

Better Mental Health: Implementing the Prevention Concordat



Prevention Concordat

- The concordat is a shared commitment by a wide range of national organisations
- Represents an approach to improving people's mental health and reducing risk of mental illness
- Launched by Public Health England (PHE) as an ambition of the Five Year Forward View (5YFV) for Mental Health, to support the objective that all local areas have a prevention plan in place by 2017/18

Prevention Concordat

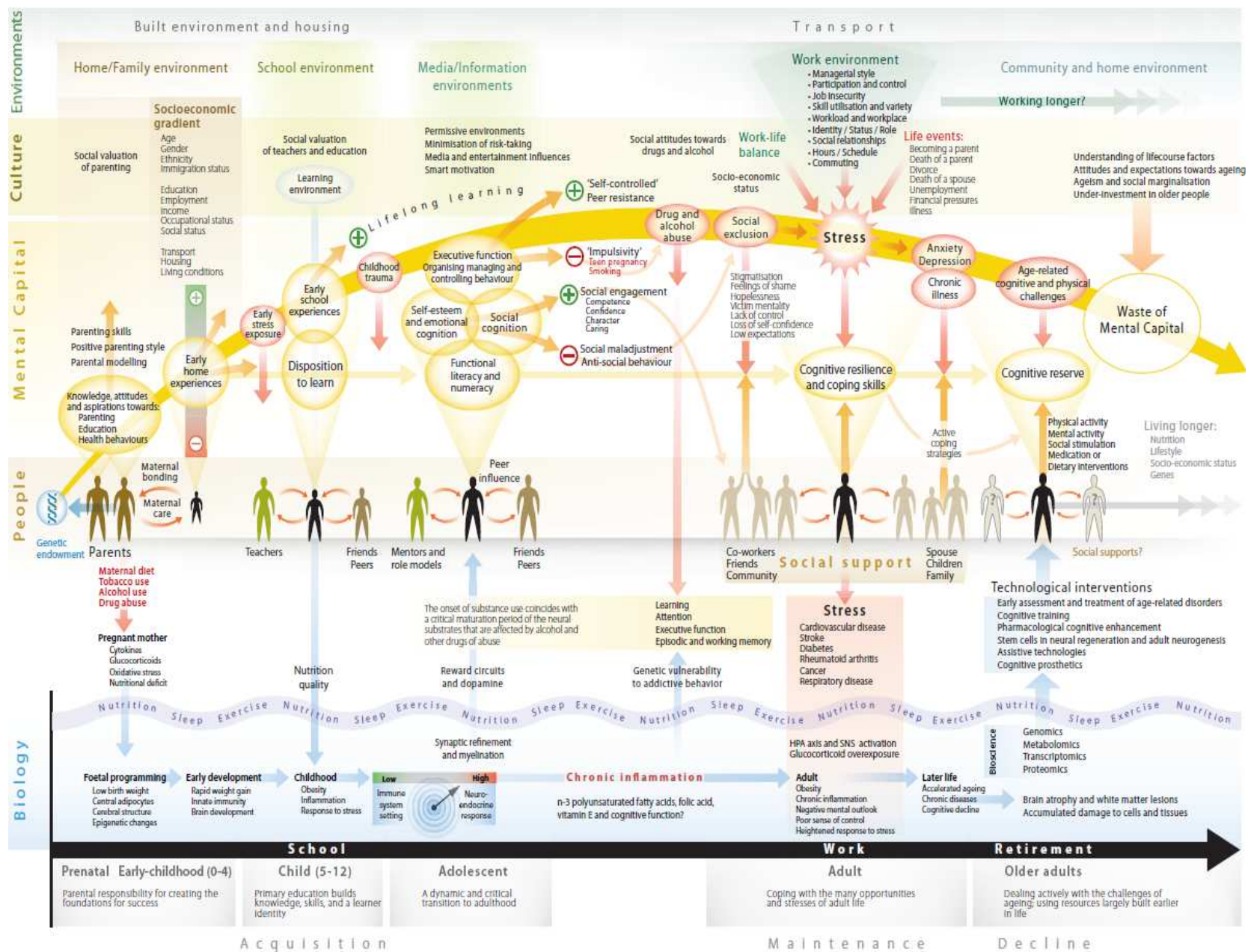
- It includes:
 - promoting good mental health and wellbeing
 - preventing mental health problems and suicide
 - improving the lives of people experiencing and recovering from mental health problems
- ...from early years and adolescence, through adults and parenthood and in to older age

What is the approach?

Primary prevention - addressing the wider determinants such as debt, poverty, employment, education, housing, access to green space and tough life experiences such as abuse, bullying and bereavement. Also equipping people with social and emotional skills to look after their wellbeing

Secondary prevention - early identification of mental health problems and early intervention to prevent progression

Tertiary prevention - promoting recovery and reducing the risk of recurrence for people living with mental health problems



PHE propose:

5 Key steps to create a local prevention plan for better mental health

1. Needs and assets assessment
2. Partnership and alignment
3. Translating need into deliverable commitments
4. Defining success outcomes
5. Leadership and accountability

5 Key steps

- We already have a lot of knowledge about needs and assets, through our mental health services pathway review and our B&NES/Swindon/Wiltshire Sustainability & Transformation Partnership (STP) MH 5YFV Delivery Plan.
- We have some good partnerships working on projects that we can build on and ideas about how to address the gaps.
- We would benefit from a plan with associated actions pulling these things together.

5 Key steps

- Specific actions could sit within the key partnerships they relate to. For example, we have plans or groups for:
 - Children and young people
 - DPH Award in schools
 - Domestic Abuse
 - Housing and health
 - Work and health
 - Parity of esteem
 - Self-harm and suicide prevention
 - Wellness services
 - Tackling stigma through Time to Change

Leadership

- The Health and Wellbeing Board could take a lead role in:
 - raising the profile of this work
 - inviting these groups to account for progress
 - supporting coordination across the system
- The Health and Wellbeing Board might identify, in its priorities, one or two specific preventative initiatives to promote good mental health and wellbeing in B&NES. For example...

B&NES Prevention Concordat for Better Mental Health: Potential Areas for Focus/Prioritisation

Preventative interventions at the start of life, including perinatal mental health, children, early years, families and schools

Eg: THRIVE model for children and young people's mental health, anti-bullying initiatives, self-harm reduction strategies, training in mental health awareness/ mental health first aid, parenting programmes

Reducing social isolation and loneliness

Eg: Signposting service for older people to help identify opportunities for participation in a wide range of local social activities to reduce the risk of social isolation and loneliness

Creating health workplaces and reducing unemployment

Eg: Workplace interventions to prevent stress, depression and anxiety problems – production of Employers Workforce Wellbeing Toolkit

Improving public awareness of mental health and tackling stigma

Eg: "Year of Mental Health" involving monthly events to promote mental health and wellbeing

Supporting self-care, building resilience and promoting wellbeing at all ages

Eg "5 ways to wellbeing model": **Connect** (with the people around you, family, friends, community), **Be active**, **Take notice** (be curious, catch sight of the beautiful, savour the moment, be aware of the world around you), **Keep Learning**, **Give** (thank someone, smile, volunteer, join a community group)

Wider social-economic determinants: debt/poverty, housing, domestic violence/abuse/youth violence, green spaces/built environment,

Eg: Primary care-based provision of debt and financial advice to people who have unmanageable levels of financial debt