Develop options for integrating mental wellbeing impact. assessment in proactive impact assessment together with equality, as well as sustainability impact assessment. • Encourage local employers to sign up to the Greater Manchester Good Employer Charter, which provides further support for health and wellbeing. • Share local mental health and wellbeing resources with employer networks locally.
Coproduction reference points	Groups / teams delivering this work, and interdependencies
<ul style="list-style-type: none"> • Whole School Approach includes the voice of the students. 	<ul style="list-style-type: none"> • Mental Health in Education Group • One Stockport Workforce Steering Group • Greater Manchester Work and Health Programme • Neighbourhood and Prevention Programme • Wider Council functions such as employment, work and skills, education, digital strategy delivery, housing, social care. • Business community

AMBITION:	Ambition 3: Promoting awareness and understanding of mental health and wellbeing	Report date	Feb 2024
Reporting period:	July 2023-Feb 2024	Ambition lead:	Heidi Shaw
Outcomes contributed to by this ambition		Key updates for period	
<ul style="list-style-type: none"> Improved responses to mental health problems across participating organisations and teams Improved awareness and understanding of mental wellbeing Widespread knowledge of how to access appropriate support Improved family relationships and educational outcomes for young people Increased and easier access to information and support 		<ul style="list-style-type: none"> Second phase of Connect 5 training commissioned from Stockport Mind Solihull multi-user licence re-shared with parents Supported suicide prevention training for school staff in Feb 24 Started internal conversations about a local 5 Ways to Feel Good campaign, based on locally developed resources Stockport County Foundation planning to deliver mental wellbeing campaign Draft 'Padlet' developed to share information and resources for mental wellbeing and health with schools/colleges, parents/carers. 	
Risks / areas for attention of the Partnership		Key activities in the next period	
<ul style="list-style-type: none"> Funding for Connect 5 training as well as communications and publicity is largely temporary (part of positive investment) 		<ul style="list-style-type: none"> Refresh stocktake of emotional health and wellbeing training available for staff working with children and young people Develop mental health part of new overall directory of support available in Stockport, on the basis of existing online and print resources Develop 5 Ways to Feel Good campaign Trauma-informed approaches 	

Co-production reference points	Groups / teams delivering this work, and interdependencies
<ul style="list-style-type: none"> The Five Ways to Feel Good resources have been developed with extensive user and partner consultation 	<ul style="list-style-type: none"> Mental Health in Education group One Stockport Workforce Steering Group Neighbourhood and Prevention Programme Comms department

AMBITION:	Ambition 4: Working with communities and building the capacity of voluntary, community, faith and social enterprise organisations (VCFSE)	Report date	Feb 2024
Reporting period:	July 2023-Feb 2024	Ambition lead:	Jo McGrath
Outcomes contributed to by this ambition		Key updates for period	
<ul style="list-style-type: none"> • Collaborative funding bids between local mental health VCSFE organisations; capability development of smaller organisations and skills sharing. • Improved mental health and wellbeing outcomes for children and families. • Increased VCFSE capacity for work with children and families • Increased collaborative working and mutual understanding between services and communities. • Increased engagement in community activities. Improved mental health and wellbeing of participants. • Increased engagement of people experiencing loneliness. 		<ul style="list-style-type: none"> • The VCFSE Mental Health & Wellbeing Network has had two well-attended meetings so far and started exploring and sharing priorities. • Family Hub lead position within Sector 3 now in post and can support VCFSEs in building capacity/market development. • Initiated revision of Loneliness Toolkit which was created during the pandemic; feedback received from VCSFE colleagues on the toolkit. • "Match my Project", an on-line brokerage platform, has been launched, and also shared separately at the Mental Health VCSFE Network meeting. • Sought evaluation from recipients of Stockport Local Fund mental health funding round, in preparation of a further small funding round. 	
Risks / areas for attention of the Partnership		Key activities in the next period	
<ul style="list-style-type: none"> • Funding for most of this work is not recurrent 		<ul style="list-style-type: none"> • Recruit a VCSFE Alliance to amplify the voice of the VCFSE sector across the One Stockport Partnership and to create parity of esteem between the private, public and third sectors across the borough • Revise Loneliness Toolkit • Potentially initiate further Stockport Local Fund funding round for VCSFEs supporting mental health early help. • Support mental health VCSFE organisations and groups to make full use of 'Match my Project' app to maximise social value benefits 	

Co-production reference points	Groups / teams delivering this work, and interdependencies
	<ul style="list-style-type: none">• Sector 3• MH VCSFE Network• Neighbourhood and Prevention - Connected Communities• Social Care (adult and children)• NHS Greater Manchester

AMBITION:	Ambition 5: Improving our mental health support to enable people to live fulfilling lives	Report date	Feb 2024
Reporting period:	July 2023-Feb 2024	Ambition lead:	Emma Nazurally, Gina Evans
Outcomes contributed to by this ambition		Key updates for period	
<ul style="list-style-type: none"> • More people with lived experience contributing to the design and delivery of mental health services and support • Improved mental health and wellbeing at all ages • Reduced inequality in premature mortality of people with severe mental illness • Increase in employment and employment support for people with mental illness • Reduction in suicides • Increase in the number of people accessing mental health support and treatment at all ages • More people with mental health conditions accessing treatment and support • More people accessing support and treatment in a timely manner 		<ul style="list-style-type: none"> • Mental Health Support Teams (in schools) Wave 9 mobilised in September 2023 supporting 27 schools, with firm plans in place to pilot a Whole Schools Approach Model from January 2024 - July 2024 • Review of children and young people response to crisis pathway concluded with actions to enhance support to children and young people requiring paediatric support and the changes to commissioning Safe Zones in each locality • Children and Adolescent Mental Health Services (CAMHS) pathways developed for young people up to 18 years (psychiatric support, support for young people who a moderate to high risk) • Establishment of Living Well Collaboratives, involving people with lived experience and all stakeholders to design the Mental Health Living Well model • Establishment of Primary Care Network huddles in preparation for the Living Well Mental health Teams • Team base has been secured for the Living Well Mental Health Hub at Cirtek House • Planned model for the specialist community mental health team has been defined • Re-establishment of the Assertive Outreach pathway providing interventions for people with severe and complex mental health presentations • Establishment of the Locality Escalation meetings to maintain a grip on the increase in acute mental health out of area placements 	

	which is having an adverse impact on quality, performance and finance
Risks / areas for attention of the Partnership	Key activities in the next period
<ul style="list-style-type: none"> • Staffing and workforce pressures in mental health services, particularly Primary Care Network Additional Roles Reimbursement Schemes (ARRS) to make the Living Well Model viable • Confirmation of funding for new schemes • Estates is generally an issue • Changes in service pathways and new service pathways may de-stabilise existing ways of working 	<ul style="list-style-type: none"> • Continue with the work to complete the service mapping of mental health services and support • Procurement exercise to continue the mobilisation of the mental health Living Well Team, this will involve securing VCFSE partners in programme • Establish links with neighbourhood and communities programme so that the Mental Health Living Well Model is aligned <p>Continue with the development and recruitment of Mental Health Living Well Hub, bringing together Access Team, Psychological Medicine and Older People. Membership will be extended to adult social care (mental health), neighbourhood teams and Viaduct Care</p> <ul style="list-style-type: none"> • Subject to funding, scope out the enhancement to the CYP Early Help Offer <p>Re-establish the mental health urgent care working group to review the findings from the review of the locality crisis pathway and develop mental health urgent care pathways to coincide with the Mental Health Living Well model</p>

Coproductio reference points	Groups / teams delivering this work
<ul style="list-style-type: none"> ○ Healthwatch are the co-production partner for the Community Mental Health Transformation to ensure that the Voice of Lived Experience is part of the design and development of the model ○ A person shares their story (in person, by video or written) at the start of the Living Well Collaborative sessions ○ Mental Health Partnership to be co-chaired by both a professional and person with lived experience, selection process is near completion 	<ul style="list-style-type: none"> • Mental Health Partnership • CYP Mental Health and Wellbeing Partnership • Stockport Living Well Collaborative • Stockport Community Transformation Delivery Group