

Prevention Concordat for better mental health

Derby City DRAFT Implementation plan for discussion at Health & Wellbeing Board 22/03/2018

Objective	Action	Lead	Progress
Increase the focus on prevention and the wider determinants of health in JUCD	<ul style="list-style-type: none"> Consider how prevention may be enhanced/strengthened within the MH workstream Ensure the Community wellness hubs promote positive mental health Consider the role of 'Places' in taking further preventive action to promote self care and prevent people requiring specialist MH care 	<p>Phil Taylor</p> <p>Hamira Sultan</p>	Richard Crowson to be asked to lead
Improve mental health & wellbeing in the general population of Derby	<ul style="list-style-type: none"> Assess Council policies for their impact on mental health to ensure that the Council is doing all it can to make a positive impact and avoid unintentional harm Learn from the Wellbeing Erewash work (NHS England Vanguard site) Ensure Livewell review embeds mental wellbeing promotion Recognise role parks, allotments, green and blue spaces can play in protecting mental health and promoting wellbeing Promote volunteering and tackle social isolation New health & wellbeing policy in Derby Local Plan, 	<p>Jilla</p> <p>Hamira</p> <p>Jilla</p> <p>Dave Brown</p>	<p>Looking for a suitable tool, have asked PHE</p> <p>Hamira to meet with Wellbeing Erewash Community & Personal Resilience Lead</p> <p>Jilla to discuss with Louise Upton</p> <p>Hilary Nelms and Andy Waterhouses to be invited to join group</p> <p>Jilla/Hamira to discuss with Carl Willis and Community Action Derby</p> <p>Issues and Options Consultation live until 13/4/18, includes option to "Include a specific policy in the Local Plan which brings together the diverse subjects which fall under Health &</p>

	helping us create places that promote positive mental health		Wellbeing. This would provide a 'hook' for policies elsewhere in the plan."
Improve workforce mental health & wellbeing and reduce stress at work	<ul style="list-style-type: none"> • Provide mental health first aid training • Promote the development of wellbeing champions, and self-help (eg guided mindfulness sessions) groups amongst the workforce • Update and raise profile of existing staff e-learning • Consider Connect 5 training for key staff • Explore potential to train DCC staff in Schwartz Rounds 	Wendy Johnson Jilla Ifti	Kristian to be trained as MHFA trainer by April 2018, then roll-out of staff training Revised content being created Waiting to hear whether nay national money to support this
Promote the positive emotional wellbeing of children and young people	<ul style="list-style-type: none"> • Promote whole-school approach to mental health promotion • Improve quality of PSHE in relation to emotional resilience locally 		
Make effective use of data and intelligence to understand better our local mental health needs and assets	<ul style="list-style-type: none"> • Update our MH JSNA • Data on staff wellbeing? • Intelligence on protective and risk factors for mental health 	Andy Muirhead	
work collaboratively across organisational boundaries and disciplines to secure place-based improvements	<ul style="list-style-type: none"> • Regular meetings of MH subgroup of Derby HWB • Link to Derbyshire Suicide Prevention Forum • Work with Mental Health Together to involve those with lived experience of MH problems 	Jenny Appleby	Topic based subgroup meeting to be arranged with key stakeholders to each topic to be invited
Raise mental health awareness and tackle stigma related to mental illness and suicide	<ul style="list-style-type: none"> • Re-procure suicide awareness training for Derby and encourage staff who genuinely lack awareness to attend • High profile activity around eg 'Time to Talk' Day, 'University MH Day', 'Volunteers week', 'World suicide 	Jilla/Hamira	Currently no funding for this identified, various potential sources being investigated UoD held a prog of events on Uni MH

	prevention day' and 'World MH Day'		Day (1 st March); next is Volunteers Week (1-7 th June)
Reduce inequalities in mental health	<ul style="list-style-type: none"> • Support vulnerable citizens to manage the roll-out of Universal Credit from April 2018 • Protect and champion our local community protective factors • Facilitate promotion of community events / groups • Help more people with mental health problems get back to, and stay in, work 	Phil Taylor?	

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