

Appendix 1 – Creating a Mentally Healthy City Forum Highlight Report

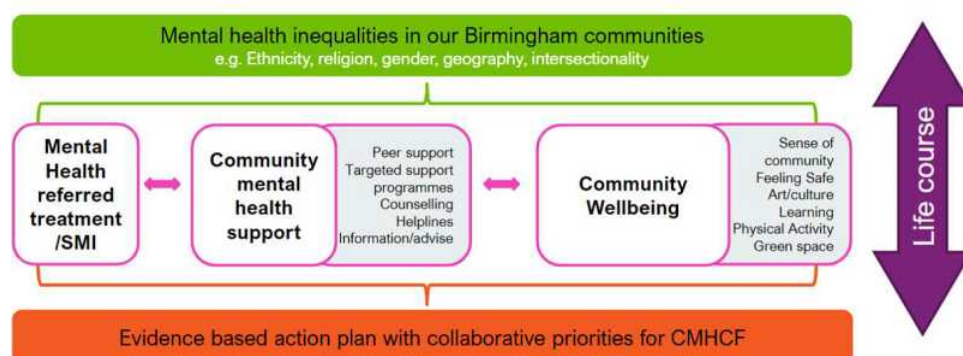
1. Context

- 1.1 The 'Creating a Mentally Health City Forum' (CMHC) has an explicit focus on the mental wellbeing of citizens in Birmingham, with an emphasis on upstream prevention and promotion of better mental health. It encompasses Suicide Prevention which has its own Advisory Group, Strategy and Action Plan. It is one of five partnership Fora supported by the Public Health Division with reporting responsibility to the Health and Wellbeing Board. These reports are based on the activities set out in the Forum Delivery Plan.
- 1.2 The aim of the CMHC Forum is to work with partners, stakeholders, academics, voluntary and third sector organisations, faith groups, and most importantly, our local communities to ensure that we are creating a City where all our citizens have opportunities to thrive and build a life that will enable them to achieve their potential and prosper.

2. Current Circumstance

- 2.1 The November CMHC Forum commenced with a review of the Terms of Reference and agreement to update the membership of the forum.
- 2.2 The forum build on discussions from the September meeting and work of the framework for action taskforce group. Plans for the development of the framework for action were discussed and further volunteers welcomed to join the taskforce. The framework aims:
- To focus the efforts of the forum where it adds value by understanding need in the community
 - To guide the work of the form towards a set of agreed priorities detailed in its action plan
 - To enable work of the forum via collection of members of the forum and the wider community

Framework for action with underpinning action plan



- 2.4 Forward Thinking Birmingham presented on Breathe Education, focusing on the Birmingham level dashboard.

- 2.5 CMHCF have responsibility for the Mental Wellness and Balance of the Health and Wellbeing Board Strategy. The new indicator dashboard was presented to the meeting and relevant indicators discussed.
- 2.6 The Cost-of-Living Crisis focus continued from the September meeting. A presentation was delivered on the Price we Can't Pay, a proposed Birmingham City Council Public Health Division project to understand the impact of the Cost-of-Living Crisis on mental health and wellbeing and to shape action. The tender has been released and closes on 5th January.
- 2.7 The Better Mental Health Fund projects have continued to address mental health inequalities in Birmingham. Nine projects have now been completed with the remaining projects ongoing to maximise the impact of the investment. An independent evaluation of the Birmingham project is currently being commissioned, 20 applications were received, contract award is expected to take place early in 2023.
- 2.8 Action has been taken to continue the legacy of the BMHF and six projects have been allocated further funding. Projects were allocated funding based on evidence of initial project success, clear need, and an ability to increase understanding of what works well for different communities.
- 2.5 The Suicide Prevention Advisory Group (SPAG) took place on the 25th of October 2022. The focus was to understand progress against the action plan. The SPAG is actively collecting information from our providers on progress on the Suicide Prevention Action Plan. The group supported the progress being made.
- 2.7 To address inequalities in mental health and create stronger relationships between Birmingham City Council and our Polish and Eastern European we have advertised for a partner organisation to support us in recruiting and managing an Engagement Officer for these communities. The contract is expected to be awarded early in 2023 with work commencing shortly afterwards.

3. Next Steps and Delivery

- The development of the Framework for Action
- Completion of the Better Mental Health Fund external evaluation