

## Health and Wellbeing Strategy – Mental Health Update



Putting the public and  
patients at the heart of  
everything we do

### Priority 1

## Mental health and wellbeing and the development of resilience in children, young people and adults



Putting the public and  
patients at the heart of  
everything we do

## Overview of Areas covered under this Priority

- Public awareness campaigns on keeping well and using the **Five Ways to Wellbeing**;
- large scale programmes on **emotional health and wellbeing** for children, parents and older people;
- locality based **social networks** across Herefordshire that create greater community capacity and support across parish councils, pastoral support networks and the community;
- a targeted programme for carers and parents during **pregnancy and early years**;
- high quality and accessible **hospital care and treatment** for those who need it most;

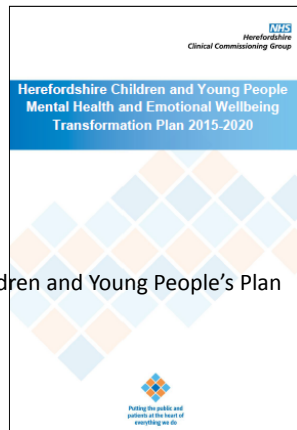


## Overview of Areas covered under this Priority (2)

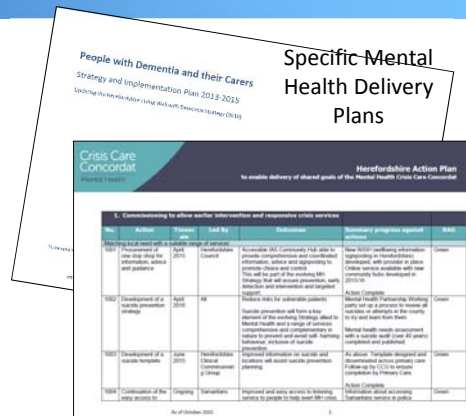
- a **school based programme** on emotional health and wellbeing supported by the local school nursing service;
- **early identification** of those people in greatest need or at risk of developing a mental health condition supported to change that builds self-confidence and behaviour change;
- a **pathway approach** across the life cycle for children's mental health covering prevention and treatment;
- a **workforce** trained to support behaviour change based on motivation, identifying those people that are ready to and want to change; and
- New models of **integrated** care that include prevention and self-help provided more locally at a primary care level.



## These Areas link through to Mental Health Plans



Children and Young People's Plan



All-Age Care Pathway Re-Provision



## Brief Overview of Milestones

Action		Action	
Five ways to wellbeing campaign	Ongoing	School based programme	February 2016
Emotional health & wellbeing programme	March 2016	Early Identification (including IAPT)	March 2016
Development of locality social networks	Ongoing	CYP Pathway	Dec 2017
Targeted programme for early years	Dec 2016	Workforce development	March 2016
High quality Hospital care	March 2017	Integrated care	March 2017



## Opportunities

- **Dementia Services**
  - Good level of engagement by organisations
- **Re-procurement of mental health services**
  - Programme Board in place
- **Children and Young People**
  - Resources available for the transformation of local provision (£330k)
  - Vibrant partnership in place

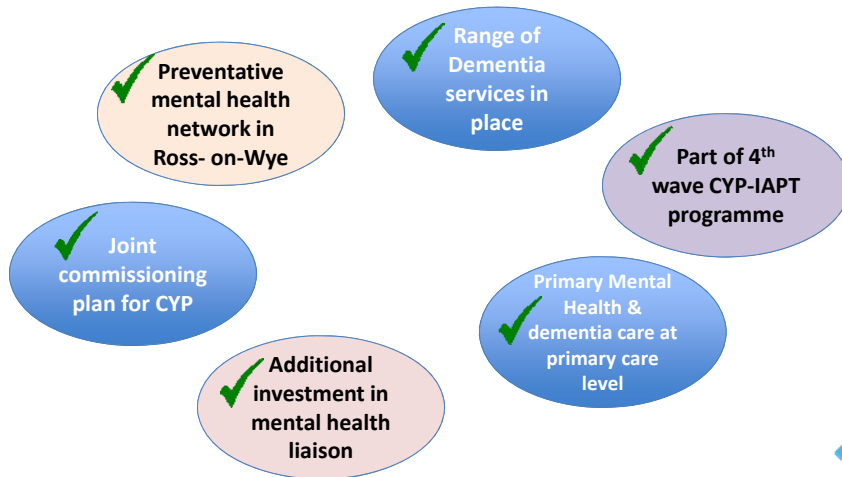


## Challenges

- Scale of transformation is significant
- Impact will be complex and difficult to measure for some activities
- The benefits are realised longer-term.
- Evidence-based approaches critical to ensuring effectiveness and value for money



## Achievements so far



## Next Steps by March 2016

1. Task & finish group to work on school resources
2. Children's Mental Health Week – 16-22 February 2016
3. Practitioner network & helpline operational
4. CYP –IAPT practitioners start University courses
5. Development of Leominster Meeting Centre (dementia)
6. Continuation of the Ross-on-Wye social network
7. Launch of mental health procurement