Report to:	ADULT SOCIAL CARE AND HEALTH SCRUTINY COMMITTEE
Relevant Officer:	Zohra Dempsey, Public Health Practitioner
Date of Meeting:	5 July 2017

PUBLIC MENTAL HEALTH ACTION PLAN 2016-2019

1.0 Purpose of the report:

1.1 To present the Public Mental Health Action Plan 2016-2019.

2.0 Recommendation(s):

2.1 The Committee is asked to note the content of the plan and highlight any areas for further scrutiny which will be reported back as appropriate.

3.0 Reasons for recommendation(s):

3.1 To ensure constructive and robust scrutiny of actions to promote public mental health in Blackpool.

3.2a	Is the recommendation contrary to a plan or strategy adopted or approved by the Council?	No
3.2b	Is the recommendation in accordance with the Council's approved budget?	N/A
3.3	Other alternative options to be considered:	None

4.0 Council Priority:

4.1 The relevant Council Priority is "Communities: Creating stronger communities and increasing resilience".

5.0 Background information

5.1 Public mental health refers to mental health in public health practice. It involves promotion, prevention, effective treatment, care and recovery. Promoting mental health and wellbeing is integral to any strategies to improve health and reduce health inequalities.

5.2 This Plan is underpinned by national policy and guidance. The actions have been developed using data on local needs and evidence of what works to improve mental wellbeing.

5.3 The overall aim of this Action Plan is to provide a framework for the promotion of mental health and resilience in Blackpool, creating a supportive environment for individuals and communities to flourish. This will be achieved by:

- Promoting good mental health and resilience across the population;
- Preventing mental ill health and suicide;
- Reducing the stigma and discrimination associated with mental illness;
- Improving the quality and length of life of people living with mental illness.

6.0 Picture of mental health and wellbeing in Blackpool

6.1 Mental health is a significant issue in Blackpool. The rate of suicide is 17 per 100,000 (compared to a national average of 10 per 100,000) 74% of deaths by suicide in 2011-13 were male.

6.2 The rate of self-harm in Blackpool is the highest of any local authority in the country and is over three times the average in England. The prevalence of depression, both identified by GPs and self-reported within the GP patient survey, is significantly higher than the average in England. 19.1% of the Blackpool population reported moderate or extreme anxiety or depression compared to 12.0% of the population of England as a whole.

7.0 Scope of the Plan

7.1 There are a number of current local strategies and work plans that address mental health, wellbeing and resilience. As a result, this Public Mental Health Action Plan does not include actions that are already being undertaken as part of existing work. For example actions, related to children and young people, which are outlined under the Lancashire and South Cumbria Sustainability and Transformation Plans (STP), or perinatal mental health which are addressed through the Blackpool Better Start Programme.

7.2 However, some of the actions specifically relating to suicide prevention, for example effective support for those bereaved by suicide, will now be addressed through a

Lancashire and South Cumbria STP Suicide Prevention Plan. This will be launched in September and will need to be shared with the Health and Wellbeing Board and this committee as part of the consultation and scrutiny process.

Does the information submitted include any exempt information? No

List of Appendices:
Appendix 8 (a) - Public Mental Health Action Plan 2016-2019

8.0 Legal considerations:

8.1 None

9.0 Human Resources considerations:

9.1 None

10.0 Equalities considerations:

10.1 Equality Impact Analysis was completed and identified that there was no explicit mention of certain protected groups that are at higher risk of mental ill health - black and minority ethnic and lesbian, gay, bisexual and transgender communities. This has now been addressed in the action plan.

11.0 Financial considerations:

11.1 Some interventions will require external funding - for example, potential application for funding through Sport England for physical activity interventions aimed at vulnerable men. Police and Crime Commissioner funding has been allocated for the crisis/mental health café and the innovative psychological therapies.

12.0 Risk management considerations:

12.1 None

13.0 Ethical considerations:

13.1 None

14.0 Internal/External Consultation undertaken:

14.1 Consultation has been undertaken individually with internal and external stakeholders and through presentation at groups such as the Adult Safeguarding Board and the

Mental Health Partnership Board.

15.0 Background papers:

15.1 NHS England Mental Health Taskforce, '*The Five Year Forward View for Mental Health*'[1] - This report makes the case for transforming mental health care in England, with more of a focus towards prevention. The corresponding implementation plan outlines how this will be achieved with the main focus on NHS services.

15.2 *Better Mental Health for All: a public health approach to mental health improvement*[2] – this guidance from the Faculty of Public Health and the Mental Health Foundation outlines what can be done individually and collectively to enhance the mental health of individuals, families and communities by using a public health approach.

15.3 *Improving the Physical Health of People with Mental Health Problems: Actions for mental health nurses*[3] - this resource provides information on a more holistic approach to physical and mental health. The action areas identified are, support to quit smoking; tackling obesity; improving physical activity levels; reducing alcohol and substance misuse; sexual and reproductive health; medicine optimisation; dental and oral health and reducing falls.

15.4 *Local suicide Prevention Planning: A practice resource*[4]- This resource, supported by the National Suicide Prevention Alliance outlines how local authorities can in partnership with mental health and health care services, primary care, schools, employers and other organisations to develop a local suicide prevention plan.

[1] The Mental Health Taskforce (2016) the five year forward view for mental health.
[2] Mental Health Foundation & Faculty of Public Health (2016) Better mental health for all: a public health approach to mental health improvement
[3] Nursing, Midwifery and Allied Health Professionals Policy Unit (2016)
[4] Public Health England (2016) Local suicide prevention planning: a practice resource