

Health and Care Scrutiny Committee

Report from the Director of Public Health

Public Mental Health Update for HCOSC

Public Health has responsibility for public mental health – improving mental health and wellbeing and preventing mental illness – and self-harm and suicide prevention. Our work contributes to the Gloucestershire Health & Wellbeing Strategy's priority to improve mental health and the associated delivery plan. In the context of the prevention element of the emerging Sustainability & Transformation Plan (STP) for Gloucestershire and the intention to develop a broader prevention plan, this work will also help to ensure that the increasingly important role of mental health and wellbeing is properly reflected and embedded in prevention activity.

The Public Health team meets its public mental health responsibility in a number of ways:

- Commissioning services, interventions and activities (see below)
- Providing local leadership – e.g. of Gloucestershire Suicide Prevention Partnership Forum (GSPPF) and the Good Mental Health Sub Group of the Gloucestershire Mental Health & Wellbeing Strategy – and public health input to partnership mental health activity, including the Crisis Concordat
- Providing technical support and advice, e.g. children and young people's mental health needs assessment.

This update highlights some key areas of recent work and plans for the coming year.

Commissioned Services

The largest public mental health service commissioned by the Public Health team is the Gloucestershire Self-Harm Helpline, which was recommissioned during 2015. The service is provided by Rethink Mental Illness and provides advice and support to people of all ages who are thinking about self-harming, are self-harming or are worried about someone self-harming, 5 hours a day, 365 days a year by phone, text or online messaging. The key focus for the new contract, which commenced in April 2016, is to improve the service's online presence and messaging availability and to better embed the service in local self-harm pathways.

The team also commissions a number of smaller interventions, including:

- Families in Mind – a volunteer buddying programme for people with psychosis, delivered by Family Lives. This contract ends in 2017 and the team is currently exploring future commissioning options for this service.
- Mental Health and Suicide Prevention 'first aid' training packages (see below).
- Services specifically for children and young people (see below).

Mental Health / Suicide Prevention Training

Public Health currently commissions two main training courses:

- Mental Health First Aid (MHFA) – provided by Trust in You and teaches people how to recognise the signs and symptoms of common mental health issues,

provide help on a first aid basis and effectively guide someone towards the right support services.

- Applied Suicide Intervention Skills Training (ASIST) – provided by Bristol MIND and targeted at front line workers, e.g. support workers, parking attendants, police officers, who may come into contact with people at immediate risk of suicide. The team recently secured regional funding to train and accredit two local people to deliver ASIST, increasing our local capacity and providing six fully funded courses for Gloucestershire in 2016 and 2017.

In March 2016, Public Health and the CCG trialled a shortened version of the ASIST course for GPs and practice staff in the Gloucester locality, based on evidence from the last Gloucestershire Suicide Audit that most people who die by suicide have seen their GP in the previous year, indicating a potential opportunity for prevention. This was received positively and we are now using feedback from the trial to roll out appropriate training across the county.

Children & Young People's Public Mental Health

Public Health's public mental health responsibility extends to all ages, including children, young people and adults. However, we recognise that many adult mental health problems begin in childhood so, in addition to services and activities described above, we also commission the following, specifically for children and young people:

- Public Health commissions Gloucestershire Healthy Living & Learning (GHLL). Whilst this is not purely a public mental health intervention, the learning resources developed by GHLL are underpinned by and linked with activity to build young people's emotional resilience and mental wellbeing. As such, GHLL forms a core part of our public mental health offer for young people.
- MENTalk – an intervention for young men, delivered by Cheltenham Town FC's Community Trust, addressing mental health stigma and improving emotional resilience through the medium of football. During 2016, the team is seeking to recommission an intervention that provides an integrated package of mental and physical health messages.
- During 2016, the team is working with the University of the West of England (UWE) to pilot an evidence-based preventative intervention to reduce the incidence of eating disorders in young women who are at risk. This will be trialled in four Gloucestershire schools (targeted on the basis of need) from the new school year (September 2016) and evaluated by UWE.

Mental Health Needs Assessment

In 2015, the Public Health team led the production of a children and young people's mental health needs assessment, which informed the development of the Future in Mind transformation plan. This year, we are working alongside colleagues in the CCG to develop an adult mental health needs assessment. The scope of this needs assessment is potentially very large so the team is taking a 'modular' approach, focusing first on areas that are commissioning priorities for both GCC and the CCG. The first iteration of the needs assessment will be completed in the summer.

Suicide Prevention

The Public Health team leads local partnership suicide and self-harm prevention activity, through the Gloucestershire Suicide Prevention Partnership Forum (GSPPF) and its Suicide Prevention Strategy (2015-2020) and action plan. Key areas of suicide prevention work during 2016/17 include:

- Increased communications activity, focusing on World Suicide Prevention Day (10th Sept)
- Undertaking an updated Suicide Audit (2013-2015) to inform future preventative activity
- Establishing a process for real-time data collection to better understand and learn from deaths from suspected suicide and to identify potential clusters and contagion
- Developing a plan for targeted action at frequently used public locations, engaging a broader range of partners, e.g. local planning authorities.

NHS Health Checks activity – update on data quality

2015/16 is the first year of a new activity based contract with GPs for the delivery of NHS Health Checks. As highlighted in the last dashboard report, several data errors were identified in the quarterly performance data previously submitted to HCOSC partly due to the introduction of new reporting arrangements. The data has now been corrected and revised data submitted for quarters. one, two and three.

As the county's quarter four (2015/16) data for NHS Health Checks has now been published by the Office of National Statistics as part of the national data release, this month's HCOSC report includes full year Health Check performance data for 2015/16. Full year data for 2013/14 and 2014/15 is included as a comparator. This shows that while the percentage of eligible individuals offered a health check has fallen slightly on previous years, positively uptake has increased.

It is important to note, that while the county is not meeting the 'aspirations' set by PHE, average performance across the country as a whole is also below target. Positively overall the county's performance is in line with the regional average, and our uptake is higher than the national average.

We are currently in year three of the national five year Health Check programme, and going forward, we will continue to work with GPs on activity levels and data quality.