

Report of: the Director of Public Health

Report to: Executive Board

Date: 23 September 2015

Subject: Endorsing the national ‘Mental Health Challenge’

Are specific electoral Wards affected? If relevant, name(s) of Ward(s):	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
Are there implications for equality and diversity and cohesion and integration?	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
Is the decision eligible for Call-In?	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Does the report contain confidential or exempt information? If relevant, Access to Information Procedure Rule number: Appendix number:	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No

Summary of main issues

- One in five people have a Mental Health issue at any one time. In Leeds, improving people’s mental health and wellbeing is a core commitment within the Leeds Health and Wellbeing Strategy, and the Health and Wellbeing Board has consistently led and championed the vision that mental and physical health be given ‘parity of esteem’ within the city, and that stigma and discrimination against people with mental health problems need to be tackled.
- Councils are being asked to endorse and signup to the ‘Mental Health Challenge’, a national initiative led jointly by Centre for Mental Health, the Mental Health Foundation, the Mental Health Providers Forum, Mind, Rethink Mental Illness, the Royal College of Psychiatrists and YoungMinds. Council’s are called upon to take a leadership role in improving the mental health and wellbeing of their local populations. It is funded by the Department of Health, Public Health England and NHS England through the voluntary sector Strategic Partnership programme.
- The ten actions in the Mental Health Challenge and the current progress being made, on a partnership basis, across Leeds are set out.

Recommendations

- The Executive Board is asked to endorse and sign up to the ‘Mental Health Challenge’.

1. Purpose of this report

- 1.1 To enable the Executive Board to consider the national 'Mental Health Challenge' initiative, understand the commitments lying behind it, and to signal its commitment to this agenda by signing up to the challenge.

2 Background information

- 2.1 Improving people's mental health and wellbeing has been one of four core commitments within Leeds Joint Health and Wellbeing Strategy 2013-15. The Health and Wellbeing Board and the Childrens Trust Board have consistently led and championed the vision that mental and physical health be given 'parity of esteem' within the city, and that stigma and discrimination against people with mental health problems is tackled. Both Scrutiny Boards for Health and Social Care and Childrens Services play a key part in delivering this agenda.

- 2.2 [The Mental Health Challenge](#) for local authorities is an initiative led jointly by Centre for Mental Health, the Mental Health Foundation, the Mental Health Providers Forum, Mind, Rethink Mental Illness, the Royal College of Psychiatrists and YoungMinds.

The aim of the challenge is to encourage and support local leadership for mental health and wellbeing through local authority elected members. The challenge asks councils to appoint a 'member champion' for mental health. In return, the national charities offer champions and their councils advice, information and a network of peers in similar roles.

The 'Mental Health Challenge' is already showing that local authority member champions have the potential to raise the profile of mental health and wellbeing in local communities, to enable councils to integrate mental health into the full range of their policies and responsibilities and to link up with other local leaders to foster partnerships and encourage action to promote better mental health and life chances.

The Challenge is funded by the Department of Health, Public Health England and NHS England through the voluntary sector Strategic Partnership programme. MIND, one of the Mental Health Challenge partners, also donated their time from 2014 towards 2015's funding.

[Public Health England's 'Public mental health leadership and workforce development framework' document](#), lists the Mental Health Challenge as a key priority for the first ambition of the framework on page 13.

- 2.3 As the Mental Health Challenge notes, the scale of the problem is huge:

- One in five of us have poor mental health at any one time.

- The World Health Organisation predicts that depression will be the second biggest cause of ill health worldwide by 2020. It is vital that local authorities do more to recognise the true impact of mental health problems in their communities.
- Around half of people with lifetime mental health problems experience the first symptoms before the age of 14.
- Only a quarter of people with a mental health condition receive any early support for it.
- Nine out of ten people in prison have at least one mental health related problem. Almost a quarter of prisoners have a mental illness that requires specialist support.
- Mental ill health has an economic and social cost of £105bn a year.
- Mental illness accounts for 28% of the total burden of disease but only 13% of NHS spending. With the implementation of the Care Act and the integration of health and social care local authorities need to gain a clearer understanding of what creates a mentally healthy community.
- Untreated mental ill health adds around £10 billion a year to the cost of physical health care for people with long-term conditions.
- People with severe and enduring mental health conditions die on average 20 years earlier than those without. Local authorities play a crucial role in tackling those inequalities by making the mental health of people in their community a top priority across all areas of their work.

2.4 Partners across Leeds, including commissioners, providers, the Third Sector and patient representatives, have recently come together to develop a 'Mental Health Framework'. The vision of the Mental Health Framework is:

'Leeds is a city that values people's mental wellbeing equally with their physical health. Our Ambition is for people to be confident that others will respond to our mental health needs without prejudice or discrimination and with a positive and hopeful approach to our future recovery, wellbeing and ability'

This was endorsed by the Health and Wellbeing Board in February 2015, with a specific acknowledgement of the increasing need to recognise more widely and tackle wider determinants which underlie poor population mental health.

3 Main issues

3.1 The 'Mental Health Challenge' sets out ten actions that will enable councils to promote mental health across all of their business. The following list details these actions and includes evidence of how Leeds is already fulfilling these pledges in its existing partnership work, through the Health and Wellbeing strategy and through the Council's Public Mental Health team:

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. Sign up to the Time to Change pledge.

3.2 All of the above actions are already being progressed well in Leeds and being led by Leeds City Council with strong support from partners including the NHS and the third sector.

The 'mental health champion' role for Leeds City Council is undertaken by the Executive Board Member for Health, Wellbeing and Adults and as part of this the role includes:

- Leading the commitment for the Council to raise awareness of mental health issues in the development of council policies and strategies, and in public forums;
- Encouraging the Scrutiny Board (Children's Services) to consider mental health in their work plans;
- Leading discussions on mental health issues with NHS and other key organisations in the local area;
- Championing the Council to tackle myths and misperceptions about mental health in the local community;

3.2 Many of the ten actions are being addressed through work with local partners including the drive from the Leeds Health and Wellbeing Board through the Mental Health Framework for Leeds. Improving people's mental health and wellbeing is demonstrated through the work outlined and progressed in the priority seven work stream embedded in the Joint Health and Wellbeing Strategy for Leeds. Alongside this sits the Mental Health Framework for Leeds and the focus for the Framework is to improve local services that encompass mental health commissioned services and is led by the Mental Health Partnership Board.

- 3.3 Other actions include the early sign up to the Time to Change pledge and support of the role of people with lived experience championing the life course anti-stigma work in Leeds. We have been nationally recognised for this work in tackling stigma including challenging Asda to remove their inappropriate Halloween costumes.
- 3.4 The local challenge for this work to continue to get the high focus it already receives includes maintaining the focus and momentum in lobbying for all of the above whilst local authorities endeavour to meet the considerable challenges of central government funding cuts and competing agendas.
- 3.5 National mental health organisations will support local authorities that take on the challenge by:
- Providing resources (for example published evidence, expert opinion and briefings) to help councils to take local action in support of the strategy.
 - Offering networking opportunities and peer support for mental health champions, including an annual meeting and through use of electronic media.
 - Recognising and acknowledging publicly the councils that sign up to the challenge and the 'champions' they appoint.
- 3.6 To confirm the Council's commitment to this agenda, the national organisations responsible for the challenge have stipulated that the Executive Board of a local authority pass a motion confirming their commitment.

4 Corporate Considerations

4.1 Consultation and Engagement

- 4.1.2 Leeds Joint Health and Wellbeing Strategy and Leeds Mental Health Framework were both subject to a large range of consultation and engagement, including co-production with people accessing mental health services.

4.2 Equality and Diversity / Cohesion and Integration

- 4.2.1 Mental health problems are more prevalent amongst deprived communities and affect proportionally more people from minority groups and/or from BME backgrounds. Signing up to this challenge is a positive sign from the Council to tackle mental health problems, including addressing these inequalities.

4.3 Council policies and Best Council Plan

- 4.3.1 This report is in line with the Joint Health and Wellbeing Strategy for the city.

4.4 Resources and value for money

4.4.1 Given the economic cost to the city (mental ill health has an economic and social cost of £105bn a year) and to the national economy, tackling mental health problems make economic as well as social sense.

4.5 Legal Implications, Access to Information and Call In

4.5.1 There are no legal implications or access to information implications of this report. It is subject to call in.

4.6 Risk Management

4.6.1 There are no risks to the organisation of signing up to this national challenge. However, the proposed national in-year cuts to the Public Health grant may impact on public health led work to improve mental health & well being in Leeds.

5 Conclusions

5.1 In Leeds, improving people's mental health and wellbeing has been a core commitment within our Joint Health and Wellbeing Strategy since its commencement, and Leeds Health and Wellbeing Board has consistently led and championed this agenda. Signing up to the Mental Health Challenge gives public recognition to the work Leeds City Council contributes to these efforts and its ongoing commitment.

6 Recommendations

6.1 The Executive Board is asked to endorse and sign up to the 'Mental Health Challenge'.

7 Background documents¹

7.1 None.

¹ The background documents listed in this section are available to download from the Council's website, unless they contain confidential or exempt information. The list of background documents does not include published works.