

TORBAY JOINT HEALTH & WELLBEING STRATEGY

PROGRESS REPORT – MENTAL HEALTH & WELLBEING

<h2>2 Mental Health & Suicide Prevention</h2>	
<p>Progress against programme delivery measures</p>	
<p>Undertake a collaborative needs assessment into mental health & wellbeing & self-harm</p>	<p>Torbay Council Public Health is leading on a Devon-wide self-harm needs assessment across the life-course. The literature review on effective interventions is almost complete. Quantitative and qualitative data collection has started. The target month for completion is March 2023. The team is also working with local partners to define and explore the needs of people currently experiencing challenges obtaining support for their mental health through mainstream routes.</p>
<p>Incorporate mental health & wellbeing into the Multiple Complex Needs alliance from 2022</p>	<p>The MCN alliance recognises mental health and wellbeing as key components to delivering a successful alliance and work is taking place to consider how this can best be incorporated.</p>
<p>Support the creation of mental health promoting communities through training, safe spaces & peer support</p>	<p>Torbay Council has awarded £60,000 in funding to twenty-five local CVSE organisations for creative suicide prevention activity. Examples of activity have included: awareness and suicide prevention training for parents of children and young people with special educational needs, one-to-one and group mentoring of secondary school pupils struggling with their emotional health and wellbeing and running peer-support and wellbeing-based workshops.</p>
<p>Promote & support workplace wellbeing across all sectors</p>	<p>Mapping exercise as part of Torbay Council's 'Wellbeing Guardian' rollout includes a section on mental health and wellbeing has been completed. Assurance provided against some national standards alongside identification of gaps. Further discussion at Council SLT for resourcing and sequencing of the action plan. Further recruitment of Wellbeing Supporters in the council alongside enhanced training has taken place. Initial conversations with commercial sector produced limited interest, however, a new bottom-up approach is being adopted.</p>
<p>Promote approaches which tackle physical & mental wellbeing together, including use of green spaces</p>	<p>Active Devon is working with the Healthy Ageing partnerships on promoting physical and mental wellbeing together, including through the Connecting Actively to Nature project and work with care homes.</p>

	The Torbay Wellbeing Engagement Project focused on supporting people through a range of activities to strengthen social, physical and mental resilience.
Work with VCS & Health partners to co-design a 'front door' to Adult Social Care	Collaborating with multi-agency partners and people with lived experience on co-producing alternative mental health provision that can support people on Community Mental Health Team waiting lists whilst preventing a future requirement for adult social care support.
Other comments on progress?	
Progress against delivery of cross-cutting measures	
➤ Include environmental sustainability as a key element in all policies	Considering how to incorporate environmental sustainability into the multi-agency Torbay Suicide and Self-Harm Prevention Action Plan.
➤ Make environmental sustainability a factor in decision making in all new policies & procurement contracts	A methods statement on sustainability was included in the tender of the Torbay Wellbeing Engagement Project with 10% weighting.
<ul style="list-style-type: none"> ➤ Explore how physical activity can be included ➤ Work with us to implement Torbay on the Move 	<p>Considering how to incorporate physical activity into the multi-agency Torbay Suicide and Self-harm Prevention Action Plan.</p> <p>Plans to broaden the membership of the Torbay Mental Health and Suicide Prevention Alliance to include physical activity related partners and show-case Torbay on the Move.</p>
<ul style="list-style-type: none"> ➤ Participate in a system wide approach to housing including homeless prevention, quality of accommodation and availability of affordable accommodation ➤ Work in partnership with other agencies to identify and prevent homelessness in those accessing your service 	<p>Alignment of Torbay Councils housing strategy with the multi-agency Torbay Suicide and Self-harm Prevention Action Plan.</p> <p>Homelessness and its impact on mental health and wellbeing is identified via the Torbay Community Helpline which will signpost callers to housing support as well as support their mental health. The mental health support within the helpline is currently part-funded by Torbay Council until September 2022.</p>
<ul style="list-style-type: none"> ➤ Carry out an EIA for all service changes ➤ All employees trained to recognise the needs of minority & ethnic groups ➤ Ensure that digital care pathways increase inclusion 	<p>No service changes during this period.</p> <p>Digital inclusion has been included in the contract specification for QWELL – online mental health and wellbeing support for adults aged 18+ years.</p>
<ul style="list-style-type: none"> ➤ Sign up to the Devonwide Commitment to Carers ➤ Proactively identify & report on carers in the workforce ➤ Health & care set targets for identifying carers ➤ Become 'carer-friendly' organisations 	No specific activity during last two months.
➤ Health & Care provide training on domestic abuse and	Use of a person-centred and trauma informed approach has been included in larger grants and procurements.

<p>sexual violence & use a trauma-informed approach</p>	<p>Trauma informed training was offered for those hosting and supporting Ukrainian refugees.</p>
<p>Citizen feedback</p>	
<p>Describe any engagement, co-design or co-production work you have undertaken in your workstream</p>	<p>Collaborating with multi-agency partners and people with lived expertise on co-producing alternative mental health provision that can support people on Community Mental Health Team waiting lists whilst preventing a future requirement for adult social care support.</p> <p>Commissioned qualitative research from Make Space CIC (academics with lived experience of self-harm) into self-harming in Torbay.</p>