



Sandwell Good Mental Health Strategy

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Why now?

- State of Sandwell Public Consultation
- Strategic Drivers
- Local system/organisational changes
- Keep Sandwell on the map

State of Sandwell



- State of Sandwell is a series of conversations with residents in heart of the community. In these conversations we check out what mental health means to residents and talk to them about how they stay healthy in relation to their mental health.
- This work does not focus on people who have used mental health services. However, some people may have used mental health services, both from statutory and voluntary agencies.
- Recommendations are fed into commissioning.



Main theme and recommendations 2019



Main theme

- People wanted to manage their own mental wellbeing and find their own solutions, some with support, others without:

“People find their own ways of managing their mental health.

This includes being active, doing gardening, going outside, getting fresh air. Being active and keeping fit, that’s what keeps me well.”

Main recommendations

- Develop personal health budgets and social prescribing so people can design personalised solutions.
- Making sure there are enough green spaces in Sandwell.
- Enabling people experiencing mental health difficulties to work.



Main theme and recommendations 2020



Target audience – minority ethnic communities and new migrants.

Focus – impact of pandemic.

Main recommendations

- Enabling the community to talk about and normalise mental health.

‘There’s no word in Somali for mental health’.

- More representation in mental health professions.

‘Therapists need to communicate in the mother tongue. People are paying private for own therapists.’

- Ensuring that small organisations with native speakers receive funding as they are front line and communities trust them.
- Making sure all council services e.g. Welfare Rights, Housing, have a real awareness of mental health.
- Easier access to own electronic records.



A commitment to our population

- **Promises reflecting what people have told us they want and what we know we have to do**
- **A delivery plan that will be checked against the commitments to hold us to account**
- **Ensure that Sandwell's interests are reflecting in large scale change programmes**
- **A multi-agency and stakeholder Steering Group to dynamic review the action plan to ensure fidelity to the ambition and be ahead of change, feeding into the HWBB**
- **Linking strategies, outcomes and shared objectives (eg good mental health = better suicide prevention)**
- **Consistent format with other existing and proposed strategies, Dementia, Autism, Children's Mental Health opportunity to hyperlink in e-format**

Good Mental Health Promises

1. Sandwell will be a **MENTAL HEALTH AWARE COMMUNITY**
2. Think **ALL AGE**
3. Available when you really **NEED** it
4. **ZERO SUICIDE**
5. **RECOVERY**
6. **SAFE PLACES**
7. Tackle the **CAUSES** of poor mental health
8. **EXPERT RESPONSE**

The Mental Health Strategy group invite your comments and support to progress this work and enable us to take it to the people of Sandwell