

# Happiness: Brighton & Hove Mental Health and Wellbeing Strategy



**NHS**  
Brighton and Hove  
Clinical Commissioning Group

  
Brighton & Hove  
City Council

# Foreword

We are delighted to present Happiness: Brighton & Hove's Mental Health and Wellbeing Strategy. Mental health is something that touches the lives of everyone and the good news is that there is much that everyone can do to improve happiness for themselves and others.

We know from our survey that many people are already very aware of increasing and maintaining their own good mental health and have a clear understanding of what works for them. However, there is more to be done for some groups and individuals in offering and signposting opportunities to take part in activities or events, or to make lifestyle changes, that will help them improve both health and happiness.

One of the most important things about this strategy is that it takes an all-round approach to looking at this essential area of our lives. It covers what people can do to prevent ill health, to promote happiness and wellbeing as well as medical services that are specifically shaped and commissioned for mental health. We have tried to look in the widest way possible

to bring together resources and ideas and support for improving the happiness of our residents. We have looked to arts and culture, to gardening, to cooking and eating, to sports and walking and everything in between.

We are in a city that can support this approach in many ways; we are fortunate to have landscapes on our doorstep such as the sea and the South Downs that promote feelings of wellbeing just to look at them. We have wonderful architecture and parks and gardens across the city and we know the positive effect that has on us. We are a busy city with many opportunities for volunteering, for taking part in activities, for joining groups and being with others and we want to make the most of all of this.

The strategy will enlist the help of a city-wide network of 12 champions from a range of sectors to raise the profile of the importance to us all of good mental health and to create ripples of activity in their own areas.

The cumulative benefit of the happiness of individuals helps us and our city to thrive.



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

*Paula Murray*



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

*Christa Beesley*

# Introduction

Our mental health and wellbeing are central to our overall quality of life and general health.

This strategy has been developed by the council and Clinical Commissioning Group (CCG) to improve mental health and wellbeing in Brighton & Hove. It has been developed in line with the 'No Health without Mental Health' national strategy, and aims to take a preventative approach by addressing the wider factors that influence mental wellbeing (such as green spaces and employment) as well as ensuring that we have responsive high quality services and support available. It covers all ages from birth to death.

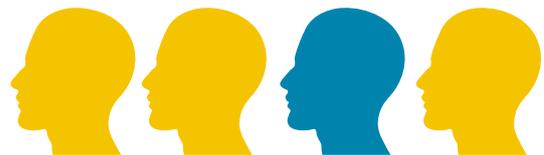
This builds on the Director of Public Health's Annual Report for 2012, The Pursuit of Happiness. This report brings together a range of perspectives, including the results of a local survey, Health Counts. It reinforces the links between people's mental health and wellbeing and their physical health, as well as the interrelationship with deprivation, and it summarises information about the differences in wellbeing amongst various population groups within the city.

## Timescale for the strategy

The strategy will cover three years from 2014 – 2017. It will continue to develop and be monitored during that period. The action plan for Year One (July 2014 to July 2015) will be assessed for completion and impact in the summer of 2015.

The equalities impact assessment that accompanies the strategy will also be re-assessed in the summer of 2015.

## Mental health problems are widespread and common



Every year 1 in 4 adults experiences at least one mental disorder



A walk or outing in Stanmer Park is a great way to lift your mood

# What do we mean by mental health and wellbeing?

The terms we use in this strategy include:

## **Mental wellbeing and mental health**

Mental wellbeing includes both our feelings, such as contentment and enjoyment, and our ability to function well in our lives and to engage with the world. It could be summarised as living in a way that is good for ourselves and for others.

No Health Without Mental Health defines mental wellbeing as “a positive state of mind and body, feeling safe and able to cope, with a sense of connection with people, communities and the wider environment.” Positive mental health is more than the absence of mental illness.

‘Mental wellbeing’ and ‘mental health’ are often used interchangeably, though mental health is more often used in a context where mental illness is being discussed, for example, to describe treatment services.

## **Happiness**

Feelings of joy and pleasure – feelings of happiness, contentment, enjoyment, curiosity and engagement are characteristic of someone who has a positive experience of their life. Meaning and a sense of purposeful engagement are also significant components of happiness.

## **Emotional resilience**

Emotional resilience is the ability to cope with upsetting or difficult life events, to learn from mistakes and bad experiences and then be able to leave them behind. Another description of resilience is ‘doing better than expected in the face of adversity’. Strong emotional resilience doesn’t preclude feeling sad or upset but it does enable us to cope better with the challenges we face. Feeling connected and able to contribute to our community is an important aspect of this.

## **Mental illness or ill health**

Mental illnesses include common conditions such as depression and anxiety as well as schizophrenia and bipolar disorder (which may also sometimes be referred to as severe mental illness).

**Weekly allotment sessions organised by the Carers Centre for Brighton & Hove**

**Life Skills sessions run by local charity Assert give adults with learning disabilities the opportunity to enjoy practising everyday tasks**



Being out in the natural world, growing food or flowers and cooking are all good ways to build mental wellbeing. There are many opportunities to join projects or just enjoy the sea, parks and South Downs.



### Food Partnership

Although essential to our lives, food is about so much more than fuel. The Food Partnership welcomes this mental health and wellbeing strategy that recognises that good nutrition is vital for both physical and mental health. This strategy highlights what the Food Partnership sees every day in our work - that food is also a means to achieving wellbeing, for example in the companionship found on a community allotment, at the shared meal for a cultural celebration and in the pride when someone learns to cook for the first time. We have agreed to be a champion for this strategy and look forward to working with partners on delivery.

**Vic Borrill, Director, Brighton & Hove Food Partnership & Happiness Champion, [www.bhfood.org.uk](http://www.bhfood.org.uk)**



# What we want to do

Improving mental health and wellbeing has been identified as a key priority for the city by Brighton & Hove Health and Wellbeing Board, in its strategy for the council and NHS.

Brighton & Hove has previously had separate local strategies or plans for commissioning adult mental health services, children & young people's mental health services and for mental health promotion; all of these came to an end in 2013/14. The Brighton & Hove Health & Wellbeing Board agreed that a single revised local strategy should be developed that encompasses mental health services but shifts focus to address the wider determinants of mental wellbeing and positive mental health.

Our ambition is to ensure that mental health and wellbeing is integral to everything we do in the city. The overall approach we will take is preventative (to avoid people getting ill in the first place) but we recognise that we also need high quality responsive services to support people when they are unwell.

- We want to move from an illness and treatment model to a holistic approach of promoting wellbeing and resilience.
- We want to make mental health and wellbeing part of everyone's business and tackle stigma about mental ill health.
- We want to engage with the whole person and respond to what people say they need and want.
- We want to improve mental wellbeing and emotional resilience in the city for all residents, but especially those with vulnerability to mental health problems.
- We want local leaders and providers of services to champion mental health and wellbeing.
- We want Brighton & Hove people to see mental health and wellbeing as a two-way street – happier people are healthier people who are able to contribute more to making the city a great place to be.

**Recovery Colleges provide a range of educational courses and resources for people with lived experience of mental health problems. This enables them to become experts in their own self care and to build a new sense of purpose in life.**



## BRING THE HAPPY

Invisible Flock mapped people's happy memories of places in Brighton & Hove at the Onca Gallery, as part of the Brighton Festival in May 2014. They then told the story of the memories, some sad, some happy, as a celebration event – Bring the Happy – with support from the band Hope & Social. The seaside, student parties, babies born at the hospital and family and neighbours were all strong themes. All of the memories collected in Brighton & Hove can be browsed at [www.bringthehappy.co.uk](http://www.bringthehappy.co.uk)



"Art is a way for all of us to explore feelings and emotions. It opens up in our lives the space for reflection and creates an opportunity for conversation about some of our deepest and most fulfilling experiences."

I believe that art and culture has a vital role to play in our individual and collective wellbeing. In art and culture we find explanations for who we are, why we feel the way we do and we are allowed to dream, imagine and work through alternative futures and possibilities. Add to all this the positive benefits of participating – making and doing art, music, dance, theatre – and we have a remarkable way to improve wellbeing, prevent poor mental health and promote engagement, social cohesion and personal fulfilment.

As Chief Executive of Brighton Dome & Brighton Festival and Chair of Brighton & Hove Arts & Creative Industries Commission, I am committed to fostering the connections between health and wellbeing, art and culture, to making sure that our work is aligned to the needs of our city and encouraging as many of our residents as possible to participate in and engage with the work we do.

**Andrew Comben**, Chief Executive, Brighton Dome & Brighton Festival and Happiness Champion

# What we already know

## We know that we can improve mental health and wellbeing

At a personal level, the national strategy recommends the 'Five Ways to Wellbeing'. These are ways that we can all develop our emotional resilience in day-to-day life, in ways that suit our individual circumstances.

These strategies can be built into community initiatives and broader health promoting

programmes, as well as into support and treatment services.

We know that local residents with low self-reported wellbeing scores or high risk of depression scores are at higher risk of poor mental health.



**With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.**



**Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.**

*"I live on my own and experience loneliness. I really like the Brighton Festival and Brighton Pride because these events bring people together."*

*"Keep making the city a nice place to cycle in. Keep improving and expanding public leisure facilities – things like free tennis courts and table tennis tables are a real help. We need really flexible opportunities to do things in passing."*



Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.



Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

"I am a school governor – the sense of achievement and pride I get from this is wonderful, and I'd thoroughly recommend it."

"I enjoy parks and nature, and when depressed did find that helped, plus relaxation."



Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

## **We have significantly high levels of mental ill health as well as low levels of mental wellbeing in Brighton & Hove**

Brighton & Hove residents have higher levels of mental ill health than the average for England, across a range of indicators. A third more people have a diagnosis of severe mental illness and nearly 10% more (aged 18 and over) have a diagnosis of depression recorded by their GP. Twice as many people are admitted to hospital following self-harm and approximately a third more die by suicide. Increasing numbers of children and young people are being referred to Child and Adolescent Mental Health Services and presenting with self-harm at A&E, where rates have doubled over the past few years.

City residents also report lower self-reported wellbeing in the Office for National Statistics annual survey.

- The proportion of people reporting high levels of anxiety the previous day is significantly greater than the national average for 2012/3.
- Slightly higher proportions of people also report a low score for the things they do being worthwhile and how happy they were yesterday, but this difference is not statistically significant.

A wide range of information is available on the risk of poor mental health associated with demographic variables, geographic wards and life circumstances. The national strategy for mental health No Health Without Mental Health lists high risk groups. In addition, the local Health Counts survey gives us rich detail on mental health, physical health and a range of lifestyle factors in Brighton & Hove.

## **We have different levels of mental health and wellbeing across groups**

Brighton & Hove has disproportionate number of people in groups nationally identified as having a higher risk of mental ill health, including:

- Homeless & insecurely housed
- Rough sleepers

- Lesbian, Gay & Bisexual (LGB) people
- Transgender (trans) people
- Vulnerable or looked after children and young people
- Victims of violence including sexual violence
- Older people living alone and socially isolated

Other groups identified nationally as at higher risk include offenders, some Black and Minority Ethnic (BME) groups, military veterans, gypsies & travellers, vulnerable migrants, people approaching the end of life, bereaved people and people with learning disabilities. These groups may also find it harder to access services.

We know from the 2012 Health Counts survey that the following groups have significantly worse self-reported mental wellbeing:

- People with limiting long-term illness or disability
- Single, separated or divorced people
- People who are unemployed and looking for work or unable to work due to caring for home and family
- People who rent from a housing association or local authority

We know from our Safe and Well in secondary schools survey that some groups are more likely to be vulnerable to a range of health risks and issues. Those that self-report poor mental wellbeing are more likely to:

- Be older (in years 9, 10 and 11 at secondary school)
- Be receiving extra help in school
- Identify as LGB or unsure
- Have truanted
- Been bullied
- Have tried alcohol or drugs
- Be current smokers
- Be sexually active
- Be from some specific BME groups

Regular participation in sport and physical activity is a great way to improve mental health and well being. You can take part with friends, enjoy the outdoors, get a sense of achievement from a new skill and get involved with a club – all at the same time as getting physically fit as well!



More people, more active, more often. TAKEPART, the two week Brighton & Hove Sport and Physical Activity Festival is one of the largest celebrations of community sport and physical activity in the country.

- 14 community events providing opportunities to participate
  - 150 sport and physical activity club taster sessions
- There are hundreds of free opportunities for people of all ages and abilities to participate and get active at community events, taster sessions and school competitions. [www.brighton-hove.gov.uk/takepart](http://www.brighton-hove.gov.uk/takepart)



# The scope of the strategy

This strategy focuses on improving resilience and mental wellbeing and preventing mental ill health as well as ensuring that we have responsive high quality services and support available.

## At a personal level

The Five Ways to Wellbeing give us a different way to think about building personal resilience. We want to adopt and embed this approach both strategically and operationally across the city so that it becomes part of everyone's business and everyone's daily life.

We plan to develop creative approaches through partnerships with sectors which have a major impact on happiness and mental wellbeing but where this may not be seen as core business. This includes:

- Local employers, since work can provide opportunities for purposeful engagement with the world.
- Arts & culture providers, who can prompt us to think differently about ourselves and others, as well as providing enjoyable experiences and a sense of community.
- Green and growing projects which can encourage us to feel part of the natural world, and food and cooking projects which can weave together the everyday pleasure of eating, the positive experience of nourishing ourselves and others, the expression of cultural heritage and the pleasure of eating with others into a powerful tool for happiness.

We plan to widen these partnerships as the work of the strategy evolves, and to improve signposting so that everybody is able to identify a range of activities that could help maintain their mental health and wellbeing.

The Five Ways message helps us all to take action to maintain positive mental wellbeing in the same way that we use eating well and being active, for example, to maintain positive physical health. We will use these inclusive approaches to reduce stigma and increase the city's awareness of mental health and wellbeing issues.



**Brighton & Hove charity Assert's monthly walking group is proving a popular diary date with adults with Asperger syndrome and autism.**

**The success and hard work of every student who takes part in Assert's Life Skills Course is celebrated with a confidence-boosting certificate that gives them something to feel very proud of.**



## Woodingdean GP surgery and library

Darren Emilianos, GP and Happiness Champion at Woodingdean Medical Centre said: "I'm very happy to be selected as a Happiness Champion and happy to see that Brighton & Hove promotes mental health as essential to overall health. We need to promote wellbeing while also providing services and support for the serious illnesses that affect people. I hope to learn things that will help when working with our patients, the community of Woodingdean and the whole of Brighton & Hove. I will be looking at ways to include the five ways to wellbeing (Connect, Be active, Take notice, Learn and Give) with our patient participation group and within our co-located Medical Centre and Library.

We are perfectly placed here with our co-location to really put a more preventative and holistic agenda into action - working with the library next door to merge our efforts for the local community. I am also really keen to make sure that the environment of our practice contributes to patient health and wellbeing - thinking about things like the seating arrangements, the use of colour and materials and with the plans we have for using and rotating specially chosen artworks on our walls."

"Every day in my GP consulting room I see the impact that mental wellbeing has on the health outcomes of my patients, and so I am thrilled to have been selected as a Happiness Champion. I am really looking forward to working with the champions network to develop innovative ways to promote positive mental health across our city."

**Becky Jarvis, GP & Clinical Lead for Mental Health at the CCG, and Happiness Champion**

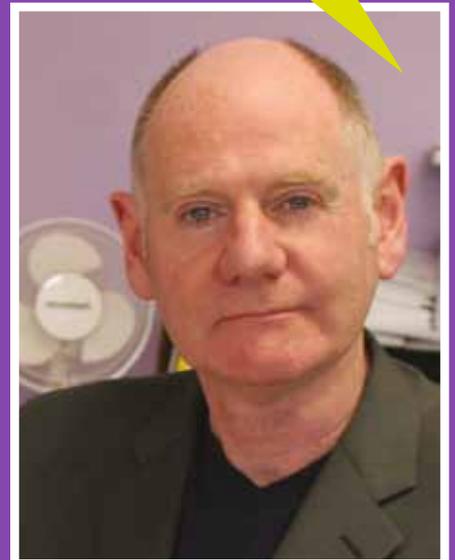


## Workplace and employers

The workplace environment has a significant impact on an individual's health and wellbeing. One in four people experience problems with mental health during the course of their lives, making mental health and well-being an important issue for the workplace. Stress, depression and anxiety are reported as the most common reasons for absence. Looking after staff health and wellbeing doesn't mean large investments – there are free resources, information, training and advice available locally. Good health is good sense for businesses.

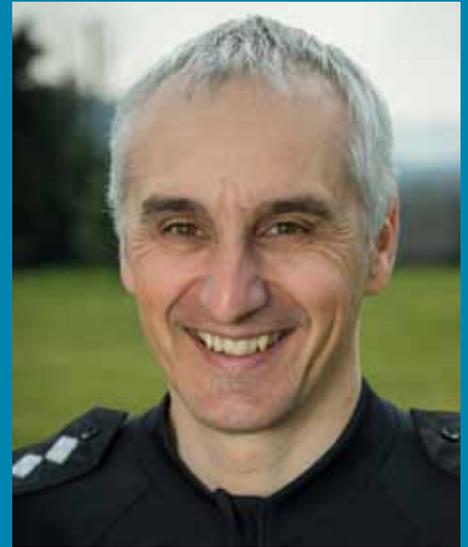
"Increasingly employers are realising that the way to keep their customers happy is to ensure their staff are happy. Good employers also accept that their duty of care for their staff extends to their mental health as well as health & safety in the workplace. I think in Brighton & Hove many businesses extend this even further using the pursuit of economic growth to deliver happiness rather than just profit for the sake of profit."

**Tony Mernagh**, Executive Director of the Brighton & Hove Economic Partnership and Happiness Champion



Workplace sports and physical activity help build mental as well as physical health.

“As the mental health lead for Brighton & Hove police, improving our response to mental health issues in the city is key priority for me and my team. Our research shows that 23% of our work in the city involves mental health. Nearly one third of young people between 13 & 18 who offend have a mental health need and almost half of adult prisoners suffer from anxiety and/or depression compared to 15% of the general population. Sussex Police are working closely with the city council, charities and the NHS to ensure we are doing all can to help. Brighton & Hove is piloting a liaison and diversion scheme, which aims to identify, assess and refer people with mental health, learning disability, substance misuse and social vulnerabilities into treatment or support services when they first come into contact with the police or the criminal justice system.”



**Dave Padwick**, Chief Inspector, Brighton & Hove, Sussex Police and Happiness Champion

### **As a community: the two-way street**

Equally important for wellbeing is our functioning in the communities where we live. Experiencing positive relationships, having some control over one's life and having a sense of purpose are all important attributes of wellbeing. Good quality housing, education, employment, transport and a strong sense of belonging to a place all lay the foundations for mental wellbeing.

Conversely, people whose mental health is good are able to learn better, to contribute more at work and in their leisure time, to make healthier choices about how they live and to help create a vibrant city.

There is a growing body of evidence, reflected in No Health Without Mental Health, that there are strong links between people's physical health and their mental wellbeing. National policy calls for 'parity of esteem' between mental and physical health.

The demographic groups at higher risk are often the subject of discrimination and an insecure sense of belonging to the wider community. Exclusion by virtue of health, education, identity or upbringing needs to be countered to promote positive mental health and wellbeing. Many of these factors are influenced by the NHS and council, and

mental wellbeing should be an integral part of all services provided or commissioned.

Inequalities within the city, including social and economic exclusion, have a major impact on wellbeing – empowerment and support for vulnerable communities is an important building block in improving mental wellbeing for all. The CCG and council already commission psychosocial support for groups that may be at higher risk of mental ill health and will continue to do so. In addition to providing peer support, these services can help people to articulate their problems and provide advice on how to make the best use of services.

### **Through a broad range of services across health, social care and the community and voluntary services**

We want to develop accessible services to promote mental health and wellbeing that are available in a variety of locations and formats. We have started to extend the range of locations in which such support is available to include accessible venues such as GP surgeries, community & voluntary sector organisations including schools. Online services may be particularly helpful for some people.

We want people to be able to get timely support from the most appropriate organisation. We want to help mental health hospitals and treatment services, the voluntary sector and primary care to work together to provide a model of care shaped around the individual needs of a person so that they get the help that they need at the right time and in the best place for them. Training for staff should be provided where needed, to raise confidence in identifying and signposting appropriate options and services.

High quality responsive services are needed to work with individuals with mental ill health, both in hospital and in the community. This includes supporting recovery and developing resilience by working with individuals or groups at risk of developing problems or relapsing into mental ill health. We will continue to provide appropriate accommodation with wrap-around support for people with existing mental health problems.

We want to have holistic services that provide support for an individual's mental and physical health needs together where appropriate, identify and treat physical health problems in people with serious mental illness, and integrate mental health support for people with chronic diseases and complex needs. This should improve health outcomes and quality of life for people with both physical and mental health conditions.

Within services that support people with mental health problems, as with the wider population, our aim is to ensure that there is support available to promote positive mental health and wellbeing and to prevent mental health problems developing in the first place. We also want to work in partnership with patients, service users and carers on how care and support should be delivered and how it can best empower individuals and communities on their journey to recovery. We want those who use services to have an equal voice in decision making about the development of services.

We will promote mental health and wellbeing throughout people's lives. We will ensure that our children's services workforce feels

confident and equipped to support children's wellbeing for example in our schools and youth services. We will promote parenting programmes that enable parents to support their child to develop positive wellbeing and work with early years providers including health visitors at this crucial stage in a child's development. We will work closely with children, young people and families to continue to ensure that all provision is children and young people friendly. Where children and young people need to access mental health services we will continue to work with our providers to ensure timely and appropriate responses and services that children and young people tell us help them.

Similarly, we will work with older people, including the very elderly and those who are housebound, to ensure that services are accessible and age-friendly. Our Better Care plans will aim to design services centred around the individual. Prevention, for those at risk but still well, is essential to keep older people engaged and independent as long as possible.

A comprehensive mental health service is available to the people of Brighton & Hove.

**This includes:**

- 24/7 crisis support
- Short term support for people experiencing common mental health conditions such as anxiety and depression
- Specialist services including an eating disorder service and perinatal mental health service
- Longer term support for people with more serious mental health conditions.

This is complemented by a wide range of support services provided in the voluntary sector.



## SICK! Festival

The SICK! Festival is now in its second year and is a pioneering programme of events, exhibitions, panels and debates that bring together the worlds of medicine, of arts, of academia and research, and patients in a powerful blend. It is a really good example of work that aims to challenge stigma by exploring issues in a very public and crafted way. Audience reactions have been tremendous and the Festival is clearly making an impact, raising the profile of issues around mental health, amongst other things, creating conversations and debate and bringing organisations and individuals together to share and explore challenges and solutions. It is supported by the Arts Council England, The Wellcome Trust, public health and the city council.

"The past two SICK! Festivals have demonstrated how effective the arts can be in addressing issues around mental health. People have been incredibly enthusiastic and engaged with the festival. Many of these are people who have experienced mental illness first hand, either on a personal level or professionally. SICK! Festival provides an opportunity for people to explore different perspectives, share discussion and reflect on their own experiences."

**Helen Medland, Artistic Director, The Basement**



## Links to other current strategies

The action plan in this strategy reflects the views we heard as part of the consultation to develop this strategy and describes how we intended to respond to the recommendations that were made. We recognise that there are a wide range of existing NHS and council strategies that are also addressing issues around mental health and wellbeing (for example, the Primary Care Strategy, the Brighton & Hove Dementia Plan, Dual Diagnosis Plan, the Brighton & Hove Better Care Plan, the Suicide Prevention Strategy and the Response to the Winterbourne Review). Other relevant programmes of work include the Age Friendly City Programme, the Alcohol Action Plan, the Drugs Action Plan and the Public Health Schools Programme. Where relevant we have highlighted initiatives being picked up under other strategies in the action plan.

National strategies and initiatives also need to be considered, including voluntary sector projects such as the Mental Health Challenge for local authorities. We will monitor local progress with the national Implementation Framework for No Health Without Mental Health. From September 2014, the Children and Families Act extends the age range of young people eligible for the new statutory Education, Health and Care Plans (EHCPs) from 0-25 years. Eligible young people include those with serious social, emotional and mental health difficulties as set out in the new Code of Practice.

In this changing landscape, the action plan needs to be dynamic and flexible. We will update it regularly and there will be opportunities in the lifetime of the strategy to reflect changes in policy and practice.

The challenge for the CCG and the council is to continue to ensure that mental health and wellbeing issues are embedded in the development of new strategies and that thinking about mental health and wellbeing becomes a core strand of all aspects of business.

**The newly redesigned Level: the creation of well-planned public spaces that give us places that people want to use; where they will mix, feel safe and want to be is a really important element of contributing to happiness, mental health and wellbeing.**



**Healthwalks are a great way to get fitter, meet people and enjoy being out of doors in the natural world. Find out more at: [www.brighton-hove.gov.uk/healthwalks](http://www.brighton-hove.gov.uk/healthwalks)**



# What we have been told

We asked local people for their views on how to improve mental wellbeing in the city. Two neighbourhood meetings (Portslade and Woodingdean), one public meeting in partnership with Healthwatch, two meetings for service providers and 21 focus groups were held between February and April 2014.

## The focus or consultation groups were:

1. Bereaved recently, via Impetus, Age UK, Martletts Hospice & other organisations
2. Black and minority ethnic people, BMECP
3. BME women's group, Hangleton & Knoll
4. Black and minority ethnic young people, BMECYP
5. Brighton Housing Trust drop-in clients
6. Carers, The Carers Centre
7. Children & young people, YMCA Downs Link Group
8. General practice – local member group
9. Gypsies & travellers, Friends, Families & Travellers
10. Lesbian, gay, bisexual and trans people, LGBT HIP
11. New mothers, Mothers Uncovered
12. Older people, Age UK
13. Parents of children with disabilities or special needs, Amaze

14. People with disabilities, The Fed
15. Deaf & hard of hearing people, Our Space and The Fed
16. People with learning disabilities, Speak Out
17. People with lived experience of mental health problems, Mind
18. University of Brighton students, Student Services
19. Voluntary organisations via Community Works health & wellbeing network
20. Women at risk of domestic violence, Rise
21. Young people, Right Here Brighton & Hove (a YMCA Downs Link Group project)

An online survey was completed by 835 people.

The action plan that follows is based on a summary of these recommendations. The summary was compiled by Community Works and the Trust for Developing Communities, who also facilitated half of the focus groups.

The action plan does not aim to respond to the needs of each of the vulnerable groups separately; these needs will be addressed within wider plans such as the innovation fund and the review of gaps in services.

## Mental health problems develop at a young age



One in five children have mental health problems in any given year

## First experience of mental health problems in those suffering lifetime mental health problems



# What we are going to do: Action Plan

1

You told us	You asked us to	We will	In the first year, we will
<p>The Five Ways work well and are effective for you.</p> <p>Positive relationships and social interactions with family &amp; friends are the most important for you.</p> <p>Physical activity in all its forms is the next most important in supporting personal mental wellbeing. Group, social and learning activities, as well as volunteering, are also important to you.</p> <p>For young people, being active is the most important way of feeling better; connecting with others and learning are also important.</p>	<p>Provide more information about opportunities for practising the Five Ways. In particular, you want more information about opportunities to enjoy parks, gardens or the natural world; opportunities to learn new skills or about local courses; mindfulness or relaxation techniques; and cultural events and local attractions.</p>	<p>Continue to provide information online and in other formats.</p> <p>Help people to identify newer resources such as apps that may be helpful, via our information &amp; advice services.</p>	<p>Design, launch and promote a mental wellbeing web section, including Five Ways pages to signpost local opportunities and activities and links to local services and information.</p>

2

<p>You want opportunities to build your own mental wellbeing. You feel that sometimes it is easier to access services that are targeted at people like you.</p>	<p>Continue to fund and support voluntary organisations to run services that promote mental health and wellbeing.</p> <p>Provide low cost taster sessions for a range of activities to enable people to try them.</p>	<p>Fund innovative schemes to promote mental health and wellbeing in the city, including access to green, growing &amp; cooking projects; workplace schemes; and physical activity and cultural opportunities. These schemes should include low cost taster opportunities. Matched funding could build on investment in these approaches for the city.</p>	<p>Set up an innovation fund for small scale initiatives, invite applications, award grants and ensure evaluations will assess impact.</p>
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3

You told us	You asked us to	We will	In the first year, we will
<p>You want to keep mental health and wellbeing high on everyone's agenda.</p>	<p>Promote city-wide awareness and action to support positive mental health and wellbeing.</p>	<p>Set up a network of local champions from a range of sectors including health, arts, leisure and local employers.</p> <p>Work with networks of local health promoters and community groups to extend positive mental wellbeing messages.</p>	<p>Set up the Champions' Network and hold at least two meetings. The network will support innovative outreach with local partners in arts and leisure, with employers and other key sectors. Individual champions will keep mental wellbeing on the radar of colleagues in their sector and will play a significant role in keeping the conversation going.</p> <p>Provide training to reinforce the expertise of health trainers in mental health promotion.</p>

4

<p>That it is really important for employers to take the mental health and wellbeing of their staff seriously.</p>	<p>Raise awareness of mental health and wellbeing with employers.</p> <p>Support school staff's mental health and wellbeing.</p>	<p>Lead by example as employers.</p> <p>Implement the Public Health Schools Programme which includes a focus on improving school staff's emotional health and wellbeing, in partnership with community CAMHS, the Educational Psychology team, Right Here, the Standards &amp; Achievement team and the school nursing team.</p>	<p>Lead by example as employers.</p> <p>Develop further ways of supporting staff employed by the CCG and City Council, for example by signing up for Time to Change.</p> <p>Appoint a business leader to the Champions Network to raise awareness of mental health and wellbeing with local employers. Provide school-based health checks and increase the uptake of the workforce charter across primary, secondary and special schools.</p>
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5

You told us	You asked us to	We will	In the first year, we will
<p>You feel there is still stigma attached to mental health issues.</p>	<p>Run a city-wide public education and awareness campaign.</p>	<p>Support national and international calendar events, in ways that include us all in looking after our mental health.</p> <p>Promote the Five Ways message that we can all look after our mental wellbeing.</p>	<p>Develop a communications strategy that will include a programme of positive communications about mental health and wellbeing.</p> <p>Support celebration of World Mental Health Day 2014 and other national calendar events.</p>
<p>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.</p>	<p>Ensure information is accessible.</p>	<p>Review the existing advice and information arrangements to ensure they are fully accessible.</p> <p>Expand the translation and interpreter service for the NHS so that it is able to offer telephone support.</p> <p>Develop as an Age Friendly City, ensuring that activities are accessible and appropriate for older people.</p> <p>Work with libraries, pharmacies and other community organisations to promote information about mental wellbeing.</p>	<p>Run a communications campaign to highlight services available, and raise awareness of alternative opportunities for support.</p> <p>Involve older people in discussions about service provision, for example transport and housing.</p> <p>Explore provision of opportunities accessible to older people through 'activity hubs'.</p>

6

7

You told us	You asked us to	We will	In the first year, we will
<p>You see the link between financial stability and mental wellbeing and feel it is important that more people can access financial and benefits advice.</p>	<p>Ensure that benefits advice is available at a range of accessible venues across the city.</p>	<p>Improve signposting to benefits or financial advice.</p>	<p>Provide information, for example to GP surgeries, about financial support services and how to advise individuals.</p> <p>Launch the new Brighton &amp; Hove MoneyWorks service in September 2014 providing money advice and education.</p>

8

<p>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.</p> <p>You want GPs to be able to offer non-medical treatment options.</p>	<p>Provide more information to GPs and for patients visiting practices about the range of support options for mental health and wellbeing.</p>	<p>Build on existing available websites to ensure information relevant to mental health and wellbeing is included, and that GPs are able to identify a wide range of support options.</p> <p>Improve the information available to GPs about alternatives to medical options and make this available to other health professionals as well.</p>	<p>Test out and evaluate social prescribing in general practice, working jointly with Better Care and with the Extended Primary Integrated Care project.</p> <p>Review existing web based information tools (for example It's Local, Actually and the MIND website) and work with practices to agree how best to support them to promote alternatives to medical treatment options.</p> <p>Explore options for extending NHS checks to include mental health and wellbeing.</p>
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You told us	You asked us to	We will	In the first year, we will
<p>You access services from the voluntary sector as well as the NHS: sometimes it feels like these services do not talk to each other and lack awareness about each other.</p>	<p>You want a more joined-up approach between health, social care and voluntary services.</p>	<p>Work towards developing more integrated services using the Better Care Fund to pilot the delivery of more integrated services. There are two elements to this: an integrated homeless service and an integrated service for frail people in the city. The service for frail people (Phase One) will be implemented in the second part of 2014/15 in two areas of the city.</p> <p>At the heart of the model is the multi-disciplinary team working together, learning about each other's roles and services and finding ways of sharing information safely that reduces users having to repeat things as well as important information being lost. The voluntary sector will be a key member of the integrated team, will bring new and additional resources to reduce the risk of deterioration, and will work on prevention proactively as well as supporting people in crisis.</p> <p>Other examples of collaboration between the voluntary sector and NHS include Recovery colleges and pathways such as those for Eating Disorders and Personality Disorder. We will continue to ensure psychological support becomes an integral part of care.</p> <p>We will work with providers to improve signposting across organisations and use innovative approaches such as social media and digital technology to improve information sharing.</p>	<p>Test our integrated model, including voluntary sector support, evaluate it and plan for full city roll-out in 2015/16. Put in place new contracts for dermatology and musculoskeletal services that incorporate the provision of psychological support as part of the care package available. Work with community nursing and therapy teams (integrated primary care teams) to explore ways in which they could be better equipped to identify and treat mental health problems at the earliest stage possible.</p> <p>Deliver integrated care for those with a dual diagnosis of mental illness and drug or alcohol problems.</p> <p>Re-assess progress on the implementation framework for No Health Without Mental Health.</p>

10

You told us	You asked us to	We will	In the first year, we will
<p>You value services which support you as a whole person, responding to your specific needs.</p>	<p>Commission services that support mental wellbeing for specific groups and needs.</p>	<p>Identify gaps in services for specific groups or particular life stresses.</p> <p>Continue to commission services to support groups who may experience complex stigma relating to mental ill health as well as other aspects of personal identity.</p> <p>Offer targeted work to young people with particular needs, including those who are not attending school, are young carers or are bereaved.</p> <p>Ensure that universal services are accessible and appropriate for all.</p>	<p>Identify gaps in support for vulnerable groups and invest in further services if needed.</p>

11

<p>You would like us to ensure there is training available for frontline staff across health, social care and the community and voluntary sector.</p> <p>This training should raise awareness of mental health issues and enable professionals to treat you with more dignity and respect.</p>	<p>Develop training appropriate to all sectors.</p>	<p>Commission training on mental health and wellbeing awareness for frontline staff, including primary care.</p> <p>Offer training on emotional health and wellbeing to the children and young people's workforce.</p> <p>Continue to support dignity champions in social care services.</p>	<p>Provide training within the current Brighton &amp; Hove council contract with Grassroots Training.</p> <p>Assess the impact of training on self-harm for nurses and junior doctors working in A&amp;E.</p>
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You told us	You asked us to	We will	In the first year, we will
<p>Schools and colleges have expressed concern about the mental wellbeing of children and young people.</p> <p>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.</p> <p>There has been a reduction in support directly available on school sites for young people.</p> <p>There are young people presenting with anxiety problems, sleeplessness, exam stress, anger management, self-harm, behavioural problems and peer bullying.</p> <p>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.</p>	<p>Schools and colleges asked for help to feel more confident in supporting young people with mental wellbeing issues and greater clarity about how to access advice to do so.</p> <p>Schools and colleges have asked for direct support on site from practitioners able to provide ‘change support within a solution-focussed approach’.</p> <p>You asked us to provide health promotion to parents, which in turn will contribute to children and young people’s emotional health and wellbeing.</p>	<p>Use the public health schools programme to support schools to embed mindfulness, mentoring and support in their culture.</p> <p>Support schools to ensure emotional health is a key part of the PHSE curriculum.</p> <p>Develop toolkits with schools and colleges to help them promote wellbeing and to feel confident in supporting young people who express themselves through self-harm and/or have mental health issues. As part of the Public Health Schools Programme provide initiatives to promote the health and wellbeing of school staff and health promotion events for parents.</p> <p>Work in partnership with schools to increase the availability of on-site Tier 2 support directly to young people, through jointly commissioning services.</p>	<p>Use the public health schools programme to:</p> <p>Develop and deliver training to school pastoral staff to raise awareness of pupils’ health and wellbeing issues, including the Five Ways.</p> <p>Provide advice to schools in the development of interventions to promote physical and emotional wellbeing, including exploring the use of the arts and music to promote wellbeing. Work with school nurses to promote pupils’ emotional wellbeing.</p> <p>Work with Child and Adolescent Mental Health Services (CAMHS) and other partners in the development of a package of evidence based tools and resources.</p> <p>Develop a programme of workplace health for schools and health promotion events for parents at school fetes/ fairs and parents’ evenings.</p> <p>Develop a joint ‘offer for secondary schools’ to:</p> <ul style="list-style-type: none"> <li>• Provide on-site access to mental health and wellbeing interventions</li> <li>• Increase the skills of the school workforce</li> </ul>

12

You told us	You asked us to	We will	In the first year, we will
			<ul style="list-style-type: none"> <li>• Increase supervision related to trauma for frontline staff</li> <li>• Increase access to online counselling for students</li> </ul> <p>This will be achieved through joint commissioning and will be piloted initially.</p>

13

<p>You would like increased access to counselling, talking therapies and mindfulness.</p>	<p>Provide more mindfulness and reduce waiting times for talking therapies.</p>	<p>Continue to promote the services that are already commissioned by the CCG, including the services provided by the voluntary sector.</p>	<p>Reduce waiting times for talking therapies; Further promote the support options available within the Wellbeing service, including mindfulness based CBT; Make it easier to self-refer; Ensure the service increases accessibility, for example through provision in venues and at times of day that are more convenient for patients.</p> <p>The innovation fund will include criteria about the provision of stress management and relaxation techniques.</p>
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14

<p>You want to be able to choose treatment and support that complements traditional health services.</p>	<p>Promote personal budgets, information and advice, and other services that enable choice.</p>	<p>Implement personal health budgets and support people to make informed choices.</p> <p>Ensure that good quality information and advice is available to patients and to healthcare professionals.</p>	<p>Ensure that all patients meeting NHS Continuing Healthcare eligibility criteria have the opportunity to be offered and/or receive a personal health budget. We will explore opportunities for extending the criteria from 2015 to include other people who would benefit from a personal healthcare budget.</p>
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15

You told us	You asked us to	We will	In the first year, we will
That sometimes health professionals are better equipped to manage your physical health than your mental health. And conversely sometimes when you are in receipt of mental health services, you feel your physical health is neglected.	You want your mental health and physical health to be treated with the same degree of importance. If you have both physical and mental health needs you want your care to be more joined up.	We will address this by embedding the management for physical health in mental health services.  We will use the Better Care Fund to pilot the delivery of more integrated services, addressing both physical and mental health needs holistically. (See action point 9 above)	Continue to work with Sussex Partnership NHS Foundation Trust (SPFT) to embed their physical health strategy across the Trust – this includes increasing the amount of health screening and lifestyle advice provided within SPFT services.

16

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.	You want more community based treatment options to be available and for crisis services to be more accessible.	We will invest additional resources in community based services and make the urgent care pathway easier to access.	Set up a programme of work to identify gaps in community based recovery and treatment services and invest in additional capacity and make changes to services where appropriate.
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17

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.	You want better planning for your return home following a spell in hospital.	Work with providers to improve the discharge process.  Support people with mental ill health in maintaining their tenancy agreements and with floating mental health support to prevent relapse and readmission to hospital.	Review the discharge planning pathways from acute mental health services.
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18

You told us	You asked us to	We will	In the first year, we will
<p>Young people need help as soon as a problem is identified and need support within their families.</p>	<p>Streamline processes so you know where to go for what services and so that information does not have to be given repeatedly.</p>	<p>Facilitate early access to help using innovative approaches such as online counselling.</p> <p>Include emotional health in the offer from the Early help Hub, the single access point to early help service across the city. Support the development of a family focussed assessment and response so that the needs of a child are understood in the context of their family.</p> <p>Offer parenting programmes (triple P) to support children’s emotional wellbeing. Ensure support for parent carers and families living with mental ill health.</p>	<p>Develop an early help pathway and single access point from the Early Help Hub.</p> <p>Include services for children with mental health issues in the City Council Carers Strategy group.</p>

19

<p>Young people have told us they are worried about the increase in self-harm in the city.</p>	<p>To provide support directly to schools. To provide support for families to manage self-harm effectively.</p> <p>To ensure that young people are aware of the support services available.</p>	<p>Work with youth providers to ensure that a range of accessible and low cost activities are offered to promote mental wellbeing eg mood and food, anger management, walk and talk.</p> <p>Our specialist mental health practitioners will be available for advice and consultation to children’ services, parent carers and children and young people themselves.</p>	<p>To work with schools and youth settings to:</p> <ul style="list-style-type: none"> <li>• Develop a city-wide schools response protocol and increase consistency in self-harm policies.</li> <li>• Design and implement a training package with specific approaches for professionals and parents.</li> <li>• Increase the distribution of the self-harm leaflet.</li> <li>• Ensure peer-led self-harm workshops are available as part of the Chances of Change funding.</li> </ul>
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20

You told us	You asked us to	We will	In the first year, we will
<p>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 but also some changes needed within services eg with professional attitudes to young people at times felt to be patronising.</p>		<p>Work closely with children and young people and their families to ensure that all service provision is children and young people friendly, and that all services are accessible and appropriate.</p>	<p>Carry out a service review and develop a plan to improve services, exploring a local approach to commissioning person-centred models for young people.</p>

21

<p>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.</p>	<p>Review provision for young people aged 14 – 25 whose needs may not be met by either children’s or adult services; this is a peak age for emerging mental ill health and support at this time is important for improving longer term outcomes</p>	<p>Look at commissioning person-centred models for young people aged 14-25, based on national best practice, including enhancing peer support, and removing any ‘cliff edge’ experiences at age 18.</p> <p>Work with GPs to enhance their knowledge, understanding and skills in engaging with young people making best use of locally developed resources.</p> <p>Develop specialist pathways for young people who have need of them (eg those who have experienced child sexual abuse, may have an autistic spectrum condition or eating disorder, are Looked After). We will ensure that these pathways match national guidance and are well understood.</p>	<p>Review existing provision for young people and develop proposals for models of care across the transition point to improve accessibility and help improve the outcomes of care.</p>
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## Contact details for local resources and services

There are lots of local resources that can support you if you need help with your mental health and wellbeing.

To find out more about local services that provide support, go to [www.mindcharity.co.uk/advice-information/](http://www.mindcharity.co.uk/advice-information/)

For information about local activities and services that can help you look after your wellbeing, go to [www.thefedonline.org.uk/services/out-and-about/its-local-actually](http://www.thefedonline.org.uk/services/out-and-about/its-local-actually)

If you or someone you care for is experiencing a mental health crisis, you can call:

- Brighton Urgent Response Service on **01273 242220**, open 24 hours a day, seven days a week
- NHS on **111**
- The Samaritans on **01273 772277** or their national helpline on **08457 909090**
- The Sussex Mental Health Line on **0300 5000 101**

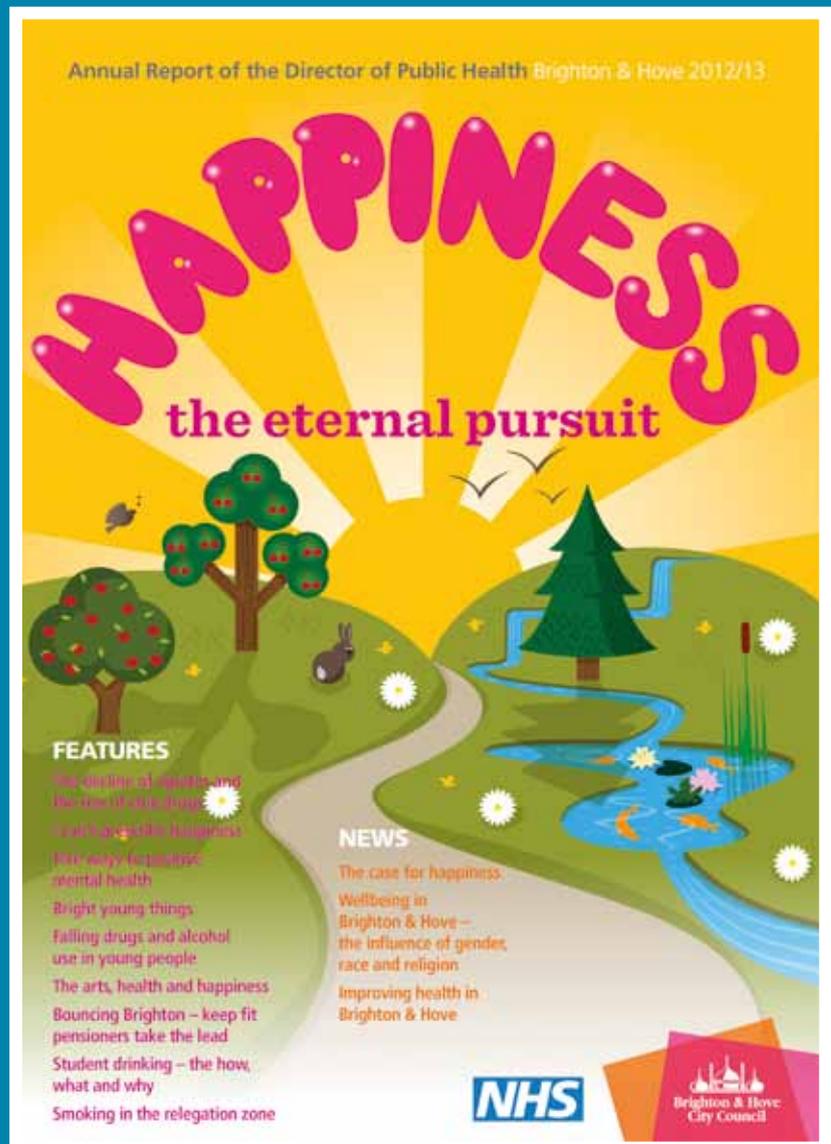
## HAPPINESS

“A considerable body of evidence, collated by no less than the Harvard School of Public Health, has detailed how the biological ‘wear and tear’ of negative emotions harms the body, causing higher rates of stroke, heart disease, diabetes, mental illness and premature mortality. By contrast, optimism, a positive mood and higher rates of community trust are all associated with lower rates of stroke, heart disease, diabetes and mental illness and better lifestyle choices, which in turn foster a virtuous circle. We can all help create these conditions of optimism, positive mood and community trust.

This Mental Health and Wellbeing Strategy sets out – for the first time – our plans to promote emotional and social wellbeing. It is a great step forward. I am looking forward to the day when improving mental health and wellbeing is an explicit part of all our work on housing, educational, transport, urban planning and green spaces and the Arts and Culture. This Strategy is a definite step in the right direction.”



**Dr Tom Scanlon**  
Director of Public Health and Happiness Champion



[www.brighton-hove.gov.uk/mental-wellbeing](http://www.brighton-hove.gov.uk/mental-wellbeing)

August 2014