

BARNSELY METROPOLITAN BOROUGH COUNCIL (BMBC)

This matter is not a Key Decision within the Council's definition and has not been included in the relevant Forward Plan

Report of the Director of Public Health

RESPONSE TO THE SCRUTINY TASK AND FINISH GROUP (TFG) REPORT ON ADULT MENTAL HEALTH – EARLY INTERVENTION & PREVENTION

1. Purpose of report

- 1.1 To report to Cabinet the plans and progress against findings of the Overview & Scrutiny Committee (OSC) from the investigation undertaken on its behalf by the Adult Mental Health Task & Finish Group (TFG).

2. Recommendations

- 2.1 **That Cabinet supports the progress made against each of the recommendations and supports the ongoing plans to implement them over the next 12 months.**

3. Introduction/Background

- 3.1 Further to last year's TFG undertaken on Adult Mental Health - Crisis Care, as part of its work programme the OSC agreed to continue this work and undertake a TFG investigation into early intervention and prevention in relation to adult mental health.
- 3.2 In their report, the TFG made 10 recommendations to support the continual improvement of services and support to local communities. This report provides an update of progress made against each of those in the context of our Covid-19 recovery. A mental health impact assessment has been produced which identifies what action needs to be taken over the short, medium and long term.
- 3.3 The Health and Wellbeing Board is working collaboratively to consider the development of a mental health partnership in Barnsley to create a successful place, where the mental health of everyone is a central consideration and where residents can live their best life. All activity, be it individual, community, operational or strategic will be delivered in a way to help residents of Barnsley to be more resilient, to feel good and to function well, building positive relationships to help deal with life's challenges. The mental health partnership will focus on what matters most to residents, including a worthwhile job, a decent home and good friends. The mental health partnership will concentrate on where it can make the biggest difference; challenging the system and holding others to account.

4. TFG Recommendations and Responses

- 4.1 **Recommendation 1: '5 Ways to Wellbeing' should be promoted, with a specific Barnsley version developed to encourage the local audience to engage with it**
Having discussed the '5 Ways to Wellbeing' the TFG were keen to promote this as a way for people to improve and maintain their emotional wellbeing. The TFG especially liked a poster which had been created with a local Yorkshire twist and felt that something similar should be developed to display across Barnsley, for example on toilet doors in workplaces, social and community venues, notice boards and online. The TFG also liked that this referred to wellbeing rather than 'mental health' as they feel this terminology acts as a barrier for some people to access relevant information.

Service Response:

There has been some progress towards this recommendation, but work has paused due to the Covid-19 response and recovery. However, Five Ways to Wellbeing messages have been promoted during lockdown and the development of a local version will be a key element of our mental health recovery plan.

Public health officers have engaged with the Men in Sheds project to identify what Five Ways to Wellbeing means to them and work has started to co-produce the local version with practical examples of what activity could include.

4.2 Recommendation 2: '5 Ways to Wellbeing' is incorporated as a consideration when Area Councils and Ward Alliances commission local services

Members identified how this simple consideration could assist in further promoting and improving wellbeing in local communities and how prioritising initiatives which positively contribute to this would additionally support spend on certain local services.

Service Response:

This approach was adopted as part of the Area Wellbeing Grant fund in 2019/2020, supported by Public Health in Communities and worked well overall to encourage local areas to focus on all aspects of wellbeing and to address inequalities. It may also be beneficial to focus on particular outcomes based on local need to ensure any funding and outcomes for residents is maximised.

4.3 Recommendation 3: BMBC's sickness recording and reporting should distinguish between the source of mental ill health so that issues can be addressed accordingly, and we should encourage other local employers to adopt this approach

The TFG are keen to reduce the stigma associated with mental ill health in the workplace. By recording the source of mental health absence, the TFG feel this will also assist in organisations implementing appropriate support mechanisms for employees to aid their recovery depending on the issues identified, for example if stress is work-related or non-work related.

Service Response:

We fully support the need to reduce stigma in relation to mental health issues in the workplace and we are developing a mental health proposal to support a culture where staff feel able to raise mental health issues. Having an understanding of the source is important to determine appropriate support mechanisms however, there may not be a single source and indeed could be several sources which in turn makes a specific absence recording arrangement difficult. What is important is early intervention to implement appropriate support mechanisms.

In terms of stress, when an employee reports either feeling stressed or absence due to stress, an individual stress risk assessment needs to be completed to identify any perceived work-related component of this. The assessment should identify the concerns of the employee (the stressors) with a view to taking action to minimise the risk as with any other health and safety matter. This assessment can also be carried out on a team or group of employees to identify general concerns.

4.4 Recommendation 4: The IAPT Prescription Pad is rolled out to Pharmacists and the list of contacts includes the Council's ASCL Service

The TFG felt the prescription pad was very innovative and it would be good to expand its use. Given that IAPT needs to ensure the right referrals, the TFG felt it would be useful to expand the contact list to include the ASCL Service and highlight its wellbeing courses as this may be a more appropriate intervention for some individuals rather than Talking Therapies.

Service Response:

The IAPT Prescription pad continues to be popular and is being used effectively, and more pads have been printed and distributed to all appropriate accessible places within the Borough.

The ASCL Service would be keen to be included in the list of contacts. ASCL delivers learning for work and wellbeing and has a range of courses focused on supporting recovery from and management of mild to moderate mental health issues.

4.5 **Recommendation 5: An All Member Information Briefing is held on the Council's ASCL Service so that Members are aware of the services on offer, especially the wellbeing aspects which Members could refer constituents to.**

Having visited the ASCL Service, the TFG were impressed by the person-centred approach adopted in terms of meeting individual wellbeing needs. As highlighted in the session, the most effective referrals to the service come by word of mouth; therefore, it would be helpful to increase knowledge of the services on offer to local members, especially given the recently broadened wellbeing curriculum.

Service Response:

An all member information briefing on the ASCL service has been delayed as a consequence of the Covid 19 pandemic, but will be undertaken as soon as practicably possible.

4.6 **Recommendation 6: The names of Mental Health First Aiders should be listed alongside Physical First Aiders in all Council buildings, as well as encouraging other organisations to do the same**

The group were keen to recognise mental health first aid as being as important as physical first aid; therefore, would like to see the contact names visible for each building as you would expect with those trained in physical first aid. As the training is rolled out and Council employees meet with other organisations, the TFG would like to encourage this good practice to be spread.

Service Response:

The council is currently developing an offer in relation to mental health which includes mental health first aid. If the approach is approved and implemented, we will ensure that appropriate visibility is given.

4.7 **Recommendation 7: Elected Members are provided with Mental Health First Aid training**
Given the role of Elected Members in the community and the vulnerable constituents they come into contact with, the TFG felt that it was essential for members to receive this training.

Service Response:

This training will be developed in conjunction with wider plans in place relating to the Health and Wellbeing mental health offer for staff. Plans had to pause due to Covid-19 response, but virtual mechanisms will now be considered to ensure this can be delivered as soon as possible.

4.8 **Recommendation 8: Work produced by those undertaking ASCL courses should be displayed in Council buildings, specifically the Cooper Gallery alongside case studies of those who have produced the work**

The TFG felt the artwork produced from the classes was of such a high standard it should be displayed in public areas. This would act as both encouragement to those who have produced the work as well as be an advert for the ASCL Service. The artwork could be displayed alongside case studies of those who have undertaken courses, many of whom now have improved mental wellbeing and have moved into employment and out of poverty.

Service Response:

The ASCL Service would welcome the opportunity to display work produced by learners in Council Building and is keen to work alongside relevant services to facilitate this once access to building is possible.

Exhibition space at the Cooper Gallery is generally booked up for two years ahead of time, so it would probably not meet the needs of the clients. An alternative would be the clock tower gallery - which is the third floor of the Town Hall. There is space, but there would be a cost to curate and

hang the work professionally. The service agrees that the best option would be to look at a display in the Markets upstairs where there is a Gallery space that has been created for the Barnsley College end of Year Show.

4.9 **Recommendation 9: A specific budget is made available as part of the commissioning of Social Prescribing services to ensure community groups and activities which they refer to receive funding to contribute to running costs.**

The TFG were complementary with regards to the social prescribing service; however, felt that it was essential that financial support was made available to local community services, especially given that this is the practice elsewhere in the country.

Service Response:

At the time of writing, we are waiting for a response from the CCG.

4.10 **Recommendation 10: The Overview and Scrutiny Committee undertakes further investigation specifically on access to early intervention and prevention services in relation to children's mental health and wellbeing as part of its future work programme**

Given this investigation focused on support to adults, the TFG felt it was important to explore and scrutinise services available for children and young people in relation to their mental health and wellbeing. This is especially pertinent given the demand on specialist Child and Adolescent Mental Health Services (CAMHS); thereby it is important to establish what early help support services are available and to what extent they are effective.

Service Response:

This is a worthwhile investigation which should be recommended.

5. Implications for local people / service users

5.1 While many people have acted in solidarity in response to COVID-19, and there will be some positive benefits from this community spirit and response, the epidemic will likely have many psychological impacts on the population which may have a detrimental effect on the short, medium and long-term mental health of some residents. In turn, this may reduce people's resilience and their ability to cope. Longer term impacts in terms of trauma, grief and distress may exacerbate the burden of mental ill-health in the community long after recovery.

Responding to the recommendations within the OSC TFG report will contribute to addressing the mental health problems experienced by residents and employees across the borough.

6. Financial implications

6.1 There may be financial implications of several recommendations, therefore, further consideration will need to be given.

7. Employee implications

7.1 The recommendations contained within this report will have a positive impact on the mental health and wellbeing of employees and their families.

8. Communications implications

8.1 The Five Ways to Wellbeing is an important element of our covid-19 recovery planning and a communication plan has been developed.

9. Consultations

9.1 Colleagues within the Council, Barnsley CCG and SWYFT have been consulted in the production of this report.

10. The Corporate Plan and the Council's Performance Management Framework

10.1 The recommendations will contribute to the three priorities for Barnsley of: a thriving and vibrant economy, citizens achieving their potential, and strong & resilient communities.

11. Promoting equality & diversity and social inclusion

11.1 A mental health impact assessment has been completed.

12. Tackling the impact of poverty

12.1 A growing body of evidence has shown strong links between those of lower socioeconomic status and an increased likelihood of developing and experiencing mental health problems. Similarly, employment status is linked to mental health outcomes, with those who are economically inactive to be more likely to experience common mental health problems. It is, therefore, important to acknowledge that increased mental wellbeing support may be required in our more deprived communities. Also, that tackling the impact of poverty will help to improve mental wellbeing amongst our communities.

13. Tackling Health Inequalities

13.1 There are large health inequalities between Barnsley and England, and within Barnsley itself. Improving people's mental wellbeing and reducing health inequalities will help local people to reach their full potential. The investigation undertaken by the TFG and recommendations made are in support of improving services across the borough; with recognition that additional work may be required in specific communities to help address health inequalities.

14. Risk management issues

14.1 The Council's Strategic Risk Register (SRR) is currently under review; therefore, the reference to specific risks is likely to change. However, it is likely the recommended activities detailed in this report will contribute further to the effective mitigation of risks associated with poor mental wellbeing in Barnsley, and it would be appropriate for any follow-up report to be cognisant of these risks.

15. Glossary

ASCL	Adult Skills & Community Learning Service
BMBC	Barnsley Metropolitan Borough Council
CCG	Clinical Commissioning Group
IAPT	Improving Access to Psychological Therapies Service
MHFA	Mental Health First Aid
NHSE	National Health Service England
OSC	Overview and Scrutiny Committee
PCN	Primary Care Network
SYHA	South Yorkshire Housing Association
SWYFT	South West Yorkshire Partnership NHS Foundation Trust
TFG	Task and Finish Group

16. Background papers & links

- OSC TFG Report on Adult Mental Health Early Intervention & Prevention (Cab.18.3.2020/9):
<https://barnsleymbc.moderngov.co.uk/documents/s64178/TFG%20Adult%20Mental%20Health%20Early%20Intervention%20and%20Prevention%20Cabinet%20Report%20FINAL%2020200309.pdf>
- OSC TFG Report on Adult Mental Health Crisis Care (Cab.17.4.2019/8):
<https://barnsleymbc.moderngov.co.uk/documents/s48061/Overview%20and%20Scrutiny%20Committee%20-%20Task%20and%20Finish%20Group%20-%20Adult%20Mental%20Health%20Crisis%20Care.pdf>

- Response to the OSC TFG Report Recommendations on Adult Mental Health Crisis Care (Cab.10.7.2019/8):
<https://barnsley.mbc.moderngov.co.uk/documents/s55291/Adult%20Mental%20Health%20-%20Response%20to%20Scrutiny%20Task%20and%20Finish%20Group.pdf>

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