

## **Health Improvement Board**

### **17<sup>th</sup> November 222. Prevention Concordat for Better Mental Health Update**

## **Purpose / Recommendation**

The purpose of this paper is to provide an update on the work of the Mental Health Prevention Concordat from 2020-2022, present our progress against the framework for action and share the draft action plan for 2023. The Health Improvement Board are asked to support:

- Finalising the draft action plan for 2023-2025
- The role of their organisation's representative on the Partnership Group
- The planned actions in the Resilient Communities focus area, which will include helping identify opportunities in each District
- The planned actions in the Confident Professionals focus area of the framework, which will include the development of an all-ages Oxfordshire-wide mental health training package with coordination and on-going network support

## **Executive Summary**

Multi-agency partners in Oxfordshire came together in 2019 to show their commitment and make prevention a priority for mental health by signing up to the Prevention Concordat for Better Mental Health; a programme developed by Public Health England to support the prevention of mental health problems and the promotion of good mental health across the whole system.

The Mental Health Prevention Concordat Partnership Group developed a framework for action for 2020-2023 to help us achieve the vision of everyone in Oxfordshire having the opportunity to achieve good mental health and wellbeing. By working together, the partnership has identified local needs for targeted action and supported each other with knowledge, guidance, and advice which was especially important during the pandemic. A key action of the group has been to increase people's knowledge, skills, and confidence to support mental wellbeing.

The partnership group has developed and expanded since 2020, and the landscape has changed; a draft action plan for 2023 onwards is currently being developed.

## **Background**

Mental wellbeing and positive mental health are vital for building and maintaining population good health. Social circumstances, the environment, economic factors, and physical and mental health can all support good mental wellbeing and enable individuals to fulfil their potential, contribute to their community, and adopt healthy lifestyles.

Oxfordshire residents score relatively well on measures of happiness, life satisfaction and feeling that their life is worthwhile. However, even before the COVID-19 pandemic, ONS surveys showed that around 1 in 5 residents reported high anxiety scores across the County and evidence shows that there was a deterioration in population mental wellbeing during the national COVID-19 lockdown periods. Nationally, the incidence of depression has increased year on year since 2012, highlighting the need for public mental health approaches across the life course, protected characteristics and communities.

The Health Improvement Board (HIB) showed their commitment the promotion of mental wellbeing and primary prevention for mental health by signing up to the Public Health England (PHE) Prevention Concordat for Better Mental Health 2019. An Oxfordshire wide partnership group was formed to take forward this work and develop the [Mental Health Prevention Framework 2020-23](#) which takes a life course approach to promote and support the enablers to good mental wellbeing, such as physical exercise, access to green and natural spaces, financial security, and connections to people and place. The partnership aims to galvanise local cross-sector action and lead and develop local public mental health approaches. The framework for action has four focus areas, each area has a set of actions:

- Informed Partners – Working with partners across the system
- Insight and Evaluation – Targeted action and good evaluation
- Confident Professionals – Increase people’s knowledge, skills and confidence
- Resilient Communities – Support and advice for good mental wellbeing

The diagram below shows the group membership in 2020-2021. Details of additional members that have recently joined and the sub-groups that have been developed are included in the action summary.

### Mental Health Prevention Concordat Partnership



### Key Issues

The progress against these actions in the four focus areas of the framework are summarised below.

#### Informed Partners

- Partnership met quarterly since May 2020 to share organisation updates, progress against the actions and insight on the emerging needs and challenges
- 3-year evaluation framework developed (2020-23) to understand the impact and learning of the Concordat group and partnership approach
- Oxfordshire communications multi agency group developed and delivered a Story Telling approach in Oxfordshire including training, and delivered 9 joint mental health and wellbeing campaigns; Sleep, Men's Health Week, World Mental Health and Suicide Prevention Day and a Festive campaign targeted at key workers and students
- Wellbeing Network development led by Thames Valley Police (the last meeting focused on financial stability and support for staff)
- Men's Health Partnership development led jointly by the partnership delivered joint men's health campaigns and created a LinkedIn group to share updates and resources

### **Resilient Communities**

- Mental Wellbeing Small Grant scheme launched March 2021 for community groups to support local initiatives; received over 75 applications and awarded £72,000 to 7 local organisations – Ikkaido, Elmore Community Services/Discovery College, Oxfordshire Chinese Community & Advice Centre, Style Acre, Rose Hill Junior Youth Club, Oxford City Farm and The Earth Trust
- Delivery of mental health and suicide prevention training to 160 frontline staff and volunteers including Community Food Services, District Councils, NHS and Faith Settings

### **Insight and evaluation**

- Oxfordshire Mental Wellbeing Needs Assessment informed by partners and launched Autumn 2021; examined the levels of need across different barriers and enablers to wellbeing, predominantly based on wider and community-based determinants to mental wellbeing:
  - financial drivers/enablers
  - physical activity
  - access to and use of green space
  - connections to others and places
- Timeline for 2022 of live and planned community insight, local data and reports developed to help inform partners plans and policies

### **Confident Professionals**

- Targeted support and delivery of the mental health and suicide prevention training to frontline staff and volunteers including Community Food Services, District Councils, NHS and Faith Settings
- Since 2020, 22 half day Mental Health Aware Virtual Training Sessions were delivered training 331 frontline staff and volunteers. 11 frontline professionals and volunteers completed Suicide First Aid Lite 1 day training targeted at roles supporting people with financial difficulties.

### **Next steps**

The next steps for the partnership have begun with the focus on revisiting framework with the aim of updating it in 2023 to respond to the changing landscape since the Covid-19 pandemic and address the gaps highlighted Oxfordshire Mental Wellbeing Needs Assessment.

The partnership will also consider the impact of the ongoing Cost of Living Crisis and links between financial hardship and mental ill health, an issue that partners are consistently reporting as a top priority for supporting Oxfordshire residents. Partners have supported the identification of next steps to ensure we continue to work together to meet local need and the following is proposed:

- **Developing joint activities further**
  - more time for discussions, more communication and sharing of resources outside of the partnership meetings between partners
- **Prioritise our actions**
  - address the gaps highlighted through the:
    - community Participation Action Research and other local insight
    - Oxfordshire Mental Wellbeing Needs Assessment
- **Focus in 2023**
  - a mental health and suicide prevention training offer
  - financial hardship and mental ill health support offer
- **Evaluation of the Framework**
  - agree outputs and improved outcome monitoring of the action plan
- **Influence**
  - explore as a partnership what we want to influence and how far; local, national and regional

#### **Budgetary implications**

The partnership has been operating without a dedicated budget; however, the OCC public mental health project budget has supported the mental wellbeing health needs assessment, the small grants scheme and some of the mental health training. A joint Oxfordshire, Buckinghamshire and Berkshire partnership bid to Health Education England was successful in 2020-21 which also contributed to some of training.

#### **Equalities implications** *[considering the impact of the policy on our customers]*

The mental wellbeing needs assessment helped to identify groups that may be more at risk of poor mental wellbeing and the partnership shared learning from the community Participation Action Research and other local insight. This informed previous actions and has been used to develop the action plan for 2023, which aims to further target action to meet these identified needs.

The community insight/storytelling work the partnership has been involved through the communication sub-group has provided opportunities to help us understand diverse communities further and this will be used to further inform our work. This work will be on-going, developing and evolving with time. We would also like to develop a co-production approach with new developments from 2023.

#### **Risk Management** *[considering the risks and opportunities of the policy for the council]*

There are opportunities to join up and link relevant actions with the Suicide Prevention and Self Harm Strategy, The Draft Children's and Young People Emotional Health and Wellbeing Strategy and the re-commissioning of adult mental health services.

### **Communications**

The Oxfordshire Communications Group has developed through the Concordat which has led to the joint delivery of several mental health campaigns including around Sleep, Men's Health Week, World Mental Health Day and Maternal Mental Health Awareness Week.

Six members of the Comms Group also delivered a Storytelling Project over 2021 and 2022 collecting six stories from individuals involved in mental wellbeing services in Oxfordshire. This included some individuals using services, but also staff and volunteers. Partners subsequently met to read and discuss the stories and learning as a result is now being disseminated more widely as well as the stories themselves. On World Mental Health Day in 2022 the Comms Group launched a campaign to begin sharing of the stories.

### **Key Dates**

- Publish new framework with prioritised action and outcome measures - Spring 2023

Report by  
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November 2022

### **Appendix 1 – Draft Action Plan on a Page 2023-2025**

# Oxfordshire Mental Health Prevention Concordat Action Plan on a Page

