

	<u>Agenda Item: 10</u>
Report to:	Birmingham Health & Wellbeing Board
Date:	17 March 2020
TITLE:	CREATING A MENTALLY HEALTHY CITY FORUM
Organisation	Public Health, Birmingham City Council
Presenting Officer	Elizabeth Griffiths. Assistant Director, Public Health

Report Type:	Information
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1. Purpose:
This is an update report for the Creating a Mentally Healthy City Forum. It details the progress that Birmingham is making towards creating a mentally healthy city with a thriving and flourishing population.

2. Implications: # Please indicate Y or N as appropriate]		
BHWB Strategy Priorities	Childhood Obesity	N
	Health Inequalities	Y
Joint Strategic Needs Assessment		N
Creating a Healthy Food City		N
Creating a Mentally Healthy City		Y
Creating an Active City		N
Creating a City without Inequality		N
Health Protection		N

3. Recommendation
<p>3.1 It is recommended that the Board:</p> <ul style="list-style-type: none"> • notes progress made by the Creating a Mentally Healthy City Forum • agrees to support the identified priorities of the Forum and promote: and, • ensure constituent organisations are represented at and participating in Mentally Health City events moving forwards.

4.	Report Body
4.1	Context
4.1	The Health and Wellbeing Board established the 'Creating a Mentally Healthy City Forum' to focus on action on improving mental wellness across the City. The focus of this Forum is on upstream prevention; creating a City where everyone at every age and in every community can achieve their potential and prosper.
4.1.2	The Chair of the Creating a Mentally Healthy City (CMHC) Forum is Cllr Paulette Hamilton, Cabinet Member for Health and Social Care. Forum membership includes strategic partners from statutory organisations: NHS, PHE, Police, Fire, Academic bodies, Third Sector, Voluntary and Faith organisations. The various organisations will focus on what needs to be done locally, and at pace.
4.1.3	Membership will be reviewed from time to time to ensure 'best fit' of people who can contribute strategically to specific areas. Members will be co-opted so we can deliver on our action plans and deliver specific aspects of the Health and Wellbeing priorities on mental wellbeing.
4.1.4	<p>This Forum will link with the Health and Wellbeing Board's other Forums (City without Inequality/Healthy Food City/An Active City/Health Protection). The objectives of the 'Creating a Mentally Healthy City Forum are to:</p> <ul style="list-style-type: none"> • Oversee the support and development and delivery of a strategic action plan/framework to deliver a measurable impact on citizens lives in Birmingham. • Develop an insight into the "mentally healthy" need and gaps through the Joint Strategic Needs Assessment (JSNA) process. • Foster and develop partnership arrangements to deliver improvements in health and wellbeing for citizens of Birmingham. • Work in a matrix fashion with partners from other sub-Forums to ensure all are on course to make a difference to the citizens of Birmingham and deliver on outcomes. • Work with community groups and voluntary organisations to ensure their voices are heard on matters of mental wellbeing.
4.1.5	The CMHC Forum will meet bi-monthly and workshops with a wider stakeholder group will be held twice per year. The Birmingham Suicide Prevention Advisory Group, a sub-committee of the CMHC, meets bi-monthly and a representative from Birmingham Public Health attends the Solihull Suicide Prevention Group meetings to share learning and knowledge.
4.1.6	Documents and information will be shared with the CMHC Forum LinkedIn Group and all members will be invited to Workshops to ensure inclusivity and ensure we seek the views and experience of mental wellbeing as its invaluable to the success of creating a mentally healthy City.

4.1.7 The CMHC Forum's current priority areas for action are:

- Establishment of a proactive Creating a Mentally Healthy City Advisory Group and developing workshops.
- Full Council ratification of the Birmingham Suicide Prevention Strategy.
- Partner ownership and progression of Actions from the Birmingham Suicide Prevention Strategy and the implementation of a robust monitoring, review and reporting system.
- Developing a Prevention Concordat for Better Mental Health

4.1.8 The CMHF has made progress towards these priorities as follows:

4.2 Creating a Mentally Healthy City Workshop

4.2.1 On 15 January 2020 the Forum's wider stakeholder half day workshop took place. It was the first of two planned Workshops for 2020 and the focus was on 'Diversity, Inclusion and Intersectionality, and how they relate to Mental Health and Wellbeing'

4.2.2 There were three sub-workshops:

- A. **First Class Legacy** working with local communities and specialising in youth engagement particularly in our BAME / mainly Caribbean/Black African communities.
- B. **The Delicate Mind** working with the Muslim community with a focus on managing depression and other mental health problems caused by societal issues in faith communities.
- C. **Birmingham LGBT**, the City's leading charity advocating for, and supporting, our lesbian, gay, bisexual and trans communities.

4.2.3 Positive feedback was received. Participants welcomed the diversity of workshops and appreciated the opportunity to discuss and gain knowledge of the issues not openly discussed. In particular, participants valued the opportunity to discuss the stigma attached to mental health.

4.2.4 The presentations and workshops highlighted the need for an emphasis on '*intersectionality*' with different groups and in particular for the need to work together enable culturally informed and competent services to develop to prevent inequality and disengagement with services. The CMHC will be taking this line of action forward over the coming year.

4.2.5 The next CMHC Workshop will be in July 2020 and the focus will be on 'Disability and Mental Health'.

4.3 Birmingham Suicide Prevention Strategy

4.3.1 The Birmingham Suicide Prevention Strategy has been ratified by Full Council. The strategy supports action by bringing together knowledge about groups at higher risk of suicide, applying evidence through effective interventions and recognises the autonomy of local organisations to decide

what will work best in Birmingham with its ambition for zero suicides.

- 4.3.2 Suicide is preventable. The latest figures for Birmingham indicate suicide rates are significantly lower than the England average and the lowest of the Core City's. But there is no room for complacency and at a time when we have economic pressures on the general population, we need to take specific actions, as outlined on the strategy.
- 4.3.3 The Birmingham Suicide Prevention Strategy has been co-produced with high profile partners like the Coroner, Network Rail, NHS, Police, voluntary, community, business and academic sectors of the City and with the support of Public Health England and NHS England. It sits alongside national strategy and informed and based on a combination of local and national evidence and data.
- 4.3.4 The strategy sets out a series of key priorities for action across the partnership under six core areas: -
- Reducing the risk of suicide in high risk groups
 - Improving mental health in specific groups
 - Reducing the means of suicide
 - Providing better information and support to those bereaved or affected by suicide
 - Support the media in developing sensitive approaches to suicide and suicidal behaviour
 - Support research, data collection and monitoring
- 4.3.5 The Birmingham Suicide Prevention Strategy was formally approved through the Health and Wellbeing Board. Full Council agreed the Strategy on the 06/11/2019; support was received from elected members across all parties to support the delivery of the strategy moving forward.
- 4.3.6 The Advisory Group chaired by BCC is multi-agency and reports to the CMHC Forum and will oversee the delivery of the collaborative action plan to deliver the Birmingham Suicide Prevention Strategy.
- 4.3.7 It last met on the 10/02/2020 and meets bi-monthly. It focuses on Regional and National updates and feedback on assigned actions from a wide range of partners including Network Rail, Birmingham and Solihull Women's Aid, NHS Birmingham and Solihull Clinical Commissioning Trust and Common Unity.
- 4.3.8 The Advisory Group has developed an Action Plan for delivery of the strategy.

4.4 Polish and Eastern European Communities.

- 4.4.1 In Birmingham, in addition to the nationally recognised high-risk groups, the data shows that we have a high risk of suicides amongst individuals working in skilled trades like construction and amongst citizens born in Poland and Eastern European countries.
- 4.4.2 To better understand this, work is underway with Polish and Eastern European communities, and the groups that are most engaged with them, as

well as with service providers to ensure mental health and wellbeing services are culturally appropriate/sensitive.

- 4.4.3 During October 2019 an 'Expression of Interest' (EOI) was submitted to the Local Government Association (LGA) as an offer for bespoke support from the national programme team for up to 12 councils and partners, who self-identified as facing significant delivery challenges around suicide prevention was on offer. The submission was successful; Birmingham was one of the Councils selected.
- 4.4.4 The EOI expressed a strong desire of the sub-committee of the CMHC Forum to help organisations from across the City understand our Polish and Eastern European citizens perspectives on suicide, self-harm and mental health. These are important issues for the City given that these communities are overrepresented in local suicide statistics.
- 4.4.5 LGA expert assistance with delivering the half day workshop with the City and partners on 26th February 2020 was greatly appreciated. The LGA funded the venue, offered expert advice with preparing for the event and facilitated on the day. Other expert guest speakers were CEO from the Polish Ex-Pats Society and the Slovak-Club who are both really interested in attending.
- 4.4.6 A bespoke Action Plan will be produced in relation to the local Polish & Eastern European Communities, addressing and taking forward opportunities and challenges in suicide prevention, self-harm and mental wellbeing in a sensitive and culturally beneficial way.
- 4.4.7 The CMHC Forum is keen to build good working relations with Warsaw in Poland. A telephone conference is to be arranged; to discuss concerns, documents and ambitions. Progress to date with Birmingham's ambition to be a mentally healthy City with zero suicide will be shared as Warsaw, as they are hoping to be able to undertake similar programmes with their stakeholders and communities.

4.5 Prevention Concordat for Better Mental Health.

- 4.5.1 The Creating a Mentally Healthy City Forum's has identified as a priority that Birmingham will develop a local response and formally submit a fully supported Prevention Concordat for Better Health.
- 4.5.2 The Prevention Concordat for Better Mental Health is the guiding principle that supports improvement in mental health and wellbeing, promotes good mental and physical health and reduces inequalities by working with a range of organisation in the public and private sectors, voluntary organisations, and communities and includes:
 - Promoting good mental health and wellbeing across the City's population
 - Working with partners in preventing the growth and increase of mental health
 - Preventing suicide, and improving mental health and wellbeing

4.5.3 The purpose is to highlight that Birmingham City Council is working collaboratively with statutory partners, Third, Voluntary, and Faith organisations, towards making the City a place where everyone can enjoy good mental and physical health, citizens can live independent and active lives, and children can have the best start in life with clear pathways to achieving success and realising their full potential. A City where people can make positive choices and take control of their wellbeing.

4.6 Next Steps / Delivery

The Creating a Mentally Healthy Forum is leading with pace in a wide range of areas as follows.

4.6.1 Suicide Prevention

- The Action Plan is progressive and illustrates the solid partnership and shared vision for promoting good mental health and prevention within the City. It will be shared with Elected Members and CMHC Board members as it develops.
- A template has been sent out to all members for them to update which will provide a clear snapshot of current services being provided, to avoid duplication and this will enable the group to update on their actions in a clear and uniform way.
- Real Time Surveillance: A Data Sharing Agreement with the Coroner is in development so that all sudden death information will be released to the Suicide Prevention Advisory Group as soon as it becomes available to enable a responsive intelligence led approach to suicide prevention as well as a cross-partnership approach to bereavement services.
- Two other specific actions to highlight are the City's partnership with Warsaw in Poland to share learning and collaborate on addressing suicide prevention in Polish communities, and the Council securing support from the Association of Directors of Public Health and the Local Government Association to accelerate this work through an expert lead work shop and developing specific Action Plan.

4.6.2 Seldom Heard Voices

- Tenders will be sought to host various focus groups – one will focus specifically on suicide prevention and mental wellness in Polish & Eastern European Communities.

4.6.3 Concordat for Better Mental Health

- The Draft Prevention Concordat for Better Mental Health is to be presented, at the earliest opportunity to Birmingham City Council's Cabinet.
- The Prevention Concordat endorsed by all working partners in CMHC Forum, by signing a Pledge to work together as soon as it has been

approved.

- The Prevention Concordat will be launched after sign-off and a Strategic Plan will be drawn up to reflect the Concordat as a working document.

4.7 In Summary:

- 4.7.1 Stakeholders of the Creating a Mentally Healthy City Forum and its sub-committee the Suicide Prevention Advisory Group have agreed to commit to prioritising making Birmingham a mentally healthy city and improve specific aspects of citizens mental health.
- 4.7.2 The CMHC Forum will oversee and support the development and delivery of the strategic action plan/framework to deliver a measurable impact upon citizens in Birmingham by 2020 and regularly brief the Health and Wellbeing Board on progress.
- 4.7.3 A collaborative and whole system approach is being taken to support every citizen to thrive, have a sense of self, hope, connection and wellbeing.
- 4.7.4 Birmingham is committed to becoming a City where everyone can enjoy good mental and physical health. A place where people can make positive choices and take personal control of their wellbeing and flourish to the best of their ability.

5. Compliance Issues

5.1 *HWBB Forum Responsibility and Board Update*

- 5.1.1 A bi-monthly update brief to be provided to the Health and Wellbeing Board on progress to ensure steady progress and any issue or risks highlighted that may hinder required outputs and outcomes.
- 5.1.2 An annual progress delivery Report will be presented on activities of the Forum to the Health and Wellbeing Board and Full Council, at their request, on the progress regarding the Suicide Prevention Action Plan.

5.2 *Management Responsibility*

Mo Phillips. Lead: 'People'
Wider Determinants of Health and Wellbeing. Birmingham Public Health

6. Risk Analysis			
Identified Risk	Likelihood	Impact	Actions to Manage Risk
Stakeholders/partners fail to deliver on their assigned Actions	Medium	Medium	Robust monitoring and reporting mechanisms to ensure collaborate working to promote positive workable solutions specific to creating a mentally healthy city and suicide prevention.

Appendices
<p>Appendix 1 - Terms of Reference Creating a Mentally Healthy City Forum.</p> <p>Appendix 2 - Suicide Prevention Strategy</p> <p>Appendix 3 - Draft Mental Health Concordat</p>

The following people have been involved in the preparation of this board paper:

Mo Phillips	-	Service Manager: Lead 'People' Public Health
Elizabeth Griffiths	-	Assistant Director of Public Health