



Mental Health

Information and Strategy Session

26 Sept 2019 | 10-12

Old Fire Station, Gipton

AGENDA

- 10.00-10.10 Welcome & introductions
- 10.10-10:30 The Mental Health
Strategy for Leeds
- 10:30-11:15 Workshop
- 11.15-11:30 Feedback
- 11.30-11.45 Summary & next steps
- 11:45-12:00 Networking
- 12:00 Close

Leeds Mental Health Strategy Engagement

Forum Central & Young Lives Leeds
members meeting

Sarah Erskine, *Health Improvement Principal, Public Health,
Adults & Health, Leeds City Council.*

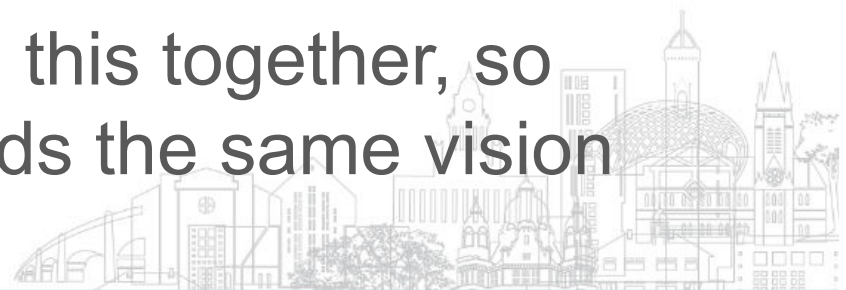
Kashif Ahmed, *Head of Commissioning (MH & LD), Clinical
Commissioning Group*

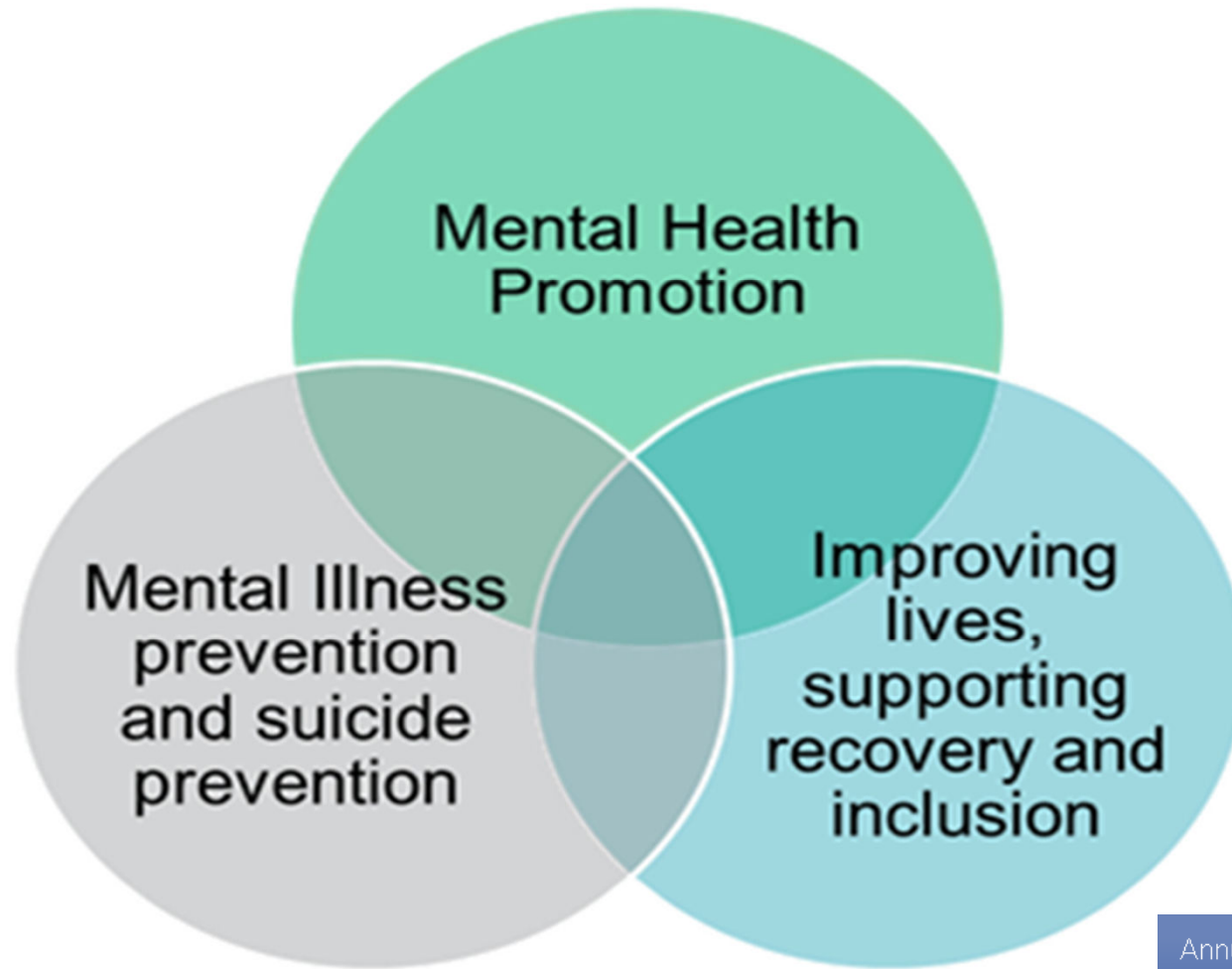


26th September 2019

Why a mental health strategy?

- Importance of good mental health is becoming more widely understood across the UK
- Lots of work is happening about mental health in Leeds
 - From children and Young People to Adults
 - From statutory Services to 3rd Sector organisations to community groups
 - In workplaces, families, homes, schools
- Realised the need to bring this together, so everyone is working towards the same vision





Annual Report of the
Chief Medical Officer 2013

Public Mental Health Priorities:
Investing in the Evidence



Related strategies already in Leeds

- Children and Young People's Plan
- Future In Mind
- Mental Health Framework 2014-2017
- Suicide Prevention: Action Plan for Leeds
- Best Start Programme
- Mental Health Prevention Concordat
- NHS Long Term Plan
- ICS Mental Health Programme

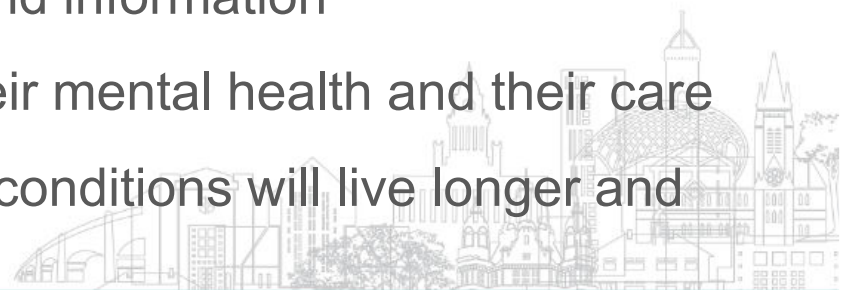


Vision

“Leeds will be a mentally healthy city for everyone”


Which means....

- People of all ages and communities will be comfortable talking about their mental health and wellbeing
- People will be part of mentally healthy, safe and supportive families, communities and workplace
- People’s quality of life will be improved by timely access to appropriate mental health services and information
- People will be actively involved in their mental health and their care
- People with long term mental health conditions will live longer and lead fulfilling, healthy lives



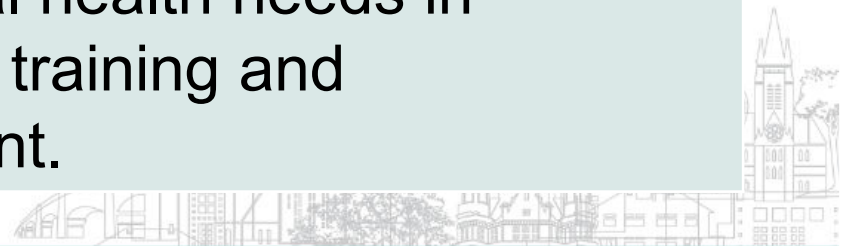
Principles of our approach

At the heart of this will be **‘diverse services but one culture across the system’**

- Taking into account the wider determinants of mental health and illness
 - Achieving parity of esteem between physical and mental health
 - Challenging stigma and prejudice
 - Recognising the impact of trauma on peoples mental health
 - Taking an evidence based approach to what works
 - Adopting a recovery and wellbeing focus wherever possible
 - Supporting the system to address issues of inclusion and diversity
 - Taking a person and family-centred and strengths based and restorative practice approach
 - Targeting communities most at risk of experiencing poor mental health
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Focus areas to become a mentally healthy city

Passion	Priorities
Reduce Mental Health Inequalities	<ol style="list-style-type: none">1. Reduce the risk of suicide and self-harm, targeting those communities most at risk of poor mental health2. Reduce the over-representation of people from BAME backgrounds detained under the Mental Health Act3. Increase the numbers of people with mental health needs in education, training and employment.



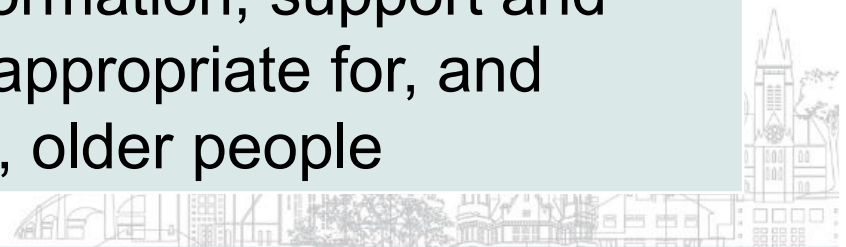
Focus areas to become a mentally healthy city

Passion	Priorities
Improve children and young people's mental health	4. Improve transition support and develop new mental health services for 14-25 year olds



Focus areas to become a mentally healthy city

Passion	Priorities
Improve flexibility, integration and responsiveness of services	<p>5. Ensure services recognise the impact that trauma has on people's mental health and respond appropriately</p> <p>6. Improve timely access to crisis support services</p> <p>7. Ensure information, support and services are appropriate for, and accessible to, older people</p>



Workshop

We want to hear about mental health from you:

1. What do you think?
2. Have we missed something?
3. What does your organisation already do?
4. What can your organisation start to do?
5. What citywide actions do you expect to see come out of this?



Next Steps

- September:
 - More engagement with other groups, and key stakeholders
 - Tweaks to the strategy based on feedback
 - Start to build delivery plan using feedback
- October:
 - Present new draft back to Health & Wellbeing Board
- November:
 - Work up delivery plan
- Early 2020
 - Exec Board Sign off
 - Finalise document and delivery plan, for a launch in the new financial year



Dates for your diary

Next Third Sector LYPFT Partnership Forum

6th November 12-4pm, The Vinery.

Next Mental Health Info and Strategy Session

Thurs 12th December 2-4pm Old Fire Station

Big Leeds Chat

Thurs 7th Nov 10am – 2pm Kirkgate Market



**Thank you for coming –
We hope to see you again
soon**