

Gloucestershire Health and Wellbeing Board

Report Title	Public Mental Health (Preventing Self-Harm Action Plan; GloW; Mental Health and Wellbeing Strategy)
Item for decision or information?	For information
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Organisation	Gloucestershire County Council
Key Issues:	
<ul style="list-style-type: none"> • Since last presenting to the Board in January 2018, the Preventing Self-Harm Action Plan has now been finalised. • The Action Plan is embedded into the Public Health Business Plan and work to deliver the objectives within the Action Plan is progressing well. • Since last presenting to the Board, GloW (Gloucestershire's approach to the national Public Health England Prevention Concordat for Better Mental Health) has 30 signatories that have pledged to take action to promote mental wellbeing. • The initiatives under GloW will be driven forward by the Good Mental Health Group, a sub-group of the Mental Health and Wellbeing Partnership Board. • The draft All Age Mental Health & Wellbeing Strategy for Gloucestershire, 2018-2023 is attached for information and comment. This strategy feeds into the Health and Wellbeing Board Strategy development. 	
Recommendations to Board:	
<p>The Board is asked to note the progress of these initiatives and continue to support the public mental health agenda.</p> <p>The Board is asked to comment on whether they would like an annual update on the mental health agenda.</p>	
Financial/Resource Implications:	
<p>These are met from within the Public Health Ring Fenced Grant and include officer time and funding for commissioned programmes.</p>	

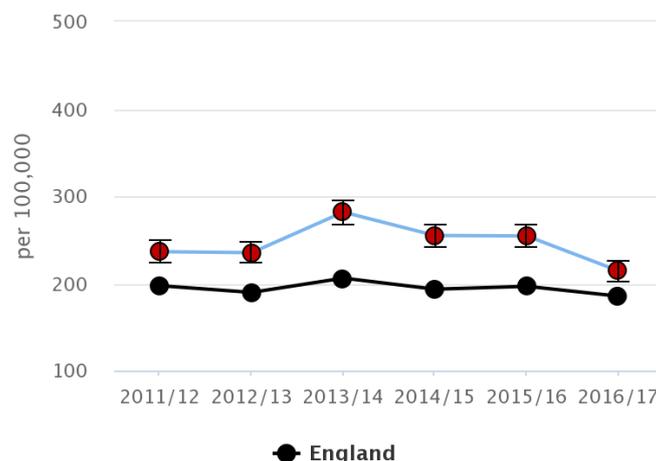
1. Preventing Self-Harm in Gloucestershire

- 1.1. The Gloucestershire Health and Wellbeing Board were instrumental in highlighting the concern around rates of self-harm in Gloucestershire and supporting the Gloucestershire County Council Prevention, Wellbeing and Communities hub to lead on this issue.
- 1.2. In September 2017 the Board received an over view of the issue and members each committed to a range of actions to improve the self-harm pathway or to promote or support good mental health and wellbeing. The actions taken can all be found in the papers from that meeting <http://glostext.gloucestershire.gov.uk/ieListDocuments.aspx?CIId=653&MIId=8342&Ver=4>
- 1.3. In January 2018 the Board received an update on the self-harm work programme including the comprehensive engagement work undertaken with stakeholders from the breadth of relevant agencies, professionals and citizens. Papers from the January meeting can be found here <http://glostext.gloucestershire.gov.uk/ieListDocuments.aspx?CIId=653&MIId=8714&Ver=4>
- 1.4. Since presenting to the Board in January, the Preventing Self-Harm Action Plan has now been finalised. The actions were initially identified through a series of in depth face to face interviews with a representative range of key stakeholders including clinicians and commissioners, as well as an online survey for people with lived-experience of self-harm conducted by MHELO (Mental Health Experience Led Opportunities). These actions were then refined and developed with key individuals within health, education and the voluntary and community sector. Each action holder is responsible for developing their action as a SMART objective, and initial reporting is due in November 2018.
- 1.5. The finalised Action Plan has since been reviewed and approved by the Mental Health and Wellbeing Partnership Board and the Mental Health Clinical Programme Group prior to coming to the Health and Wellbeing Board and is attached for the Board's reference.
- 1.6. Some examples of the actions being taken are:
 - Adaptation of an online planning tool "Harmless" for children and young people who are self harming, which can be used by a wide range of professionals including GPs, education staff, MIU nurses. TIC+ (Teens in Crisis) are leading on this action.

- Development of the multi agency self harm policy for children and young people. GHT are leading on this.
- Broadening access to face to face counselling for children and young people. GCCG are leading on this.
- Building capacity within the supported housing workforce and some VCS organisations to support people who are self harming. Elim House are conducting the survey.
- Clear and comprehensive pathway for GPs on G Care. Public Health are working with GCCG and GP leads to develop this.
- Identifying an alternative place to be for adults in emotional distress. GHT are leading on this and links to the review of urgent care..
- Reviewing existing recovery/stay well plans for children and young people, to include specific harm reduction guidelines for use by the person who is self harming and their parents/carers. Children's Social Care are working with CYPS to develop this.
- 2G NHSFT are developing the Mental Health Liaison Service to move towards an all age service.

1.7. The most recent statistics on emergency hospital admissions for intentional self-harm continue to show a downward trend, however local rates in Gloucestershire are still significantly higher than the national average.

2.10ii – Emergency Hospital Admissions for Intentional Self-Harm – Gloucestershire



Source: Public Health England, Public Health Profiles
<https://fingertips.phe.org.uk/search/self%20harm#page/4/gid/1/pat/6/par/E12000009/ati/102/are/E10000013/iid/21001/age/1/sex/4> [accessed 25.10.18]

1.8. A helpline for people who self-harm, their friends, families and carers, has been commissioned by Public Health since 2012. The service offers support via telephone, text and webchat. Compared to last year, the service has received on average 10 additional webchats per month, 30 additional texts per month and although the number of calls has not increased, duration of

calls has doubled from the previous year. This increase in service use may be explained by the additional promotion of this service which has been done through the work of the Self-Harm Action Plan. This contract expires in 2020 and the process for reviewing and re-commissioning this service has commenced.

1.9. Leadership of the Action Plan is embedded into the Public Health Business Plan and will continue to be progressed. The Public Health team also intend to host a follow-up workshop in 2019 to update stakeholders and review progress.

1.10. The success of this action will be monitored through three different data sources:

- The Public Health England indicator “emergency hospital admissions for intentional self-harm” which is benchmarked against all Local Authorities in England.
- The Gloucestershire Online Pupil’s Survey which is conducted every two years and surveys a large sample of children and young people aged 8 to 18. The Survey specifically asks whether respondents have ever self-harmed and if so how frequently, alongside other relevant questions pertaining to mental wellbeing, stress and risk factors for poor mental health such as bullying.
- Quarterly performance monitoring data from the Gloucestershire Self-Harm Helpline.

1.11 As a result of Gloucestershire’s Health and Wellbeing Board taking multi-agency responsibility for preventing self-harm, and members committing to actions to support the agenda, we have had strong engagement from partners to develop the Action Plan and already made firm progress in implementing it.

1.12 This novel and comprehensive approach that Gloucestershire has taken to preventing self-harm has been recognised nationally with presentations being given at national and regional conferences.

2. Promoting wellbeing and preventing mental illness through GloW: Gloucestershire Wellbeing

2.1. Gloucestershire’s approach to the national Public Health England Prevention Concordat for Better Mental Health was presented to the Board in January 2018 by Public Health. At this meeting the Board approved the wording of the ‘Gloucestershire Commitment’ outlining the principles and intentions of Gloucestershire’s approach to promoting mental wellbeing and preventing mental illness.

2.2. Since January 2018 the team have progressed the following actions:

- Formalised and published the 'Gloucestershire Commitment' outlining the principles of the Prevention Concordat and acting as a central point for 'sign up' of Gloucestershire's approach.
- Re-branded the Prevention Concordat as 'GloW: Gloucestershire Wellbeing'. This was to avoid confusion with the Mental Health Crisis Concordat but also to create a more 'user friendly' and relatable name for engagement with wider partners and the public.
- Held a launch event on 17th July where the Gloucestershire Commitment was officially launched to public sector partners. Partners were invited to publicly sign up to the commitment to show their support for working in this way.
- Each signatory submitted an action which demonstrates how they are putting the commitment into practice.
- All members of the Health and Wellbeing Board have signed up.
- To date we have 30 signatories, each of whom have pledged to take action to implement the principles of the Gloucestershire Commitment. Some examples are:
 - GFirst LEP: "We will continue the work of raising awareness of both well-being at work and mental health awareness, ensuring there is no stigma in our workplace. We will do this both for our own staff and the businesses/organisations we work with, across a variety of communication channels, ensuring our staff stay well and are mentally healthy."
 - 2gether NHS FT: "Every employee within the Trust has a right to regular supervision. Supervision should be a balance between performance management and pastoral support. As such Trust supervision policies should include specific statements about supporting the individuals 'emotional health and wellbeing' and this should be recorded to include agreed actions where an individual is observed to be struggling. We will therefore review our local policies and amend them to reflect a commitment that managers will proactively enquire and support staff emotional health and wellbeing."
 - Gloucestershire Constabulary: "The Constabulary is committed to promoting and supporting the positive physical and mental health and wellbeing of our staff and volunteers. We will achieve this through implementing a structured programme of evidence-based activity that develops supportive leaders and impacts positively on all aspects that contribute to the wellness of our people. Locally all activity will be co-ordinated through our Supportive Leadership & Wellbeing Steering Group and nationally all of our activity will be assessed through our MIND

(mental health) action plan and through the Emergency Services Blue Light (Oscar Kilo) Wellbeing Framework.”

- Gloucestershire Care Services NHS FT: “To continue supporting our colleagues mental health and well-being, we will implement a series of stress management interventions aimed at improving working conditions and individual coping strategies to improve both employee wellbeing and organisational outcomes.”

2.3. The Public Health Team are continuing to engage with partners about the work of GloW and have now extended engagement to VCS partners. GloW was officially launched with the Voluntary and Community Sector on 10th October (World Mental Health Day). This engagement has been very positive and has received a lot of interest from additional partners wishing to sign up to and support the work of GloW.

2.4. The Public Health team have also worked with CCG colleagues to embed the principles and work of GloW into the new Mental Health and Wellbeing Strategy for Gloucestershire. GloW features as the first two ‘themes’ of the strategy which are:

Theme 1: Increase the focus in the wider factors of mental wellbeing and promote good mental health for all.

Theme 2: Get better at spotting the signs of mental ill health and intervening earlier

2.5. Priorities under these themes have been developed in partnership with the Public Health Team and are therefore consistent with the priorities of GloW. These priorities include among others:

- Continuing to develop a local prevention plan which will pull together all existing workstreams and activity taking a prevention-focussed approach to promoting wellbeing. This will include the many plans already in place across the County which may not be thought of as specifically relating to ‘mental health’, but that still have an impact on mental wellbeing.
- Working with partners to identify gaps and mobilise the system to come together to address these gaps.

2.6. These priorities will be driven forward by the Good Mental Health Group which is chaired by Public Health (an existing sub-group of the Mental Health and Wellbeing Partnership Board). This group has wide representation from partners working within each ‘determinant’ of mental wellbeing. However, all partners involved in GloW will be invited to contribute to this work, ensuring the system takes ownership of this issue and is mobilised to address it as a whole.

2.7. Looking to the future, the intention is to extend the engagement of GloW to private sector partners.

2.8 Both the work of GloW and the Preventing Self-Harm Action Plan are embedded elements of the recently published Director of Public Health Annual Report, Leading the Way to Wellbeing.

3. All Age Mental Health and Wellbeing Strategy for Gloucestershire 2018-2023

3.1 The All Age Mental Health & Wellbeing Strategy for Gloucestershire 2018-2023 is attached for the Board to review and comment on. This is a refresh of the previous strategy and feeds into the Health and Wellbeing Strategy development.

3.2 This strategy has been led by the Mental Health and Wellbeing Partnership Board which is a sub-board of the Health and Wellbeing Board. Reporting of progress against this strategy will be aligned to the Health and Wellbeing Strategy reporting process.

3.3 The Strategy's vision is for every resident of Gloucestershire to enjoy the best possible mental health and wellbeing throughout the course of their life. It is an all age strategy which covers prevention through to service use and recovery. It builds on the national strategy, the Five Year Forward View for Mental Health.

3.4 Themes 1, 2, 5 and 7 of the Strategy form the Public Mental Health agenda, including the Self-Harm Action Plan and GloW.