

# Happiness: Brighton & Hove Mental Health Strategy – Year 1 update and plans for Years 2 & 3.



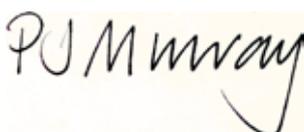
# Introduction

There has been a sea-change recently in our approach to mental wellbeing. Parity of importance between physical health and mental health has become a key aspiration. More people are engaged in the conversations about how to improve mental health, and organisations that might not have seen this as their business in the past are now exploring the impact their work has on positive mental health. Our network of champions in the arts, sport and business reflect this wider commitment and interest. Links between physical health and mental health have been developed. Local schools have reported that emotional wellbeing is one of their top priorities. The mental wellbeing innovation fund has supported over 60 small, innovative projects which provide opportunities for people from many backgrounds and neighbourhoods to put the Five Ways to Wellbeing into practice. Waiting times for talking therapies have reached the targets set. Mental health crisis services have been extended and work with Sussex Police has helped to identify individuals with mental health problems and to offer them better options than custody in a police cell.

More information is available about self-reported wellbeing as well as mental illness across the country, and we can see how we compare. Though Brighton & Hove continues to have higher than average rates of mental ill-health, our self-reported happiness is slowly increasing.



**Paula Murray, Assistant Chief Executive**  
Brighton & Hove City Council



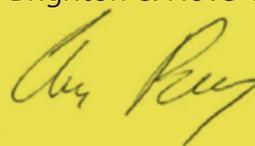
We have made good headway in the first year since our strategy for mental wellbeing in the city was launched in August 2014. The report on our first year describes our progress in detail, against our initial commitments.

There is still a long way to go, and the action plan for Years 2 and 3 sets out our priorities for the near future. There is new funding to support vulnerable groups, including people who have been bereaved and people who have suffered trauma such as torture or abuse. A second round of the innovation fund will target social isolation. There is also a commitment to new treatment services, including more psychological support and crisis support for people with a learning disability as well as a mental health problem. A major review of children's mental health services is underway with the aim of improving options for children and young people, and easing the transition into adult services. All of this work builds on the Annual Report of the Director of Public Health 2014/15, addressing the inequalities that arise from, and are caused by, mental health problems, and acknowledging the need for support for vulnerable groups.

Mental and physical wellbeing are intertwined; there really can be no health without mental health.



**Dr Christa Beesley, Accountable Officer**  
Brighton & Hove Clinical Commissioning Group



## You told us

The Five Ways to Wellbeing work well and are effective for you.

You would like more information about how to put the Five Ways into practice – Connect, Keep learning, Be active, Take notice and Give.

## What we did in the first year

Both the City Council and CCG launched webpages in 2014/15 with information about the Five Ways, and about mental wellbeing. The Council's webpages include short films by City College students to illustrate how they work for local people. The City Council provides information about mental wellbeing, support and events at: [www.brighton-hove.gov.uk/content/health/mental-health-and-wellbeing](http://www.brighton-hove.gov.uk/content/health/mental-health-and-wellbeing). The CCG also provides information about mental wellbeing at: [www.brightonandhoveccg.nhs.uk/your-health/mental-health-and-wellbeing](http://www.brightonandhoveccg.nhs.uk/your-health/mental-health-and-wellbeing) as well as mental health services at: [www.brightonandhoveccg.nhs.uk/your-local-services/mental-health-services](http://www.brightonandhoveccg.nhs.uk/your-local-services/mental-health-services).

A Five Ways to Wellbeing leaflet has been developed, designed and distributed to primary care (GP surgeries and pharmacies).

The My Life webpages provide more information about local services at [www.mylifebh.org.uk/health-services/mental-health-services/](http://www.mylifebh.org.uk/health-services/mental-health-services/), as well as information about specific conditions including depression, eating disorders and anxiety: [www.mylifebh.org.uk/health-conditions](http://www.mylifebh.org.uk/health-conditions). Information about children and young people's mental health is included at: [www.mylifebh.org.uk/health-services/childrens-services/](http://www.mylifebh.org.uk/health-services/childrens-services/).

### Already in place:

Mind in Brighton & Hove is commissioned to provide comprehensive, up to date information and advice about mental health services and support. This can be accessed in person, on the phone, via email or on their website at: [www.mindcharity.co.uk/advice-information](http://www.mindcharity.co.uk/advice-information).

Other useful websites include It's Local Actually [www.theonline.org.or.uk/service/out-and-about/its-local-actually](http://www.theonline.org.or.uk/service/out-and-about/its-local-actually) which gives information about different types of activity with range of any location in the city. [www.wheretogofor.co.uk](http://www.wheretogofor.co.uk) provides information for young people.



### You told us

You want more opportunities to build your own mental wellbeing. You feel that sometimes it is easier to access services that are targeted at people like you.

### What we did in the first year

The mental wellbeing innovation fund was launched in October 2014. It offered one year's funding of up to £5,000 for innovative projects linked to the Five Ways, giving priority to projects for people with specific needs for support, such as disabled, unemployed or minority ethnic groups. The themes for the year were: gardening and growing; arts and crafts; workplace initiatives; children and young people.

112 applications were received, and 61 projects were funded. The Fund total for 2015 was £261,000; £125,000 was sourced from a national underspend at Public Health England. Matched funding with a total value of £238,340 was provided.

Guidance on evaluation using the Shorter Warwick Edinburgh Mental Wellbeing Scale (SWEMWBS) was sent out to all project leads; projects have a deadline for final reports at 31 January 2016.

### Already in place:

Small projects that aim to reduce isolation and address mental wellbeing, among other outcomes, are also funded through the Community Health Fund and the Healthy Neighbourhood Fund.

### You told us

You want to keep mental health and wellbeing high on everyone's agenda.

### What we did in the first year

A high profile network of Happiness Champions has been established, to promote awareness of mental health and wellbeing within their professional roles.

### There are nine members currently:

- Annie Alexander, lead for Public Health Older People's programme, City Council
- Vic Borrill, Director, Brighton & Hove Food Partnership
- Andrew Comben, CEO, Brighton Dome and Brighton Festival
- Darren Emilianos, GP at Woodingdean Medical Centre
- Becky Jarvis, GP at St Peters Medical Centre and also Clinical Lead for Mental Health at the CCG
- Tony Mernagh, Brighton Business Forum

- Dave Padwick/Jo Grantham, Chief Inspectors for Brighton & Hove, Sussex Police
- Tom Scanlon, Director of Public Health, City Council
- Liz Whitehead, Co-Director, Fabrica

Two meetings with all the champions have been held. Achievements to date include: an evening event for local employers; events at the Brighton Festival which highlight mental health issues; a major evaluation of the impact of community gardens on mental wellbeing; sharing of Police data on suicides with Public Health to identify high risk locations, and a joint approach with the CCG to arrests and safe custody to identify individuals with mental health needs.

Health Trainers and Healthwalk leaders also have a key role in promoting understanding of mental wellbeing. Last year, the Royal Society of Public Health Understanding Emotional Wellbeing course was delivered to the Health Trainers team and Healthwalks manager, to help them hone their skills in this aspect of their work.

### You told us

That it is really important for employers to take the mental health and wellbeing of their staff seriously.

### What we did in the first year

The CCG has implemented a staff wellbeing programme which to date has included the availability of yoga classes and mindfulness in the office and a lunch time visit from MIND as part of the Time to talk programme.

The Council has offered both physical activity (Reaching Rio) and cultural activities (64 Million Artists) to staff in 2014/15. Through the Wave (the internal staff website), staff are also regularly alerted to mental health events and

to opportunities to meet others, volunteer, join courses or be active. Feedback from the staff survey has been widely disseminated and acted on.

The Public Health Schools Programme has worked with schools to promote the health and emotional wellbeing of all staff. So far:

- 48 schools have expressed interest in an online health and wellbeing assessment and 17 have completed these.
- 4 schools have participated in a programme of health and wellbeing checks provided by health trainers, with support to access further health support or 6 week behaviour change sessions.
- 2 schools have begun work on the Workplace Wellbeing Charter.

### You told us

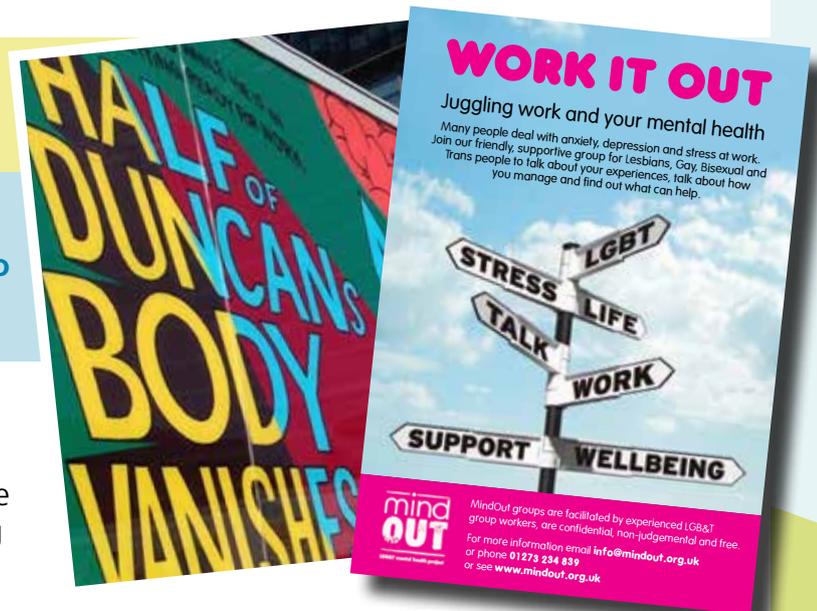
You feel there is still stigma attached to mental health issues.

### What we did in the first year

The Council and CCG have both committed to signing organisational pledges to the Time to Change campaign, and will be submitting action plans in 2015/16.

Mental health calendar events such as World Mental Health Day, Mental Health Awareness Week and Time to Talk Day provide opportunities to communicate widely about mental health and wellbeing. We want to promote the message that mental health and wellbeing are important to us all, and that mental health problems are common.

World Mental Health Day in October 2014 was supported by a programme of debates and events organised by The Basement. In addition, a public event at The Level was organised by Mind, offering information, advice and activities.



Mental Health Awareness week falls in the second week of May, when the Festival is running. Andrew Comben, one of our Happiness Champions, took the opportunity to discuss mental health and the arts on Radio Sussex. Time to Talk day was promoted and supported by Mind in Brighton & Hove.

The SICK! Festival, in March 2015, focussed on themes of suicide, abuse and ageing, using film, debate, theatre, comedy and performance. The Basement, who organise the festival, aim to challenge stereotypes and promote debate about mental health.

### You told us

You want help in finding the right opportunities and support for your particular circumstances, especially if you have translation needs, if you don't have easy online access or if you feel isolated particularly as a result of older age.

### What we did in the first year

The new My Life website provides information about the range of opportunities to support people with specific conditions as well as local services. The CCG and BHCC websites also provide lots of information about support options and online help.

#### As part of the Age Friendly City and Older People's Public Health programme:

- Two consultation forums for older people meet regularly.

- Befriending services are now available across the city.
- 26 organisations have worked together to find solutions around transport and older people.
- Nine specific actions to support older people have been included in the new housing strategy.
- Locality hubs facilitate access to a wide range of activities: over 1000 activities are available citywide for older people.
- Fabrica's Growing an Older Audience programme provided 1000 events, projects and courses.
- 30 new projects for older people were funded by the Healthy Neighbourhood Fund.

Healthy living pharmacies promote the Five Ways to Wellbeing and can signpost to mental health advice, support and services; libraries promote Books on Prescription.

### You told us

You see the link between financial stability and mental wellbeing and feel it is important that more people can access financial and benefits advice.

### What we did in the first year

A procurement exercise commenced in August to secure additional financial advice for people with mental ill health.

MoneyWorks was launched in the autumn of 2014 as planned. It provides a one stop shop for advice on managing money, debt and benefits for anyone struggling to make ends meet: [www.advicebrighton-hove.org.uk/moneyworks/](http://www.advicebrighton-hove.org.uk/moneyworks/)

The Citizens Advice Bureau provides advice about managing money in five GP surgeries.



### You told us

You feel that GPs are essential to care being provided in the community, but you understand that it is not possible for them to know about all the different support options that could be available to help you.

### What we did in the first year

Community navigators have been piloted in 16 GP practices. Community navigators are supporting patients to access services, helping patients to refer themselves and where necessary accompanying patients to initial appointments. The pilot has been extended

until March 2016 and a decision will be made shortly about what will happen once the pilot has ended.

Residents in Brighton & Hove's most deprived quintile postcodes are offered an extended NHS health check which includes screening for depression and advice on positive mental wellbeing, including the Five Ways.

Specialist mental health triage is part of the new Referral Management Service – this was trialed with the previous provider and will be key to ensuring that people are referred to the right service the first time.

### You told us

You want a more joined up approach from health, social care and voluntary services.

### What we did in the first year

The Better Care Programme is progressing and multi-disciplinary teams have been piloted in two GP practices. This approach is being extended to further GP practices, enabling more people to receive more integrated care.

New contracts are in place with BSUH for dermatology and with BICS for the musculoskeletal service and both services include the provision of psychology support.

There are now two mental health nurses, based in the integrated primary care teams supporting the mental health needs of individuals who are housebound.

The dual diagnosis strategy has established much closer coordination between services for substance misuse and mental illness, and is aiming for sharing of records, co-location of teams and shared assessment tools.



### **You told us**

**You value services which support you as a whole person, responding to your specific needs.**

### **What we did in the first year**

Gaps in commissioning identified through a review of No Health Without Mental Health have been addressed in the new services referred to throughout this report.

The CCG is commissioning additional support for people who are bereaved. It is also commissioning additional financial advice for people who have mental ill health.

The re-tender of Public Mental Health Contracts provided for two new vulnerable groups needing support – the transgender community (the local needs assessment identifies high level of distress and mental ill health); and vulnerable men (the city has a high suicide rate and men are particularly at risk).

A Joint Needs Assessment (JSNA) for children and young people (0–25 years) for mental health and wellbeing will conclude at the end of 2015 and will identify young people with specific needs that will be addressed within an action plan.

### **You told us**

**You would like us to ensure there is training available for frontline staff across health, social care and the community and voluntary sector.**

**This training should raise awareness of mental health issues and enable professionals to treat you with more dignity and respect.**

### **What we did in the first year**

Grassroots training programme continues to provide a range of courses for frontline staff working with groups at higher risk of mental ill health, including people who are living in deprivation, homeless or insecurely housed, care leavers, bereaved, military veterans, victims of abuse, offenders, are physically unwell, misuse alcohol or substances, have learning disabilities, are new parents, lesbian, gay or bisexual, identify as transgender or who are from some BME groups. This training includes suicide and self-harm awareness. Further training on mental health awareness or mental health first aid is being commissioned in 2015/16.

All secondary schools have received basic awareness-raising training about self-harm from the Community Child and Adolescent Mental Health Services (CAMHS) team. As a follow-on, Public Health has commissioned a training package: *Self-harm: strategies and interventions* for school staff responding to self-harm. This will be available to school staff and school nurses from September 2015. During May and June 2015, six focus groups were conducted with local young people and parents/carers affected by young people's self-harm, to ensure the training is based on real life experiences and meets the needs of local families.

Seminars for GPs and practice nurses on a range of mental health issues are provided by Sussex Partnership NHS Foundation Trust, and practices have been required to attend these if they participate in the Severe Mental Illness Local Enhanced Service (SMILES). This requirement is also likely to be built into the revised version of the service, the Mental Health Locally Commissioned Service.

## You told us

Schools and colleges have expressed concern about the mental wellbeing of children and young people.

They have said they are finding it difficult to access services for the increasing numbers of young people needing support – the threshold for services means the needs of their young people have to escalate to get a service.

There has been a reduction in support directly available on school sites for young people.

There are young people presenting with anxiety problems, sleeplessness, exam stress, anger management, self-harm, behavioural problems and peer bullying. There are also young people who are living with low level mental health issues within the family that impact on parenting but do not meet the thresholds for adult services.

## What we did in the first year

The CCG is now responsible for commissioning children and young people's mental wellbeing services and CAMHS (as of 1 October 2014). A whole system review and JSNA have started with publication in the winter 2015/16. The review will include the provision in schools and colleges and the rest of the system.

The review will consider the roles and responsibilities of Tier 2 Community CAMHS teams with regards to support in schools. A pilot to develop a whole school approach to mental health and emotional wellbeing is

now confirmed with three secondary schools, starting in September 2015.

During 2014/15, the Public Health Schools Programme worked with all the secondary schools to develop a whole school approach to self-harm. Different schools tried different aspects to enable us to test approaches.

### In primary schools:

- Public Health and the School Travel Team worked with 20 schools to adapt their assembly to incorporate the Five Ways message.
- Public Health and Libraries have produced a mood boosting books resource for children. Three focus groups were completed, asking children to share their favourite mood-boosting books and to lead an activity asking other pupils in the schools. Special educational needs coordinators were consulted to establish priority issues in each school, and booklists have been agreed, chosen by pupils and categorised according to issues (eg friendship). These will be made available to schools in 2015/16.

### In secondary schools:

- A PHSE curriculum framework for Emotional Health and Wellbeing has been developed, and supported by training for all secondary and special schools.
- CAMHS have delivered self-harm basic awareness training to 9 of 10 secondary schools in the city. 90% of secondary schools have signed up to attend the follow-on course (see 11, above) to equip frontline staff with strategies and interventions when responding to self-harming behaviour.



### Support for families:

- At three schools, CAMHS and the school nurse have offered on-site support groups for parents/carers of children affected by self-harm on a half-termly basis.
- At one school, self-harm workshops have been delivered to parents at evening sessions.
- Right Here have developed a film 'Self-harm & Young People: a Guide for Parents & Carers' to inform and reassure parents, carers and anyone who may be concerned about a young person who is self-harming  
[www.youtube.com/watch?v=T-7hms54sF8](http://www.youtube.com/watch?v=T-7hms54sF8)

### Group work:

- At one school, the Music Hub has delivered a 10 week course 'building resilience' for young people identified by the school as emotionally vulnerable.
- Right Here at YMCA Downslink have planned and developed a series of peer led emotional health workshops.

### Additional support:

- Children's services and Public Health have jointly commissioned additional primary mental health support in three secondary schools. In addition, they have secured a national pilot to increase links and understanding between schools and CAMHS at the three secondary schools and 7 primaries.
- A think tank event on the impact of social media on young people has been completed and the summary report identifies actions to address emotional wellbeing as a key priority.
- Six innovation fund projects are based in schools.

### You told us

You would like increased access to counselling, talking therapies and mindfulness.

### What we did in the first year

The Wellbeing Service has cleared the historic waiting list that it inherited for talking therapies including mindfulness based CBT; the service is now able to offer initial appointments in line with national standards for access times. It has also adapted the service so there are more appointment slots outside of core hours at a wider range of venues. In addition, the process supporting self-referral has been improved.

Five innovation fund projects involve provision of mindfulness, for carers and for frontline staff.



### **You told us**

**You want to be able to choose treatment and support that complements traditional health services.**

### **What we did in the first year**

Since October 2014 personal health budgets have been offered to all patients in receipt of continuing health care in line with national guidance. To date, eight patients have taken up a personal health budget. Personal health budgets are being extended to people in hostels, people with long term conditions and people supported by the Better Care programme.



### **You told us**

**That sometimes health professionals are better equipped to manage your physical health than your mental health. And sometimes when you are in receipt of mental health services, you feel your physical health is neglected.**

### **What we did in the first year**

We are embedding support for individuals' mental health into physical health services e.g. having mental health nurses in integrated primary care teams that support the

housebound, by incorporating the provision of psychological support into new contracts for physical health services and by providing integrated care through the multi-disciplinary teams under the Better Care programme.

The Sussex Partnership Foundation Trust has developed a physical health strategy which includes greater provision of physical health screening for conditions such as diabetes and hypertension and greater communication with patients' GPs regarding their physical health.

See also 9, above.

### **You told us**

**You prefer to be treated in the community rather than in hospital and you want alternatives to A&E to be available when you experience a crisis in your mental health.**

### **What we did in the first year**

Additional investment has been made in community services.

This funding has been used to:

- Increase the number of care co-ordinators.

- Enhance the Crisis Resolution and Home Treatment Team.
- Expand the capacity and increase the hours of the mental health rapid response service.
- Increase the provision of psychology for people with psychosis.
- Expand the capacity of the Lighthouse Service that supports people with a personality disorder.
- Put in place additional posts to support people when they are discharged from the acute mental health hospital to community services.

### **You told us**

**That leaving hospital after a mental ill health episode is sometimes daunting and frightening and you don't always feel properly supported when you return home.**

### **What we did in the first year**

Two additional nurses have been appointed to the assessment and treatment service and it is their role to support people who are

being discharged from the acute hospital to community based services. Specifically they will be supporting people to make the transition and working closely with patients to support them to remain in community services.

Additional psychology posts in the Crisis Resolution and Home Treatment Team and at Millview hospital are also working with community teams to help patients to be cared for in community settings.

### **You told us**

**Young people need help as soon as a problem is identified and need support within their families.**

### **What we did in the first year**

E-Motion online counselling has been established with YMCA and Impact Initiatives. Through the Transformation Fund, the CCG is able to sustain this service recurrently.

Public Health, Tier 3 CAMHS, Tier 2 CAMHS and voluntary sector have been working together to develop up-to-date information that can be added to websites and clearer, more consistent information to be more readily available for children and young people and parents and families online. This is likely

to be funded and developed through the Transformation Fund.

The CCG re-launched its website and this now includes children's mental health and wellbeing pages. This also involved a re-launch of the current pathway aimed at referrers and users.

The Early Help hub was established in September. It has many functions, but also includes early advice and information to professionals, that ultimately can be passed on to children, young people and families as well as used in their treatment. The team should have evaluation and first data available in 2015. Information packs for children and young people and their families are being made available within each service area.



### **You told us**

**Young people have told us they are worried about the increase in self-harm in the city.**

### **What we did in the first year**

The CCG has commissioned a mental health liaison team within The Royal Alex Children's Hospital (RACH) that will provide support to those who attend and/or are admitted with mental health crises including self-harm, those who need support in discharge and also support to staff at RACH. The aim is for this to include out of hours support. This will be launched in November 2015.

#### **In youth settings:**

- Right Here have developed and delivered a series of four emotional health and

wellbeing workshops across a variety of youth settings.

- There has been increased distribution of self-harm leaflets.

The self-harm working group for the Suicide Prevention Strategy has set priorities for work on reducing self-harming behaviour. In addition to the actions listed above, further priorities are:

- Assess options for the introduction of brief interventions in A&E for adults and children
- Understand the impact of social media on self-harm
- Understand the need and gap in Primary Care knowledge around self-harm through Protected Learning Scheme days and Needs Assessments.
- Explore further use of Safety Plans held by individuals, such as the one used by Grassroots Suicide Prevention.

### **You told us**

**Young people who had accessed CAMHS services said that they would have valued more sessions and that there was the need for greater information about services. They also asked for some changes within services, for example, professional attitudes to young people were at times felt to be patronising.**

### **What we did in the first year**

A whole system review parallel to the JSNA has started and should report in November 2015. Some service improvements may be possible within that year but it is anticipated that most changes will happen in 2016/17 as part of the Transformation Plan. Children and young people have contributed to this review through

the various forums and consultation and engagement events.

National examples of good practice models have been used to inform this work, as referred to in Future in Mind (Department of Health, March 2015). The CCG is developing a local Transformation Plan in accordance with the recommendations in Future in Mind.

The JSNA for children and young people's mental health & wellbeing will also inform the process and children and young people will be able to contribute to this.

Feedback from service users in touch with MIND, AMAZE, the Right Here Project, schools and Healthwatch will inform the JSNA and whole system review, and ensure children and young people's views are taken into account.

## You told us

That the transition from being supported by CAMHS to being supported by services for adults can be difficult to navigate and more support is needed to help young people whist they make this transition.

## What we did in the first year

MIND has reviewed transition as part of their consultation programme with children and young people.

Learning from the SEND review and implementation plan has been incorporated into plans for services up to 25 years old.

As above, the whole system review and JSNA for children and young people's mental health & wellbeing will inform the model or pathway with regards transition stages and transition to adult services.

Feedback from users (MIND, AMAZE, Right Here Project, schools, Healthwatch etc.) will inform any model or pathway developed for transition.

Our plans build on the Transition Policy developed by SPFT CAMHS services and include how this can be improved and implemented with Adult services. They also reflect the national service specification on Transition and whole system review outcomes. The CCG is considering how to commission an all ages Wellbeing Service in 2017 and intends to commission an all ages eating disorder service in 2016.

The Child Sexual Abuse therapeutic service commenced in January 2015 and will need to link to the future development of a complex trauma pathway which will be for people aged 14 years upwards.

We will respond to key recommendations in the Adult Social Care scrutiny report that are relevant to transition, to CAMHS and to children and young people's mental health and wellbeing.



# Action plan for years 2 and 3: Sept 2015 – Sept 2017

1

Aims of the strategy	What we will do from September 2015
<p>Support people to develop their resilience; promote the Five Ways to mental wellbeing.</p>	<p><b>Continue the Mental Wellbeing Innovation Fund:</b></p> <ul style="list-style-type: none"> <li>• Evaluate the 61 first year projects in the spring of 2016 and circulate the summary report.</li> <li>• Launch the second round of funding in October 2015 and confirm awards by Christmas 2015. The theme for 2016 will be promoting social connections and addressing loneliness.</li> </ul> <p><b>Continue to work with local voluntary and community organisations to provide and publicise opportunities for Five Ways activities (Connect, Be active, Keep Learning, Take notice, Give):</b></p> <ul style="list-style-type: none"> <li>• Celebrate mental health calendar events: World Mental Health Day, Time to Talk day and Mental Health Awareness week.</li> <li>• Promote positive mental health especially for vulnerable groups in the city and in more deprived communities, through commissioning by both the Council and CCG.</li> <li>• Increase opportunities for older people to access activities and groups through the Locality Hubs and stay connected with their communities.</li> </ul>

2

<p>Keep mental health and wellbeing high on everyone's agenda including employers and ensure they are best able to support people.</p>	<p><b>Happiness champions:</b></p> <ul style="list-style-type: none"> <li>• Continue to work with this group of leaders in their fields to raise awareness of mental health issues.</li> <li>• Expand the champions' network into different sectors.</li> </ul> <p><b>Time to Change organisational pledges:</b></p> <ul style="list-style-type: none"> <li>• Both the City Council and the CCG will launch their pledges to Time to Change during 2015/16.</li> <li>• Both organisations will implement their action plans during 2016.</li> </ul> <p><b>Workplace mental health:</b> Extend the workplace health offer to more schools and colleges, embedding and expanding work with the Workplace Charter, online assessments and with Health Trainers.</p> <p>The Public Health team plans to commission further training for frontline staff and local organisations on mental health awareness and emotional wellbeing in 2015/16. This training includes mental health at work.</p> <p>Mind in Brighton &amp; Hove have a specific section on their website to support local employers: <a href="http://www.mind.org.uk/workplace">www.mind.org.uk/workplace</a></p>
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Aims of the strategy	What we will do from September 2015
<p>Improve access to information about mental health support.</p>	<p><b>Continue to update and improve current key websites:</b></p> <ul style="list-style-type: none"> <li>• Mind in Brighton &amp; Hove is commissioned to provide comprehensive, up to date information and advice about mental health services and support. This can be accessed in person, on the phone, via email or on their website at: <b><a href="http://www.mindcharity.co.uk/advice-information">www.mindcharity.co.uk/advice-information</a></b>.</li> <li>• The City Council provides information about mental wellbeing support and events at: <b><a href="http://www.brighton-hove.gov.uk/content/health/mental-health-and-wellbeing">www.brighton-hove.gov.uk/content/health/mental-health-and-wellbeing</a></b>.</li> <li>• The CCG provides information about mental wellbeing at: <b><a href="http://www.brightonandhoveccg.nhs.uk/your-health/mental-health-and-wellbeing">www.brightonandhoveccg.nhs.uk/your-health/mental-health-and-wellbeing</a></b> as well as mental health services at: <b><a href="http://www.brightonandhoveccg.nhs.uk/your-local-services/mental-health-services">www.brightonandhoveccg.nhs.uk/your-local-services/mental-health-services</a></b>. Information about support for young people is at: <b><a href="http://www.brightonandhoveccg.nhs.uk/your-local-services/mental-health-services/mental-health-information-young-people">www.brightonandhoveccg.nhs.uk/your-local-services/mental-health-services/mental-health-information-young-people</a></b>. Information about support for parents and carers is at: <b><a href="http://www.brightonandhoveccg.nhs.uk/your-local-services/mental-health-services/mental-health-information-parents-and-carers">www.brightonandhoveccg.nhs.uk/your-local-services/mental-health-services/mental-health-information-parents-and-carers</a></b>.</li> <li>• The My Life webpages provide more information about local services at <b><a href="http://www.mylifebh.org.uk/health-services/mental-health-services/">www.mylifebh.org.uk/health-services/mental-health-services/</a></b>, as well as information about specific conditions including depression, eating disorders and anxiety <b><a href="http://www.mylifebh.org.uk/health-conditions">www.mylifebh.org.uk/health-conditions</a></b>. Information about children and young people’s services is at: <b><a href="http://www.mylifebh.org.uk/health-services/childrens-services">www.mylifebh.org.uk/health-services/childrens-services</a></b>.</li> </ul> <p>Develop more consistent online information for children and young people and families or carers seeking help, advice and support for mental health and wellbeing, and harness opportunities on social and digital media.</p>

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Aims of the strategy	What we will do from September 2015
<p>Make it easier to access mental health services.</p>	<p>Patients supported by the multi-disciplinary teams under the Proactive Care programme will continue to be supported by care coaches who will help them access local services – this will include local mental health services and other services that support people with mental health problems. The pilot sites for community navigators will be extended until March 2016 and will be evaluated over the autumn; a decision will be made about future arrangements from April 2016 onwards.</p> <p>The Brighton and Hove Wellbeing service will continue its programme of supporting people to self-refer into the service and is raising awareness of the service with groups that do not currently access the service. The service is also offering more appointments outside of office hours to enable working patients to access it without the need to take time off work.</p> <p>We will explore how an all ages Wellbeing Service can be developed and further increase access and support to mental health services for children and young people.</p> <p>We will be increasing the availability of mental health services to people in hostels.</p>

Aims of the strategy	What we will do from September 2015
<p>Address gaps in services and build capacity in services.</p>	<p>The CCG will be putting investment into the following services to increase their capacity:</p> <ul style="list-style-type: none"> <li>• The perinatal service which supports women with mental health problems during their pregnancy and after the birth of their child.</li> <li>• The neuro-behavioural service which supports people with autism and adults with ADHD and Tourettes.</li> </ul> <p>In addition the following new services and pathways will be procured and /or developed during 2015/16/17:</p> <ul style="list-style-type: none"> <li>• Bereavement support.</li> <li>• Support for people who have survived complex trauma such as domestic and sexual abuse.</li> <li>• Financial advice for people with mental health problems.</li> <li>• Psychological support for people with medically unexplained symptoms.</li> <li>• Psychological support for people whose needs don't meet the criteria for either primary or secondary mental health services.</li> <li>• Children's mental health liaison service at RACH.</li> <li>• An all ages community eating disorder service.</li> <li>• Crisis support for people with a learning disability.</li> <li>• The Brighton and Hove Wellbeing Service will be delivering psychological therapies to people in hostels.</li> </ul> <p>The new mental health Locally Commissioned Service will support GP practices in delivering a higher quality service to patients with mental health problems.</p> <p>This strategy builds on the Public Health Annual Report, 2014/15, in seeking to address inequalities across the city. Public Health commissions a programme of mental health promotion services in the most deprived areas. Both Public Health and the CCG commission support for particularly vulnerable groups such as young people who identify as lesbian, gay, bisexual or transgender, some BME communities and, recently discharged prisoners. Public Health has issued an invitation to quote for provision of a Men's Shed project in 2016 to support retired or unemployed men in making and mending.</p>

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Aims of the strategy	What we will do from September 2015
<p>Create more joined up services that support individual needs; create stronger links between voluntary and statutory services.</p>	<p>The CCG will establish a new diabetes service which incorporates psychological support.</p> <p>NHS ‘extended’ checks are being offered in the most deprived areas of the city. These include screening for depression and advice about mental wellbeing and how to use the Five Ways to Wellbeing to maintain positive mental health. This pilot will be evaluated and the results will inform the future of the scheme.</p> <p>The Health Trainer team is being expanded during 2015-16. In 2015, training on emotional wellbeing was provided for the existing team. During 2016, further training will be provided for the new staff members.</p> <p>The CCG has identified the need to support and strengthen GP practices across the City and reinforce the holistic family care approach. A programme of work (Locally Commissioned Services or LCS) is underway to support collaborative approaches amongst Practices in order to improve health outcomes (including mental health) for children and young people. This will involve closer working relationships across health, Children’s Services, Schools and Public Health and will be a key part of more integrated working in the future.</p> <p>We will strengthen the pathway between voluntary and statutory services, for example through training sessions, opportunities for networking and improved web-based information.</p> <p>We will explore options for closer integration and joint delivery of services between the IAPT service and the Recovery College.</p>

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<p>Where appropriate commission all ages mental health and wellbeing services, tailored to the individual’s needs and capacity.</p>	<p>As part of the transformation plan for children’s mental health and wellbeing services and the re-commissioning of the adult Improving Access to Psychological Therapies (IAPT) service, we will consider whether there is scope for commissioning an all ages IAPT service.</p> <p>The CCG is currently scoping the development of an all ages eating disorder service.</p>
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Aims of the strategy	What we will do from September 2015
<p>Transform mental health and wellbeing services for children and young people.</p>	<p><b>The principles of the Transformation Plan are as follows:</b></p> <ul style="list-style-type: none"> <li>a) Involve children and young people;</li> <li>b) Foster resilience across the system;</li> <li>c) Prevent deterioration;</li> <li>d) Engage children and young people in their care, including personalisation;</li> <li>e) Reach out to where children and young people are;</li> <li>f) Care for the most vulnerable groups;</li> <li>g) Improve access;</li> <li>h) Intervene early;</li> <li>i) Best start in life;</li> <li>j) Prepare for adulthood;</li> <li>k) Build capacity across the system;</li> <li>l) Collaborative and joint commissioning;</li> <li>m) Physical and mental health issues are addressed equally; and</li> <li>n) Ensure access to services in a crisis especially out of hours.</li> </ul>

Aims of the strategy	What we will do from September 2015
<p>Support other key linked strategies.</p>	<p>Ensure the Happiness Strategy links to and complements other relevant strategies in the City such as the Joint Health and Wellbeing Strategy, Children’s Strategic Commissioning Strategy, multi-agency Dual Diagnosis Strategy, Proactive Care Programme, Public Health Older People’s Programme and investment in communities &amp; neighbourhoods.</p> <p><b>Two strategies of particular relevance are:</b></p> <p><b>1. The Public Health schools programme.</b>            Plans for 2015/16 include:</p> <ul style="list-style-type: none"> <li>• Delivery of training in 90% of secondary schools to equip frontline staff with strategies and interventions when responding to a young person who is self-harming.</li> <li>• Roll-out of the mind-boosting books project to 80% of primary schools.</li> <li>• Evaluation by Sussex University of the Emotional Health Improvement project at three secondary schools will be completed.</li> <li>• Evaluation of a national pilot at 10 schools to improve links between CAMHS and schools will also be completed.</li> <li>• Social media: a local action plan has been developed and will be implemented; targets and indicators will be monitored.</li> </ul> <p><b>2. The suicide and self-harm prevention strategy.</b>            Plans for 2015/16 include:</p> <ul style="list-style-type: none"> <li>• The multi-agency Suicide Prevention Strategy group will be supporting an application for accreditation as a Suicide Safer City, led by Grassroots Suicide Prevention, a local voluntary organisation. This work supports more open conversations about suicidal thoughts, including the Tell Me campaign, and builds on other aspects of local work listed below.</li> <li>• Training for frontline staff in suicide and self-harm prevention, including use of safety plans.</li> <li>• Learning from clinicians’ meetings following a death by suicide; and other learning from local information such as Coroners’ records, including identification of hotspots and clusters.</li> <li>• Improved support at A&amp;E for people who attend following self-harm.</li> <li>• Development of online and paper self-help and signposting resources.</li> <li>• Outreach to men.</li> <li>• Support for World Suicide Prevention Day on 10 September.</li> </ul>