

**22 June 2015**

**Community and Health Committee**

**Mental Health Challenge Action Plan**

**Report of:** *Lucy Gill, Culture, Community and Youth Development Officer.*

**Wards Affected:** *All wards.*

**This report is:** *Public.*

**1. Executive Summary**

- 1.1 Local authorities have a key role in improving good mental health and promoting wellbeing in their communities. In 2014, Members voted unanimously to become Mental Health Champions and adopt seven of the ten challenges outlined in the 'No Health without Mental health; Implementation Framework.' The Mental health Challenge was set up by various Mental Health charities and is funded by the Department of Health.
- 1.2 The Council is committed to serving and protecting the most vulnerable residents in our community and has been working closely with key organisations to take a proactive approach in promoting good mental health across the Borough in order to fulfil it's commitment to mental health.
- 1.3 An action plan is proposed for Members to agree to continue the work already underway in progressing the mental health agenda.

**2. Recommendation**

- 2.1 That Members agree the Mental Health Action Plan for 2015/16 as at paragraph 4.1 of the report.**

**3. Introduction and Background**

- 3.1 In 2014, the Council committed to adopt 7 of the 10 steps of the mental Health Challenge, which are:
  - 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 national 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 local partners to contribute to better support for people with mental health needs.
  6. Promote wellbeing and initiate and support action to promote good mental health.
  7. Tackle discrimination on the grounds of mental health in our community.
- 3.2 The Council was the first district authority in Essex to commit to the Mental Health Challenge and the first local authority in the country to appoint every elected Member as a Mental Health Champion.
- 3.3 The Council has already completed various actions to meet the Challenge so far:
1. Appointed a Lead Officer and Lead Member Champion.
  2. Lead Officer and Lead Member Champion have attended a 2-day course on Mental Health First Aid.
  3. The Council is working in partnership with the Community Tree, which is a network of local organisations providing support for mental health. The Council has actively promoted them and the group received funding from the Community Fund to promote their services.
  4. The Council has invited Brentwood Community Print to Corporate Leadership Board to discuss opportunities for apprenticeships and work placements with regard to back to work transition.
  5. The Council, together with our community partners, have set up a Keep Safe scheme for Brentwood, which engages local shops and businesses to provide a secure 'safe place' for those over 60, suffering with learning disabilities or mental ill health who may become distressed. There are currently over 500 people signed up to the scheme. The scheme has recently been extended to include Shenfield shops and businesses.
  6. The Brentwood Community Safety Partnership has developed and funded the Door Chain Project which is supported by a local charity group Menshed and provides support and reassurance to some of the Borough's more vulnerable residents.
  7. Following on from the success of the Senior Safety Day, the Council has now delivered a further five Senior Safety Road Shows and continues to support Brentwood Neighbourhood Watch.
  8. The Council supports and promotes local mental health schemes, such as the Fitness in Mind project and the Brentwood Centre Tea Dances.
  9. Active Brentwood funds the Walking for Health programme which is run by volunteers. The Walk Leader training includes Mental Health awareness.

10. The Council participated in Mental Health Awareness week and promoted Time to Talk day to support staff mental wellbeing in February.
11. The Equality and Diversity Policy was updated in 2014 to include mental health.
12. The Council welcomes volunteers from the Essex Mental Health Community in supporting its events such as the Family Fun Days.
13. The Council has also added the Mental Health Challenge as a work stream to the Council's Health and Wellbeing Strategy 2014-2017, which was adopted by Members in March 2015.

3.4 The Council was approached by Basildon Council for advice regarding best practice when fulfilling the requirements of the Mental Health Challenge.

#### **4. Issue, Options and Analysis of Options**

##### **4.1 Mental Health Action Plan for 2015/16.**

1. As part of the review of our HR Policies the Council will ensure that processes are in place to adequately support staff to ensure good mental health and that there is rapid intervention if and when required.
2. Learning points from the Mental Health First Aid course, including procedures for front line staff to deal with customers showing signs of mental distress, were included in the Council's Safeguarding training, which every staff member received (already delivered).
3. Support Brentwood Community Tree through the advertisement and distribution of their leaflets at the Council's community events.
4. Support Brentwood Leisure Trust in the delivery of the Fitness in Mind project.
5. Secure funding for Active Brentwood to deliver the Walking for Health programme.
6. Deliver Senior Safety Days to our local residents
7. Investigate joining the Mindful Employer scheme, an initiative which supports people with mental ill health to find or remain in employment.
8. Invite a representative from the Mental Health Community and Essex Carers to sit on the Council's Health and Wellbeing Board.
9. New Lead Member Champion, Cllr Sanders to undertake training in Mental Health First Aid.
10. Work in partnership with organisations such as Brentwood Community Print and the commercial sector to provide work placement, apprenticeship or experience opportunities for people with mental health illness to start, or get back, to work.
11. Continue supporting Brentwood Community Print to enable them to deliver this valuable contribution to the community
12. Work in partnership with Essex County Council to deliver the 'Creative Journeys' cultural project for older people living with dementia.
13. Support and promote mental health initiatives across the Borough, including through the Brentwood Community Fund

14. Deliver the Mental Health First Aid LITE course for 25 staff on 24th June 2015.
15. Implement the Local Support Services Framework Agreement which involves an integrated delivery approach between the Council's Housing & Council Tax and Benefits Service, Citizens Advice Bureau and key local mental health organisations on brokerage to offer residents appropriate support where needed.
16. Commence a shared additional post with Basildon Borough Council funded by Essex County Council for Health and Wellbeing .
17. Involve mental health organisations in Council initiatives, such as including the Open Arts programme in the Brentwood Art and Heritage Trail.

## **5. Reasons for Recommendation**

To ensure that the Council continues to fulfil its commitment to the Mental Health Challenge and protecting our most vulnerable residents.

## **6. Consultation**

- 6.1 The Borough Council is working in partnership with the Essex Mental Health Community and representatives from the Mental Health Challenge to ensure its actions are appropriate and necessary to meet the Challenge.

## **7. References to Corporate Plan**

- 7.1 By supporting people to do more for themselves, and working effectively in collaboration with a range of organisations and services to ensure the future wellbeing of our Borough, the Mental Health Challenge meets the Council's priorities for Localism.

## **8. Implications**

### **Financial Implications**

**Name & Title: Chris Leslie, Finance Director**

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- 8.1 There are no additional implications. Any expenditure will be met by existing staff and financial resources.

### **Legal Implications**

**Name & Title: Chris Potter, Monitoring Officer**

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8.2

Equality and Diversity – The Council has a duty to comply with the Public Sector Equality Duty 2011, which sits under the Equality Act 2010. Part of the Public Sector Equality Duty is to eliminate unlawful discrimination, harassment, victimisation and any other conduct prohibited by the Equality Act 2010; to advance equality of opportunity between people who share a relevant protected characteristic and those who do not share it; and to foster good relations between persons who share a relevant protected characteristic and persons who do not share it. One of the identified protected characteristics is disability and this includes mental ill-health.

**Other Implications** (where significant) – i.e. Health and Safety, Asset Management, Equality and Diversity, Risk Management, Section 17 – Crime & Disorder, Sustainability, ICT.

- None

**9. Background Papers** (include their location and identify whether any are exempt or protected by copyright)

- None.

**10. Appendices to this report**

- None

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