Health and Wellbeing Board
North Yorkshire

Mental Health Summit Update Report

Wednesday 19th September 2018

Presented by: Assistant Director of Health Integration

Summary:

The purpose of the enclosed report is to provide an update to the Health and Wellbeing Board following the Mental Health Summit the Board hosted on the 30th May 2018.

Which of the themes and/or enablers in the North Yorkshire Joint Health & Wellbeing Strategy are addressed in this paper?

[Please tick as appropriate]

Themes	✓
Connected Communities	✓
Start Well	✓
Live Well	✓
Age Well	✓
Dying Well	✓
Enablers	
A new relationship with people using services	✓
Workforce	✓
Technology	✓
Economic Prosperity	✓

How does this paper fit with <u>other</u> strategies and plans in place in North Yorkshire?

Mental Health and Wellbeing is a key priority for action in the Joint Health and Wellbeing Strategy, 2015 - 2020.

What do you want the Health & Wellbeing Board to do as a result of this paper?
That the Health and Wellbeing Board note that a full summary report of the Mental Health Summit and associated action plan will be brought back to the Board in November.

Health and Wellbeing Board
North Yorkshire

NORTH YORKSHIRE HEALTH AND WELLBEING BOARD – 19th September 2018

Report of the Assistant Director Health Integration

Mental Health Summit Update Report

1. Purpose of Report

1.1 To update the Health and Wellbeing Board (HWB) regarding progress following the Mental Health Summit which the Board hosted on 30th May 2018.

2. Background

2.1 The HWB hosted a Mental Health Summit 'Mental Health Moving in the Right Direction #MHRD' on 30th May 2018.

2.2 This Summit was organised to recognise that mental health is one of the biggest health issues facing the people of North Yorkshire and to promote understanding and greater awareness. It was also the first time the HWB, members of the public and leaders from the public, private and community sectors had come together, to identify what could be done together to tackle mental ill-health and to improve outcomes.

2.3 The Summit brought together almost 100 people for a full day, to focus on mental health and wellbeing across North Yorkshire. This included people working in statutory, community and voluntary sector agencies, as well as people accessing services or with a special interest in mental health.

2.4 Participants in the Summit heard from a wide range of speakers during the morning including:

- Rob Webster, Chief Executive from South West Yorkshire Partnership NHS Trust
- Alison Iliff, Health and Wellbeing Programme Manager, Public Health England
- Eden-Maia Shackleton and Jazz Parkinson, North Yorkshire, Youth Voice Executive
- Gareth Atkinson, North Yorkshire County Council

3. The Summit

3.1 The Summit was very interactive and lots of ideas and discussions were generated. There was an opportunity through a 'marketplace' for people to talk, network and learn about each other's services and experiences, as well as discuss how to move mental health and wellbeing in the right direction

across North Yorkshire. People were also invited to make a 'pledge' to commit to taking positive action to support either their own mental health or on behalf of others. There was also an opportunity to practice 'Mindfulness' during a session led by Dr Paul Bernard from Tees, Esk and Wear Valleys NHS Trust.

3.2 The afternoon was full of energy and there were lots of ideas generated during workshops focused on children and young people; working age adults and older people. As mental health is one of the biggest health issues facing the people of North Yorkshire, discussions in the workshops considered how to promote greater awareness of mental health and wellbeing and identify what can be done together to tackle mental ill-health and to improve services.

3.3 During the workshops there was a good discussion and many ideas were shared that can be broadly grouped into the following themes:

- Access to information and signposting
- Access to services
- Comprehensive service offer – 24/7
- Employment support

3.4 There was so much information generated through the discussion and workshop, that action planning is now underway to address the themes in paragraph 3.3, above, with a view to bringing the action plan back to the HWB in November. The action planning is aiming to ensure consistency with other strands of work related to mental health and wellbeing across the County to avoid duplication.

4. Recommendation

4.1 That the Health and Wellbeing Board note that a full summary report of the Mental Health Summit and associated action plan will be brought back to the Board in November.

Louise Wallace
Assistant Director, Health Integration
September 2018