

Leeds Health & Wellbeing Board

Report author: Bryony Lawless
Tel: 0113 37(83860)

Report of: Rob Kenyon, Chief Officer, Health Partnerships, Leeds City Council

Report to: The Leeds Health and Wellbeing Board.

Date: 10th June 2015.

Subject: Key messages from the recent Health and Wellbeing Board Mental Health workshop

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 type="checkbox"/> Yes	<input checked="" 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

The Health and Wellbeing Board has as one of its four 'commitments' to 'improve people's mental health and wellbeing', and it held a workshop at Inkwel Arts on 24th February 2015, attended by 7 'experts-by-experience' to discuss this topic. The involvement of people within their care is the fourth outcome of the JHWS; it not only feeds valuable insight into the service planning process, but also gives people ownership, independence and control over the direction of their care. Board members and service users were asked to consider how mental health services can be improved and how they can achieve integration and parity with other health services.

Recommendations

The Health and Wellbeing Board is asked to:

- Note the key messages, themes and priorities identified during discussions at the February mental health workshop
- Incorporate the outputs of the workshop in their planning for the refresh of the Joint Health and Wellbeing Strategy
- Thank the service user participants for their contribution to this engaging discussion.

Background information

Partners across the city, including commissioners, providers, the 3rd sector and patient representatives, have recently come together to develop a 'Mental Health Framework', which was discussed at the February 2015 HWBB. The Mental Health Framework is complemented by a range of wider activity to improve population mental health and wellbeing across the city, including

programmes addressing the wider factors affecting good mental health and key public mental health programmes (e.g. suicide and self-harm prevention and promoting good mental health throughout the life course).

Main issues

Participants identified the following main issues in the workshop;

- Leeds requires more ambitious and proactive targets for mental health and wellbeing. It should aim to become a mentally healthy city—which not only responds to crises but promotes wellness.
- The impact of discrimination and stigma on individuals who have experienced mental health issues is significant. There is a need to systematically overcome the stigma which surrounds mental health
- The health inequalities derived from the disparity between mental and physical health services are unacceptable. Partners must advocate greater parity of esteem by targeting investments towards equity in funding.
- Preventative interventions have the potential to significantly improve outcomes for individuals—these initiatives require continued strategic support and resourcing.
- In spite of the holistic and interdependent nature of physical and mental health, there is a systemic disconnect between these issues. Continued efforts need to be made to ensure there is greater coordination and integration between services.
- The current model of crisis care requires investment and greater coordination between different agencies across the city.

Following on from the table discussions, Board members were invited to consider how the strategic partnership and platform provided by the Health and Wellbeing Board could add the most value. They felt that they could:

- Utilise their city-wide overview to liaise with colleagues from housing, financial inclusion and so on to address the wider determinants of mental health problems.
- Build on the foundations of partnerships with local primary care, community and third sector partners to promote a place-based approach to mental health and wellbeing build community resilience and strengthen suicide prevention.
- Lead a culture change to tackle the stigma of mental health issues. The Health and Wellbeing Board could work to ‘normalise’ mental health problems by working with lived experience champions and developing a supplementary ‘how are you feeling?’ campaign to complement the #hellomynameis campaign.