

Strategy on a page

## Overall aim and vision

This strategy outlines the plans for improving the mental health and emotional wellbeing of the residents in the Borough. It highlights an ambition to work collaboratively and in partnerships across a range of communities, settings and services to ensure better outcomes for all.

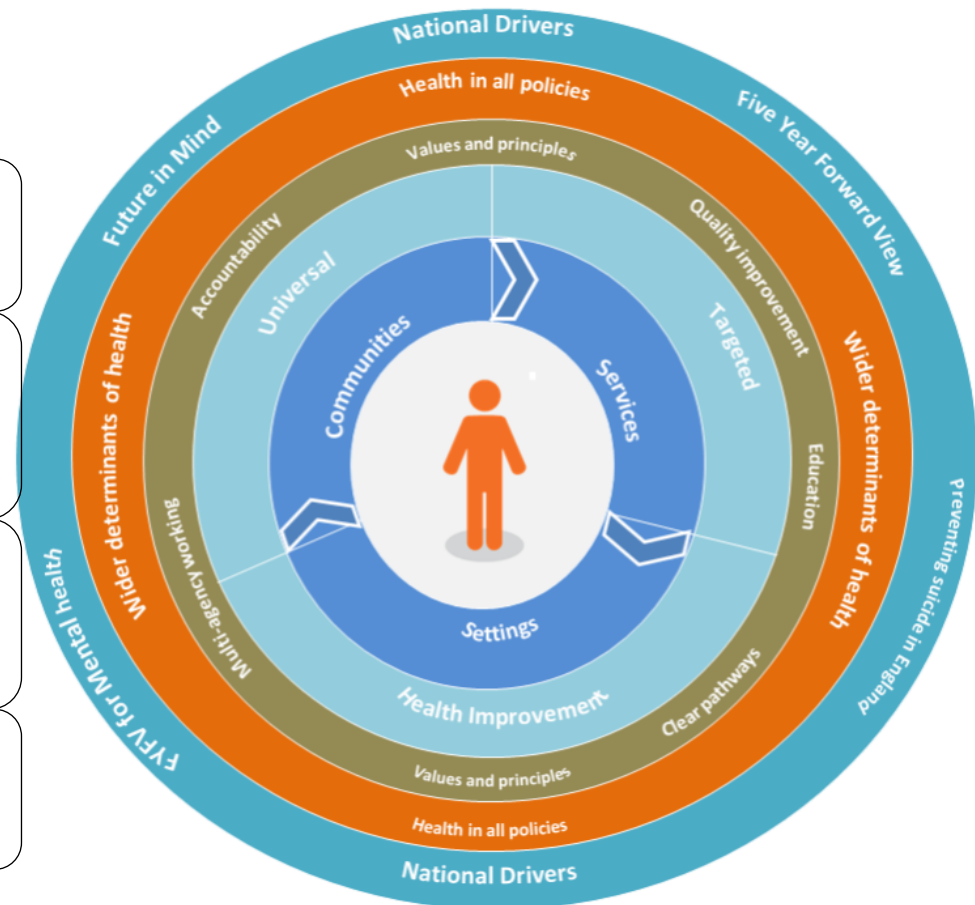
## Strategic Priorities

**Universal:** To promote mental health & wellbeing across the lifecourse for the whole population, supporting mentally healthy communities and places, to prevent ill health by addressing the wider determinants of health.

**Targeted:** To take a targeted approach for groups at risk of poor mental health and wellbeing, including those during the transition period, older people and new mums. To improve early identification, access and intervention to prevent the progression of poor mental health

**Health Improvement:** To support those with mental health problems to promote recovery and wellbeing including their physical health. To prevent recurrence or reduce risk of recurrence for those with established conditions, ensuring the right care at the right place at the right time.

**Values & Principles:** Underpinning the effective delivery and implementation of the integrated strategic action plan are a set of core values and principles agreed by partners which should be implemented to form the basis for all future work to be built on.



## Strategic Alignments

The strategy also considers existing local works, including the CCG mental health work plan, the Tees-wide Suicide Prevention Plan and the Future in Mind priorities. Opportunities to align commissioning and procurement processes will also be considered alongside utilisation of contract levers to enhance service provision not limited to mental health services *E.G; improving pathways between substance use and mental health services or embedding workforce training in commissioned services.*

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### Universal

Primary prevention aims to prevent ill health happening in the first place by addressing the wider determinants of illness and using 'upstream' approaches that target the majority of the population

Primary promotion involves promoting the health and wellbeing of the whole population (all ages)

### Targeted

Secondary prevention involves the early identification of health problems and early intervention to treat and prevent their progression

Secondary promotion involves targeted approaches to groups at higher risk of poor health and wellbeing

### Vulnerable/Inequalities?

Tertiary prevention involves working with people with established ill health to promote recovery and prevent (or reduce the risk of) recurrence

Tertiary promotion targets groups with established health problems to help promote their recovery and prevent recurrence.

#### What we do:

- Schools pilot
- Mental health training hub
- VCS Volunteering website
- Mental Health promotion via Better Health at Work

#### What we would like to do:

- Continue to develop and improve mental health literacy and understanding of systems across the all workforces
- Embedding Health in all Policies across Health & Wellbeing partners
- Increase Public Health promotion across all settings including schools and the workforce
- Develop and enhance parenting support

#### What we do:

- Early help families hub
- Risk taking behaviour tool kit for schools
- VCSE peer support and befriending groups
- Counselling and support services including, Talking Therapies and VCS organisations; Mind, lighthouse, Samaritans etc.
- Suicide prevention training (Assist)

#### What we would like to do:

- Improving the wellbeing of those at risk or coping with social isolation including but not limited to older people, asylum seekers and new mums
- Development of support during transition, including young people between services and through various age stages e.g. secondary and college

#### What we do:

- Recovery support college
- Street triage support

#### What we would like to do:

- Programmes to reduce stigma and discrimination
- Improving care for Co-occurring mental health and substance misuse problems
- Promoting mental health and wellbeing for offenders all ages
- Enhance existing support for recovery and post crisis support
- Ensuing quality improvement of mental health services includes co-production
- Improving advocacy support in relation to mental health