

Creating a Mentally Healthy City Strategy

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Strategy Overview

Vision:

- We will take action on the risk and protective factors for mental health and wellbeing to empower people, families and communities, facilitate safe and supportive spaces and deliver accessible services to build a mentally healthier city for all.

Overview

- 10-year strategy with major review at year 5
- Two strands: 1) Mental Health and Wellbeing and 2) Suicide Prevention
- Live action plan to deliver actions
- Partnership to deliver the strategy is a subgroup of our Health and Wellbeing Board

Quote from our engagement:

“Some people are not aware of their stress, don’t know how to think about it. It may need more training to help them realise what they need, how to move to the next step, how to handle stress... self-care is key. Many people don’t know how to look after themselves.”



Our Approach

1: REVIEWING LOCAL EVIDENCE AND NEED

Mental Health & Wellbeing



Factors influencing positive and negative mental health



Groups more at risk of poor mental health



Evidence-based services / programmes that improve wellbeing

Suicide Prevention



Risk and protective factors



Impact of suicide on individuals and communities



Effective public health interventions



Coronial Audit (2016-21): Understanding local suicide cases

2: INVOLVING OUR PEOPLE AND PARTNERS

Mental Health & Wellbeing



Stakeholder Workshops & Interviews
Participants: 35



Community Event (delivered by ICE Creates)
Participants: 157
Focus: What Mental Health Means & What People Want In The Strategy



Citizen Survey
Responses: 307
Explored: Mental Health Status, Influencing Factors, Vision For A Mentally Healthy Birmingham

Suicide Prevention



Lived Experience: Suicide Bereavement (with The Delicate Mind)
Participants: 20



Lived Experience: Suicide & Self-Harm
Participants: 16



Suicide Prevention Advisory Group (SPAG)
Participants: 19

3: CONSULTATION ON THE DRAFT STRATEGY

Incorporated all feedback into draft strategy.



Consultation Survey
Responses: 212



In-Person & Virtual Engagements
Discussions in libraries, meetings, MS Teams drop-ins
Participants: 440



Our Priorities – Mental Health and Wellbeing



PRIORITY AREA 1: MENTALLY HEALTHY PEOPLE

We will work with partners to build positive strategies and behaviours to support good mental health and wellbeing throughout the life course and enable access to appropriate services when needed.



PRIORITY AREA 2: MENTALLY HEALTHY FAMILIES

We will work to strengthen family bonds, empower families to support each other and provide targeted support to those in need, ensuring that every family has the resources to thrive together.



PRIORITY AREA 3: MENTALLY HEALTHY COMMUNITIES

We will work with communities to ensure they are actively involved in shaping the services we provide, create supportive and safe spaces, and make mental health and wellbeing resources easier to find and access for everyone.



PRIORITY AREA 4: MENTALLY HEALTHY PLACES

We will work with partners to create greener, safer, and more accessible physical environments and provide support for mental health and wellbeing in workplaces and educational settings.



Mental Health and Wellbeing – Overview of Key Actions

Mentally Healthy People. (7 Actions)

- Encourage healthy behaviours through promoting and embedding the **5 Ways to Wellbeing**.
- Tackle and address unhealthy behaviours through **commissioned services**.
- **Reduce stigma** and improve knowledge and access to self-help through campaigns.

Mentally Healthy Families, (9 Actions)

- Deliver and promote **cultural competence training** for people who work with families.
- Help carers in need through the **Connected Communities offer**.
- Offer advice and guidance and link **in mental health support into key family spaces** such as Family Hubs.

Mentally Healthy Communities. (15 Actions)

- Strengthen and promote **community-based peer support**
- Train community leaders with **better mental health awareness** and breaking stigma
- Provide **resources and support at community spaces** such as libraries, faith settings

Mentally Healthy Places, (17 Actions)

- Promote and support whole school and college approaches to mental health and wellbeing (**Healthy Schools and Thrive at College**)
- Incorporate mental health and **wellbeing in policy** decisions through health impact assessments
- Support regional initiatives such as the **Mentally Healthy Council Framework** programme to improve mental health support at workplaces



Our Priorities - Suicide Prevention



IMPROVING DATA & EVIDENCE

We will ensure that effective, evidence-informed and timely interventions continue to be developed and adapted.



PROVIDING SUPPORT TO PEOPLE WHO SELF-HARM

We will provide information and support to reduce the prevalence of self-harm.



TAILORED, TARGETED SUPPORT TO PRIORITY GROUPS

We will deliver tailored, targeted support to priority groups to ensure there is bespoke action and that interventions are effective and accessible for everyone.



INCREASING TRAINING & SKILLS

We will increase training and skills opportunities so that more people can spot the signs of a suicidal crisis and provide appropriate support.



PROVIDING EFFECTIVE CRISIS SUPPORT

We will provide effective crisis support across sectors for those who reach crisis point.



REDUCING ACCESS TO MEANS & METHODS OF SUICIDE

We will reduce access to means and methods of suicide where this is appropriate and necessary as an intervention to prevent suicides.



PROVIDING EFFECTIVE BEREAVEMENT SUPPORT

We will provide effective bereavement support to those affected by suicide.



MAKING SUICIDE EVERYONE'S BUSINESS

We will make suicide everyone's business so that we can maximise our collective impact and support to prevent suicides.



Outcomes – How will we know we're successful?

Short-term

- Improved individual mental wellbeing (WEMWBS)
- Increased mental health literacy and reduced stigma (Mental Health Literacy Questionnaire Short Form)
- Increased resilience and coping strategies (The Brief Resilience Scale)
- Improved physical activity (International Physical Activity Questionnaire)
- Reduced loneliness (UCLA Loneliness Scale)
- Culturally competent assessment scales (DSM)

Medium-term

- Improved workplace and educational wellbeing (workplace surveys and Breathe – schools)
- Improved social capital and belonging (ONS Social Capital Indicators and Neighbourhood Belonging Scale)
- Improved and more equitable access and recovery to NHS Talking Therapies (MHPC Data)
- Reduced population loneliness (People who feel lonely often or always, ONS)

Long-term

- Improved population wellbeing scores (higher rates of self-reported happiness, worthwhileness, life satisfaction, lower rates of self-reported anxiety, ONS)
- Reduced prevalence of depression (OHID, Fingertips)
- Reduced hospital admission for self-harm (OHID, Fingertips)
- Reduced death by suicide (ONS)



Using the Framework

Checklist item and RAG	What is happening in the Council?	What is happening wider?	What does success look like?
1. Demonstrate clear leadership and accountability through embedding a mental health in all policies approach and applying a bespoke mental health policy test. Designate a named mental health champion - either an elected member or a Public Health Officer – to drive and oversee implementation.	<p>Mental health is embedded in Healthy Placemaking Guidance, but mental health in all policies through HIAs could be strengthened</p> <p>Champion: Cllr Khan – elected member for Health and Social Care</p> <p>Mental Health and Wellbeing Team – Service Lead</p>	N/A	<p>Implementation: Health Impact Assessments for policy decisions to be norm for Council practice and wider, ensuring that we work on best practice such as:</p> <ol style="list-style-type: none"> Mental Wellbeing Impact Assessment Toolkit - full version.pdf https://phwwhoccc.co.uk/whiasu/
2. Publish a recent mental health needs assessment and strategy – coproduced with communities within the past five years, to ensure actions reflect lived experience and current priorities.	<p>Complete mental wellbeing impact assessment</p> <p>Creating a Mentally Healthy City Strategy</p>	BSol wide mental health needs assessment (more clinical than wellbeing needs assessment)	<p>2x action plans (one for mental health and wellbeing and one for suicide prevention)</p> <p>Impact measures to show impact along the way</p> <p>Improvement in mental wellbeing, reduction in self-harm and suicide</p>



Framework to Assess Strategy Performance

- **Measuring outcomes and success is hard!**
 - Many factors that influence mental health and wellbeing and suicide
 - Outcomes are long-term and aspirational
- **Framework can help to show progress in a wide range of areas**
 - Encouraging us to work with the wider Council and partners as a one-city response
 - Helpful for reporting progress back to Scrutiny Committees and Health and Wellbeing Board



Challenges and Q&A

Outcomes

- How are people measuring outcomes in their strategies and action plans to demonstrate impact?

Joint working and collaboration

- How are people “winning hearts and minds” across Councils with other departments to joint deliver an action plan?
- Is there anything else we should be considering with joint working?
- How have others built and sustained momentum and made mental wellbeing and suicide prevention business as usual?

