

## Prevention Concordat for Better Mental Health: information required from signatories to the Consensus Statement

We are delighted that you are interested in becoming a signatory to the [Prevention Concordat for Better Mental Health Consensus Statement](#). You will be joining a number of organisations who have committed to working together to prevent mental health problems and promote good mental health through local and national action.

### The Prevention Concordat registration process

**Step 1.** Complete the local Prevention Concordat action plan template below (Attach any supporting documents that you may want to share)

**Step 2.** Senior leader/CEO of organisation to commit and sign up to approved action plan

**Step 3** e-mail your submission to [publicmentalhealth@phe.gov.uk](mailto:publicmentalhealth@phe.gov.uk)

**Step 4.** Confirmation of receipt

**Step 5.** A panel will review and approve action plans submitted within one month of submission date;

- wave 6 – Friday 17<sup>th</sup> May 2019
- wave 7 – Monday 17<sup>th</sup> June 2019
- wave 8 – Wednesday 17<sup>th</sup> July 2019

*NB: the team are currently reviewing the process for approving action plans and intend to have a digital process set up moving forward. Please see below.*

### Registration form

Please answer the questions below:

<b>Lead contact name</b>	Dr Justin Varney
<b>Lead contact details</b>	Email: <a href="mailto:Justin.Varney@birmingham.gov.uk">Justin.Varney@birmingham.gov.uk</a>  Telephone number:-07892786305 Mehnaz Begum, PA – 0121 303 3672
<b>Job title of lead officer</b>	Director of Public Health
<b>Name of organisation / partnership</b>	Birmingham City Council
<b>Local authority area (base/head office)</b>	Birmingham City Council, Council House, Victoria Square, Birmingham
<b>Post code</b>	B1 1BB
<b>Weblink</b>	<a href="http://www.birmingham.gov.uk/publichealth">www.birmingham.gov.uk/publichealth</a>

	<a href="https://birmingham.connecttosupport.org">https://birmingham.connecttosupport.org</a>
<b>Twitter handle</b>	@Healthybrum
<b>Who are you representing?</b> (e.g. Individual organisation, collaboration, partnership, Local Authority, Clinical Commissioning Group, community group and other, please name)	<p>Birmingham City Council (LA)</p> <p>Birmingham and Solihull Clinical Commissioning Groups (NHS)</p> <p>Birmingham Community Healthcare Trust (NHS Provider arm)</p> <p>Birmingham Children's Trust (BCC)</p> <p>NHS Trusts (Mental Health &amp; Acute Providers)</p> <p>NHS England, Midlands Region</p> <p>Health Education England</p> <p>Public Health England</p> <p>Sustainability and Transformation Plan (STP)</p> <p>SIFA Fireside for the Homeless (Voluntary sector)</p> <p>West Midlands Police</p> <p>West Midlands Fire Service</p> <p>People with lived experience and their carers</p> <p>Those working in the community and voluntary sector.</p> <p>Birmingham MIND</p> <p>University of Birmingham</p> <p>Birmingham City University</p> <p>Newman University</p> <p>Greater Birmingham Chambers of Commerce</p> <p>Birmingham Voluntary Service Council (BVSC)</p> <p>Faith Groups</p>
<b>Please tell us more about your organisation's work</b> (no more than 150 words)	<p>Birmingham City Council is working to make the City a place where everyone can enjoy good mental and physical health, citizens can live independent, healthy and active lives, and children can have the best start in life with clear pathways to achieving success and realising their full potential. A place where people can make positive choices and take control of their wellbeing. The Organisation is making it a City where investment is encouraged thereby creating jobs for all, and is working towards bridging the inequalities gaps. We are working towards reducing social isolation and homelessness, and making the City a clean and green space.</p> <p>There is ongoing work to improve access to Mental Health services for the most vulnerable and disadvantaged groups through the programmes mentioned in the JSNA and the Suicide Prevention Strategy, as well as the work being done on City without Inequalities.</p>
<b>What are you currently doing that promotes better mental health?</b>	<p>In addition to the above, we are additionally working in a partnership of strategic stakeholders who are committed to making Birmingham a Mentally Healthy City where everyone can have:</p> <ul style="list-style-type: none"> <li>• a purpose in life</li> <li>• a sense of belonging</li> <li>• good economic lives that are free from stress while increasing financial security</li> <li>• community pride so families can live and feel safe</li> <li>• good mental and physical health to get through each day</li> </ul>

	<p>We are building relationships with our citizens including vulnerable people via community engagements in 69 Local Wards and working with Local Councillors. We also have a well-established Health and Wellbeing Board and a newly-formed strategic sub-committee that is dedicated to Mental Health.</p> <p>We have established a working group by bringing together people who are community champions, work in voluntary organisations, Third Sector organisations, as well as strategic partners and other stakeholders to ensure we reach every citizen in the City to achieve our objective of Creating a Mentally Healthy City. Three Workshops have been established for the first year in addition to five sub-committee Forum meetings with strategic partners. The aim is to agree a framework for a whole system approach to a mentally healthy City and develop the Joint Strategic Needs Assessment (JSNA). The Forum will be established to enable partners from Local Authority, NHS organisations, Academic Bodies, Children Service, third sector organisations, and the wider Public Health sector to work collaboratively on health and wellbeing priorities and improving mental health and wellbeing for Birmingham. The Forum will meet bi-monthly.</p> <p>We are partnering with West Midlands Combined Authority in implementing the Thrive at Work; Thrive Through Schools; Thrive in Education programmes.</p> <p><a href="https://www.wmca.org.uk/media/1420/wmca-mental-health-commission-thrive-full-doc.pdf">https://www.wmca.org.uk/media/1420/wmca-mental-health-commission-thrive-full-doc.pdf</a></p>
<p><b>Do you have or are you intending on producing a mental health plan or a mental health needs assessment.</b></p>	<p><b>Yes</b> <input checked="" type="checkbox"/>      <b>No</b> <input type="checkbox"/></p> <p>If yes, please specify:</p> <p><b>The JSNA</b> The JSNA is currently in development. Several mental health related JSNA documents are available for Birmingham. These cover mental health issues in relation to children and young people and working age adults. The current JSNA programme will also include sections regarding mental health through the life course.</p> <p><b>The Birmingham Suicide Prevention Strategy</b> <a href="https://birmingham.cmis.uk.com/birmingham/Decisions/tabid/67/ctl/ViewCMIS_DecisionDetails/mid/391/Id/2f404ad6-7ddb-471c-ab8a-62d560d198e1/Default.aspx">https://birmingham.cmis.uk.com/birmingham/Decisions/tabid/67/ctl/ViewCMIS_DecisionDetails/mid/391/Id/2f404ad6-7ddb-471c-ab8a-62d560d198e1/Default.aspx</a></p> <p><b>Thrive Wellbeing Programme:</b> <a href="https://www.wmca.org.uk/media/1420/wmca-mental-health-commission-thrive-full-doc.pdf">https://www.wmca.org.uk/media/1420/wmca-mental-health-commission-thrive-full-doc.pdf</a></p>
<p><b>The Prevention Concordat for better mental health highlights the five-domain framework for local action</b></p> <p><b>Please describe what are you planning to commit to in the next 12 months for your area</b> (see * page 3 for examples to support completion of this section);</p>	

<p>1. Leadership and Direction</p>	<p>We have a Local Authority-led sub-committee of the Health and Wellbeing Board that will work alongside the NHS and other partners on developing a Concordat for making Birmingham a Mentally Healthy City.</p> <p>Birmingham City Council Public Health Division will lead a group of partners, stakeholders from the NHS commissioning and provider arms; Department for Work and Pensions; Third Sector organisations e.g. BVSC; West Midlands Police; West Midlands Fire Service; Academic Bodies; and representatives from volunteer groups and community champions. All will work as a collective to deliver specific aspects of the Health and Wellbeing priorities on mental wellbeing. There will be five sub-committee Forums and three Workshops within the first year, to be reviewed annually.</p> <div data-bbox="539 770 1374 1288"> <pre> graph TD     HWB[HEALTH &amp; WELLBEING BOARD] --&gt; CMHC[Creating a Mentally Healthy City]     HWB --&gt; CCI[Creating a City without Inequality]     HWB --&gt; CAC[Creating an Active City]     HWB --&gt; CHF[Creating a Healthy Food City]     CMHC --&gt; STP[STP &amp; relevant sub-Board]           </pre> </div> <p>We will oversee and support the development and delivery of a strategic action plan to deliver a measurable impact on citizens' lives by 2020.</p>
<p>2. Understanding local need and assets</p>	<p>Develop the insight into the needs and gaps around the Mental Health and Wellbeing of the people of Birmingham by consolidating existing data and evidence, enriching it with service users' stories and feedback under the JSNA work programme. Following a fact-finding Workshop an Outline Action Plan will be put in place, to be drawn up by strategic members of the Forum.</p> <p>There is a section in the JSNA that addresses Mental Health and includes key statistics through the life course that includes children, working age adults and those who are older. It covers Diversity, Inclusion, BAME, LGBT, Perinatal Mental Health, Carers, the homeless and Inequalities. Trends and future analysis is also a key feature.</p>
<p>3. Working together</p>	<p>As a result of the Workshop on Creating a Mentally Healthy City, stakeholders and partners have agreed to commit to prioritising making Birmingham a mentally healthy city and improve the mental health of it' citizens across the age range. The Forum will focus on</p>

	<p>our vision to create a City where everyone, at every age, can thrive and live in good health, employment, with fulfilled active lives in relation to their health and wellbeing. Membership of the Forum will be reviewed from time to time to ensure the 'best fit' of people who can contribute strategically on specific areas are involved. From time to time, members will be co-opted so we can deliver on our action plan.</p> <p>Each member of the Forum will have responsibility for themed areas in the Forum Strategic Action Plan. Actions and achievements will be reported to the Health and Wellbeing Board annually. Members will also have responsibility for communicating the business of the Forum to their respective organisation and follow through on agreed priorities. Organisations will be asked to commit to the agreement as set out in the Prevention Concordat for Better Mental Health and will be asked to sign a Pledge document to that effect.</p> <p>The Forum will be instrumental to the delivery of the Action Plan. The establishment of the Group has already been agreed by the Health and Wellbeing Board which demonstrates partners and stakeholders' commitment to this agenda. A Terms of Reference (ToR) has been agreed by the Forum.</p>
4. Taking action	<p>The Objectives of the Health and Wellbeing 'Creating a Mentally Healthy City' Forum are:</p> <ul style="list-style-type: none"> <li>• Oversee and support the development and delivery of a strategic action plan/framework to deliver a measurable impact on citizens lives in Birmingham to be in place by 2020</li> <li>• Develop an insight into the needs and gaps through a Joint Strategic Needs Assessment (JSNA) process</li> <li>• Progress actions and report on projects and achievements to the Health and Wellbeing Board on an annual basis</li> <li>• Foster and develop partnership arrangements to deliver improvements in health and wellbeing for citizens of Birmingham</li> <li>• Other delegated responsibilities from the Health and Wellbeing Board will be acted upon with due thoroughness</li> <li>• Working with partners from the other four sub-committees (Creating a City without Inequality; Creating a Healthy Food City; Creating an Active City; Health Protection Forum) to ensure we are on course to make a difference to the citizens of Birmingham and deliver on outcomes</li> <li>• Work with community groups and voluntary organisations to ensure their inclusion, that their voices are heard on matters of mental wellbeing, and that they can play an active role in managing their mental health and wellbeing</li> </ul>
5. Defining success	<p>The Joint Strategic Needs Assessment and the Prevention Concordat for better Mental Health/Action Plan are the foundation of a rigorous programme of work involving our strategic partners from the NHS, PHE, Local Authority, Academic Bodies, Third Sector, Voluntary Sector and people with lived-lives who are</p>

	<p>working tirelessly to be ambassadors and contributors to our work, enabling us to deliver on our actions. Engaging with all partners and stakeholders to ensure successful delivery is key to our success.</p> <p>Our success will be defined by measurable outcomes as a result of evaluation. We will share our best practice and lessons learned working with partners, stakeholders and the people with lived experience of mental health issues as they continue to help shape our work in making Birmingham a Mentally Healthy City.</p>
<p><b>What is the impact you are looking to measure and how do you think you will measure it?</b></p>	<p>As we build momentum, we aim to address further issues over the whole life cycle and develop a comprehensive public health approach aimed at reducing the burden and impact of mental ill health. We are looking to measure our achievement in reaching people such as BAME groups (Afro-Caribbean, South Asian, Chinese; Polish and Eastern Europeans); LGBT; other migrant groups; and the homeless, and how effective we have been during the first 12 months in identifying and working with these communities</p> <p>For most of the actions we know there is an evidence base although for some it may not be as well defined. To this end, a programme of evaluation will be used to assess and report on how effectively each action will be implemented, how these actions will strengthen pathways leading to equalities, and how we achieve outcomes with financial constraints.</p> <p>[Feedback from our first Workshop indicate we should be working upstream by encouraging citizens to engage with their communities, be more open and inclusive about diversity and mental health, in order to enable a robust support system to be put in place where help is at hand whenever needed]</p> <p>This evaluation will need to be undertaken thoroughly and over a reasonable period. It is likely that we will commission an evaluation programme, working with organisations that have the requisite expertise in evaluation work.</p>
<p><b>Is your organisation/ partnership happy to provide key impact headlines when contacted related to the commitment specified?    Yes <input checked="" type="checkbox"/>    No <input type="checkbox"/></b></p> <p><i>The purpose of this information is to support us to measure progress of the programme and inspire others. Information requests will not occur more than once a year.</i></p>	
<p><b>Upload signature and organisation logo</b></p>	

In your submission please attach any additional documents that you may want to share to support your commitments e.g. strategies, plans project outlines.

## **Leadership and Direction**

The Public Health Division at Birmingham City Council is a lead organisation for Mental Health within the partnership to promote good mental wellbeing and prevention of mental ill-health. There is a shared vision that all in the partnership have signed up to working towards a mentally healthy City. We are committed to prevention and promoting good mental health with clear direction and leadership.

This partnership aims to build good working relationships with communities where local people can challenge others on the progress being made in delivering and address issues around mental wellness.

We have a Mental Health Champion, Councillor Paulette Hamilton who, in her role as an Elected Member, demonstrates local political leadership and support for the Concordat. Cllr Hamilton is:

- Cabinet Member for Health and Social Care
- Chair of Birmingham Health and Wellbeing Board
- Member of City Board
- Vice Chair of the West Midlands Combined Authority Health and Wellbeing Board
- Vice Chair of the Community Wellbeing Board at the Local Government Association (LGA)

The partnership has a shared vision for promoting good mental health and prevention within the community. Regular engagement within local partnerships is in place via the 'Creating a Mentally Healthy City' Forums and Workshops which includes partners, stakeholders, Third and Voluntary sector organisations.

We have 'Thrive in the Workplace' that will ensure that employers are promoting good mental wellbeing to all staff.

## **Understanding Local Needs and Assets**

There is a Local Authority led Joint Strategic Needs Assessment (JSNA) with a mental health prevention focus, currently a work in progress. We have a mental health equity audit in place across the partnership and collaborative analysis of local information and intelligence sharing. We also have real time surveillance of suicide data. We are engaging with communities and with experts working within local communities to gain insight into their needs and assets.

The Mental Health Needs Assessment of locally targeted population, along with the Suicide Prevention Strategy, will focus on Black, Asian, and Minority Ethnic (BAME), LGBT, prison population, voluntary organisations, and will include working with parents and young people.

There is on-going engagement with communities to gain insight into their needs as well as assets that can be utilised for the benefit of their communities.

We are fully engaged with communities and building relationships with individuals, Faith, sporting groups, families, and local organisations with a view to fact-finding on issues related to mental health and wellbeing and how these issues have influence local population wellness.

Engage in local community events, some of which will be driven by Public Health. These events will create opportunities that will enable citizens to share their views on services and participate in decision-making on matters about their health and wellbeing.

## Working together

Collaborative working across sectors on both 'upstream' mental health intervention and 'downstream' local organisations to align plans for a joint programme of work. Cllr Paulette Hamilton, who is a member of a national network of elected member Mental Health Champions, supported by the Centre for Mental Health, chairs the Mental Health sub-group as well as the Health and Wellbeing Board.

We are dedicated to working more strategically with our partners and stakeholders, Third Sector organisations and the voluntary sector, along with people with lived experience of mental health issues.

We are in a multi-agency strategic partnership with Birmingham & Solihull CCG; Birmingham and Solihull Mental Health NHS Foundation Trust; Birmingham Voluntary Service Council (BVSC); Healthwatch; Birmingham Community Healthcare Trust (BCHC); Birmingham Children's Trust; West Midlands Police/Police and Crime Commissioners Office; West Midlands Combined Authority, Academic Bodies, and SIFA Fireside. These organisations are now engaged in working together on 'Creating a Mentally Healthy City' as member organisations of the Forum.

On a strategic level, we have built relationships with a wide-ranging group of partners who have influence in defined areas and specific roles in mental health programme delivery. Partners are from the NHS, Third and voluntary sector organisations, work and employment. Children services, law enforcement, and homeless organisations.

## Taking Actions

We have in production a Joint Strategic Needs Assessment (JSNA) which captures a system-wide mental health need. We also have a Suicide Prevention Strategy to integrate mental health prevention into partnership plans and strategies. We have engaged with people who have lived experiences and have set up Workshops where they can contribute to the design of services. These are all City-wide initiatives

Working in partnership with our internal colleagues from HR Organisation and Development on the *Thrive at Work* for all employees within the organisation (see link: <https://www.wmca.org.uk/media/1420/wmca-mental-health-commission-thrive-full-doc.pdf>) as well as *Thrive Through Education*, to be commissioned by the Public Health Division aimed specifically at schools in support of teachers and pupils on identification and prevention of mental health issues e.g. stress, anxiety, depression, ADHD, and conduct disorder.

Delivery of an organisational plan and/or strategy that has clear identified priorities and resources to support implementation as well as building the workforce's knowledge and skills in promoting the prevention of mental health issues.

## Defining Success

Agreed outputs and outcomes across all partners and stakeholders that will ensure delivery of the Action Plan, level of partnership engagement e.g. Workshops, Focus Groups, that will measure the impact and improvements in how we work together in engaging local people on promotion of mental wellbeing.



The Focus Group Creating a Mentally Healthy City to agree an Action Plan that will be used for delivering preventative measure to local communities. The resultant impact and improvement will be measured in relation to mental wellbeing.