

  <i>Clinical Commissioning Group</i>	<p align="center"><b>Health and Wellbeing Board</b></p> <p align="center">17 July 2018</p>
<p align="center"><b>Mental Wellbeing in Brent - Update</b></p>	

<b>Wards Affected:</b>	All
<b>Key or Non-Key Decision:</b>	N/A
<b>Open or Part/Fully Exempt:</b> <small>(If exempt, please highlight relevant paragraph of Part 1, Schedule 12A of 1972 Local Government Act)</small>	Open
<b>No. of Appendices:</b>	N/A
<b>Background Papers:</b>	N/A
<b>Contact Officer(s):</b> <small>(Name, Title, Contact Details)</small>	Sangeetha Ilanko National Management Trainee, Public Health Email: <a href="mailto:Sangeetha.ilanko@brent.gov.uk">Sangeetha.ilanko@brent.gov.uk</a> Tel: 020 8937 2575

## 1.0 Purpose of the Report

- 1.1 This report updates the Board on the local work undertaken to promote mental wellbeing in response to Thrive LDN.

## 2.0 Recommendations

- 2.1 The Board is asked to:
- endorse Thrive LDN's principles
  - note the Thrive LDN campaign and consider how it is relevant to the local context
  - consider how the public event in the autumn can best be promoted locally
  - note the development of the mental health and employment OBR, and its link with the work around mental wellbeing.

## 3.0 Detail

- 3.1 In 2017, the Mayor of London and the London Health Board launched Thrive LDN - a city-wide movement aspiring to promote mental wellbeing, prevent illness and eliminate suicide in London. The initiative was launched to help overcome the challenges that exist around mental wellbeing. In the UK, the poor mental wellbeing of the population is reflected by the prevalence of common mental health problems (this includes depression, generalised

anxiety, obsessive compulsive disorder and post-traumatic stress disorder). Over the course of a week, one in six people report experiencing a common mental health problem in the UK<sup>1</sup>. Other challenges include low mood levels, stigma and discrimination around mental illness, inequalities in the workplace and high suicide rates. In Brent, 16.7% of the population self-reported high levels of anxiety last year, whilst 17% self-reported feeling low levels of life satisfaction<sup>2</sup>.

### 3.2 Thrive LDN has 6 aspirations:

- 1) A city where individuals and communities take the lead
- 2) A city free from mental health stigma and discrimination
- 3) A city that maximises the potential of children and young people
- 4) Develop a healthy, happy and productive workforce
- 5) A city with services that are there when and where needed
- 6) A zero suicide city
  - Reduce the suicide rate in the general population
  - Provide better support for those affected/bereaved by suicide

3.3 In January 2018, the Health and Wellbeing Board supported a community workshop run by Thrive LDN and the Mental Health Foundation. Over 60 individuals attended including; residents, councillors, council officers, NHS providers, commissioners, and representatives from community and voluntary sector organisations. There was general support for the six aspirations of Thrive LDN, however representatives also recognised the particular strengths and challenges of Brent.

3.4 Following the workshop, the CCG, Public Health, CNWL, HealthWatch and voluntary organisations have been working on a local action plan using 4 of the 6 Thrive LDN principles as a framework:

- A) A borough where individuals and communities take the lead
- B) A borough free from mental health stigma and discrimination
- C) Develop a healthy, happy and productive workforce
- D) Suicide prevention

Other existing groups are focusing on principle 3 (children and young people's mental wellbeing) and principle 5 (mental health services).

3.5 The evidence base which recognises what promotes mental wellbeing and resilience is growing. The evidenced factors are often referred to as the '5 ways to wellbeing'<sup>3</sup> (akin to the 5-a-day message on physical health). These are:

- Connect.
  - Connect with family, friends and neighbours- this could be in the local community, at home, work and/or school. Public Health England estimate the impact of social isolation on health to be equivalent to 15 cigarettes a day<sup>4</sup>.

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<sup>1</sup> Adult Psychiatric Morbidity Survey (APMS, 2014)

<sup>2</sup> Public Health Outcomes Framework (Public Health England, 2017)

<sup>3</sup> Five Ways to Wellbeing. New Economics Foundation 2010

<sup>4</sup> Holt-Lunstad J, Smith TB, Layton JB (2010) Social Relationships and Mortality Risk: A Meta-analytic Review.

- Be active.
    - Physical activity is beneficial to both mental and physical health.
  - Take notice.
    - Savouring the moment and taking notice of the world around oneself.
  - Keep learning
    - Continued learning enhances self-esteem, social interaction and a more active lifestyle.
  - Give
    - This does not necessarily imply formal volunteering- it could simply entail doing something nice for someone else.
- 3.6 In Brent, there are a wealth of opportunities and organisations providing potential ways to wellbeing. However, these are not always seen as a means to improve and maintain emotional wellbeing, and they do not always connect to people or to one another. Simultaneously, individuals and organisations may wish to get involved in the promotion of mental wellbeing, but feel ill-equipped to do so.
- 3.7 For these reasons, it is suggested that a campaign be explored with the aims of working with local organisations, communities and residents to:
- better equip provider organisations and groups to confidently promote mental wellbeing to residents
  - raise awareness of the support that exists locally for good mental health
  - raise awareness of the ways to wellbeing and showcase the potential for recovery and resilience (through capturing and sharing residents' experiences and stories)
- 3.8 This will 'piggyback' on and help frame the planned engagement over the summer by the local Increasing Access to Psychological Therapies (IAPT) service. Brent Talking Therapies already engage with the community with the purpose of identifying individuals with feelings of low mood, anxiety, particular fears, and/or problems coping with daily life and relationships. IAPT are looking to expand their engagement through various new avenues.
- 3.9 Thrive LDN are about to launch a summer awareness-raising campaign following on from last year's Are we OK London? campaign. This summer, the focus will be on inequalities in mental health. Public health, communications and the CCG will work together to explore how Thrive LDN's materials can be used locally in order to start conversations with local people and groups.
- 3.10 These conversations will lead up to an event in the Civic Centre in the autumn time. The event will be designed alongside local people and community organisations and will:
- share the five ways to wellbeing message
  - improve residents' awareness of what exists in Brent to support each of the five ways to wellbeing
  - raise awareness of providers in Brent and

- share stories of resilience, recovery and prevention

By attending the event, residents will:

- be better informed about how to cope with mental distress
- learn how to maintain positive wellbeing through the five ways
- learn what practical steps can be taken to implement the five ways to wellbeing in Brent (how to make use of local facilities, community groups, events and activities)
- instil hope in residents that maintaining positive wellbeing is possible by hearing stories of recovery and prevention

### **Planned Outcome Based Review on mental health and employment**

3.11 One of Thrive's aspirations is a city with a happy, healthy and productive workforce. This encompasses all employers making mental health and wellbeing central to the workplace, as well as assisting people who experience poorer mental health gain and maintain good work opportunities. This second aspect of the aspiration is a particular priority in Brent where there is a 59.5% gap in the employment rate between those in contact with secondary mental health services and the overall population rate<sup>5</sup>.

3.12 Adult Social Care undertook a mapping exercise to examine the provision of employment support for individuals with mental illness in Brent. The research identified:

- Numerous pathways and a lack of cohesion
- Misinformation between organisations and inappropriate referrals
- Gaps in provision
- Some potential areas of over capacity

These findings lead to the establishment of an Outcome Based Review (OBR) on mental health and employment. This workstream will work towards increasing the number of people with mental illness who find, retain and thrive in work. The OBR will assess the effectiveness of current arrangements and identify where and how outcomes can be improved. A scoping exercise for the OBR has been completed and has been approved by the CMT.

3.13 Outcome based reviews are established in the Council as a means of addressing complex problems using a clear methodology. The next step will entail initial engagement with key stakeholders during the discovery (research) phase. The OBR will build on what we have already learnt about the issues and challenges around work experienced by people with mental health conditions. This work will be delivered in the following phases:

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<sup>5</sup> Public Health Outcomes Framework (Public Health England, 2017)

Phase	Activities	Milestones
Phase 1 <b>DISCOVER</b>	<ul style="list-style-type: none"> <li>▪ Data collection and needs analysis</li> <li>▪ Service mapping, focus groups and professional interviews</li> <li>▪ Horizon scanning</li> </ul>	<ul style="list-style-type: none"> <li>▪ Profile of need</li> <li>▪ Service maps</li> </ul>
Phase 2 <b>DEFINE</b>	<ul style="list-style-type: none"> <li>▪ Stakeholder event</li> </ul>	<ul style="list-style-type: none"> <li>▪ Stakeholder event held</li> <li>▪ Priorities / ideas agreed</li> </ul>
Phase 3 <b>DEVELOP</b>	<ul style="list-style-type: none"> <li>▪ Development of shared commissioning approach</li> </ul>	<ul style="list-style-type: none"> <li>▪ Draft commissioning approach</li> </ul>
Phase 4 <b>DELIVER</b>	<ul style="list-style-type: none"> <li>▪ Roll out of approach</li> </ul>	<ul style="list-style-type: none"> <li>▪ Approach implemented</li> </ul>

The OBR will involve the local Thrive workstream and draw upon the work of Thrive LDN.

#### **4.0 Financial Implications**

4.1 There are no direct financial implications as a result of this work

#### **5.0 Legal Implications**

5.1 There are no legal implications of this work

#### **6.0 Equality Implications**

6.1 The Thrive LDN summer campaign will highlight equality concerns in mental health.

#### **7.0 Consultation with Ward Members and Stakeholders**

7.1 Councillors and Stakeholders were included in the original workshop and will be invited to the follow up event.

#### **Report sign off:**

**Melanie Smith**  
Director of Public Health