

<b>Subject:</b>	<b>Happiness: Brighton &amp; Hove Mental Wellbeing Strategy</b>		
<b>Date of Meeting:</b>	<b>Health and Wellbeing Board</b>		
<b>Report of:</b>	<b>Assistant Chief Executive</b>		
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<b>Ward(s) affected:</b>	<b>All</b>		

**FOR GENERAL RELEASE****1. PURPOSE OF REPORT AND POLICY CONTEXT**

- 1.1 The purpose of this report is to bring a draft strategy document to the Board, to update the Board on progress to date and to check the direction of travel of the strategy development.

**2. RECOMMENDATIONS**

- 2.1 That the Health and Wellbeing Board agree to the proposal for Tom Scanlon to take a 'Champion' role for Happiness and mental wellbeing on behalf of the Board.
- 2.2 That the Health and Wellbeing Board approve the draft strategy and that the Director of Public Health be instructed to bring the final strategy back to the Board at its meeting on 11 June 2014.

**3. CONTEXT/ BACKGROUND INFORMATION**

- 3.1 Following discussion and presentations to this Board, there was agreement to develop a new strategy and way of working in the delivery of services to improve mental health in the city. A steering group was formed to oversee this process comprising members from the Clinical Commissioning Group, Public Health and the local authority.
- 3.2 The focus of the Steering group has been both on the acute services provided directly to those with mental health needs and on the wider preventative agenda, with an attempt to synthesise those into a coherent approach.
- 3.3 In terms of the aim of the strategy to influence future commissioning of direct service provision for mental health services, there is still a degree of consultation with service users that needs to take place to inform any changes. This is taking place now with priority and targeted groups.

- 3.4 In terms of the aim of the strategy to engage a far wider range of partners, providers, organisations and individuals in support of activity that promotes happiness and mental wellbeing, the engagement work led by steering group members has already merged into implementation.
- 3.5 The process itself of developing the strategy has had the impact of raising awareness of mental health issues in the city across a broad audience, building on the work done in distributing and disseminating the Annual Public Health report of 2013.
- 3.6 The strategy will also provide an umbrella cover under which a wide range of activity that is already taking place in the city which furthers the agenda of: promoting happiness and mental wellbeing, tackling stigma associated with mental health issues and raising the profile of the universal importance of paying attention to the importance and impact of good mental health. Events such as the festival SICK that takes place in March, now in its second year, which focuses on health and wellbeing issues or World Mental Health Day which takes place in October for example.
- 3.7 Engagement with partner organisations has already led to commitments and new activity from the prioritisation of promoting mental wellbeing amongst young people as a priority objective by SoundCity, the city's music hub provider of music services for schools and young people to work with the Brighton Food Partnership and City Rangers Team. In another example, following a large scale seminar session led by the Director of Public Health with the city's Economic Partnership directed at employers in the city, MIND have been commissioned to run a number of sessions in specific workplace settings for organisations in the city on wellbeing of employees and to offer training to workplace volunteers to support the workforce.
- 3.8 In addition to engaging the widest possible range of partners to support this agenda, there are some other key planks to the delivery of the strategy.
- 3.9 The development of a series of online web pages dedicated to promoting happiness and mental wellbeing using the vehicle of the five ways: connect, be active, take notice, keep learning and give. The web pages will promote local opportunities for people in the city to engage in the five ways. We are fortunate in Brighton and Hove that there are many, many opportunities to volunteer, to learn and to be active. We have a vibrant and engaged community and voluntary sector and a prolific cultural sector. We have beautiful natural landscapes on every side and fantastic urban spaces and buildings as well to direct people towards. Our universities and colleges offer numerous opportunities and our city is small enough for people to be able to connect with others given the right signposting or support.
- 3.10 The appointment of a Champion for Mental Health is something that has been discussed already at Board level and there has also been a degree of public speculation on this. The proposal from the steering group would be for a 'champion' or nominated lead for this area on the Board, Tom Scanlon. This position would be supported by a network of further city champions across sectors, organisations and spheres of influence. This network would meet on

an infrequent but regular basis to revisit activity, success, challenges and creative ideas. One of the reasons to propose this element of the strategy is to maintain momentum, profile and attention on the agenda once the process of the strategy is completed. Agreement is sought from the Board for this aspect of implementation.

- 3.11 A further series of engagement sessions with wider ranges of partnerships and organisations are planned in the near future in the interests of promoting the strategy and the agenda of mental wellbeing: this will be the focus for a Senior Manager's Forum in the city council in March for example. This engagement work will not stop with the publication of the strategy either, but is part of its implementation and will continue to be led by steering group members and the champions network.
- 3.12 The events highlighted above such as SICK and World Mental Health Day will become regular and fixed points in the city's events calendar, and it is hoped there will be more.
- 3.13 In summary, parts of the strategy have taken off through the process of its engagement and in many areas met with open doors and creative ideas ready to go. Other elements will take longer to come to fruition and the process of integrating different ways of working and the priorities of the different organisations leading this work takes time.

#### **4. ANALYSIS & CONSIDERATION OF ANY ALTERNATIVE OPTIONS**

- 4.1 It would have been possible for the different organisations involved in leading the strategy development to continue to work separately and produce different strategies in parallel. It was decided amongst all and agreed by this Board that an integrated strategy that sought to create a coherent approach between direct services and broader preventative work, with an increased and broadened emphasis on early intervention and preventative work, was the better option.

#### **5. COMMUNITY ENGAGEMENT & CONSULTATION**

- 5.1 Community engagement and consultation are at the heart of the development of this strategy and the range of groups engaged or due to be engaged are included in appendix 2 of the draft strategy.

#### **6. CONCLUSION**

- 6.1 The work of the Steering Group has met with universal approval in all its engagement and continues to do so. The development of the Strategy is not a streamlined or cut and dried process and is also merging into implementation in places. The feedback and increase in activity and profile of work to support good mental health across the city, already justifies the initial decision of the Board to initiate an integrated Strategy and approach. The

process is taking longer than it might if separate organisations were to develop their own separate strategies, however, the outcomes will be more impactful.

## **7. FINANCIAL & OTHER IMPLICATIONS**

### **7.1 Financial Implications**

The strategy development will be funded with the agreed Council and CCG budgets and supported by partner organisations.

*Finance Officer Consulted: Anne Silley*

*Date: 22/01/14*

### **7.2 Legal Implications**

There are no legal implications arising from this report.

*Lawyer Consulted: Elizabeth Culbert*

*Date: 22/01/14*

### **7.3 Equalities Implications**

Much of the work promoted and developed by the work on the strategy will be targeted towards vulnerable groups at risk of poor mental health. These are outlined in more detail in the attached documentation.

### **7.4 Sustainability Implications**

One of the main aims of the strategy is to embed good practices in terms of preventative and early intervention work to support the promotion of happiness and good mental health, in as many organisations and with as many partners as possible. This should have the impact in the longer term of reducing the demand on acute service provision and making better use of resources, in addition to being better for individuals. The emphasis on the 5 Ways as a means of improving happiness and good mental wellbeing, has a resonance and alignment with the principles in the One Planet Living framework.

### **7.5 Any Other Significant Implications**

No significant other implications

## **SUPPORTING DOCUMENTATION**

### **Appendices:**

1. Draft strategy document

### **Documents in Members' Rooms**

None

### **Background Documents**

None