

Health & Wellbeing Board

A meeting of Health & Wellbeing Board was held on Wednesday, 21st August, 2019.

Present: Cllr Jim Beall (Chairman), Cllr Lisa Evans, Cllr Jacky Bright, Cllr Luke Frost, Cllr Lynn Hall, Michael Houghton (Sub for Nicola Bailey), Cllr Mrs Ann McCoy, Ann Workman, Julie Gillon, Sheila Lister, Katie Needham, Steve Rose, Anne Sykes, Debbie Wright (Sub for Dominic Gardner)

Officers: Michael Henderson, Dan Maddison

Also in attendance:

Apologies: Martin Gray, Fiona Adamson, Barry Coppinger, Nicola Bailey, Dominic Gardner, Saleem Hassan

1 **Declarations of Interest**

Councillor Ann McCoy declared a personal/non prejudicial interest in item 4 ' Integrated Mental Health Strategy Group Review 2018 - 2019 as she served on the Tees, Esk and Wear Valleys Mental Health Trust Council of Governors.

2 **Minutes of the meeting held on 24 July 2019**

The minutes of the meeting held on 24 July 2019 were confirmed as a correct record.

3 **Integrated Mental Health Strategy Group Review 2018 - 2019**

Members considered a report that outlined the progress of the Integrated Mental Health Steering Group for 2018/19 and the future plans for the group.

Members noted that Stockton's Integrated Mental Health Strategy Group plan for 2018-19 included ambitions for the people of Stockton to have the best mental health services available, to stay healthy and to proactively provide the best environment for people to prevent deterioration in general mental health.

Activity within the work programme included:

- A focus on family wellbeing and welfare.
- Volunteering to support community sector organisations but, also, as a way to improve mental wellbeing, in line with the Five Ways to Wellbeing programme.
- Healthy lifestyle promotion and a focus on closing the health equality gap had seen increased uptake in smoking cessation programmes and health checks in the target group of people with a serious mental illness and this would continue to be a focus through the following year. A Make Every Contact Count approach has been further developed to help ensure that people receive brief advice and interventions to support good mental health and appropriate access and referral to services and activities. This would be further developed as the national programme was expanded in 2019-20.
- The strategy group had ensured that the refreshed information directory contained appropriate signposting, advice and information which would continue

to be updated.

- Mental health awareness training had also been a focus of the strategy group with 435 individuals participating in training during the year, 33% of whom worked in Stockton on Tees.

During the 2018-19 year, CCGs in Durham, Darlington and Tees had combined their work on mental health (including learning disabilities and autism) in an “accountable care partnership” model. The work of the strategy group, and methodology used to promote activity and improvements to services, had been replicated across the region, demonstrating a positive view of the strategy group methodology.

It was anticipated that this would continue through the next financial year and beyond and the strategy group had helped frame the joint strategic needs assessment for the next year, which would have a focus on children and young people’s emotional resillience, addressing prevalence of depression, premature mortality and people with co-existing conditions.

Key areas highlighted/discussed:

- the Board felt that the progress described in the report was extremely positive.
- Annual Health Checks, for people with Mental Health conditions, in Stockton, was in line with the general population.
- levels of suicide were at their lowest since 2002 and it was suggested that this trend would continue due to work in crisis services and addressing isolation.
- it was noted that the Strategic Group did had carers in its membership.
- all frontline staff at the Department of Works and Pensions had received training in recognizing mental health issues.
- NHS Health Checks were being reviewed.
- it was highlighted that, though the VCSE was identified as a component of health and wellbeing social prescribing, there had been issues around the VCSE accessing funding this financial year. It was explained that there had been discussions between the CCG and Catalyst in this regard and these would continue.
- It was noted that there was some funding described in the review report that local organization could access to work with suicide high risk groups.
- members noted the work that was on-going to achieve parity of esteem i.e. valuing mental and physical health equally.

RESOLVED that;

1. the contents of the report, summarising the progress for the financial year to

March 2019, be noted

2. the Integrated Mental Health Steering Group continues to ensure appropriate strategic links were made across the system, linking with partners to continue to identify opportunities for joint working initiatives, further developing work streams and ensuring they continued to contribute to the strategic priorities for Stockton.

3. the Integrated Mental Health Steering Group address the strategic priorities for mental wellbeing identified within the JSNA.

4. the membership of the Integrated Mental Health Steering Group be reviewed to ensure continued engagement and the inclusion of appropriate expert by experience, service provider and carer.

6. further consideration be given to identifying a Chair for the Integrated Mental Health Steering Group outside the meeting and, potentially, the Chair be rotated amongst Group members.

7. a working action plan be developed, based on the findings of 2018 report, the mental wellbeing action plan and the strategic priorities for Stockton-on-Tees.

4 North East and North Cumbria Integrated Care System - Reducing Smoking in Pregnancy - Presentation

It was explained that a small team of local authority and health representatives, from the North East and North Cumbria Integrated Care System, had looked at reducing Smoking in Pregnancy, using the Yale Global Health Methodology.

The Board received a presentation relating to the team's work, the method followed and key issues:

- in the North East Region, the obstetrics cost, to manage women who smoked, was £2.7 million. Annually, 3-5 babies were stillborn and 32-53 were pre-term

- the initiative's objective was to reduce the number of women, in the North East, who were smoking at the time of delivery from 4300 (15%) to 1700 (6%) by 2022.

- a root cause analysis was undertaken and the team concluded that professionals were treating smoking in pregnancy as a life style choice when they should be treating it as an addiction.

- the team identified a strategy that included a new script for interaction with pregnant women, a new clinical pathway for smoking dependency and an economic argument for each trust in the area.

- an implementation plan for the Strategy had been devised with an official launch on 20th September 2019.

- it was suggested that the same methodology might be used for other complex problems.

Discussion:

- to meet the objective in Stockton there would need to be a reduction in women smoking at the time of pregnancy from 500 to 180.

- midwives had not routinely used the CO monitors but under the new strategy this would change.

- the script would have a hard hitting narrative but would offer the support and help needed.

- A midway evaluation would be undertaken in September 2021.

- members recognized the savings that could be made if the reductions were realized.

- members noted that e-cigarettes still contained nicotine which when inhaled would pass to the unborn child. Nicotine was addictive but less harmful than other substances found in standard cigarettes.

- the strategy should link with the Council's 0 - 19 service.

Members asked for an update on the Strategy at an appropriate time in the future, potentially at the midway evaluation.

RESOLVED that the presentation be noted and an update be provided, on the progress of the Strategy, at a future meeting of the Board.

5 Community Pathfinder

Members received a report relating to the Community Pathfinder, one of the Board's identified priorities.

It was noted that the Board had previously agreed that consideration should be given to linking the Pathfinder to a Primary Care Network.

Members were informed that a Systems Design and Delivery Group had been created and the first meeting of the group would take place on the 3rd September. The proposal around a Community Pathfinder would be discussed at this meeting, with focussed discussions to create an options paper for the Board to consider.

RESOLVED that an options report be presented to a future Board meeting

6 Members' Updates

Members were given the opportunity of providing updates:

- The Healthwatch Annual Report was available and would be circulated to the Board's Members.
- The Halcyon Centre, Stockton had opened a Memory Shop.
- TEWV explained that it would be organizing events and meetings associated with Right Care, Right Plan. The Trust was looking at developing a Crisis Café.
- North Tees Hospital would be re-launching its Stop Violence against Staff Campaign.
- the Council's forthcoming Peer Review would include an element relating to addressing Health Inequalities.
- Members noted the Community Pharmacy Contractual Framework for 2019/20 to 2023/24 which would support delivery of the NHS Long Term Plan

RESOLVED that the updates be noted.

7 Forward Plan

Members considered the Board's Forward Plan.

It was agreed that the Board Priorities be scheduled in the Forward Plan ahead of the next meeting.