

Integrated Strategic Mental Health Action Plan 2018-19

Priority	What we will do	How we will do it	Who will lead	Performance Target	Progress - (DATE)
<p>1. Promote mental health and wellbeing across the life course for the whole population, supporting mental healthy communities and places, to prevent ill health by addressing the wider determinants of health</p>	<p>Provide support for the family setting, parenting and care-giver relationships</p>	<p>Consider opportunities to promote positive approaches to parenting through communities and children's settings</p>	<p>Public Health/Children's Services</p>	<p>Report describing feasibility and approach presented to steering group – January 2019</p>	
	<p>Promote the Five Ways to Wellbeing in communities and settings</p>	<p>Ensure the Five Ways to wellbeing is consistently promoted through the VCS and Better Health at Work Award</p>	<p>Catalyst/ Better Health at Work Steering Group</p>	<p>Report on progress to be presented to the steering group September 2018 and February 2019</p>	
		<p>Promote volunteering as a way to support the wellbeing of others as well as volunteers</p>	<p>Catalyst</p>	<p>Update on approach to be presented to steering group June 2018</p>	
<p>2. 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</p>	<p>Ensure an integrated approach to physical health and mental health</p>	<p>Building on the approach undertaken by TEVV to address smoking cessation, Explore an approach to smoking cessation for those with mental health needs in wider settings. e.g. VCSE organisations, IAPT services</p>	<p>CCG/Public Health/Catalyst</p>	<p>Report outlining approach for implementation to be presented to steering group August 2018</p>	
	<p>Develop an approach to address social isolation amongst vulnerable groups including older people, new mums and those with</p>	<p>Ensure effective routes of referral into the Navigator Project to provide appropriate support to those who are affected by social isolation</p>	<p>SNP Commissioned Service/ Public Health</p>	<p>Update on SNP review including plans to demonstrate effective pathways within SNP model to be provided to steering group</p>	

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poor mental health	existing mental health problems				
	Ensure effective support for key transition points: <ul style="list-style-type: none"> • Becoming a parent • Retirement • Social Care 	Ensure that the Public Health Resource Library has appropriate information and guidance in Health Visitor packs in relation to the transition to parenthood	Public Health	Packs to be updated with relevant information by July 2018	
		Engage with local employers to ensure there are effective policies for managed retirements	Better Health at Work Award Lead (Env. Health)	100% of businesses have received information in relation to supported retirement 25% business have a demonstrable policy for managed retirement	
		Consider opportunities to support mental health and wellbeing through adult early help in social care	Early Help Steering Group	Update on the early health approach for adult social care and a brief outline of opportunities to promote wellbeing	
3. Support those with mental health problems, promote recovery and wellbeing including their physical health. To prevent	Reduce stigma and discrimination	Continue to build on existing Public Health work to develop a Time to Change Hub Linked to and supporting the Time to Change hub consider the feasibility of a joint	Public Health/ M&S Mind CCG/ Catalyst/ LA	Application to Time to Change supported by Health and Wellbeing Board Time-limited mental health comms group established	

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recurrence or reduce risk of recurrence for those with established conditions, ensuring the right care at the right place at the right time.		communication plan across CCG, LA, VCSE to promote wellbeing and reduce stigma	Communications (Temp Sub group)	A shared comms plan agreed by partners shared with steering group July 2018	
	Support the Tees Suicide Prevention Task Force	Ensure actions within the plan are being delivered and embedded locally	Suicide Prevention Lead and Mental Health Steering Group	Review of gaps to local implementation presented to steering group Progress report on local implementation presented to steering group Sept 2018	
	Establish ways of working with housing to provide secure and stable homes	Explore the feasibility of housing teams and housing providers being offered training and information related to Mental Health	Housing	Housing training plan to be established by June 2018	
Values and Principles					
Accountability	Engage and utilise the role of the elected member champion for mental health	Deliver mental health training to elected members Ensure the local elected member for mental health is linked into the centre for mental health as a mental health champion		1 elected member training session delivered by December 2018 Elected member champion role established	
Quality Improvement	Ensure the voice of those with lived experience is embedded within	Develop an effective mechanism for co-production as part of commissioning	CCG/ Public Health		

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	service development and commissioning				
Education/ Capacity Building	Take a 'Whole System' approach to improving the mental health literacy of the Public and Voluntary Sector	Develop an approach to Make Every Contact Count which includes wellbeing and resilience and the five Ways to wellbeing	Public Health	A report on a model for MECC to be shared with steering group by January 2019 Implementation plan developed by March 2019	
		Develop low level training to increase awareness of mental wellbeing targeted at the voluntary sector	Catalyst/Public Health	Training Session Developed June 2018 2 Training sessions delivered between September 2018- Feb 2019 Feedback report on initial training presented to steering group March 2019	
		Increase participant uptake into the Mental Health Training Hub	Public Health	10% increase in participants attending mental health training hub from Stockton-on-Tees	
Clear Pathways	Ensure effective approaches and pathways for those who are affected by co-existing mental health and substance misuse problems	Monitor the effectiveness of the new approach to multi-agency working and dual diagnosis	CGL/TEWV	CGL/TEWV report on attendance at TEWV discharge meetings and attendance of joint case meetings Sept 2018 and Feb 2019	

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		CCG to ensure providers consider engaging with CGL within the new IAPT model to support low level mental health problems and substance misuse problems		CCG to provide steering group with an update on IAPT model and potential links to substance misuse services Sept 2018 and March 2019	
	Ensure effective approaches and pathways for those affected by parental mental health	Ensure there are robust links with the new 0-5 service and the development of the new IAPT model and other relevant mental health and emotional wellbeing resources	CCG/Public Health	Report to steering group on approach to be shared by January 19	
Multi-Agency Working	Continue to engage with wider partners to support the delivery and implementation of the Integrated Action Plan	<p>Host an annual event to promote the work of the steering group and its partners to ensure wider engagement in the plans future development</p> <p>Catalyst to provide updates to the voluntary sector with updates and opportunities to engage with the mental health agenda through communication</p>	<p>Steering group</p> <p>Catalyst</p>	<p>1 partnership event to launch the updated plan and encourage sign up to priorities</p> <p>Report on partners signed up to support or develop actions which address the priorities Dec 2018 – Update on progress of partners Feb 2019</p> <p>Catalyst to provide update on engagement with the sector in relation to mental health October 2018</p>	

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Strategic Link	Actions	Lead	Priority Link	Brief update (DATE)
Future in Mind	Development of the primary school pilot to increase capacity to support mental wellbeing in schools	Education/FIM	1 & 2	
	Development of a primary school questionnaire to measure emotional wellbeing		2	
	Follow up emotional wellbeing questionnaire for secondary Schools		2	
Education	Transition from primary to secondary school initiative	Education	2	
CCG Mental Health Plan	Link with 18-64 and primary care to develop the offer/pathway for people with SMI and LTC to ensure that annual healthchecks are being carried out and reasonable adjustments is being applied	CCG	2 & 3	National target 50% uptake
	Evaluate and develop an action plan with primary care workstream to implement the findings from the MUPS pilot within primary care.	CCG	2	Contained within ongoing IAPT service review
	Support the regional procurement of a conveyance service for people in MH Crisis	CCG/CC	3	Ongoing with CCC partners. Procurement planning for 2018 implementation.
	Link with primary care to review current commissioned screening and physical health intervention pathways for patients with a severe mental illness with a view to improving pathways where required.	CCG	1	

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	Review recommendations and act upon relevant outcomes			
	Continue to support the work to develop the ACP/ICP	CCG/LA/TEWV	1	Ongoing. Phase 1 in train for Learning Disabilities only. Phase 2 for Mental Health to be considered in 2018-19 financial year.
	Carry out a review of the recovery college and determine on-going investment and/or any changes to delivery	CCG	3	
	Review the investment into suicide audits and determine the impact and if any changes need to be made in the way this resource is being utilised.	CCG/Suicide Prevention Task Force	2	
CGL/TEWV Approach to Dual Diagnosis	Multi-agency meetings with TEWV and CGL staff to support clients with substance misuse and mental health problems	CGL/TEWV	2 & 3	
Suicide Prevention Task Force	Bereavement Service for those affected by suicide and bereavement	Public Health	2	
	Developing sensitive approaches to reporting in the media		3	
	Mental Health Training Hub – to train frontline workforces		1 & 2	
Prevention Concordat	Engage with the roll out of the new prevention concordat to ensure local participation	Public Health	1 & 2	
Crisis Concordat	Engage and ensure local participation in the crisis concordat partnership meeting	CCG/Public Health	3	