

## **OXFORDSHIRE HEALTH & WELLBEING BOARD - 15 NOVEMBER 2018**

### **MENTAL WELLBEING IN OXFORDSHIRE: PUBLIC HEALTH ENGLAND PREVENTION CONCORDAT FOR BETTER MENTAL HEALTH (2017)**

#### **Summary**

The Prevention Concordat for Better Mental Health and the associated guidance was published by Public Health England in 2017.<sup>1</sup> The concordat aims to galvanise local cross-sector action to support the prevention of mental health problems and the promotion of good mental health across the whole system. It will guide effective prevention and planning arrangements which could be achieved locally through the development of an Oxfordshire Mental Wellbeing Framework.

The consensus statements of the Prevention Concordat for Better Mental Health describe the shared commitment of partner organisations to work together via the concordat to prevent mental health problems and promote good mental health.

The concordat is intended to provide a focus for cross-sector action to deliver a tangible increase in the adoption of public mental health approaches across:

- local authorities
- the NHS
- public, private and voluntary, community and social enterprise (VCSE) sector organisations
- educational settings
- employers

Oxfordshire Health Improvement Board (HIB) agreed mental wellbeing as a priority in May 2018. Following this decision, the board recommended that signing up to the Prevention Concordat for Better Mental Health programme (through the consensus statements) would demonstrate its commitment to this priority and encourage partners to adopt public mental health approaches to prevent mental health problems and promote good mental health across Oxfordshire.

The Health and Wellbeing Board is being asked to endorse the consensus statements of the Prevention Concordat for Better Mental Health and support a call for action to all partners to develop an Oxfordshire Mental Wellbeing Framework for cross-sector action.

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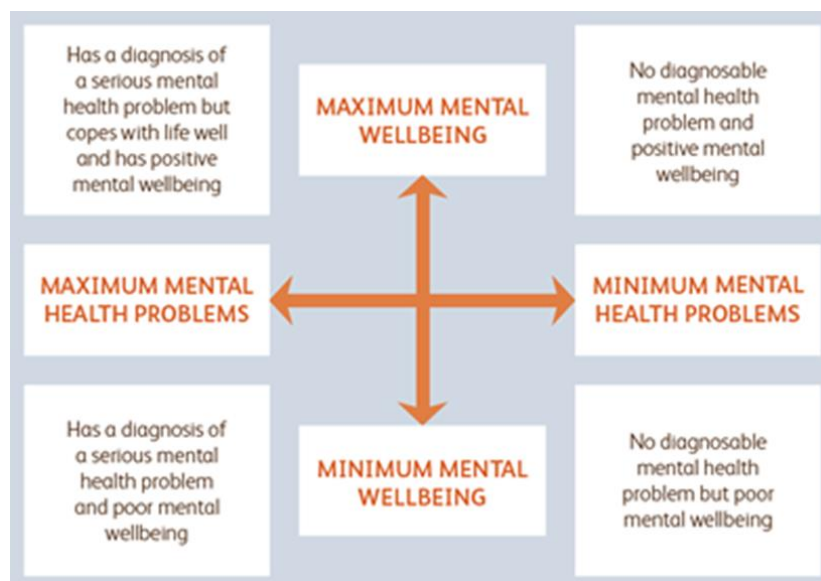
<sup>1</sup> <https://www.gov.uk/government/publications/prevention-concordat-for-better-mental-health-planning-resource>

## Definition of mental wellbeing

Mental health and mental wellbeing tend to be terms that are used interchangeably. There are two schools of thought about the relationship between mental health and mental wellbeing. The first is that mental wellbeing is on a continuum with mental health at one end, leading through to mental ill health at the other. The second, is that mental wellbeing is entirely separate from mental health, though there is a relationship between the two.

- **Mental ill-health** is concerned with disorders (such as depression, anxiety, schizophrenia, personality disorder) that describe clinically recognisable symptoms or behaviour<sup>2</sup>
- **Mental health** is described as a state of wellbeing in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to contribute to their community<sup>3</sup>
- **Mental wellbeing** can be understood as how people feel and function, both on a personal and a social level, and how they evaluate their lives as a whole<sup>4</sup>

The figure below shows the dual continuum model which recognises that a person with mental health problems can simultaneously be experiencing positive mental wellbeing, and vice versa.<sup>5</sup>



The Health and Wellbeing Board has adopted the understanding of mental wellbeing as being separate to mental health.

<sup>2</sup> <http://www.who.int/classifications/icd/en/bluebook.pdf>

<sup>3</sup> [http://www.who.int/features/factfiles/mental\\_health/en/](http://www.who.int/features/factfiles/mental_health/en/)

<sup>4</sup> New Economics Foundation (2012) Measuring Wellbeing. London: New Economics Foundation [https://www.mentalhealth.org.uk/blog/what-wellbeing-how-can-we-measure-it-and-how-can-we-support-people-improve-it#\\_ftn1](https://www.mentalhealth.org.uk/blog/what-wellbeing-how-can-we-measure-it-and-how-can-we-support-people-improve-it#_ftn1)

<sup>5</sup> K Tudor Mental health promotion: Paradigms and Practice 1996

## **Purpose of the report**

The Prevention Concordat for Better Mental Health is intended to provide a focus for cross-sector action to secure commitment to adopt public mental health approaches in local areas. The focus is on the prevention of mental health problems and the promotion of good mental health across the whole system.

The concordat aims to guide organisations through a series of actions to put effective prevention planning arrangements in place. It is proposed that this will be achieved through the development of an Oxfordshire Mental Wellbeing Framework which will outline what partners have committed to do, build on existing action for promoting mental wellbeing and identify any gaps and opportunities for innovation. The approach is outlined in the Prevention Concordat for Better Mental Health: planning resource infographic (appendix 1).<sup>6</sup>

The consensus statement describes the shared commitment of partner organisations 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. There are several requirements for partners to demonstrate they have signed up to the consensus statements (see appendix 2).<sup>7</sup>

- Partner organisations need to show that they intend to continue to promote and support mental health and wellbeing
- Partner organisations promoting the adoption of these principles make a public statement that this is what they are and will be doing to tackle mental health
- Sign off from the Health and Wellbeing Board that all partners take forward the Mental Health Prevention Concordat
- Nominate a mental health champion, ideally for each partner organisation, but at least one representing Oxfordshire

There are other requirements, which Oxfordshire already has in place:

- A suicide prevention plan
- An Oxfordshire Mental Health Joint Strategic Needs Assessment
- Evidence of current mental health and wellbeing support and promotion

There is a short application form that each partner organisation needs to contribute to. This will be submitted to Public Health England who will publish the Oxfordshire commitment on the Prevention Concordat website (see appendix 3). Public Health officers in the County Council will coordinate this on behalf of the HIB and partners.

## **Benefits for Oxfordshire Residents**

The Prevention Concordat for Better Mental Health is underpinned by an understanding that taking a prevention focused approach to improving the public's mental health is shown to make a valuable contribution to achieving a fairer and

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<sup>6</sup>[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/640669/Prevention\\_Concordat\\_for\\_Better\\_Mental\\_Health\\_Planning\\_Resource\\_Infographic.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/640669/Prevention_Concordat_for_Better_Mental_Health_Planning_Resource_Infographic.pdf)

<sup>7</sup><https://www.gov.uk/government/publications/prevention-concordat-for-better-mental-health-consensus-statement/prevention-concordat-for-better-mental-health>

more equitable society. The concordat promotes evidence based planning and commissioning to increase the impact on reducing health inequalities.

### **Financial Implications of the proposed course of action/decision**

The Prevention Concordat for Better Mental Health does not require any additional resource and is not designed to be a financial commitment. Instead it outlines a joint approach to the partnership priorities and an approach to prevent mental health problems and promote of good mental health across Oxfordshire. The development of an Oxfordshire wide Mental Wellbeing Framework will be covered with existing staff time.

### **Legal/governance implications of proposed course of action/decision**

The Prevention Concordat for Better Mental Health is supported by, and reflects our local Mental Health Joint Needs Assessment (2018), which sits alongside the Oxfordshire Joint Strategic Needs Assessment (JSNA).<sup>8</sup>

### **Advantages of the proposed course of action/decision**

Endorsing the consensus statements of the Prevention Concordat for Better Mental Health Delivering and supporting an Oxfordshire Mental Wellbeing Framework will communicate that the Health and Wellbeing Board is committed to exercise its responsibilities in the prevention of mental health problems and the promotion of good mental health across Oxfordshire.

It will send a clear message that mental health and wellbeing is a priority not just for public health but for the whole council and wider stakeholders.

### **Recommendation to the Health and Wellbeing Board:**

- Endorse the consensus statements of the Prevention Concordat for Better Mental Health
- Support a call for action to all partners to develop an Oxfordshire Mental Wellbeing Framework for local cross-sector action

### **Next Steps:**

A working group, facilitated by Public Health on behalf of the HIB, will be set up to develop an Oxfordshire Mental Wellbeing Framework and assess the effectiveness of actions against outcomes, identifying any necessary adjustments on an on-going basis. The HIB will monitor the progress of the framework and report to the Health and Wellbeing Board.

### **Supporting Information (Appendices)**


- Appendix 1 Prevention Concordat for Better Mental Health: planning resource infographic
- Appendix 2 Consensus Statements
- Appendix 3 Application form

Jannette Smith, Donna Husband October 2018

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<sup>8</sup> <https://insight.oxfordshire.gov.uk/cms/mental-health-jsna-february-2018>

## Appendix 1 Prevention Concordat for Better Mental Health: planning resource infographic



### 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

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**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

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## **Appendix 2 Consensus statement**

### **Mental Wellbeing in Oxfordshire: Prevention Concordat for Better Mental Health**

This consensus statement describes the shared commitment of the organisations signed below 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.

### **Signatories**

**This first Prevention Concordat for Better Mental Health was co-produced by:**

- Association of Directors of Public Health UK - Dr Andrew Furber, President
- Association of Mental Health Providers - Kathy Roberts, Chief Executive
- Centre for Mental Health - Sarah Hughes, Chief Executive
- Children and Young People's Mental Health Coalition - Professor Dame Sue Bailey, Chair
- Department of Health - Jonathan Marron, Director, General Community Care

- Faculty of Public Health - John Middleton, President
- Local Government Association - Councillor Izzi Seccombe
- Mental Health Commissioners Network - Dr Phil Moore, Chair, NHS Clinical Commissioners
- Mental Health Foundation - Jenny Edwards, Chief Executive
- National Survivor User Network - Sarah Yiannoullou, Managing Director
- NHS England - Claire Murdoch, National Mental Health Director (and National Senior Responsible Officer for Five Year Forward View for Mental Health)
- Public Health England - Duncan Selbie, Chief Executive

**The Concordat has been endorsed by:**

Statutory organisations and professional bodies:

- Care Quality Commission - Paul Lelliott, Deputy Chief Inspector (Mental Health)
- Health Education England - Ian Cumming, Chief Executive
- National Institute for Health and Care Excellence - Gillian Leng, Deputy Chief Executive
- NHS Digital - Rob Shaw, Interim Chief Executive
- NHS Improvement - Tim Kendall, National Clinical Director for Mental Health
- Royal College of Nurses - Janet Davis, Chief Executive and General Secretary
- Royal College of Psychiatrists - Wendy Burn, President

Wider organisations and bodies:

- Age UK - Caroline Abrahams, Charity Director
- British Dietetic Association - Andy Burman, Chief Executive
- British Islamic Medical Association - Arshad Latif, Lead for Health Promotion Talks 2018
- British Institute of Learning Disabilities - Ben Higgins, Chief Executive
- Catholic Bishops' Conference of England and Wales - Right Reverend Richard Moth, Bishop for Mental Health
- Citizens Advice - Gillian Guy, Chief Executive
- Clinks - Anne Fox, Chief Executive
- Cruse Bereavement Care - Debbie Kerlake, Chief Executive
- Diabetes UK - Chris Askew, Chief Executive
- Homeless Link - Rick Henderson, Chief Executive
- Housing Associations' Charitable Trust - Andrew van Doorn, Chief Executive
- Maternity Action - Rosalind Bragg, Director
- Men's Health Forum - Martin Tod, Chief Executive
- METRO Charity - Greg Ussher, Chief Executive
- Mind - Paul Farmer, Chief Executive
- Muslim Council of Britain - Harun Khan, Secretary General
- Nacro - Jacob Tas, Chief Executive
- National Development Team for Inclusion - Rob Greig, Chief Executive
- National Suicide Prevention Alliance - Brian Dow and Ruth Sutherland, Co-Chairs

- Network Rail – Mark Carne, Chief Executive
- The National LGBT Partnership - Paul Martin, Chair
- National Voices - Jeremy Taylor, Chief Executive
- Rethink - Mark Winstanley, Chief Executive
- Samaritans - Ruth Sutherland, Chief Executive
- StreetGames - Jane Ashworth, CEO
- Student Minds - Rosie Tressler, Chief Executive
- Young Minds - Sarah Brennan, Chief Executive
- Young People's Health Partnership - Emma Rigby, Lead
- Youth Access - Barbara Rayment, Director

<https://www.gov.uk/government/publications/prevention-concordat-for-better-mental-health-consensus-statement/prevention-concordat-for-better-mental-health>



## Appendix 3 Application Form



Protecting and improving the nation's health

### **Prevention Concordat for Better Mental Health: information required from signatories to the Consensus Statement**

We are delighted that you are interested in becoming a signatory to the [Prevention Concordat for Better Mental Health Consensus Statement](#). You will be joining a number of organisations who have committed to working together to prevent mental health problems and promote good mental health through local and national action.

#### **The Prevention Concordat registration process**

**Step 1.** Complete the local Prevention Concordat action plan template below (Attach any additional documents that you may want to share)

**Step 2.** Senior leader/CEO of organisation to commit and sign up to approved action plan

**Step 3** e-mail your submission to [publicmentalhealth@phe.gov.uk](mailto:publicmentalhealth@phe.gov.uk)

**Step 4.** Confirmation of receipt received

**Step 5.** A panel will review and approve action plans submitted within one month of submission date;

- wave 2 -end of September 2018
- wave 3 -end of November 2018
- wave 4 - end of February 2019

*NB: the team are currently reviewing the process for approving action plans and intend to have a digital process set up moving forward. Please see below.*

#### **Registration form**

Please answer the questions below:

<b>Lead contact name</b>	
<b>Lead contact details</b>	Email: Telephone number:
<b>Job title of lead officer</b>	
<b>Name of organisation / partnership</b>	
<b>Who are you representing?</b>	

<i>(e.g. Individual organisation, collaboration, partnership, Local Authority, CCG, community group and other, please name)</i>	
<b>Please describe 3 areas of work that you are most proud of that promote better mental health</b>	1) 2) 3)
<b>Please describe 3 things that you plan to do in order to promote better mental health In 2018/19</b>	1) 2) 3)
<b>Upload signature and organisation logo</b>	

In your submission please attach any additional documents that you may want to share to support your commitments e.g. strategies, plans project outlines.