

<p>Non-Executive Report of the:</p> <p>Health and Wellbeing Board</p> <p>16 April 2024</p>	
<p>Report of: Director of Public Health</p>	<p>Classification: Unrestricted</p>
<p>Report Title: Draft Mental Health Prevention Action Plan</p>	

Originating Officer(s)	Angela Burns, Public Health Programme Manager (Healthy Young Adults), LBTH Public Health
Wards affected	All wards

Executive Summary

Tower Hamlets Partnership Executive Group (PEG) has set a priority within its 2023-2028 Partnership Plan to become a signatory to the Mental Health Prevention Concordat and to develop an action plan to deliver mental health prevention and promotion for at least twelve months.

Signing up to the Mental Health Prevention Concordat requires PEG to establish an Action Plan around five domains (see below), with named leads for each action, and agreeing to the [consensus statement](#). The five domains for the Action Plan are:

- Effective use of data and intelligence
- Partnership and alignment
- Leadership
- Taking action and addressing inequalities
- Defining success outcomes

This briefing and accompanying report is about Tower Hamlets' Draft Mental Health Prevention Action Plan for 2024-2026, which Public Health are supporting PEG to develop. PEG will discuss the application at their next meeting, agree leads for actions, and will submit as part of the application process for the Prevention Concordat to DHSC at the end of May 2024.

Recommendations

The Health and Wellbeing Board is recommended to:

1. Agree that the sign off of the action plan will be by a named representative of the Tower Hamlets PEG

2. Support delivery of the proposed action plan in their respective organisations as action leads – Identify senior leaders to be named as leads on actions within the Mental Health Prevention Action Plan.
3. Review progress on the action plan on an annual basis (2024/2025 and 2025/2026)

Health and Wellbeing Strategy:

The Health and Wellbeing Strategy is grounded upon 6 principles that matter most to residents of Tower Hamlets. Detail how this report relates to these principles:

1. Resources to support health and wellbeing should go to those who most need it

The proposed Mental Health Prevention Action Plan has actions dedicated to identifying how to allocate resources to populations with the greatest need, by developing needs assessments using health intelligence and community insight.

2. Feeling connected and included is a foundation of wellbeing and the importance of this should be built into services and programme

The proposed Mental Health Prevention Action Plan is focused on addressing key determinants of mental health and wellbeing, including connection and inclusion. There are multiple actions in the plan that relate to social connection, community-centred approaches and social inclusion.

3. Being treated equally, respectfully and without discrimination should be the norm when using services

The proposed Mental Health Prevention Action Plan has a dedicated section focused on actions to address mental health inequalities experienced by disadvantaged or marginalised groups in the borough.

4. Health and wellbeing information and advice should be clear, simple, and produced with those who will benefit from them

The proposed Mental Health Prevention Action Plan highlights different ways that information and advice about mental health will be communicated to different audiences across the borough and how this can be enhanced through collaboration with residents.

5. People should feel that they have equal power in shaping and designing services and programme that impact on their health and wellbeing

The proposed Mental Health Prevention Action Plan has actions that involve increasing the power of residents and voluntary and community sector organisations.

6. We should all be working together to make the best use of the assets we already have that support people's health and wellbeing.

The proposed Mental Health Prevention Action Plan has actions that will result in improved knowledge and use of local community assets and current services, such as asset mapping, needs assessments, and collaboration between and within sectors.



1. REASONS FOR THE DECISIONS

- 1.1. Tower Hamlets has high levels of mental health need, and preventing mental ill-health is everyone's business. This means the TH Partnership is well-placed to establish a joined-up approach to Prevention.
- 1.2. The proposed MH Concordat application, and associated Action Plan, is a helpful initiative for establishing a joined-up approach to mental health prevention across the Partnership. The actions have been developed with PEG during a workshop held in February 2024.

2. ALTERNATIVE OPTIONS

- 2.1. The Health and Wellbeing Board could choose not to agree that the Concordat is approved by the PEG Chair; or could choose not to support PEG's application to the MH Concordat. This would miss an opportunity for

3. DETAILS OF THE REPORT

- 3.1. Mental health promotion aims to improve positive mental health and wellbeing across the population by addressing structural barriers, strengthening communities and individuals, and improving the quality of the physical environment.
- 3.2. The [Prevention Concordat for Better Mental Health](#) is a national initiative organised by Department of Health and Social Care that promotes evidence-based planning and commissioning for mental health prevention and promotion among local authorities, integrated care systems, voluntary and community sector organisations, educational settings, employers and emergency services. Hundreds of these organisations have signed on to the Prevention Concordat, agreeing to the [consensus statement](#) and [submitting a pledged action plan](#) for a minimum of twelve months with actions that
- 3.3. Tower Hamlets has high mental health needs and demand for support and services. There are over 50,000 adults with a diagnosed common mental illness, nearly 5,000 adults with severe mental illnesses, and increasing numbers of children and young people needing support from specialist mental health services. There are also a wide array of risk factors for poor mental health that residents of Tower Hamlets are commonly exposed to such as poverty, violence, discrimination, and social exclusion.
- 3.4. In the Tower Hamlets Partnership Plan for 2023-2028, the Partnership has committed to promoting good mental health for people of all age, including an

action to 'become a signatory to the Prevention Concordat for Better Mental Health'. In February 2024, LBTH Public Health organised a workshop with PEG members to identify existing activities and propose further commitments that would contribute to a borough-wide action plan.

3.5. LBTH Public Health is engaging with partners working across the borough to develop the draft action plan component of the application form (pages 6-13 of Appendix 1), with sections relating to the following domains:

- Effective use of data and intelligence
- Partnership and alignment
- Leadership
- Taking action and addressing inequalities
- Defining success outcomes

The draft Mental Health Prevention Plan for 2024-2026 includes existing commitments of organisations in Tower Hamlets and new shared commitments to be taken forward by all PEG members (e.g., alignment of organisational mental health strategies; improving working conditions and support for staff; increasing learning and knowledge sharing about mental health topics among professionals).

3.6. The PEG will review and sign off the application form (Appendix 1 page 14) at their next meeting in May 2024 and LBTH Public Health will submit the application to DHSC by the end of May 2024. Following review and acceptance by DHSC, LBTH Public Health will work together with PEG members, the Mental Health Partnership Board and additional groups and individuals to implement the action plan. Action plan reports will be developed on an annual basis for PEG, the HWBB and DHSC.

4. EQUALITIES IMPLICATIONS

4.1. The Prevention Concordat framework includes a specific domain on addressing mental health inequalities through planned actions. The draft Tower Hamlets plan includes a list of actions to address mental health inequalities experienced by disadvantaged groups from 2024-26 including different ethnicities, gender and sexual identities, religions, abilities and ages.

5. OTHER STATUTORY IMPLICATIONS

5.1. The Care Act 2014 sets out duties of local authorities to promote individual wellbeing and preventative approaches; implementation of this action plan will support both of these duties.

Linked Reports, Appendices and Background Documents

Appendices

- Appendix 1: Tower Hamlets' application to the Prevention Concordat for Better Mental Health

Local Government Act, 1972 Section 100D (As amended)

List of "Background Papers" used in the preparation of this report

List any background documents not already in the public domain including officer contact information.

- None.

Officer contact details for documents:

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