

PREVENTION CONCORDAT FOR BETTER MENTAL HEALTH

Health and Wellbeing Board: 4th October 2018



BACKGROUND TO THE PREVENTION CONCORDAT

The Five Year Forward View for Mental Health [2016] identified that a step change was needed to prevent mental health problems and to highlight the importance of prevention alongside improving care and treatment services for mental health. A recommendation of the report was for Public Health England to bring together resources to support a Prevention Concordat, which would facilitate national and local action in preventing mental health problems and promoting good mental health.

The Prevention Concordat is underpinned by an understanding that taking a prevention-focused approach to improving the public's mental health makes a valuable contribution to achieving a fairer and more equitable society. It promotes evidence based planning and commissioning to increase the impact on reducing health inequalities. The Concordat is intended to provide a focus for cross-sector action to deliver a real and noticeable increase in the adoption of public mental health approaches across;

- Local authorities
- The NHS
- Public, private and voluntary and social enterprise sector organisations
- Educational settings
- Employers

It acknowledges the active role played by people with lived experience of mental health problems and promotes relevant evidence based interventions and best practice.

A public mental health approach is described as “the art and science of improving mental health and preventing mental illness through the organised efforts and informed choices of society, public and private organisations, communities and individuals”. It recognises that mental wellbeing is profoundly important to quality of life and peoples' capacity to cope with life's ups and downs. It is also demonstrated to be protective against physical illness, social inequalities and unhealthy lifestyles. The public mental health approach aims to prevent the onset, development and escalation of mental health problems through the promotion of good mental health and wellbeing; through the strengthening of individuals and communities and by reducing inequalities.

A suite of resources are available to help local areas put in place effective prevention planning arrangements. The resources include;

- Prevention Planning arrangements
- Joint Strategic Needs Assessment for mental health
- Evidence of effectiveness reviews
- Return on Investment data – the economic case for investment in mental health promotion and cost effective commissioning for mental health

The concordat identifies 5 areas for collective action;

1. Needs and assets assessment – effective use of data and intelligence
2. Partnership and alignment – to undertake joint and aligned work
3. Translating need into deliverable commitments
4. Define success outcomes
5. Leadership and accountability

Appendix I is an infographic presentation of the Prevention Concordat.

THE CONCORDAT CONSENSUS STATEMENT

The following consensus statement describes the shared commitment of organisations that sign the statement and commit to work together via the Prevention Concordat for Better Mental Health, through local and national action, to prevent mental health problems and promote good mental health.

The undersigned organisations agree that;

1. To transform the health system, we must increase the focus on prevention and the wider determinants of mental health. We recognise the need for a shift towards prevention-focused leadership and action throughout the mental health system; and into the wider system. In turn, this will impact positively on the NHS and social care system by enabling early help through the use of upstream interventions.
2. There must be joint cross-sectoral action to deliver an increased focus on the prevention of mental health problems and the promotion of good mental health at local level. This should draw on the expertise of people with lived experience of mental health problems, and the wider community, to identify solutions and promote equality.
3. We will promote a prevention-focused approach towards improving the public's mental health, as all our organisations have a role to play.
4. We will work collaboratively across organisational boundaries and disciplines to secure place-based improvements that are tailored to local needs and assets, in turn increasing sustainability and the effective use of limited resources.
5. We will build the capacity and capability across our workforce to prevent mental health problems and promote good mental health, as outlined in the Public Mental Health Leadership and Workforce Development Framework Call to Action.
6. We believe local areas will benefit from adopting the Prevention Concordat for Better Mental Health.
7. We are committed to supporting local authorities, policy makers, NHS clinical commissioning groups and other commissioners, service providers, employers and the voluntary and community sector to adopt this Concordat and its approach.

This Concordat statement was co-produced and signed by;

- Association of the Directors of Public Health
- Association of Mental Health Providers
- Centre for Mental Health
- Children and Young People's Mental Health Coalition

- Department of Health
- Faculty of Public Health
- Local Government Association
- Mental Health Commissioners Network
- Mental Health Foundation
- National Survivor User Network
- NHS England
- Public Health England

The Concordat has been signed and endorsed by;

Statutory Organisations and Professional Bodies

- Care Quality Commission
- Health Education England
- NHS Digital
- NHS Improvement
- Royal College of Nurses
- Royal College of Psychiatrists

Wider organisations and bodies

- Age UK
- British Dietetic Association
- British Islamic Medical Association
- British Institute of Learning Disabilities
- Catholic Bishops Conference of England and Wales
- Citizens Advice
- Cruse Bereavement Care
- Diabetes UK
- Homeless Link
- Housing Associations Charitable Trust
- Maternity Action
- Men's Health Forum
- METRO Charity
- MIND
- Muslim Council of Britain
- NACRO
- National Development Team for Inclusion

- National Suicide Prevention Alliance
- Network Rail
- National LGBT Partnership
- National Voices
- Rethink
- Samaritans
- Street Games
- Student Minds
- Young Minds
- Young People's Health Partnership
- Youth Access

As of March 2018, local authorities and local health and wellbeing boards have been invited to sign up to the Prevention Concordat and to its approach.

CURRENT LOCAL SYSTEM FOR PREVENTION AND PROMOTION

Currently leadership for public mental health is provided by Plymouth City Council's Public Health team. There are various existing fora and multi-agency groups which are part of the mental health system and within which a prevention and promotion approach are advocated. The current groups are;

- Plymouth Mental Health Programme Board
- Plymouth Suicide Prevention Strategic Partnership Group
- Plymouth Emotional Health and Wellbeing of Children and Young People Group
- Plymouth Mental Health Network

Through these groups there is already a good amount of work that is being done to promote mental health and wellbeing. They also provide an existing framework through which local prevention plans could be produced and adopted, to deliver the aims and ambitions of the Prevention Concordat.

Current local work to promote mental health and wellbeing and prevent mental health problems includes;

- Thrive Plymouth Year 4; 5 Ways to Wellbeing [Connect, Learn, Be Active, Notice, Give] – population approach to improving mental wellbeing and raising awareness of mental health
- Mental Health and Suicide Prevention Training provision – commissioned from Livewell Southwest as part of integrated health improvement service. Training to increase understanding and build capacity within local system
- Social Prescribing Programme – connecting people with social solutions to existing problems or to problems developing

- Workplace Wellbeing Charter – supporting businesses to improve the health of their workforce and consider mental health and wellbeing as an essential element of this
- Schools approach to emotional health and wellbeing of children and young people and the Healthy Child Programme
- Plymouth City Council signed up to the Local Government Mental Health Challenge and Time to Change Pledge – Councilor mental health champion appointed; consideration of mental health in all decisions; programme of training for managers; stress resilience and management in the workplace.
- Plymouth Mental Health Network 16+ Group – working to share expertise and resource on promoting mental wellbeing to young people in educational settings

RECOMMENDATIONS FOR ACTION

1. The Health and Wellbeing Board and its constituent members sign the Prevention Concordat consensus statement to set a clear direction for the local health and care system and the constituent parts that all should work towards a tangible increase in the promotion of mental health and wellbeing and the prevention of mental illness.
2. The Health and Wellbeing Board confirm their support for the Public Health Team to continue to provide system leadership for the promotion of mental health and wellbeing and the prevention of mental illness
3. The Health and Wellbeing Board confirm that the existing multi-agency groups and networks should be the basis for taking forward the Prevention Concordat
4. The Health and Wellbeing Board ask that Public Health oversee the development of a local strategy and action plan for increasing work to promote mental health and wellbeing and prevent mental illness across the system, building on the good work already in place.
5. The Health and Wellbeing Board to receive an update on progress in a year's time.

Appendix I



Prevention Concordat for Better Mental Health: Prevention planning resource for local areas

Why? The case for action:

1 in 10 children experience a mental health problem

1 in 6 adults have had a common mental health problem in the last week

1 in 5 adults has considered taking their life at one point

9 in 10 people with mental health problems experience stigma and discrimination

Good mental health is a vital asset for **dealing with** the different **stresses** (physical and mental) and problems in life

Good mental health is associated with better **physical health, increased productivity** in education and at work and **better relationships** at home and in our community

What good looks like: A five domain framework for local action



Needs and asset assessment - effective use of data and intelligence

- analyse quantitative and qualitative data
- analyse and understand key risk and protective factors
- engage with the community to map useful and available assets
- agree the priority areas



Partnership and alignment

- form a local multi-agency mental health prevention group
- establish opportunities to bring mental health professionals from wider networks together
- involve members of the community with lived experiences in the planning
- pool resources together and share benefits



Translating need into deliverable commitments

- modify existing plans to include mental health
- determine the approach that best meets local need
- provide varying approaches in the action plan
- ensure a community centred approach to delivery
- reinforce actions with existing and new Partnership plans
- use the human rights-based approach
- regularly invite feedback



Defining success outcomes

- map out who the interventions work with and why, as well as recognising inputs and outputs
- identify 5-10 measures from already available data sources which most closely resemble what success looks like
- develop a measurement, evaluation and improvement strategy to:
 - a) identify the impact
 - b) highlight areas for development



Leadership and accountability

- delegate a leader
- work is linked and aligned to other strategic priorities
- develop a clear accountability structure

Consider **How** to support mental health across:

Whole population approaches

- strengthening individuals eg mental health literacy
- strengthening communities and healthy places eg housing, social networks
- addressing wider determinants eg mentally healthy policy

Life course approaches

- family, children and young people
- working age
- older people

Targeted prevention approaches

- groups facing higher risk eg criminal justice
- individuals with signs and symptoms eg suicidal behaviour
- people with mental health problems eg recovery

PHE publications gateway number: 2017209
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