

Item 19 – 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 Prevention Concordat for Better Mental Health at Commitment Level has now been approved by the Office for Health Improvement and Disparities (OHID) with excellent feedback on the application.
- 2.2 The June CMHC Forum took the form of a workshop to gather members' views on the CMHC Forum's priorities and direction moving forwards in the light of the new Health & Wellbeing Strategy, Creating a Bolder Healthier City.
- 2.3 The September CMHC Forum included feedback from the June workshop and resulting recommendations followed by discussions to confirm the direction of travel for the Forum framework for action. This included presentation of intelligence from the community health profiles and a snapshot of the WMCA Mental Health Commission. The forum discussed mental wellbeing and the cost of living crisis and plans to explore further in preparation for the November meeting. There was an update from the Suicide Prevention Advisory Board, the Better Mental Health Fund and the new peer mentoring programme.
- 2.4 The Better Mental Health Fund projects have continued to address mental health inequalities in Birmingham. Seven projects have now been completed with the remaining projects still ongoing to maximise the impact of the investment. An independent evaluation of the Birmingham project is currently being commissioned.
- 2.5 The Suicide Prevention Advisory Group took place on the 19th of July at 13.00-15.00. The focus was to explore the applicability to Birmingham of the Orange Button Scheme that is growing nationally. Volunteers trained in suicide prevention wear orange buttons and can be approached for assistance by people in need at any time. Staff from Lancashire and South Cumbria Health and Care Partnership, who originated the scheme attended the meeting to share their experience.
- 2.6 We are still actively collecting information from our providers on progress on

the Suicide Prevention Action Plan and this was updated with the available information. 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 advertisement for a partner organisation will close on the 22nd of August, and we will then work with the successful organisation to create a culturally competent job advert and deliverables for Community Engagement Officer post.

3. Next Steps and Delivery

- The development of a strategy or framework for the forum
- Completion of the Better Mental Health Fund external evaluation