

**Meeting:** Policy Development and Decision Group (Joint Commissioning Team)

**Date:** 04/03/2019

**Wards Affected:** All

**Report Title:** Prevention Concordat for Better Mental Health

**Is the decision a key decision?** No

**When does the decision need to be implemented?** Immediately

**Executive Lead Contact Details:** Councillor Jackie Stockman, Executive Lead for Health and Wellbeing, Independent Berry Head with Furzeham Ward, 07968 979685

**Supporting Officer Contact Details:** Dr Caroline Dimond, Director of Public Health, 01803 207336, caroline.dimond@torbay.gov.uk

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## 1. Proposal and Introduction

- 1.1 The proposal is that Torbay Council becomes a signatory to the Prevention Concordat for Better Mental Health.
- 1.2 We all have mental health. Even if we do not consciously think about it all the time, our state of mental health underpins everything we do on a daily basis. Nationally poor mental health affects at least one in four people each year, with one in six experiencing common mental health problems such as anxiety and depression in any given week. In Torbay 18% of adults reported having anxiety and depression and 25% report being unhappy when asked how they were feeling yesterday.
- 1.3 Many organisations (including local authorities; the NHS, VCSE sector and employers) are becoming signatories of the Prevention Concordat for Better Mental Health Consensus Statement. To sign up, Torbay Council would agree to the following principles:
  1. To transform the health system, we must increase the focus on prevention and the wider determinants of mental health. We recognise the need for a shift towards prevention-focussed leadership and action throughout the mental health system; and into the wider system. In turn, this will impact positively on the NHS and social care system by enabling early help through the use of upstream interventions;
  2. There must be joint cross-sectoral action to deliver an increased focus on the prevention of mental health problems and the promotion of good mental health at local level. This should draw on the expertise of people with lived experience of mental health problems, and the wider community, to identify solutions and promote equality;

3. We will promote a prevention-focused approach towards improving the public's mental health, as all our organisations have a role to play;
4. We will work collaboratively across organisational boundaries and disciplines to secure place-based improvements that are tailored to local needs and assets, in turn increasing sustainability and the effective use of limited resources;
5. We will build the capacity and capability across our workforce to prevent mental health problems and promote good mental health, as outlined in the Public Mental Health Leadership and Workforce Development Framework<sup>1</sup>;
6. We believe local areas will benefit from adopting the Prevention Concordat for Better Mental Health; and
7. We are committed to supporting local authorities, policy makers, NHS clinical commissioning groups and other commissioners, service providers, employers and the voluntary and community sector to adopt this Concordat and its approach.

1.4 Sign up is dependent on the following criteria:

- Senior leader approval and signature on the Torbay Council Prevention Concordat for Better Mental Health Action Plan (Appendix 1);
- Registration of Councillor Mental Health Champion/s with the Centre for Mental Health; and
- A current multi-agency suicide prevention action plan.

1.5 Once an organisation has signed up to the Prevention Concordat for Better Mental Health there will be a formal announcement of new national and local signatories through Public Health England communications. Organisations will also be asked to promote their involvement and deliver joint communications on the prevention concordat and their specific commitments.

## **2. Reason for Proposal and associated financial commitments**

2.1 The Elected Mayor and Policy Development and Decision Group (Joint Commissioning Team) are asked to endorse Torbay Council's pledge to join the Prevention Concordat for Better Mental Health.

2.2 There are no financial commitments associated with the Prevention Concordat for Better Mental Health.

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## **3. Recommendation(s) / Proposed Decision**

That the Elected Mayor be recommended:

3.1 That Torbay Council signs up to the Prevention Concordat for Better Mental Health.

3.2 That the Director of Public Health be given delegated authority to make any required amendment to and sign the Torbay Council Prevention Concordat for Better Mental Health Action Plan as set out in Appendix 1.

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<sup>1</sup> <https://www.gov.uk/government/publications/public-mental-health-leadership-and-workforce-development-framework>

- 3.3 That Councillors Stockman and Stocks be appointed as Councillor Mental Health Champions registered with the Centre for Mental Health.

## **Appendices**

Appendix 1: Torbay Council Prevention Concordat for Better Mental Health Action Plan (Torbay Council, 2019)

### **Background Documents**

[Prevention Concordat for Better Mental Health \(PHE, 2019\)](#)

[Mental Health Challenge Champions \(Centre for Mental Health, 2019\)](#)

[Torbay Multi-agency Suicide and Self-harm Prevention Plan](#)

<http://www.southdevonandtorbay.info/media/1163/2018-2020-torbay-jsna.pdf>

<https://fingertips.phe.org.uk/profile-group/mental-health/profile/mh-jsna>

<https://www.torbayandsouthdevon.nhs.uk/services/mental-health/>

<https://www.torbayandsouthdevon.nhs.uk/uploads/torbay-mental-health-directory.pdf>

<https://publications.parliament.uk/pa/cm201516/cmselect/cmeduc/481/481.pdf>

[https://www.mentalhealth.org.uk/sites/default/files/mental\\_health\\_resilience\\_inequalities\\_summary.pdf](https://www.mentalhealth.org.uk/sites/default/files/mental_health_resilience_inequalities_summary.pdf)

## Section 1: Background Information

### 1. What is the proposal / issue?

The proposal is that Torbay Council signs up to the Prevention Concordat for Better Mental Health.

We all have mental health. Even if we do not consciously think about it all the time, our state of mental health underpins everything we do on a daily basis. Nationally poor mental health affects at least one in four people each year, with one in six experiencing common mental health problems such as anxiety and depression in any given week. In Torbay 18% of adults reported having anxiety and depression and 25% report being unhappy when asked how they were feeling yesterday.

75% of adults with mental health problems are first unwell in childhood or adolescence. Almost 4 children in every class room will have at least one mental health disorder when assessed. Poorer mental health in children can drastically impact their life chances, impacting on physical health, their educational and work prospects, their chance of committing a crime and even the length of their life. In Torbay almost 5% of school pupils have a social, emotional and mental health need and there are almost 900 self-harm admissions to hospital per year. For both indicators, Torbay has the highest need in the South West.

As well as the impact on individuals and families, mental health problems result in increased costs to the public purse and wider society. The estimated economic and social cost is £105 billion in England alone. As mental health needs increase, so does the demand on local health, social care, education, criminal justice and community and voluntary sector services.

### 2. What is the current situation?

Torbay has high rates of people with mental health disorders and with unmet mental health and wellbeing needs. Some strategic indicators where Torbay is statistically significantly higher compared to England are shown below:

Indicator	Date	Torbay	England
Hospital admissions as a result of self-harm (per 100,000 10-24yrs)	2014/15-2016/17	982.5	407.1
Employment Support Allowance Claimants for mental and behavioural disorders (rate per 1,000 working age population)	2015-17	45.9	27.5
Population living in areas with the highest mood and anxiety disorder prevalence in England (%)	2015	33.7	19.7
Hospital admissions for mental and behavioural disorders due to alcohol (rate per 100,000)	2017/18	84.2	69.2

Adult social care long-term support clients for mental health (per 100,000 65yrs+)	2014/15-2016/17	473.5	404.1
Suicide rate (per 100,000)	2015-2017	15.7	9.6

Source: Torbay JSNA; PHE Mental Health and Wellbeing JSNA

Multi-agency action is required to prevent people becoming mentally unwell, help maintain good mental health and to help support people when they do require additional help from a mental health services. Service gaps need to be collectively plugged to help support the mental health and wellbeing needs of Torbay residents.

**3.**

**What options have been considered?**

- To work singularly to improve the mental health and wellbeing of Torbay residents;
- To work collaboratively with other organisations to improve the mental health and wellbeing of Torbay residents.

The disadvantages of working singularly are less access to multi-agency skills, experience and resources. Poor mental health and wellbeing is a system wide issue and as such system-wide solutions are required to address the unmet need with the impact that is required.

**4.**

**How does this proposal support the ambitions, principles and delivery of the Corporate Plan?**

Joining the Prevention Concordat for Better Mental Health fits with the ambition of a Prosperous and Healthy Torbay. As it advocates for integrated and joined up system approach this is anticipated to use reducing resources to best effect through economies of scale and reduced duplication. The Concordat pushes for preventative and evidence based approaches to improve public mental health.

In terms of targeted actions, collaborative and preventative public mental health intervention should contribute to:

- Protecting all children and giving them the best start in life;
- Promoting healthy lifestyles across Torbay; and
- Protecting and supporting vulnerable adults.

In terms of delivery, collaborative and preventative public mental health intervention should contribute to:

- Establishing a Healthy Schools Network with a focus on healthy weight and healthy food, physical activity, and emotional health and well-being;
- Strengthening the emotional health and wellbeing of children and young people with a focus on whole school programmes such as Thrive and giving children and young people resilience skills; and
- Working with local communities to implement the initiatives of Mental Health promotion, Self-harm, Dementia and Suicide prevention strategies.

5.	<p><b>How does this proposal contribute towards the Council's responsibilities as corporate parents?</b></p> <p>The mental health of looked after children (LAC) is significantly poorer than their peers, with almost half of LAC nationally meeting the criteria for a mental health disorder. Young people leaving care are also five times more likely to attempt suicide than their peers. CAMHS service provision for LAC is poor in many areas of England where services are failing to identify mental health problems when children enter care, and CAMHS services unable to treat vulnerable children who fall below diagnostic thresholds or are without a stable placement. Strengthening the focus on and commitment to improving mental health for all groups in the population is therefore important.</p>
6.	<p><b>How does this proposal tackle deprivation?</b></p> <p>Mental health problems are more common in areas of deprivation and poor mental health is consistently associated with unemployment, less education, lower income, in addition to poorer physical health.</p> <p>Good built environments and healthy local economies contribute to resilient, mentally healthy communities. All policy-makers, from those in government to those in local communities, need to consider and take into account the mental health implications of all policies. Joining the Prevention Concordat for Better Mental Health shows a willingness and commitment by Torbay Council to prevent and improve mental health for all its residents, including those in the most disadvantaged areas.</p>
7.	<p><b>How does this proposal tackle inequalities?</b></p> <p>Research suggests that higher national levels of income inequality are linked to higher prevalence of mental illness. Social as well as individual solutions are required to reduce inequalities and improve community mental health.</p>
8.	<p><b>How does the proposal impact on people with learning disabilities?</b></p> <p>Learning disabilities are often associated with mental health problems. Mental health problems can affect anyone at any time, but unlike a learning disability, they can be overcome with appropriate treatment. It is estimated that 40% of people with a learning disability, will also have a mental health problem. This is more than double the rate of mental health problems in the general population. Children with a learning disability are also more likely to suffer from a mental health problem. For this reason, people with learning disabilities need to be given extra consideration when putting interventions in place to improve and maintain good mental health.</p>
9.	<p><b>Who will be affected by this proposal and who do you need to consult with?</b></p> <p>Joining the Prevention Concordat for Better Mental Health is intended to promote and maintain good mental health for all Torbay residents through collaborative action. As such only positive impact is expected from focused action and transparent commitment. No detrimental impact is expected.</p>
10.	<p><b>How will you propose to consult?</b></p>

	Consultation is not necessary on this occasion.
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<b>Section 2: Implications and Impact Assessment</b>	
<b>11.</b>	<p><b>What are the financial and legal implications?</b></p> <p>There are no financial or legal implications to this proposal.</p>
<b>12.</b>	<p><b>What are the risks?</b></p> <p>No risks associated with signing up to the Concordat have been identified, other than the reputational risk of not making progress against the action plan.</p>
<b>13.</b>	<p><b>Public Services Value (Social Value) Act 2012</b></p> <p>The PSV does not apply, in that nothing is being procured on this occasion.</p>
<b>14.</b>	<p><b>What evidence / data / research have you gathered in relation to this proposal?</b></p> <p>The majority of related research is included in the background links section of this document.</p>
<b>15.</b>	<p><b>What are key findings from the consultation you have carried out?</b></p> <p>Consultation is not necessary on this occasion.</p>
<b>16.</b>	<p><b>Amendments to Proposal / Mitigating Actions</b></p> <p>PDDG is invited to comment on the high level narrative of the pledge in Appendix 1 and Torbay Council action plan in Appendix 2.</p>

## Equality Impacts

17.	Identify the potential positive and negative impacts on specific groups		
	Positive Impact	Negative Impact & Mitigating Actions	Neutral Impact
Older or younger people			No differential impact – action plan is for all people across the life course
People with caring Responsibilities	People with caring responsibilities are more likely to experience a MH condition		
People with a disability	People with a disability are more likely to experience a MH condition		
Women or men			No differential impact – action plan is for both male and female residents
People who are black or from a minority ethnic background (BME) <i>(Please note Gypsies / Roma are within this community)</i>	People from BAME are more likely to experience a MH condition.		
Religion or belief (including lack of belief)			No differential impact – action plan is for all groups
People who are lesbian, gay or bisexual	People from LGBT communities are more likely to experience a MH condition than their peers		
People who are transgendered	People from LGBT communities are more likely to experience a MH condition than their peers		
People who are in a marriage or civil partnership			No differential impact – action plan does not differentiate between married/unmarried groups

	Women who are pregnant / on maternity leave	People who are pregnant are more likely to experience mental ill health		
	Socio-economic impacts (Including impact on child poverty issues and deprivation)	People from more deprived communities are more likely to experience a MH condition		
	Public Health impacts (How will your proposal impact on the general health of the population of Torbay)	Health needs are often accompanied by unmet mental health and wellbeing needs		
<b>16</b>	<b>Cumulative Impacts – Council wide</b> (proposed changes elsewhere which might worsen the impacts identified above)	None – sign up to MH Concordat is cost neutral to the PH team and the wider authority. There is no additional resource required to work collaboratively.		
<b>17</b>	<b>Cumulative Impacts – Other public services</b> (proposed changes elsewhere which might worsen the impacts identified above)	None. Current developments in the wider system are towards greater partnership, which supports the direction of the Concordat.		