

<b>Title:</b>	Mental Health Promotion Briefing
<b>Report to:</b>	Health and Wellbeing Board
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<b>Date:</b>	23 <sup>rd</sup> January 2013

## Purpose

This briefing provides the Board with an overview of work commissioned by the PCT's public health team to promote emotional health and wellbeing in Telford and Wrekin for children, young people, adults and older people.

## Why is it important?

Mental health is everyone's business and good mental health and resilience are fundamental to our: physical health, relationships, education, training, work and to achieving our potential. Improved mental health and wellbeing is associated with a range of better outcomes for people of all ages and backgrounds, beyond the reduced risk of mental health problems and suicide. These outcomes include: improved physical health and life expectancy, better educational achievement, increased skills and better employment rates, reduced lifestyle-related health risks such as smoking and alcohol misuse, reduced anti-social behaviour and criminality and higher levels of social interaction and participation.

Mental health problems can contribute to perpetuating cycles of inequality through generations. However, early interventions, particularly with vulnerable children and young people, can improve lifetime health and wellbeing, prevent mental illness and reduce costs incurred by ill health, unemployment and crime. Such interventions not only benefit the individual into adulthood, but also improve their capacity to parent, so their children in turn have a reduced risk of such consequences.

## National and local context

Nationally, research indicates the following:

- At least one in four adults experience mental health problems at some point during their life, with almost half of all adults experiencing at least one episode of depression
- Half of those with lifetime mental health problems first experience symptoms by the age of 14 and three-quarters before their mid-20's
- One in ten children aged between 5-16 years suffers with a mental health problem, and many of these problems continue into adulthood
- One in ten new mothers experience postnatal depression
- About one in 100 people has a severe mental health problem
- 60% of adults living in hostels have a personality disorder
- 90% of all prisoners are likely to have a mental health problem

In Telford and Wrekin the JSNA indicates that:

- Approximately 17,200 people in Telford and Wrekin suffered from a common mental disorder such as depression, anxiety and obsessive compulsive disorder in 2010, with around 60% of these estimated to be women
- There are on average 15 suicides every year, with the largest proportion of suicides amongst men aged 21-39 years

- There were 371 hospital stays for self-harm in 2009/10, 39 of those admitted to hospital for self-harm were under 18 years old
- The hospital admission rate for self-harm in 2009/10 (all ages) was statistically significantly worse than the national average for England

## **Evidence-Based Commissioning of Emotional Health and Wellbeing Services**

In Telford and Wrekin the National Institute for Health and Care Excellence (NICE) relevant public health guidance<sup>1</sup> is used by the PCT's public health team to ensure that the strategies, action plans and commissioning decisions are underpinned by a strong evidence-base. This is a clear expectation of the draft Health and Wellbeing Strategy, as part of the cross cutting principles.

The Five Ways to Wellbeing<sup>1</sup> is a set of national evidence-based public health messages aimed at improving the mental health and wellbeing of the whole population and encourages individuals to think about and do the small things every day that can help them feel better about themselves, appreciate what matters and get the most out of life. These are: connect, be active, take notice, keep learning and give. Evidence suggests that following the advice of the Five Ways to Wellbeing enhances personal wellbeing by making a person feel good and bolstering his/her mental capital. It encourages individuals to think about and do the *small things* every day that can help them feel better about themselves, appreciate what matters and get the most out of life. Locally the Five Ways to Wellbeing framework is promoted and underpins the universal approach to improve wellbeing, and individuals are encouraged to build them into their daily lives.

## **Emotional Health and Wellbeing Services in Telford and Wrekin**

- The Healthy Lifestyles Hub single point of access for referral into lifestyle risk management services at First Point Telford ensures that people systematically receive consistent information, advice and support to help them to stay healthy. Hub activity relating to emotional health and wellbeing (EHWB) during April-September 2012 included the following:
  - 4,050 adults received opportunistic brief advice (less than 5 minutes) regarding EHWB
  - 991 adults completed a lifestyle screening questionnaire, including EHWB screening
  - 823 adults received a EHWB brief intervention (5-30 minutes of personalised advice)
  - 46 adults completed an EHWB extended intervention (6-12 week programme)
  - 275 volunteers completed healthy lifestyle training, resulting in 2,810 volunteer hours
- Telford Green Gym offers people an innovative way to improve their health and well-being by getting involved in practical gardening, conservation and outdoor activities.
- The Something More programme is a ten week course for women who want to build their self- confidence and self-esteem, to feel better able to deal with some of life's difficult issues.
- The Forward Mission mentoring service for people who have experienced substance misuse or mental health issues is managed and coordinated by Telford Mind. The project is supported by volunteers who have previously experienced similar issues.
- South Staffordshire and Shropshire Healthcare NHS Foundation Trust to date have delivered STORM training to 91 members of mental health staff. An evaluation report will be completed by the end of December 2012 and a task and finish group convened

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<sup>1</sup> [http://www.neweconomics.org/sites/neweconomics.org/files/Five\\_Ways\\_to\\_Well-being\\_Evidence\\_1.pdf](http://www.neweconomics.org/sites/neweconomics.org/files/Five_Ways_to_Well-being_Evidence_1.pdf)

to review the recommendations and training requirements for both mental health and non-mental health staff.

- My Time, a third sector organisation, were commissioned to consult with working age men regarding their emotional health and wellbeing. A report has been completed and the findings of the report will inform future commissioning intentions for suicide prevention work in Telford and Wrekin.
- Shropshire Community Health NHS Trust (CHS) Health Improvement Team continue to deliver school and community-based emotional health and wellbeing workshops sessions to children and young people and their parents and carers. This is done in a fun and interactive way where possible and tailored to the needs of the individual or group. During Q1 and Q2 2012/13, there were over 3,000 contacts and 92% of individuals who accessed sessions relating to EHWB reported an increase in knowledge and 81% proposed to make a personal behaviour change.
- Rubberband is an innovative partnership project for young people aged 16-19 years run by the Shropshire CHS Health Improvement Team and Telford College of Arts and Technology (TCAT). The project involves the training and support for volunteer students to deliver workshops to full-time students at the college on a range of topics, including: sexual, health and relationships, emotional health and wellbeing, nutrition and drugs and alcohol awareness. The aim of these workshops is to guide young people to make positive choices about their lifestyle. During Q1 and Q2 2012/13, 100% of students reported an increase in knowledge regarding the EHWB workshop with 70% proposing to make a behaviour change.

## Planned next steps

From April 2013 local authorities will become responsible commissioning mental health promotion services. The Public Health Outcomes Framework will be used to assess population health at a local authority-level, the framework includes two measures related to emotional health and wellbeing i.e. self-reported wellbeing and suicide indicators. Local discussions are on-going, as part of the public health transition process, regarding the future commissioning intentions of the Council with respect to emotional health and wellbeing services. Future commitments for these services will be decided once the Local Authority Public Health grant allocation has been announced.

Future work currently being planned and undertaken includes the following:

- As part of the JSNA, a needs assessment will be carried out to understand the assets and needs of the local population regarding mental wellbeing
- Piloting of a tool to measure mental wellbeing across services
- Strengthening the role of the voluntary sector to support improvements in emotional health and wellbeing
- Undertaking Mental Well-Being Impact Assessments (MWIA) for significant service developments to ensure there is a maximum impact on people's mental wellbeing
- Implement the Five Ways to Wellbeing framework to improve mental health and wellbeing outcomes across the Borough

Please contact [Sarah.evans@telfordpct.nhs.uk](mailto:Sarah.evans@telfordpct.nhs.uk) for further information

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<sup>i</sup> Social and emotional wellbeing: early years <http://www.nice.org.uk/nicemedia/live/13941/61149/61149.pdf>.

Promote children's social and emotional wellbeing in primary education <http://www.nice.org.uk/nicemedia/pdf/PH012Guidance.pdf>

Promote young people's social and emotional wellbeing in secondary education <http://www.nice.org.uk/nicemedia/pdf/PH20Guidance.pdf>.

Promote mental wellbeing at work <http://www.nice.org.uk/nicemedia/pdf/PH22Guidance.pdf>