

Co-production of the Creating a Mentally Healthy City Strategy

Meeting of the CMHCF 18.04.2024



Our Overarching Ambition

Ambition: Our overarching ambition is to work co-productively to create a Mentally Healthy city for individuals and communities.



Proposed Timescales



Mentally Healthy City Strategy Delivery Group Terms of Reference (Aims)

Co-create a mentally healthy city strategy and framework for action document with city-wide partners from a variety of backgrounds across systems and local communities.

The strategy is not a clinically led intervention, but a focus on the social determinants of well-being within the local communities of Birmingham through co-produced methodologies to provide a Mentally Healthy City

Strategy is built by lived experiences of local communities and individuals.

Identify rigorous research methods to produce data to inform strategy design.

Action, delivery on key priorities for community groups

Develop a live framework for action allowing adaptability for individual needs and systemic changes



Mentally Healthy City Strategy Delivery Terms of Reference (Roles & Responsibilities)

The Mentally Healthy City Strategy Delivery Group (MHCSDG) will report on the progress of the strategy to the CMHCF which will have strategic oversight.

Each member of the partnership has an equal right to representation and to have their voices heard in the delivery group.

Partner organisations will utilise expertise, research data and sector work to inform and co-create the strategy based on lived experiences.

For members to identify areas of best practice at addressing social, economic and environmental factors which impact or influence mental health, which can be fed into the strategy.

Agreement that by being a member of the delivery group will result in accountability for actions and deliverables.



Steering Group Overview

The steering group will provide oversight and Strategic guidance for the Strategy. Key Roles and Responsibilities will include:



Ensure that the strategy aligns with core objectives of each creating a city forums.



Provide support and information on key targeted group/areas.



Monitor Project Quality



Review and Inform Project Outcomes



Evaluate



Promote and Share.



Co-Production of the Strategy



The purpose of the strategy will be to lay out the strategic approach required to build a mentally healthy city where people are empowered and enabled to remain well.



A document that will be aligned with Health and Wellbeing Board's Priorities and provide strategic direction which will guide the development of a Creating a Mentally Healthy City Action Plan (**The Framework for Action**) which will be a living document.



Develop a Co-produced strategy led by **CMHCF** jointly with city-wide **partners** from a variety of backgrounds across the Mental Health and Wellbeing system.





Our view of Co-production



Co-production is focused on a relationship in which professionals and citizens share the power to plan and deliver improved outcomes



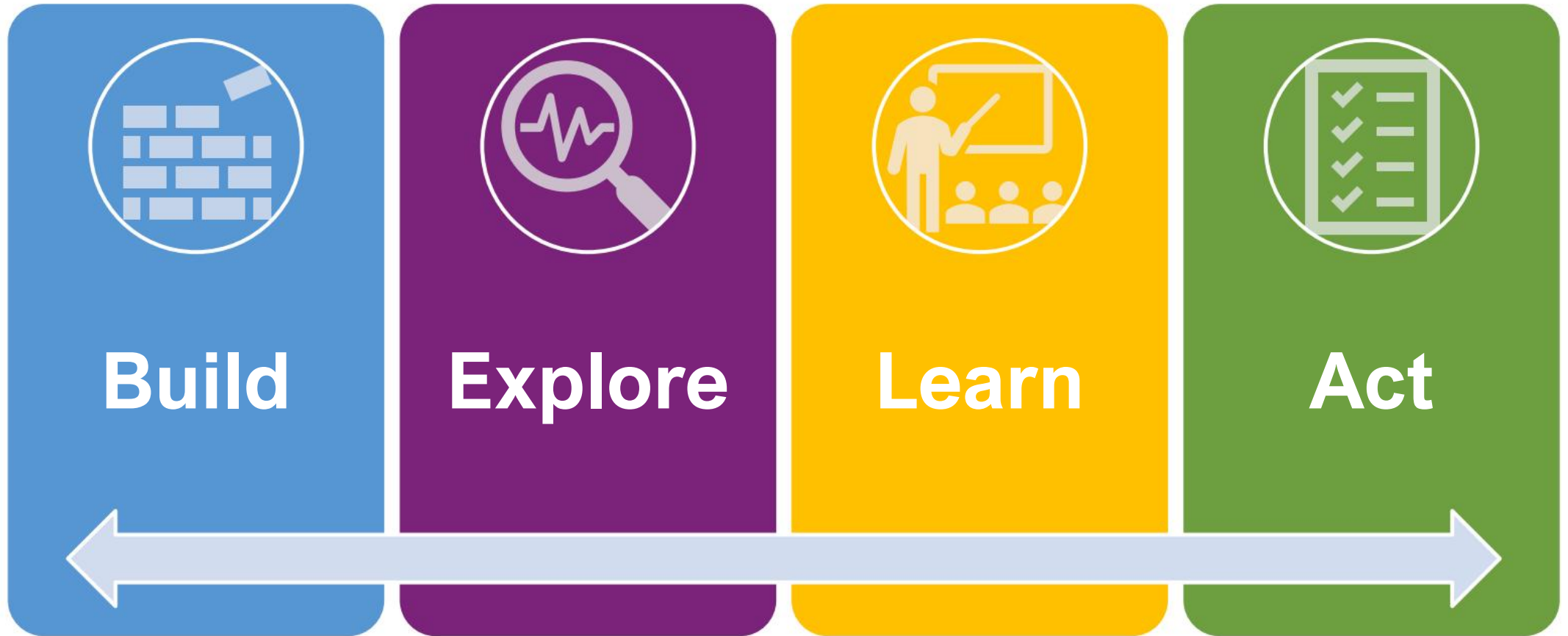
Co-production is about seeing people as assets with skills and knowledge that they can bring to the table, no longer being a passive recipient of services.



Co-production focuses on ensuring that professionals, service users and citizens are equal partners in decision making, designing and delivering on our strategy.



Our Co-Production Approach Method



The Journey so far...

What has already been done

- April 2023 workshop that explored areas to be considered in the development of the **Framework for Action**.
- Developed a **Mental Wellbeing Needs Assessment**
- Commissioned Initiatives and Projects

How we are going to build on this?

- Feedback from the April 2023 workshop will inform and shape the development of the~;
 1. **Community Workshops**
 2. **Stakeholders Workshops**
- The Mental Wellbeing Needs Assessment will be a key component for our Evidence based along with the:
 1. **Literature Review**
 2. **Data and feedback from Projects/Initiative. E.g.: The price we can't pay**



Community Engagement Workshops (CEW)

Our Delivery Provider Proposed will target areas:

Areas of high deprivation

Communities with high prevalences of depression & anxiety

Inclusion health Groups

Areas of higher mental health inequalities

Representatives of the demographic of the city

What we aim to gather feedback around:

What do citizens and communities view and understand as their mental health & wellbeing

What is important for citizens mental health & wellbeing individual , community and place

What is positive resilient factors for citizens mental health & wellbeing

What social and wider determinants impact on their mental health & wellbeing





Literature Review Scope

Topic areas:

How do cities impact on Mental Health?

- Positive factors
- Negative factors

What is a Mentally Healthy City?

- Examples from across the globe
- Knowledge and lessons learnt on what works.

What works to create a Mentally Healthy cCity?

- Individual factors
- Community factors
- Placed based factors

Data & Intel will be used:

To shape the priorities of the strategy.

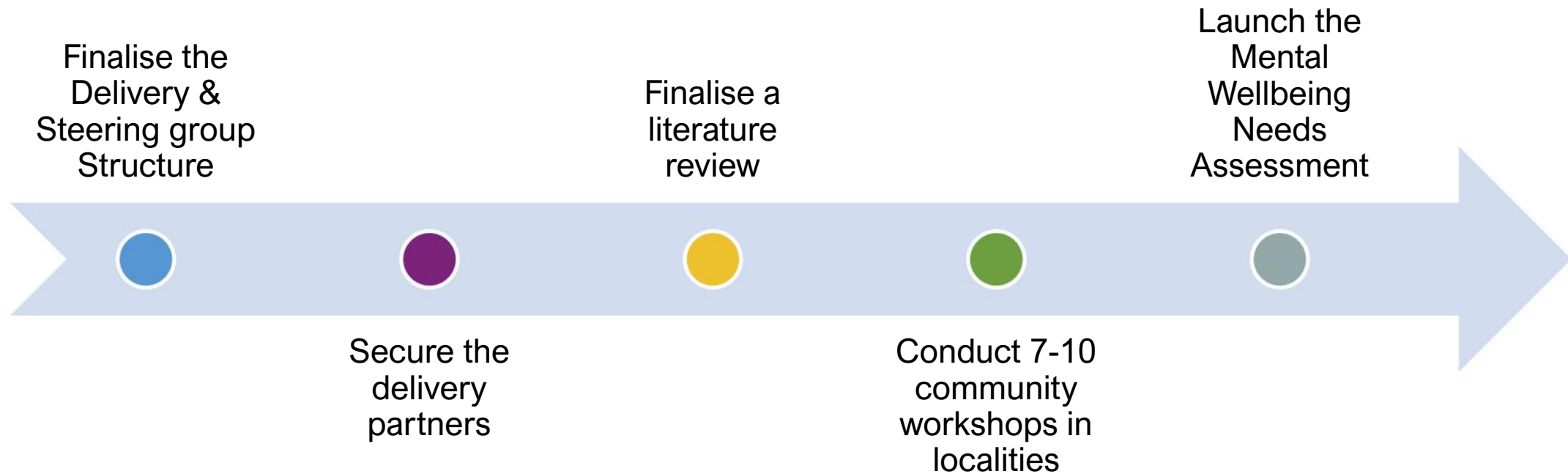
To guide discussions at stakeholder workshops.

To ensure an evidence-based approach



Next Steps – Key Actions

Phase 1 : April - June 2024



Discussion: Is this the right process

Have we got it right in terms of progressing the co-production of the strategy?



Any questions, comments or statement ?

To be included in the workshop, please email:
mentalwellbeing@birmingham.gov.uk

