

Health and Wellbeing Board Tuesday 17 th November 2015	
Report of the London Borough of Tower Hamlets	Classification: Unrestricted
Update on the Mental Health Challenge	

Lead Officer	Luke Addams Director of Adult Services
Contact Officers	Carrie Kilpatrick, Deputy Director of Mental health and Joint Commissioning and Jamal Uddin Strategy and Policy Officer
Executive Key Decision?	No

Summary

The Mental Health Challenge is a set of 11 pledges that Local Authorities are asked to commit to in recognition of their role in implementing effective mental health strategy to improve the mental wellbeing of their communities. The Challenge is laid down in recognition of a variable approach nationally and is put forward by 7 leading mental health charities.

A motion to adopt the challenge was presented to Cabinet by Cllr Whitelock Gibbs in October of this year, and was duly agreed.

This report provides an overview of how well the Council and its partners are doing in meeting the 12 pledges of the Challenge, and makes a number of recommendations as to how the Health and Well Being Board and its partners can work together to further embed its principles.

In addition the paper draws particular attention to the Time to Change Pledge commitment and highlights the support all partners of the HWWB can make in taking their time to change commitment to the next stage.

Recommendations:

The Health & Wellbeing Board is recommended to:

1. Endorse the progress made to date in implementing the key pledges.
2. Commit as individual HWBB member organisations to adopt/sign the Time to Change Pledge.
3. Support the 'Time to Change Employers Forum' by nominating a key lead from each HWBB member organisation to attend the forum.

1. REASONS FOR THE DECISIONS

- 1.1 The report is provided as an update to the recently adopted Mental Health Challenge motion, endorsed by Cabinet in October of this year.

2. ALTERNATIVE OPTIONS

- 2.1 The report is an update on progress against the accepted motion.

3. DETAILS OF REPORT

- 3.1 The Mental Health Challenge is a set of 11 pledges that Local Authorities are asked to commit to in recognition of their key role in implementing effective mental health strategy. The Challenge is laid down in recognition of the variable approach nationally and is put forward by 7 leading mental health charities. The Mental Health Challenge, further raises the profile of mental health and its impact on our communities and supports the Councils aspiration to deliver parity of esteem and the Time to Change Pledge.

- 3.2 The 11 pledges that form the Mental Health Challenge are:

- Appoint an elected member as 'mental health champion' across the Council
- Identify a 'lead officer' for mental health to link in with colleagues across the Council
- Follow the implementation framework for the mental health strategy where it is relevant to the Council's work and local needs
- Work to reduce inequalities in mental health in our community
- Work with the NHS to integrate health and social care support
- Promote wellbeing and initiate and support action on public mental health, for example through our joint health and wellbeing strategy
- Tackle discrimination on the grounds of mental health in our community
- Encourage positive mental health in our schools, colleges and workplaces
- Proactively engage and listen to people of all ages and backgrounds about what they need for better mental health
- Restate the commitment to the Time to Change pledge, the national programme to challenge mental health stigma and discrimination.
- Introduce mental health awareness training for all elected members and promote the Local Authority Mental Health Challenge guide for councillors, to ensure we can support our constituents and know the appropriate referral routes.
- Introduce training for frontline staff, such as housing and lettings teams, so

they can identify, signpost and support people with mental health needs appropriately, including knowing the right referral routes to ensure people get timely help

3.3 In meeting this challenge it is recognised that the Tower Hamlets Health & Well-Being Board has identified mental health as a key priority by developing a 3 year Mental Health Strategy in August 2013. The Strategy sets out how the NHS Tower Hamlets Clinical Commissioning Group and the Council will work together and with partners to promote mental health and well-being in our communities. The detailed actions of the plan demonstrate our ambition to deliver against the National Outcomes Framework for Mental Health contained in *No Health Without Mental Health*.

3.4 The Mental Health Strategy and its delivery plan are well aligned to support the Mental Health Challenge and have in many cases made good progress in these areas. In its development, aspiration and delivery it will help to:

- Promote population mental health and wellbeing
- Improve the range of and access to mental health services
- Achieve national and local policy imperatives
- Deliver good outcomes and improved value.

3.5 The Health and Well Being Plan has delivered, or is committed to delivering the pledges across its life span. However, we are not complacent and recognise there is still more that can be achieved. Progress is detailed below:

11 Mental Health Challenge pledges	Alignment of current Delivery Plan Actions
Appoint an elected member as ‘mental health champion’ across the Council	All Members of the Tower Hamlets Health and Wellbeing Board signed the <i>Time To Change</i> Pledge on Mental Health Day, 13 th October 2013, and a members’ champion was identified. This role has been expanded to incorporate a wider mental health champion role.
Identify a ‘lead officer’ for mental health to link in with colleagues across the Council	The mental health joint Commissioner and the Public health Lead for mental Health have a broad mental health remit that expands across the health and social care system and into the community for health prevention. There is a need to think about how this is broadened to incorporate all areas of the Council’s influence. I.e. Housing and its provider partners.
Follow the implementation framework for the mental health strategy where it is relevant to the Council’s work and local needs.	The Tower Hamlets Health & Well-Being Board developed a 3 year Tower Hamlets Mental Health Strategy in August 2013. This is a far reaching and aspirational plan that seeks to deliver key change. There is a robust and extensive mental health JSNA that underpins the strategy.

<p>Work to reduce inequalities in mental health in our community</p>	<p>The MH Strategy development recognises the inequalities in this area. People with severe mental illness die on average 20 years younger than the general population, often from preventable physical illnesses.¹ People with mental illness have a higher prevalence of smoking, drug and alcohol misuse, an increased risk of physical illness and reduced life expectancy. 42% of all tobacco consumed in England is smoked by people with mental disorders.² In seeking to address these inequalities, a stocktake of services to improve physical health for people with serious mental health issues has recently been completed to underline the physical health inequalities currently experienced by those with serious and enduring mental health issues. A working group is being convened to take forward recommendations that have arisen from this audit.</p> <p>Public Health is currently procuring services focused on mental health wellbeing intervention, tackling mental ill-health stigma in four disproportionately affected populations: young people, BME, LGBT, men. These will be delivered by March 2016, with an evaluation to inform longer term commissioning programmes.</p>
<p>Work with the NHS to integrate health and social care support</p>	<p>The Mental health Strategy is a jointly developed plan, working together, across health, social care, to more effectively develop and deliver the range of services and interventions that can help to alleviate the impact of mental health problems on individuals, families and communities within the Borough.</p> <p>The Community Mental health teams are fully integrated health and social care services. The Commissioning team for mental health is also a fully integrated service, working across health and social care, with key partnerships in the provider sector.</p> <p>There are numerous key examples of the local commitment to multi-agency working in this area, egg. Public health is currently providing advisory support to the Vanguard</p>
<p>Promote wellbeing and initiate and support action on public mental health, for example through our joint health and wellbeing strategy</p>	<p>Current procurements include mindfulness in schools, stigma reduction in high risk population groups, neighbourhood loneliness pilot, and inter-generational loneliness project n care homes.</p>
<p>Tackle discrimination on the grounds of mental health in our community</p>	<p>Public Health is currently procuring the flourishing minds project which is aimed at stigma reduction. Engagement pilot project with 4 high risk groups: BAME, LGBT, men, young people – intended to inform public mental health strategy</p> <p>Public Health is currently procuring the intergenerational loneliness programme in care homes - Intended to link with local colleges / youth groups in the borough.</p>

¹ 20 Years too Soon Rethink 2012

² Cigarette smoking and mental health in England Data from the Adult Psychiatric Morbidity Survey. London: National Centre for Social Research. McManus S, Meltzer H, Campion J 2010

<p>Encourage positive mental health in our schools, colleges and workplaces</p>	<p>Tower Hamlets remains committed to the principle of early intervention, both in mental health treatment services and in addressing the broader mental health and wellbeing for children and young people. A number of key initiatives are under way.</p> <p>Public Health currently procuring the mindfulness in schools project. The Council is working with its partners in the CCG and provider sector in improving the links between specialist Child and Adolescent Mental Health Services (CAMHS).The partnership has been awarded pilot funding this year to pilot a national training programme in 10 local schools.</p>
<p>Proactively engage and listen to people of all ages and backgrounds about what they need for better mental health</p>	<p>Making Every Contact Count (MECC) is a programme to support person-led signposting into healthy lifestyle services, which includes mental health and wellbeing.</p> <p>Procuring a number of services as identified above</p>
<p>Restate the commitment to the Time to Change pledge, the national programme to challenge mental health stigma and discrimination.</p>	<p>All Members of the Tower Hamlets Health and Wellbeing Board signed the <i>Time To Change</i> Pledge on Mental Health Day, 13th October 2013. An action plan was developed for the council which outlined a range of actions mainly owned by HR, Public Health and the former Education, Social Care and Wellbeing Directorate.</p> <p>A Member briefing on Mental Health Champions completed, outlining how Members can play a part in Time to Change (2014). Mental Health Awareness Week took place in May 2013 with the promotion of activities such as yoga, counselling and gym membership discounts to promote wellbeing. This was done via an article in Tower Hamlets Now, and sponsored by the former Mental Health CMT Champion, Anne Canning.</p> <p>A Mental Health Wellbeing Strategy has been developed by HR, and Tower Hamlets Council offers a number of training courses for staff in relation to mental health wellbeing. As of 2015 these are: Managing Pressure and Increasing Resilience; Relaxation Sessions; Taking Control of your State of Mind.</p> <p>A Time to Talk Day was held in February 2014, promoted on the intranet and with stalls across Mulberry Place. Awareness Raising Events- Time to Talk stalls in Idea stores in 2013, and articles in East End Life.</p> <p>An audit of HR policies and procedures undertaken in 2013 which resulted in them being updated and a briefing on member champions Initial Mental Health Awareness training undertaken by HR (identified this needs to be developed further- see action plan for 15/16). A Mental Health Wellbeing Policy and Parachute Scheme has been developed</p>

<p>Introduce training for frontline staff, such as housing and lettings teams, so they can identify and support people with mental health needs appropriately</p>	<p>Work with housing providers to improve mental health awareness with staff who work in and around housing is an identified action within the Mental Health Strategy for 1015-16.</p> <p>A bid has been submitted to Health Education North Central and East London Locality-Based Workforce Development funding scheme 2015/16 for mental health first aid training. This includes a bid for funding of a 3 hour training course for 100 people. This bid has been coordinated by Tower Hamlets Community Education Provider Networks (CEPN). If successful, we will offer places on the programme to housing providers and, following the evaluation and learning from this, will look to role this programme out to more housing providers in 2016/17 via further partnership arrangements and capitalising on other funding opportunities.</p>
<p>Introduce mental health awareness training for all elected members and promote the Local Authority Mental Health Challenge guide for councillors, to ensure we can support our constituents and know the appropriate referral routes.</p>	<p>A Member Training Session on Mental Health Awareness is being arranged for Tuesday 15th December 2015. The training aims to give members the appropriate skills to support their constituents with mental health problems when they come across them at their surgeries or in the community. The training will include elements of the mental health first aid training delivered by two of our mental health nurses from Mile End Hospital. Our strategic partner Mind will support the training with their local knowledge and community offer. Commissioners will also be present with information that will empower members to signpost their constituents to the right services.</p> <p>We are currently exploring service user involvement at the workshop. Members will have time to ask questions and to meet with experts in the field. In addition to the practical support that will be provided we aim to share ideas that will inform member understanding of our strategic duties in relation to the promotion of mental wellbeing.</p>

3.6 What next for the Time to Change Pledge?

The focus of Time to Change work in Tower Hamlets Council has been primarily on organisational resilience and awareness of mental health and a number of outcomes have been achieved. More recently the new cabinet member for Adult Services and Health, Cllr Amy Whitelock Gibbs has agreed to take on the Role of Member Champion for Mental Health (2015).

In 2015/16 we are committed to –

- Developing an effective internal and external communications plan to help reduce stigma and help people understand how to access support.
- Use the Role Model project in Tower Hamlets Now to appoint a senior member of staff as a role model who can talk about mental Health. The intention will be to replicate this model with residents in the borough (perhaps using a person who is famous/well known in the community).
- Public Health will commission external organisations to raise awareness of local mental health services on offer across the Borough

- Provide a staff survey on mental health to gain a better understanding of employees' perceptions of mental health and take up of courses
- To include Mental Health in the Staff Disability Forum
- Establish a Time to Change Employers Forum

Time to Change Employers Forum – In the spirit of partnership working and honouring the pledge made by HWBB, a 'Time to Change Employers Forum' is being established to enable local partners who have signed the pledge to come together and discuss the progress being made in this area, share best practice and think about the lessons we can learn from each other, unpick some of the challenges across the borough and perhaps develop joint activities that reflect the ambitions of Time to Change and Mental Health Challenge.

The first meeting will be held on Tuesday 15 December, to be held quarterly thereafter.

4. COMMENTS OF THE CHIEF FINANCE OFFICER

- 4.1 This report highlights the progress made against the key pledges contained within the Mental Health challenge and includes an update on further areas of work in 2015/16. It is expected that any further work or actions highlighted in this report will be met from within existing budgets.

5. LEGAL COMMENTS

- 5.1 The Care Act 2014 places a duty upon the Council to assess an individual's care needs and meet them if those needs are eligible. Section 8 provides that those eligible needs may be met in a number of ways, including care and support at home or in the community, and by providing the service itself, arranging another provider to provide the service, or direct payments.
- 5.2 Additionally, the Act places a duty on the Council to assess the carers of persons with eligible needs, and provide them with services to support them in caring for the service user if the carer is assessed as having an eligible need.
- 5.3 Section 193 of the Health and Social Care Act 2012 ('the 2012 Act') inserts a new s116A into the Local Government and Public Involvement in Health Act 2007, which places a duty on the Health and Wellbeing Board to prepare a joint strategic health and wellbeing strategy in respect of the needs identified in the Joint Strategic Needs Assessment. The duty to prepare this plan falls on local authorities and the Clinical Commissioning Group, but must be discharged by the Health and Wellbeing Board.
- 5.4 Section 1 of the 2012 Act amends the National Health Service Act 2006 to specifically include mental health in the Secretary of State's duty to promote the health of the people of England.
- 5.5 This Mental Health Challenge must be prepared in accordance with the public sector equalities duty to eliminate unlawful conduct under the Equalities Act 2010. The duty is set out at Section 149 of the Equality Act 2010. It requires the Council, when exercising its functions, to have 'due regard' to the need to eliminate discrimination (both direct and indirect discrimination), harassment and victimization and other conduct prohibited under the Act, and to advance equality of opportunity and foster

good relations between those who share a 'protected characteristic' and those who do not share that protected characteristic.

6. ONE TOWER HAMLETS CONSIDERATIONS

- 6.1 One in four people will experience a mental health problem at some point in their lifetime and one in six adults has a mental health problem at any one time³. Tower Hamlets has amongst the highest levels of mental health need in England.

Mental health problems can have a wide ranging impact for individuals in a number of areas of their lives including housing, education, training, employment, physical health and relationships with family and friends. It affects people of all ages and all cultural backgrounds. For example, over 45% of people claiming incapacity benefit in Tower Hamlets do so due to a mental health problem. People with a serious mental illness die on average 20 years earlier than the general population.⁴

7. BEST VALUE (BV) IMPLICATIONS

- 7.1 The Mental Health Strategy is aligned with the Mental Health Challenge and sets out the local priorities for Tower Hamlets regarding Mental Health. The Council will secure economy, efficiency and effectiveness in the course of its contributions to the actions which deliver this strategy. These actions will be set out in the Strategy's accompanying delivery plan.

8. SUSTAINABLE ACTION FOR A GREENER ENVIRONMENT

- 8.1 Not applicable.

9. RISK MANAGEMENT IMPLICATIONS

- 9.1 The Health and Wellbeing Board will need to play a pivotal role in ensuring that outcomes are met and that challenges are raised where necessary.

10. CRIME AND DISORDER REDUCTION IMPLICATIONS

- 10.1 Health issues, in particular in relation to mental health, have a significant impact on crime and disorder. The Mental Health Challenge identifies key opportunities to work with partners and residents of the borough in this area.

³McManus S, Meltzer H, Brugha T et al. (2009) *Adult Psychiatric Morbidity in England, 2007: Results of a household survey*
Leeds: NHS Information centre for health and social care

⁴ No Health Without Mental Health Department of Health 2011

Linked Reports, Appendices and Background Documents

Linked Report

- NONE

Appendices

- NONE

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:

- N/A

Appendix 1: Motion regarding the Local Authority Mental Health Challenge

Proposer: Councillor Amy Whitelock Gibbs

Seconder: Councillor Rachael Saunders

This Council notes:

1. 1 in 5 people has a mental health condition at any one time.
2. The World Health Organization predicts that depression will be the second most common health condition worldwide by 2020.
3. Mental ill health has an economic and social cost of £105 billion each year in England alone.
4. People with a severe mental illness die up to 20 years younger than their peers in the UK.
5. There is often a circular relationship between mental health and issues such as housing, overcrowding, employment, family problems or debt.
6. The Local Authority Mental Health Challenge was set up by Centre for Mental Health, Mental Health Foundation, Mind, Rethink Mental Illness, Royal College of Psychiatrists and Young Minds, to support councils to take a proactive approach to improving mental health in local communities.

This Council further notes:

1. The local Mental Health Strategy states that “Tower Hamlets has amongst the highest levels of mental health need in England.”
2. The strategic plan, recently revised under the current Mayor, includes a strategic priority to “reduce health inequalities and promote mental and physical wellbeing”, including a specific action to “promote positive mental health and wellbeing across the council and community”.
3. Full Council previously passed a motion on 22 Jan 2014, agreeing to sign up to the Local Authority Mental Health Challenge and commit to its 10 actions, but the previous Mayor and Cabinet failed to take this forward.

This Council believes:

1. As a local authority we have a crucial role to play in improving the mental health of everyone in our community and tackling some of the widest and most entrenched inequalities in health.
2. Mental health should be a priority across all the local authority’s functions, from public health, adult social care and children’s services to housing, planning and

public realm.

3. All Councillors, whether members of the Executive or Scrutiny and in our community and casework roles, can play a positive role in championing mental health on an individual and strategic basis.

This Council resolves:

To publicly sign the Local Authority Mental Health Challenge.

To support implementation of the Challenge and its commitments through an action plan, which integrates with and builds on the council's strategic plan and the Health and Wellbeing Board's Mental Health Strategy.

We commit to the 10 pledges that form the Mental Health Challenge:

1. Appoint an elected member as 'mental health champion' across the Council
2. Identify a 'lead officer' for mental health to link in with colleagues across the Council
3. Follow the implementation framework for the mental health strategy where it is relevant to the Council's work and local needs
4. Work to reduce inequalities in mental health in our community
5. Work with the NHS to integrate health and social care support
6. Promote wellbeing and initiate and support action on public mental health, for example through our joint health and wellbeing strategy
7. Tackle discrimination on the grounds of mental health in our community
8. Encourage positive mental health in our schools, colleges and workplaces
9. Proactively engage and listen to people of all ages and backgrounds about what they need for better mental health
10. Restate the commitment to the Time to Change pledge, the national programme to challenge mental health stigma and discrimination.

We further commit to support councillors and staff to promote positive mental health and support people with mental health problems:

11. Introduce mental health awareness training for all elected members and promote the Local Authority Mental Health Challenge guide for councillors, to ensure we can support our constituents and know the appropriate referral routes.
12. Introduce training for frontline staff, such as housing and lettings teams, so they can identify, signpost and support people with mental health needs appropriately, including knowing the right referral routes to ensure people get timely help