



Protecting and improving the nation's health

Prevention Concordat for Better Mental Health: information required from signatories to the Consensus Statement

We are delighted that you are interested in becoming a signatory to the [Prevention Concordat for Better Mental Health Consensus Statement](#). You will be joining a number of organisations who have committed to working together to prevent mental health problems and promote good mental health through local and national action.

The Prevention Concordat registration process

Step 1. Complete the local Prevention Concordat action plan template below (Attach any supporting documents that you may want to share)

Step 2. Senior leader/CEO of organisation to commit and sign up to approved action plan

Step 3 e-mail your submission to publicmentalhealth@phe.gov.uk

Step 4. Confirmation of receipt

Step 5. A panel will review and approve action plans submitted within one month of submission date;

- wave 3 –Friday 14th December 2018
- wave 4 – Friday 1st March 2019

NB: the team are currently reviewing the process for approving action plans and intend to have a digital process set up moving forward. Please see below.

Registration form

Please answer the questions below:

Lead contact name	Emily Parry-Harries
Lead contact details	Email: Emily.parry-harries@kirklees.gov.uk Telephone number: 07814861344
Job title of lead officer	Consultant in Public Health
Name of organisation / partnership	Kirklees Council
Who are you representing? <i>(e.g. Individual organisation,</i>	Local Authority

For further information please contact publicmentalhealth@phe.gov.uk

<p><i>collaboration, partnership, Local Authority, Clinical Commissioning Group, community group and other, please name)</i></p>	
<p>Please tell us more about your organisation's work (no more than 150 words)</p>	<p>Kirklees Council is the local authority of the district of Kirklees in West Yorkshire, England. It is a metropolitan district council, one of five in West Yorkshire and provides the majority of local government services in the district.</p>
<p>What are you currently doing that promotes better mental health?</p>	<p>Kirklees Council currently has a number of strategies and policies that support and contribute to better mental health across the life course. These include:</p> <ul style="list-style-type: none"> - Kirklees Health and Wellbeing Plan (2018-2023) - Kirklees “Whole Life Approach” for Mental Health & Wellbeing (2017-2021) - The development of a Kirklees Integrated Wellness Model for adults, due to launch in April 2019 - Kirklees Council People Strategy (2017-2020) - Kirklees Early Intervention Programme Loneliness Strategy – started 2018 and in development - Kirklees Housing strategy (2018-2023) - Kirklees Preventing Homelessness and Rough Sleeping Strategy (2018-2023) - in draft - Tackling Poverty In Kirklees Strategy and Action Plan (2016-2018) - Kirklees Walking and Cycling Strategic Framework Strategy framework (2018-2030) - Kirklees Communities Partnership Plan (2018-2021) - Kirklees Domestic Abuse Strategy (2015-2018) - Kirklees Joint Strategic Needs Assessment – Emotional Health and wellbeing http://observatory.kirklees.gov.uk/jsna/specific-conditions/mental-health-emotional-wellbeing - Kirklees Young People Survey (2018) - Everybody Active Strategy (2015-2020) <p>Taking action to address the prevention of mental health is implemented to varying degrees through the following pieces of work:</p> <ul style="list-style-type: none"> - Thriving Kirklees (0-19 service) - a partnership of local health and wellbeing providers all working together to support children, young people and their families to thrive and be healthy. - Community plus - an Early Intervention and Prevention relationships based approach to jointly identifying gaps and work with communities and partners to fill and enhance the local offer - Community hubs – partnerships that bring together early years, primary and secondary schools and a broad range of community-based organisations and

	<p>services</p> <ul style="list-style-type: none"> - Time to Change Employer Pledge (2016) - Current Living in Kirklees (CLIK) is a self-reported survey, implemented every 4 years to get an idea of current lifestyles and well-being in Kirklees and its localities. - Public health intelligence have created local area profiles mapping the risk of gambling related harm. This is used during the process for licensing applications made for gambling purposes. - West Yorkshire fire service 'Safe and Well checks – intelligence was used to both shape who this should be targeted towards and shaping how the questions regarding health and wellbeing were asked. - Kirklees Suicide Prevention and self-harm Action plan (2017-2019) - Kirklees communities team provide a programme of work to boost mental health through physical activity - Kirklees Council Employee Healthcare and Able Futures partnership (launching 2019) - The development of nine Primary Care Networks across Kirklees <p>We also have an elected member, Cllr Khan, who is our mental health champion. She is also the Health and Wellbeing portfolio holder.</p>
<p>Do you have or are you intending on producing a mental health plan or a mental health needs assessment.</p>	<p>Yes <input checked="" type="checkbox"/> No <input type="checkbox"/></p> <p>If yes, please specify :</p> <p>Kirklees Mental Health and Wellbeing Needs Assessment (2018) http://www.kirklees.gov.uk/beta/delivering-services/pdf/HNA-report.pdf</p> <p>The Mental Health and Wellbeing Needs Assessment (2018) for Kirklees was part of the Mental Health Programme Review Board to review what mental health service provision we commission across CCG's, Council and Voluntary and community sector. The assessment included looking at the needs of the whole population as well as high risk groups, including: BAME, LGBTQ, men, people with personality disorder and maternity.</p>
<p>The Prevention Concordat for better mental health highlights the five domain framework for local action</p> <p>Please describe what are you planning to commit to in the next 12 months for your area (see * page 3 for examples to support completion of this section);</p>	
<p>1. Leadership and Direction</p>	<p>Review and include mental health prevention and better mental health for all, in all policies and strategies to ensure that mental wellbeing is tackled through council functions, such as leisure, planning and housing. Consider the wider council investment in areas such as parks and community assets and how this impacts on better mental health for all.</p>

<p>2. Understanding local need and assets</p>	<p>The Joint Mental Health strategy for Kirklees, will have ‘Prevention’ as its first workstream. The next step is to jointly collaborate by forming a local multi-agency mental health prevention group, the priority population actions for the ‘Prevention’ principle. Ensure that all partners are aware of the key risk and protective factors for mental health.</p> <p>One of the main findings that came out of the mental health and wellbeing needs assessment was a lack of awareness of what is available, suggesting the need to raise the profile of the services and support for people in Kirklees.</p> <p>In 2018 we completed a young people’s survey with a cohort of Year 9 students across Kirklees. Overall, LGB and LGBT+ and girls scored worst within the survey questions. There is a need in the next 12 months to do some focused work with children and young people in these groups to try and improve emotional health and wellbeing and resilience and link with the loneliness agenda, (see below).</p>
<p>3. Working together</p>	<p>The Kirklees Early Intervention Programme Loneliness Strategy workstream, aims to actively collaborate and maximise resources with focus around loneliness responsibilities. One of the first activities is a stakeholder and asset mapping exercise to understand how each partner contributes to the prevention of loneliness agenda which will include better mental health for all.</p> <p>There is an existing place-based structure through our 17 Community Hubs – each with a functioning leadership arrangement in place. All 17 have identified mental health and wellbeing as a priority and have established local responses to this. Next steps are to work with the community hubs to further define what these needs are and discuss how the prevention concordat can help to shape future activity.</p> <p>In the next 12 months, and through the People Strategy, we need to work together to raise awareness of the mental health champions with senior managers about the benefits this role brings to the organisation and our staff and make talking about mental health in the workplace the norm. Reducing stigma around mental health is the first step in helping break down the barriers. Encouraging teams to have more mental health champions will change norms and cultures, hopefully helping people to take action before they become absent from work.</p> <p>We have a multi-disciplinary suicide prevention and self-harm action group in Kirklees where we work together to tackle the many root causes of poor mental health that could lead to suicide. The local action plan is in line with the National Strategy workstreams and is complementary of the Regional Suicide Prevention five year strategy. The priority actions for the next 12 months are:</p> <ul style="list-style-type: none"> - To strengthen links with primary care around suicide prevention and deliver a PPT event focused on suicide prevention - To work with local media around suicide prevention and sensitive portrayal - To increase the numbers of people with lived experience represented within the group - Working across the West Yorkshire and Harrogate footprint

	<p>to jointly bid for resources for postvention (support for those bereaved/ impacted by suicide)</p> <p>Over 120 Schools / Colleges now have Emotional and Wellbeing leads that come together to skill share and build networks. Over the next 12 months, we want to harness examples of good practice in Kirklees to capture what is working well in schools to prevent mental health problems developing, for children and staff.</p>
<p>4. Taking action</p>	<p>Mental health promotion and prevention is embedded into the Kirklees Integrated Wellness Model vision, which is 'People in Kirklees will live longer, healthier, happier lives and feel more able to look after themselves and others'. The wellness model is developing an integrated approach to improve adult wellbeing in Kirklees. A key component of the model is the 'Five Ways to Wellbeing' which will be reflected in both outputs and outcome measurement. This will launch in April 2019.</p> <p>Link Mental health to urban planning and the wider social determinants of health – for example, more opportunities for physical activity, safer environments for walking, cycling and recreation will all help to prevent mental health problems from occurring. Consider how we can use the Concordat to create a mentally healthy places in Kirklees.</p> <p>The Community Plus service, has at its core, working with people and communities to prevent, reduce and delay the need for and use of costly health and social care interventions and considering what people can do for themselves. Within the next 12 months, there is a need to provide mental health training for the community plus team, to reduce stigma and build their confidence in having conversations around mental health and to increase awareness of existing local assets to support and maintain positive mental health and by encouraging earlier identification of signs and symptoms.</p> <p>There is clear evidence proving that a range of prevention activities promote good mental health and reduce some of the impacts of poor mental health. These actions have also been shown to be cost-effective as a good way of spending money on activities that improve health outcomes. One of the actions we will commit to is to benchmark ourselves against these interventions:</p> <ul style="list-style-type: none"> • school based programmes to prevent bullying and initiatives to prevent depression in children and young people • workplace programmes to promote mental health and initiatives to help adults at risk of stress, anxiety and depression • mental health support integrated into the pathways and interventions for people with long term physical health problems e.g. diabetes and heart disease • group based social activities, including volunteering, to address loneliness as a way of promoting mental health • financial advice services for people with debt problems located in primary care • initiatives to identify and support people who have self-harmed and are potentially suicidal

<p>5. Defining success</p>	<p>Signing the Prevention Concordat will be helping to achieve the following Kirklees Outcomes:</p> <ul style="list-style-type: none"> • People in Kirklees are as well as possible for as long as possible • Children in Kirklees have the best start in life • People in Kirklees live in cohesive communities, feel safe and are safe/protected from harm • Enabling all children, young people and adults to maximize their capabilities and have control over their lives <p>Through our Health Intelligence teams, Mental health place based summaries are in progress, including indicators of mental health status and protective and risk factors. Actions that come out of signing the prevention concordat should be aligned with these summaries to allow us to measure success.</p> <p>Map out interventions that work with and why, as well as recognising inputs and outputs. Consider how we can measure the impact of prevention activity and highlight any areas for development.</p>
<p>Is your organisation/ partnership happy to provide key impact headlines when contacted related to the commitment specified? Yes <input checked="" type="checkbox"/> No <input type="checkbox"/></p> <p><i>The purpose of this information is to support us to measure progress of the programme and inspire others. Information requests will not occur more than once a year.</i></p>	
<p>Upload signature and organisation logo</p>	

In your submission please attach any additional documents that you may want to share to support your commitments e.g. strategies, plans project outlines.

****What do we mean by prevention planning?***

You may already be doing excellent work in relation to prevention planning that you are eager to share however here are a few examples for you to think about

What does good look like; the framework for effective planning for better mental health in all local areas is evidence based and consists of five steps to delivery:

Steps	Partnerships	Organisations	Communities
Leadership and Direction	<p>Identified lead organisation within the partnership for prevention of mental illness and promotion of good mental health</p> <p>Designated mental health prevention champion at a senior officer level in each organisation</p> <p>Shared vision statement for prevention and promotion that all have signed up to</p>	<p>Designated mental health prevention champion at a senior officer level in each organisation</p> <p>Support and development is given to roles that champion mental health prevention</p> <p>A clear vision for mental health promotion and prevention that fits across the whole organisation , involving all departments and functions and is integrated in all plans and strategies</p>	<p>An identified mental health prevention champion e.g. a local board member or community representative</p> <p>A shared vision and commitment to promote good mental health and prevent mental illness within the community</p> <p>Engagement within local partnerships to advocate for and meet community needs</p>
Understanding local need and assets	<p>Local Authority led Joint Strategic Needs Assessment with a mental health prevention focus</p> <p>Mental Health Equity Audits across the partnership</p>	<p>Mental health prevention needs assessment of targeted populations e.g. prison population, parents, Black and Minority Ethnic or Black, Asian and Minority Ethnic (BAME) , LGBTQ</p> <p>Engagement with communities to gain insight into their needs and assets</p>	<p>Asking questions of individuals, groups and families within the community about their mental health and wellbeing and what influences it e.g. use of WEMWEBs</p> <p>Engagement events and opportunities that enable citizens to share views and participate in decision making</p>

	<p>Collaborative analysis of local information and intelligence sharing</p> <p>Real time surveillance of suicide data</p> <p>Engagement with communities to gain insight into their needs and assets</p>		
Working together	<p>Working together in collaboration across a number of organisations on agreed prevention priorities, shared plans and strategies</p> <p>Involve local communities, including those with lived experience in planning;</p>	<p>Seeking collaboration with other organisations and working collaboratively within the organisation to address issues related to the promotion of mental wellbeing and the prevention of mental ill health e.g. multi agency suicide prevention plan, mental wellbeing plan</p> <p>Working with local communities and involving those with lived experience in planning</p>	<p>Coming together with other community groups and/or working with local partnerships</p> <p>Involving those with lived experience in planning and delivery</p>
Taking action	<p>Delivery of partnership plans and strategies</p> <p>Shared prioritisation and resources</p> <p>Mental Health Impact Assessments to integrate mental health prevention into partnership plans and strategies</p>	<p>Delivery of an organisational plan and/or strategy that has clear identified priorities and resource to support implementation.</p> <p>Prevention activity across the whole of the organisation</p> <p>Developing the workforce's knowledge and skills in promotion and prevention.</p>	<p>Programmes of local activity that promote better mental health.</p> <p>Enable citizens and communities to take action to promote better mental health.</p>

Defining success	Agreed outputs and outcomes across all partners that demonstrate delivery of the plans , level of partnership engagement and the measurement of impact/ improvements in local communities in relation to preventing mental illness and promoting mental health	Agreed outputs and outcomes across the organisation that demonstrate delivery of plans , level of partnership engagement and the measurement of impact/ improvements in local communities in relation to preventing mental illness and promoting mental health	Measuring the impact of activity on people's mental health and wellbeing in local communities
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