

**13<sup>th</sup> September 2023**

<b>Subject:</b>	Sandwell Better Mental Health Strategy 2023-2026 - Draft for public consultation
<b>Presenting Officer and Organisation</b>	Dr Lina Martino, Consultant in Public Health <a href="mailto:lina_martino@sandwell.gov.uk">lina_martino@sandwell.gov.uk</a>
<b>Purpose of Report</b>	<ul style="list-style-type: none"> <li>• Update Health &amp; Wellbeing Board on the development of the Sandwell Better Mental Health Strategy 2023-2026</li> <li>• Outline our intentions to conduct public consultation</li> </ul>

## 1. Recommendations

To note and comment upon the draft Sandwell Better Mental Health Strategy 2023- 2026 and the proposed public consultation.

## 2. Links to the following Board Priorities

<b>Priority 1</b>	<p><b>We will help keep people healthier for longer</b> Good mental health is integral to overall health. Therefore, our vision is for every resident of Sandwell to have the best mental health that they possibly can, at every stage of their life.</p>
<b>Priority 2</b>	<p><b>We will help keep people safe and support communities</b> While it is vital to ensure that anyone experiencing mental health problems can access timely, appropriate, and high-quality care, the focus of this strategy will be on improving population wellbeing and the prevention of mental health issues. By achieving this ambition, we will keep people safe in their communities with access to a wide variety of support so they can live well, participate in, and enjoy everyday life.</p>

<p><b>Priority 3</b></p>	<p><b>We will work together to join up services</b>  One of the key priorities of the strategy is to ensure that people experiencing mental health problems receive the right care at the right time in the right place. We can only achieve this by working in partnership to ensure that services are joined up, barriers to access are reduced and that Sandwell is a mental health aware borough.</p>
<p><b>Priority 4</b></p>	<p><b>We will work closely with local people, partners and providers of services</b>  This strategy has been developed collaboratively with our partners and stakeholders, including community groups and people with lived experience. With governance for the strategy sitting with the Sandwell Better Mental Health Partnership, we are committed to work collaboratively with all stakeholders, including local people, to achieve the strategy priorities and actions.</p>

### 3. Context and Key Issues

- In February 2022, the HWBB approved the development of the Sandwell Better Mental Health Strategy based on the findings from the State of Sandwell report and its 9 priorities and principles (Appendix A).
- Over the last 12 months, we have conducted further co-development workshops with stakeholders to identify current good practice and areas for improvement. Feedback from the workshops was incorporated into a rapid needs assessment to understand the current context and impacts of COVID-19, and current issues, informing the strategy and action plan.
- Following this period of co-development, we have a final draft of the Sandwell Better Mental Health Strategy ready for public consultation.
- We propose to hold a 60-day public consultation period allowing stakeholders, including Sandwell residents, to share their views on the draft strategy.
- The public consultation will be launched at a stakeholder event on 26<sup>th</sup> September.
- To ensure a wide reach for the public consultation, we will:
  - Publish consultation surveys (1 x residents and 1 x professionals/organisations) and promote widely across networks, partnerships and communication channels.

- Produce an accessible video explaining the priorities and key drivers of the strategy.
  - Grant fund community organisations to host consultation focus groups to reach as diverse a range of communities as possible.
- The opinions and comments from the consultation will be analysed, with any final amendments made to officially publish the Sandwell Better Mental Health Strategy in January 2024.

#### 4. Engagement

- The Better Mental Health Strategy priorities, recommendations and action plan were shaped by the consultation with Sandwell residents which was undertaken through the State of Sandwell project and resulting report throughout 2019 to 2021.
- Over the course of the last 12 months, workshops with different partners and service providers have been organised to identify current good practice and areas for improvement to better understand the impact of COVID-19 and the cost of living crisis on mental health and wellbeing in Sandwell.
- The 60-day public consultation will also provide another way for residents, partners and organisations to share their views and experiences to shape the final strategy and action plan.

#### 5. Implications

<b>Resources:</b>	No Resources Implications directly arising from this report.
<b>Legal and Governance:</b>	<ul style="list-style-type: none"> <li>● Care Act (2014) sets out a statutory duty for Local Authorities to promote wellbeing, including mental and emotional wellbeing.</li> <li>● NHS Long Term Plan sets out an ambitious programme of transformation for mental health services and several strategic priorities, with a programme of funding to support their delivery. A 10-year plan for mental health is being developed to complement and extend the work of the NHS Long Term Plan to better address how local services can work together, to prevent those at risk from falling into mental ill-health through earlier, targeted help.</li> <li>● Five Year Forward View for Mental Health (2016) emphasises the need for a shift towards prevention and better integration of care to improve outcomes and</li> </ul>

	<p>experiences for people with mental health problems and their carers; and reduce health inequalities.</p> <ul style="list-style-type: none"> <li>• Prevention Concordat for Better Mental Health (2016) advocates a prevention-focused approach to mental health improvement in populations through evidence-based planning and commissioning. It also acknowledges the active role played by people with lived experience of mental health problems.</li> <li>• Suicide Prevention Strategy for England (2012) sets out plans for reducing suicide rates and supporting people affected by suicide.</li> </ul>
<b>Risk:</b>	No Risk Implications directly arising from this report.
<b>Equality:</b>	No Equality Implications directly arising from this report.
<b>Health and Wellbeing:</b>	<p>Sandwell Council is a key strategic partner for both the Black Country Integrated Care System (ICS) and the West Midlands Combined Authority. The establishment of the ICS, known locally as Healthier Futures, ensures that health services and their commissioning are now aligned across the Black Country This includes mental health services provided by Black Country Healthcare NHS Foundation Trust. The Sandwell Better Mental Health Strategy will ensure that Sandwell retains a stake in the delivery of these priorities by holding commissioners and providers to account and linking large strategic programmes to local corporate plans (Sandwell 2030). Good mental health as an outcome is key to the delivery of an effective suicide prevention plan, better parity of esteem for people of all ages, reasonably adjusted services for people with autism, workforce wellbeing and support for carers.</p>
<b>Social Value:</b>	No Social Value Implications directly arising from this report.
<b>Climate Change:</b>	No Climate Change Implications directly arising from this report.
<b>Corporate Parenting:</b>	No Corporate Parenting Implications directly arising from this report.

## Strategy priorities and principles

### MENTAL HEALTH IS EVERYONE'S BUSINESS

- Good mental health is everyone's right and a collective responsibility
- We will work together to reduce systemic inequalities in mental health and in the physical health of people with severe and enduring mental health problems
- Focus on prevention, early intervention and mental health promotion
- Commitment to mental health and wellbeing as being a strategic priority

### Think ALL AGE

- Remove structural barriers to support because of a person's age
- Ensure children approaching adulthood are supported through those transitions, especially the most vulnerable and in our care
- Older people shall receive service appropriate to their needs and free from discrimination. More older people shall access talking therapies and be considered equal in the planning of services
- This strategy will link closely with the **SANDWELL DEMENTIA STRATEGY** and **CARERS STRATEGY**

### Available when you NEED it

Not all services will be open at all times, but when a person requires a response that cannot wait, we will ensure it is available 24/7

### RECOVERY

Everyone's needs will be considered based on what a meaningful recovery means to them and support will always look to help achieve this.

### ZERO SUICIDE

The **SANDWELL SUICIDE PREVENTION STRATEGY** sets out the ambition that by 2030, no-one will die by suicide in Sandwell.

### Tackle the CAUSES of poor mental health

Commitment not only to help those struggling with a mental health problem, but support those individuals and services working to prevent difficulties through improving people's lives. Work with local system partners to address **LONELINESS & ISOLATION**

### SAFE PLACES

We will create spaces where people can go to feel safe and get access to the range of support they may need to give them back control.

We will work to tackle systemic discrimination in services, and access to services

### EXPERT RESPONSE

People needing help can expect that whoever they look to for support will be equipped to provide them with the best possible response. People in all sectors, including volunteers, will have access to high quality training and supervision to do their job to the best of their ability. Ensure the workforce is supported to maintain their own good mental health

### SANDWELL WILL BE A MENTAL HEALTH AWARE COMMUNITY

- Communities will be supported to access the means to look out for each other
- Increase Mental Health literacy through training opportunities for non-professionals (e.g. MH First Aid)
- Services will be developed in partnership with communities

## 6. Appendices

Appendix 1 – Sandwell Better Mental Health Strategy 2023- 2026

Appendix 2 – Sandwell Better Mental Health Strategy Presentation

## 7. Background Papers

None