

HEALTH AND WELLBEING BOARD			
Report Title	Lewisham Public Mental Health and Wellbeing Strategy 2016-19		
Contributors	Public Health	Item No.	7
Class	Part 1	Date: 15 November 2016	

1. Purpose

- 1.1 This report provides members of the Health and Wellbeing Board with the Public Mental Health and Wellbeing Strategy for Lewisham 2016-19.

2. Recommendations

Members of the Health and Wellbeing Board are recommended to:

- 2.1 Note the contents of the report and direct as required any further analysis or commentary.

3. Policy Context

- 3.1 The NHS England Five Year Forward View for Mental Health outlines the promotion of good mental health and prevention of poor mental health as a key NHS priority action to be achieved by 2020/21. This strategy will contribute to the achievement of this goal locally.
- 3.2 One of the nine priority areas in Lewisham's Health and Wellbeing strategy is to improve mental health and wellbeing in Lewisham between 2015 and 2025. This strategy contributes directly to this priority area and provides a clear way forward to fulfilling this local commitment.

4. Background

- 4.1 Public mental health refers to the application of a public health approach to the area of mental health, which encompasses the prevention of mental ill health and promotion of mental wellbeing (i.e. feeling good and functioning well) within populations.
- 4.2 This strategy has therefore been produced by:

- Examining local epidemiological data for mental ill health and mental wellbeing to identify the population needs around mental health and wellbeing in Lewisham.
- Reviewing the literature around public mental health in order to identify the most effective interventions and approaches that can best meet local mental health and wellbeing needs.
- Collaborating with council colleagues, other local authority exemplars, voluntary and community sector partners and other local stakeholders involved in promoting mental wellbeing in Lewisham, to better understand how local assets can be harnessed to improve mental health and wellbeing in Lewisham.

5. Public Mental Health and Wellbeing Strategy Overview

5.1 Poor mental health carries a social and economic cost of £105 billion each year in England. Mental health also accounts for 23% of all NHS activity nationally. In Lewisham, there are high levels of mental ill health in comparison to London and England overall, particularly in relation to serious mental illness (e.g. schizophrenia and bipolar disorder). This has led to subsequent high levels of mental health service use and expenditure in the borough. Prevention and health promotion can play a vital part of achieving change in this local picture and this strategy presents a systematic approach for mental ill health prevention and mental health and wellbeing promotion.

5.2 The main overarching aims of this strategy are:

- To improve mental health and wellbeing for all in Lewisham across the life course.
- To bring together all initiatives in Lewisham that impact positively upon mental health and wellbeing under one strategic ambition.
- To provide a systematic approach for all partners to build on and sustain their work on mental health and wellbeing for Lewisham residents.
- To increase and optimise the use of community assets and resources for mental health and wellbeing initiatives in Lewisham.

5.3 This strategy will take a pragmatic approach to achieving these aims by supporting and recommending the use of the best available approaches that:

- Take a universal population based approach across each stage of the life course.
- Have an existing evidence base.
- Resonate with the needs of the borough as illustrated by current epidemiological data and feedback from community stakeholders.
- Make the best use of the assets and resources available in the borough to improve mental health and wellbeing.

5.4 The strategy proposes the following actions across the different stages of the life course:

Family and Early Years

We will:

- Support the implementation of the 'Five to Thrive' Initiative in Lewisham
- Take action to address Perinatal Mental Health and Wellbeing by:
 - Supporting the Maternity Services and Liaison Committee campaign, 'It's ok not feel ok'
 - Promoting of the Royal College of General Practitioners Online Toolkit for perinatal mental health
 - Providing Public Health advice for commissioning of perinatal mental health services
 - Highlighting importance of perinatal mental health in the development of a Suicide Prevention Plan/Strategy

Children and Young People

We will work with the Children and Young People's commissioners in the council to develop a prevention and promotion strand from the existing Children and Young People's Mental Health and Emotional Wellbeing Strategy.

Working Age Adults

We will:

- Promote the 'Wheel of Wellbeing' model as a way of improving mental wellbeing in Lewisham
- Work with local businesses, workplaces and voluntary (VCS) organisations to adhere to the NICE guidance concerning 'Mental Wellbeing in the Workplace'
- Support local businesses, workplaces and VCS organisations to become employer 'Time to Change' champions
- Encourage businesses, workplaces and VCS organisations to sign up to the GLA Healthy Workplace Charter
- Promote the use of the Mental Wellbeing Impact Assessment (MWIA) tool in the borough for all major policy and planning projects
- Work with the local parks and adult education council departments to ensure that residents have good awareness of the award winning green spaces and broad adult education offer available to Lewisham residents

Older Adults

We will:

- Support the work of the Lewisham Positive Ageing Council to make an application for Lewisham to become a WHO Age Friendly Community
- Support the work of Community Connections to connect residents in need with organisations/initiatives that seek to improve mental wellbeing at the population level e.g. GoodGym

5.5 An action plan and robust evaluation framework are currently being developed for this strategy.

5.6 The main governance for the strategy will lie with the Lewisham Mental Health Executive Board.

6. Financial implications

6.1 There are no specific financial implications arising from this report, however the board may wish to consider how resources are utilised for areas of the strategy that might benefit from additional resource.

7. Legal implications

7.1 There are no specific legal implications arising from this report or its recommendations.

8. Crime and Disorder Implications

8.1 There are no specific crime and disorder implications arising from this report or its recommendations.

9. Equalities Implications

9.1 There are no specific equalities implications arising from this report or its recommendations.

10. Environmental Implications

10.1 There are no specific environmental implications arising from this report or its recommendations.

11. Summary

11.1 The Public Mental Health and Wellbeing Strategy for Lewisham aims to take a public health approach to improve the mental health and wellbeing of all

Lewisham residents, by adopting evidence based approaches to prevent mental ill health and promote mental wellbeing within the local population. The strategy also promotes collaboration with local partners to make the best use of available local assets and resources to achieve its ambitious aims.

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