

## **Work programme 2; Building Mental Wellbeing and Emotional Resilience**

### **Sheffield's Joint Health and Wellbeing Strategy 2013-2018**

#### **What do we mean by emotional wellbeing and resilience?**

The term 'emotional' wellbeing is often used interchangeably with 'mental' wellbeing. Some people prefer this use of language as the term 'mental' often makes people think of psychiatric conditions. To experience emotional wellbeing is to feel positive about today and to have hope about the future, to feel reasonably confident about being able to manage life's stresses and problems, and that mostly life is fulfilled and rewarding.

Resilience refers to an individual's or a community's ability to cope with the ups and downs of life, with challenging circumstances, and to recover from difficulties. We can help develop resilience by: promoting wellbeing; building social capital; and developing individual psychological coping strategies. Resilience is strongly connected with mental wellbeing. Both are significant factors to protect and increase.

#### **Why are emotional wellbeing and resilience important for Sheffield?**

Emotional wellbeing is a valuable resource for individuals, families, communities and the City as a whole. Improved mental wellbeing is associated with better physical and mental health, reduced inequalities, improved social relationships and healthier lifestyles. It can help people achieve their potential, realise ambitions, cope with adversity, work productively and contribute to their community and society. Therefore this work is important in the context of the health inequalities evident in the city, including those in respect of mental illness.

The foundations of emotional wellbeing develop in early childhood, and multiple social, psychological, health, material and situational factors determine a person's mental health and wellbeing at any point in time. Risk, vulnerability and protective factors all impact on emotional wellbeing. The adverse impact is most significant in more unequal societies, when people are made to feel of no account, and the stark inequalities undermine social cohesion and the quality of civic society. It is also acknowledged that we are currently living through difficult economic times which pose additional challenges to people's health and wellbeing.

There is strong evidence that investment in the protection and promotion of mental wellbeing, including early intervention and prevention improves quality of life, life expectancy, educational achievement, productivity and economic outcomes, and reduces violence, antisocial behaviour and crime.

#### **Governance**

Building Mental Wellbeing and Emotional Resilience is a work programme within the Joint Health and Wellbeing Strategy 2013. The Mental Health Partnership Board (MHPB) has

been asked to lead on this programme; and the plan has been developed for the Board by a steering group.

The plan has been endorsed at the MHPB in May 2015. This plan also supports the delivery of the City Wide Mental Health Strategy 2015 (adults) and the health inequalities agenda. Children and young people are a priority within the programme and this work is led by the Children's Health and Wellbeing Partnership Board.

### **The remit of this work programme**

As noted above, emotional wellbeing is influenced by an extremely broad range of factors, and this programme does not attempt to capture all of these here. The task would be impossible. We have focussed on actions which are evidence based and demonstrating effective outcomes. There are some current programmes to support and further develop, and some new priorities have been identified. We want to keep growing and developing the plan.

The key actions for delivery under this plan will affect children and young people and young and older adults. It aims to support a number of strategic objectives, including those of the Sheffield Strategy for Mental Health and the drive to be an age-friendly city. These actions will also support forthcoming work to develop the suicide prevention plan.

The plan acknowledges key actions for children, young people and families'. Children's emotional wellbeing and mental health is led by the Children's Health and Wellbeing Partnership Board. The CYP's plan reflects how Sheffield will implement the national "Future in Minds Guidance" (2015). Each objective will have a detailed implementation plan to describe key activities for national submission in September 2015.

### **Principles**

This work programme is underpinned by the following principles and approaches:

- Mental and physical wellbeing are interconnected.
- Mental wellbeing is enhanced the more people, families and communities have a sense of control over the things that matter to them
- A wide range of factors e.g. creative, cultural, lifelong learning, leisure and physical activities, housing and jobs, play a key role in protecting and promoting mental wellbeing. A number of plans are already in action across the city to influence these factors.
- This programme intends to support these and identify gaps where this programme can make a difference.
- We start from an asset-based approach which focuses on the skills, talents, strengths and aspirations of individuals and communities, not only their needs; recognises and builds on work already underway in the City.
- Encourage the engagement of a range of partners to promote the importance of this agenda, and to identify ways they can contribute to taking it forward.

- The plan will continue to develop as we learn from good practice and the developing evidence base, and in response to opportunities as local and national policy develop.

The plan is grouped around two themes: promoting wellbeing for all, population wide; and more focussed interventions to improve equality or target certain communities.

Some actions are under development (\*).

### **What can the Health and Wellbeing Board do to help?**

The Board is asked to note the progress in developing this work programme.

Further engagement of stakeholders and communities is needed to strengthen this approach within mainstream activity. So we ask the Board to be mindful of their important role in promoting the narrative across our Health and Social Care community, and wider; that emotional wellbeing is of key significance in supporting a wide range of health and social outcomes, and engage with our plan in terms of connecting their organisations with this agenda.

We also request that the Board endorses our Sheffield Future in Mind implementation plan and holds the Children's Health and Wellbeing Board to account for its delivery.

### **Our key messages**

- Emotional wellbeing is a valuable resource for individuals, communities and the city; this is an opportunity to promote this narrative.
- Good emotional wellbeing improves quality of life, life expectancy, educational achievement, economic outcomes and reduces violence, antisocial behaviour and crime.
- Further engagement of stakeholders and communities is needed in strengthening this approach within mainstream activity.
- 5 Ways to wellbeing is a key message in understanding how individuals can develop and protect their own wellbeing, (connect; give; take notice; be active; keep learning).
- Emotional wellbeing and resilience are key assets for us all and in particular for individuals and communities adversely affected by the social determinants of health and at increased risk of poor health and wellbeing.
- To achieve emotional wellbeing, Sheffield recognises the need for early help, intervention and support, including diagnosis.

## Work programme 2: Building Mental Wellbeing and Emotional Resilience

Objectives	Wellbeing for All Actions	Timescale and Lead
<b><i>Increased understanding of the value and potential for improving emotional wellbeing</i></b>	<ul style="list-style-type: none"> <li>- <b><i>Engage a range of stakeholders and communities in strengthening this approach and adopting it within their mainstream activity.</i></b></li> <li>- <b><i>Encourage strategic drive to promote ‘the narrative’ around wellbeing</i></b></li> </ul>	<p><b><i>EWB Steering Group/ongoing</i></b></p> <p><b><i>Health and Wellbeing Board/ongoing</i></b></p>
To increase the number of people who understand emotional wellbeing and how to improve it.	<ul style="list-style-type: none"> <li>- SCC follow up 5 ways to wellbeing campaign for workforce</li> <li>- Wellbeing festival and publicity</li> <li>- 5 ways included in Commissioning plans/specifications</li> <li>- Sheffield Mental Health Week events</li> <li>- Increase capacity to deliver Mental Health First Aid (MHFA) in the city and increase the reach</li> <li>- Link to ‘healthy chat’ training/ wider workforce capacity/ SCC as a PH organisation</li> </ul>	<p>Feb 2015 JS</p> <p>July 2015 JS/JH</p> <p>Ongoing (SCC)</p> <p>Annual JS/JH</p> <p>Dec 2015 JS</p> <p>April 2015 JS/IH</p>

	<ul style="list-style-type: none"> <li>- Wider public sector 5 ways campaign (PHE social marketing support likely to be available 2015)*</li> <li>- Promote 5 ways within VCF sector including with Health Champions and community based workers *</li> <li>- Use CCG 'learning lunches'*</li> <li>- Develop '5 ways' training resource within SCC *</li> <li>- Make '5 ways' training available to providers*</li> </ul>	<p>2015 JS</p> <p>2015 LB</p> <p>2015 JS</p> <p>2015 JS</p>
Increased knowledge and understanding of mental health and the interventions available	<ul style="list-style-type: none"> <li>- Ongoing development and promotion of the MH information service- promote awareness of this resource.</li> <li>- Sheffield Mental Health week events</li> <li>- Annual wellbeing festival- evaluate and develop</li> </ul>	<p>Ongoing MH /S Mind</p> <p>Annual JS/JH</p> <p>Annual JS/JH</p>
	<ul style="list-style-type: none"> <li>- Develop use of social media*</li> <li>- Develop work with libraries as a resource for improving mental health literacy and 5 ways*</li> </ul>	<p>2015 JS</p> <p>2015 JS</p>

To reduce the stigma around mental health	- Develop local 'Time to Change' campaign activity (commissioned Feb 2015)	June 2015 S Mind
	- Encourage sign up to Time to Change campaign *	JS
And.....		
Objective	<b>Improving Equality and Empowering Communities</b> Actions	Timescale and Lead
<b>Strategic- Improved understanding of the importance of the community development approach</b>	- <b>Strategic drive to develop and understand the narrative around community development</b>	<b>JHWB ongoing</b>
To support the development of the Resilient communities work	- Links to the Resilient Communities Fuzzy Frame work	SS/ CN
Engage more people in local activity to improve health and wellbeing.	- Develop emotional wellbeing interventions and training in the Community Wellbeing Programme (CWP) - promoting 5 Ways	CN

	<ul style="list-style-type: none"> <li>- Further develop social prescribing across CWP areas*</li> <li>- Improved knowledge within primary care of local routes to social prescribing.*</li> </ul>	2015  2015
Support interventions to reduce isolation	<ul style="list-style-type: none"> <li>- Develop links with South Yorkshire Housing Association (syha) lottery funded wellbeing programme-targeted areas*</li> <li>- Link with the work of the Local Area Partnerships*</li> </ul>	JS  JS
Increase opportunities and support for volunteering	<ul style="list-style-type: none"> <li>- Develop and support mental health role of health champions and other volunteers through CWP*</li> </ul>	2015
increase opportunities to develop peer support	<ul style="list-style-type: none"> <li>- Support development of groups and peer support e.g. from Springboard Cafes</li> </ul>	June 2015 S Mind/ Springboard providers
Support progress towards being a Dementia Friendly city	<ul style="list-style-type: none"> <li>- Increase the number of dementia friends; including work with the VCF, Fire Service, libraries and the private sector.</li> </ul>	Ongoing to 2020 KH
Develop psychological coping skills	<ul style="list-style-type: none"> <li>- Promote healthy living workshops and stress control workshops (part of IAPT- Improving Access to Psychological Therapies service)</li> </ul>	ongoing

	- Build on links with Community Learning Sector to increase access to mental health promoting courses	March 2016 JS
Recognise the key impact of debt and advice services and further develop links and support.	- <i>Support Advice Services in MH awareness training*</i>	2015 JS
Improve mental wellbeing within workplaces	- <i>Support the health and work programme 4 (JHWS)- including other employers in activity above as appropriate e.g. TTC; 5 ways; promotion of MH information service, IAPT and self help*.</i>	Link with Chris Shaw JS
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<b>Children and Young people</b>	This work is progressed through the Emotional Wellbeing and Mental Health FSCH workstream	Children's Health and Wellbeing Partnership Board
<b>Objective</b>	<b>Actions:</b>	<b>Timescale and Lead;</b>
<i>Strategic- Improved understanding of the importance of 'getting it right' for</i>		

<p><i>children and young people</i></p> <p><b>Develop Positive Mental Health and Resilience</b></p>		
<p><b>Promoting Positive Mental Health &amp; Resilience:</b> We will ensure children have the best in start in life, focusing on maternal mental health and promoting attunement and attachment between mother/carer and baby.</p>	<ul style="list-style-type: none"> <li>• Improve mental health support for women in the perinatal period (-9 months to 12 months)</li> <li>• Give Children a Great Start in Life (Best Start) 0-4 years</li> <li>• Develop primary mental health interventions through a school and community based hub model (4 – 19 years)</li> </ul>	<p><b>CYP EHWB Executive Group</b></p>
<p><b>Improving access to effective support – a system without tiers:</b> We will develop a pathway for specialist support, enhancing community provision to bring care closer to home.</p>	<ul style="list-style-type: none"> <li>• Improve access, aspire to reduce waiting times, develop community specialist services and ensure that care is delivered closer to the young person's home.</li> <li>• Develop co-commissioning arrangements and services between NHSE and Sheffield CCG in relation to the pathway between community and inpatient CAMHS.</li> <li>• Develop and deliver intensive intervention services to prevent children with mental health needs being placed away from home (tier 3.5).</li> <li>• Develop and deliver a revised education offer to meet the needs of inpatients and children living in Sheffield with EWBMH needs.</li> <li>• Improve the crisis response (place of safety) and liaison services.</li> <li>• Improve the transition between children and adult mental health services</li> <li>• Implement an assessment and review process for children</li> </ul>	<p><b>CYP EHWB Executive Group</b></p>

	<p>and young people placed in residential care, particularly those with a learning disability and challenging behaviour.</p> <ul style="list-style-type: none"> <li>• Investigate new ways of supporting C&amp;YP through peer support and technology</li> </ul>	
<p><b>Care for the Most Vulnerable:</b> We will improve the experience and outcomes for the most vulnerable children and young people by removing the barriers to accessing services and developing bespoke care pathways.</p>	<ul style="list-style-type: none"> <li>• Focus on looked after and adopted C&amp;YP and those young people who are the hardest to reach and engage in mental health services.</li> <li>• Ensure multi-agency teams operate flexible and appropriate care pathways that incorporate effective, evidence-based interventions for vulnerable children and young people.</li> <li>• Improve outcomes through trauma focused care for children and young people who have experienced abuse or neglect.</li> </ul>	<p><b>CYP EHWB Executive Group</b></p>
<p><b>Accountability and Transparency:</b> We will develop pathways across all EWBMH services with standards for access, waiting and outcomes reported in a clear and transparent way. We will implement clear governance roles and reporting structures with aligned or pooled budgets.</p>	<ul style="list-style-type: none"> <li>• Establish lead commissioner arrangements and a robust Governance Structure led by the Sheffield Children's Joint Commissioning Group.</li> <li>• Through the Sheffield C&amp;YP's Joint Commissioning Group oversee the commissioning delivery plan and the development of co-commissioning arrangements.</li> <li>• Establish an equal voice for service users, families and carers within our governance structure and regular and meaningful engagement opportunities throughout the redesign process.</li> <li>• Aim to create a pooled budget for children and young</li> </ul>	<p><b>CYP EHWB Executive Group</b></p>

	people's EWBMH services in the city.	
<p><b>Developing the Workforce:</b> We will support all our universal, specialised and paediatric services and commissioners to develop their skills and knowledge in EWBMH needs of children and young people.</p>	<ul style="list-style-type: none"> <li>• Undertake a skills gap analysis and develop a CYP EWBMH training programme for universal staff including the impact of mental ill-health on physical health, education attainment and social skills.</li> <li>• Improve the promotion, signposting and use of EWBMH support toolkits for services and staff.</li> </ul>	<p><b>CYP EHWP Executive Group</b></p>

**Key**

\*- Actions being developed

Initials: CN Chris Nield; JS Janet Southworth; JH Jo Henderson; MH Mel Hall; IH Isobel Howie; KH Kath Horner; LB Lyn Brandon  
 (EWB) Emotional Wellbeing Steering Group members:- Chris Nield; Janet Southworth; Tim Furness; Robert Carter; Mel Hall; Helen Robinson; Sara Gowen; Bethan Plant; Dr Ted Turner; Cllr Mary Lea; Chris Hood; Debbie Matthews; Maxine Stavrianakos; Mark Gamsu; Beth Longstaff.

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