

How can Health and Wellbeing Boards improve public mental health?

New Savoy Partnership

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Summary

- Some general context
- Policy context
- Moving to implementation?
- Health and wellbeing boards?

Public Health

Public Health

‘The science and art of promoting (improving) and protecting health and wellbeing, preventing ill health and prolonging life through the organised efforts of society.’ (DH 2010)

- Going beyond individual functioning and illness – where health is more than the absence of illness
- Acting on the social determinants – the factors that shape and influence our lives, the places we live, our health and wellbeing

Well-being

Wellbeing

‘A positive state of mind and body, feeling safe and able to cope, with a sense of connection with people, communities and the wider environment.’ (DH 2011)

- Subjective - individual characteristics and components
- Objective - conditions which foster wellbeing
- Hedonic and eudaimonic – a good (balanced) life
- Capabilities - socio-cultural and environmental setting
- Dynamic model - personal, social, cultural

Mental health / mental wellbeing

Mental health is an **integral component** of health, a state of wellbeing in which the individual realises his or her own abilities. (WHO 2001)

- ... is not simply the absence of mental illness, but the **foundation for wellbeing** and the effective functioning of individuals and communities. (WHO 2005)
- ... is a **resource** which enables (citizens) to realise their intellectual and emotional potential and find and fulfill their roles in social, school and working life. (EC 2005)

... continued

- Mental health (and wellbeing) are fundamental to flourishing individuals, families and communities and to national **economic productivity and social cohesion**. (Government Foresight MCWB Project 2008)
- The significance of mental health and its role in our survival confirms the importance of humans as social beings: levels of social interaction are universal determinants of wellbeing across all cultures. The unique nature of each person's mental character also reminds us of the power of the individual – **no one survives without community and no community thrives without the individual**. (Friedli for WHO 2009)

Policy - reasons to be cheerful

- National Measurement of Wellbeing (ONS) – results in July 2012
- Wellbeing in all policy - emerging
- Public Health White Paper and Mental Health Strategy – into transition and implementation

ONS Proposed Domains, or key dimensions of wellbeing

(consultation until 23 January)

Individual Wellbeing

Factors affecting individual wellbeing:

Relationships, health, what we do, where we live,
personal finance, education and skills

Contextual Domains:

Governance, the economy, the natural environment

Cross cutting themes:

equality and fairness, sustainability over time

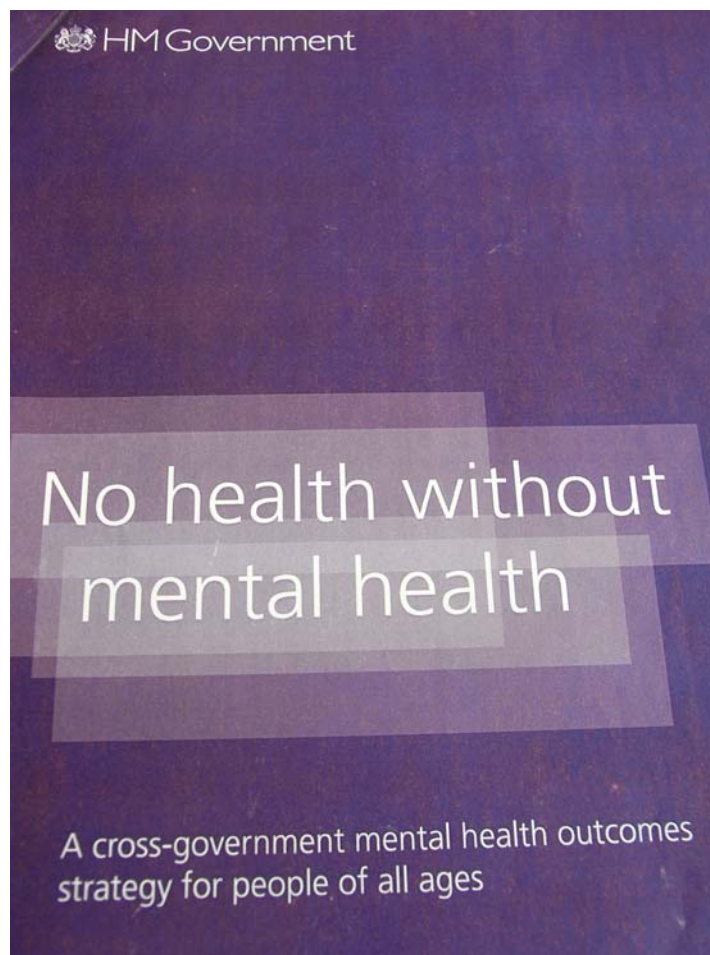
‘Healthy lives, healthy people’

“Health is not just about the presence of disease or illness (be that physical or mental), but also about **how well people are.**”

“Good wellbeing does not just mean the absence of mental illness – it brings a wide range of benefits, including reduced health risk behaviour (such as smoking), **reduced mortality, improved educational outcomes and increased productivity at work.**”

“Our social and cognitive development, self-esteem, confidence, personal resilience and wellbeing are affected by a wide range of influences throughout life, such as the environment we live in, the place in which we work and our local community. This **impacts on our health and our life chances.**”

Mental health strategy



Implies - 3 integrated approaches

- The promotion of good mental health (often called mental wellbeing) – life stages, whole population,
- the prevention of mental health problems and mental illness, and
- action to help improve the health, wellbeing and quality of life of those living with and recovering from mental illness.

Implementation progress

- Workstreams – include public mental health and suicide prevention
- MH Strategy Implementation framework (with stakeholders) – includes public mental health
- Public health outcomes framework – includes wellbeing, mental health and mental illness outcome measures (currently subject to Ministerial approval)
- Joint Work Programme with PHE and a Ministerial Advisory Group – thematic event on public mental health in 2012

.....continued

- Public Health England – moving to delivery in 2013, one year of transition
- Public health to local government
- Local Health and Wellbeing Boards
 - JSNA (includes assets mapping)
 - Local Health and Wellbeing Strategies
 - Links to Clinical Commissioning Groups

Public Health Reforms – post white paper and ‘update’ paper actions

- Public Health Outcomes Framework
- PHE Operating Model
- Local Government Leading for Public Health
- Public Health Funding
- Workforce Strategy (consultation)

Publication over next few months.

Health and Wellbeing Boards proposed legislation

- H and Wbg Boards as Committees of Local Authorities
- Core membership with local flexibility
- Mutual obligations on Councils and NHS to undertake Joint Strategic Needs Assessments (JSNA) and produce joint health and wellbeing strategies (JHWS) in partnership
- Expectation that H and Wbg Boards are involved throughout the NHS commissioning process, to help ensure that commissioning plans are in line with JHWS
- Promotes joint commissioning and integrated provision
- Gives H and Wbg Boards a role in the annual assessment of clinical commissioning groups

Health and Wellbeing Boards – in development

- Collective local leadership
- Connects NHS and local government activity with local public sector spending to improve local population's health and wellbeing
- Collaboration between Councils, the NHS, communities and the public
- Helps create greater local democratic legitimacy and accountability
- Potential to help transform services and achieve improved outcomes

Vision

- Strong focus on outcomes
- Public health a clear priority – as core business, Cross Government and Locally
- Commitment to reduce health inequalities

Some Support:

Health and Wellbeing Board Learning sets and
'leadership' development programme

Key Opportunities / Levers

- Early learning of emerging health and wellbeing boards
- JSNA processes and the place of mental health
- Joint health and wellbeing strategies and the importance of good 'public mental health' aimed at whole population and key groups within populations
- Life course approach and universal and targeted actions.
- Working beyond health services – primary care, communities, 'place'
- Achieving a balance between population and individual approaches

Issues / thoughts

- This is a developing agenda
- Need to integrate physical and mental health
- Tensions? – possibly between upstream and downstream promotion / prevention and front line delivery at time of austerity and pressure on public funds
- Individual / population balance will be important
- Participation and engagement?
- People and agencies are interested in wellbeing and population mental health
- Good opportunity to build on what is being achieved
- Need to work out and focus on who to influence and how

Some Questions

- Views and thoughts?
- Local experiences so far?
- How to get mental wellbeing on the agenda?
- What would success look like?
- Is there anything we can do collectively and in partnership with others?
- How to keep dialogue going?

NSP – possible way forward?

- Small focused group to meet to prepare a paper of thoughts, suggestions and actions
- ‘Recruit’ interested partners / agencies
- Prepare a ‘position paper’ influencing paper by the end of 2011

Would you like to be involved?