

## Enclosure PHE/16/36

### Annex 2 Public Mental Health Work across PHE

This appendix is snapshot of the breath of work taking place across PHE, which we believe the Board will be most interested in. It is structured by directorate, then by division and team.

#### Health and Wellbeing Directorate

##### Healthy People Division

###### Children and Young People

Examples of work completed in the last 18 months:

1. Professional guidance for school nurses with a particular focus on vulnerable groups including; young carers and young people's emotional health and wellbeing, plus those at risk of child sexual exploitation.
2. Guidance resource 'A public health approach to promoting young people's resilience' for policy makers, commissioners and providers (funded by PHE and developed with input from the Early Intervention Foundation).
3. Coproduction of *Minded* (Royal College of Psychiatrists initiative) an online resource for professional and parents supporting young people with mental health and wellbeing issues. Module focusing on sleep in adolescence (public mental health team led)
4. A public health framework for improving young people's health and wellbeing
5. PHE guidance for promoting children and young people's emotional health and wellbeing using a whole school approach.

Examples of ongoing work:

6. A public health approach to promoting young people's resilience - publication of a guide to resources for policy makers, commissioners, service planners and providers.
7. A toolkit to support schools and colleges to measure mental wellbeing.
8. Factsheets for local commissioners and elected members presenting data on key issues from the Health Behaviour in School Age Children survey and focussed on risk and protective factors issues include cyberbullying, self-harm and girls emotional health and wellbeing,
9. Activity to further build the case for prevention and the promotion of CYP mental wellbeing highlighting data, evidence, tools and resources. This work has a specific emphasis on assets based approaches and resilience.

###### Adults

Examples of work completed in the last 18 months:

1. An online Mental Health Toolkit for employers, developed in partnership with Business in the Community (BITC) (delivered in partnership with the public mental health team).

Examples of ongoing work:

2. National Leadership on Workplace Wellbeing Charter.

3. Scoping potential work with BITC and Samaritans for a suicide response toolkit to help employers respond to suicide and attempted suicide within their workforces (in partnership with the public mental health team).
4. Pilot of a mental health module within the NHS Health Check programme delivered through the NHS England workplace occupational health support. This is being coordinated as part of wider activity to support improvements to NHS workforce health (delivered with the NHS Health Checks team).
5. Support to NHS England led *Five Year Forward View for Mental Health* activity to increase access to employment support in Improving Access to Psychological Therapies (IAPT) and piloting of Individual Placement and Support (IPS) for community managed mental health conditions.

### Older Adults

Examples of work completed in the last 18 months:

1. Depression Alliance 'Friend in Need' digital support that is focussed on addressing depression risk factors for older people who are caring for a partner, friend or relative with dementia.
2. A public facing leaflet on carers' health and wellbeing incorporating importance of mental wellbeing.
3. A Healthy Caring Guide for the 1.2 million unpaid older carers in England, jointly developed by NHS England, PHE, Age UK, Carers Trust and Carers UK.

Examples of ongoing work:

4. Promoting the importance of mental health and ageing well, through raising awareness of effective interventions for reducing social isolation and loneliness.

### NHS Health Checks

Examples of ongoing work:

1. Liaison with Health and Social Care Information Centre (HSCIC) to secure a national data-set for the NHS Health Check during 2016/17. The uptake of health checks by people with a serious mental health diagnosis is a priority question for the analytical team reviewing this data.
2. In response to local authority requests, development of NHS Health Check health equity audit guidance/resources for local commissioners. This will enable examination of issues such as uptake and access to lifestyle and clinical interventions by specific protected characteristics, including people with a mental health condition.

### Sexual Health

Examples of work completed in the last 18 months:

1. National HIV Prevention Programme for Most at-risk Populations includes a three year National HIV Prevention and Health Promotion programme has been commissioned on men who have sex with men (MSM), Black African communities and other Black and Minority Ethnic groups in whom there is a higher or emerging burden of HIV infection. One of the five identified objectives for the programme is to "*Reduce levels of HIV related stigma within affected communities and more widely*". This includes adding to the published evidence that already highlights the impact of HIV related stigma on mental health and health related behaviours.

2. National HIV Innovation Fund is supporting local projects that offer new and innovative ways of delivering HIV prevention, aiming to turn around the ever increasing numbers of new HIV diagnoses among certain groups of the population. The mental health related priorities of the fund include:
  - a. stigma associated with HIV
  - b. to address wider determinants of health including mental health that are related to risky behaviour.
3. Building enhanced intelligence on the prevalence of alcohol and drug use (including 'chemsex') among MSM to support local areas in assessing need. This action is being taken forward together with the Drugs and Alcohol team as part the '2015-16 PHE MSM Action Plan'. The work recognises the wider impact of the mental health and wellbeing of MSM communities and so includes addressing sexual and mental health problems, issues of personal stigma and different patterns of drug use.

## **Alcohol, Drugs and Tobacco Division**

### Tobacco

Examples of work completed in the last 18 months:

1. Publication of smoking related guidance:
  - Smoking cessation in secure mental health settings, guidance for commissioners (in partnership with the public mental health team)
  - Smokefree mental health services in England, implementation document for providers of mental health services (in partnership with the public mental health team)

Examples of ongoing work:

2. Supporting commissioners and providers to implement NICE guidance for smoking cessation in secure and community mental health settings
3. Working with DH and NHS England to implement 'Improving the physical health of people with mental health problems' focussing on increasing mental health nurses involvement in smoking cessation.
4. Introducing self-assessment for NICE guidance smoking cessation in secondary care: mental health settings (NICE PH48).

### Drugs and Alcohol

Examples of ongoing work:

1. Launching and promoting new national guidance commissioning and delivery of care for people with co-occurring mental health and alcohol/drug use conditions.
2. Consulting on changes to PHE's national alcohol and drug treatment dataset (NDTMS) to better reflect prevalence of and service response to co-occurring mental health conditions in the alcohol/drug treatment population.
3. Supporting commissioners and providers to implement NICE guidance for smoking cessation in secure and community mental health settings.
4. Continuing to work with DH and NHS England to implement 'Improving the physical health of people with mental health problems' focussing on increasing mental health nurses involvement in smoking cessation.

5. Working with commissioners and stakeholders in selected pathfinder areas to develop and implement integrated mental health and substance misuse pathways for offenders.
6. Supporting the new national expert group on co-occurring mental health and alcohol/drug use conditions chaired by Professor Kevin Fenton and Lord Victor Adebawale.
7. Joint development with NHS England of new national guidance on commissioning and delivery of care for people with co-occurring mental health and alcohol/drug use conditions.
8. Updating sections on mental health co-morbidity in the new clinical guidelines on drug misuse and dependence, in our alcohol, drugs, tobacco and young people JSNA support packs and alcohol CLEAR, and in new commissioning guidance on working with hard to engage drinkers.
9. Introducing self-assessment for NICE guidance smoking cessation in secondary care: mental health settings (NICE PH48).

### **Obesity and Healthy Weight Division**

Examples of work completed in the last 18 months:

1. Joint publication of British Social Attitudes Survey explored attitudes to obesity, body image and highlighted the strength of stigma associated with obesity.
2. Completion of a draft Mental Health and Wellbeing Impact Assessment across the Obesity and Healthy Weight Division work programme to ensure all aspects of mental health are explored in ongoing work.

Examples of ongoing work:

3. Development of a series of blueprints for tier 2 and tier 3 weight management services across the life course including; early years, children and families, and adults. The blueprints will be an assimilation of a series of commissioned evidence reviews that are underway, including; systematic reviews, and insights and ethnographies, to ensure users are at the heart of the design. The blueprints will support the local delivery of evidence-based, effective and sustainable weight management services, and look to embed adjustments for those suffering from mental health illness and to integrate with mental health services.
4. Development of a PHE/ NHS-E guidance document for commissioners on physical health approaches to reduce and prevent obesity in secure mental health settings (in partnership with the public mental health team).
5. Guidance to support better integration of weight management and mental health services, and in particular enabling access into appropriate community and clinical obesity services for individuals suffering with mental health illness.
6. Identification of exemplars of engaging and impacting on inequalities e.g. the community champion's project in collaboration with the Charity Helping People Overcome Obesity Problems (HOOP) who are systematically evaluating participant data in relation to health status, disability and/or longstanding limited illness and intervention impact on eating behaviours (including binge eating) and emotional wellbeing.

### **Health Equity and Mental Health Division**

(also see annexe 3 for an overview of the work of the public mental health team)

## Connected and Empowered Communities

Examples of work completed in the last 18 months:

1. A PHE guide to community-centred approaches centred-around approaches, briefing and training slide-deck showcasing methodologies that lead to more empowered, equitable communities with stronger social networks – all being important determinants of mental health.

Examples of ongoing work:

2. Work with partners to increase the use of community-centred approaches, the objectives being to increase access to knowledge, evidence and practice, and working with national partners to achieve an integrated approach.

## Health and Justice

This work includes a key public health interface with Ministry of Justice, Home Office and Police and Crime Commissioners.

Examples of work completed in the last 18 months:

1. Activity on suicide & self-harm prevention in prisons
  - Health and Justice chapter in Local Authority Guidance on Suicide Prevention.
  - Inclusion of health and justice intelligence in JSNAs.
  - Suicide prevention support materials available to National Offender Management Service.
  - Justice leads included in mainstream suicide prevention activity e.g. training and development programmes.

Examples of ongoing work:

2. Co-ordination of activity for inclusion of prisons in LA Suicide Prevention planning guidance.
3. Development of new commissioning models based on more integrated health and justice pathways.
4. Contribution to *Five Year Forward View for Mental Health* action to understand and inform future models and commissioning of effective 'Liaison and Diversion' services.

## Healthy Places

Examples of work completed in the last 18 months:

1. A housing resource on the 'Impact on mental health as a result of living in a cold home', developed with Institute of Health equity (IHE), Fuel poverty, BRE Homes and Ageing in England.
2. A built and natural environment resource on 'Improving Access to Green Space' developed with IHE. Highlights included the growing evidence on the health benefits of access to good quality green spaces and improved mental health and wellbeing.
3. A briefing for local authorities 'Working Together to Promote Active Travel' highlights include the positive impacts of walking and cycling compared to motorised transport.

## **Healthcare Public Health**

Examples of work completed in the last 18 months:

1. Development of national consensus statements for public health with fire, police and ambulance sectors. Each has a mental health element.

Examples of ongoing work:

2. Leadership of allied healthcare professionals' public health strategy implementation. This has a strong focus on mental health.
3. Leadership of the co-design and evaluation of the impact of Fire and Rescue Services interventions on winter pressures and winter related illnesses. The interventions trialled included action to reduce social isolation and to prevent depression.
4. Working with police forces to achieve PHE Workplace Wellbeing Charter (WWC) status with the aim of being the first sector to have WWC status across the sector. Work includes action on mental health and wellbeing.

## **Chief Knowledge Officer Directorate**

### Knowledge and Intelligence National Team

Examples of work completed in the last 18 months:

1. Mental Health, Dementia, and Neurology Intelligence Network led delivery of a suite of flexible data profiling tools that provide local authorities, the NHS and other commissioners with the best information to help map, interpret and address mental health issues in a way that is relevant to them and helps drive improvements in mental health. Information can be benchmarked against other local areas, and similar populations for England. The suite available within the fingertips platform:
  - Common mental health disorders
  - Severe mental illness
  - Suicide prevention
  - Co-existing substance misuse and mental health issues
  - Children and young people's mental health and wellbeing
  - Perinatal and infant mental health risk profiling (developed in collaboration with ChiMat and public mental health team)

Examples of ongoing work:

2. Development of tools that increase the interpretation of the data and move further toward the longer term goal of helping identification of factors that protect mental health and wellbeing and resilience across the life-course. New products in development include:
  - Joint strategic needs assessment (JSNA) toolkit for dementia and mental health (developed in collaboration with the older adult's team and the public mental health team). Designed to support local areas in the production of their JSNAs.
  - Mental health crisis care
  - Psychosis care pathway report, presenting analysis of a range of metrics along the pathway and presenting national variation.

## Health Economics team

Examples of ongoing work:

1. New return on investment toolkit focussed on the top ten interventions/topics that have been validated for their attributable contribution to the prevention of mental ill health. Designed for used by local areas the resource will enable commissioners and planners to interact with the data to produce a local 'diagnostic' to inform investment decisions.

## **Human Resources**

### Corporate Services

Examples of ongoing work:

1. Work with MOSAIC and DTW to facilitate transitional employment placements for some of the unemployed people with mental health problems that the Brixton based intuitive supports.
2. Military personnel work placement programme in development focussed on wounded, injured or sick military personnel, including those with a mental health problem. The aim of the initiative is to provide the individuals with opportunities to rebuild their self-esteem and self-confidence so they are better able to re-join the labour market.

### Occupational health

Examples of work completed so far:

1. Mental Health First Aid – over 200 volunteers trained by MHFA or trained PHE instructors. Draft role description developed.
2. Workplace Wellbeing Champion network – over 200 volunteers across PHE, trained by OHSWB staff wellbeing coordinators. There to support, educate and deliver wellbeing initiatives at local level.
3. Review of staff wellbeing services bought in to PHE – cessation of Big White Wall contract after c. 24 months as not used much by staff, difficult to engage in and expensive/poor use of SWB resources.
4. A small number of 'stress and stressor identification' sessions delivered by Sally Coomber and tailored to each audience. Outcome is clear concept of 'stress' and its impact on the team and list of top 5 stressors for the group, senior manager present to discuss and address/action.

Examples of ongoing work:

5. Mental health is an identified clinical workstream for Occupational Health Staff Wellbeing service, giving it definition and focus as part of the overall employee support package'.
6. Staff health and wellbeing strategy 2014-17, being reviewed during 2016.
7. Mental Health Policy under review, collaborative work Occupation Health Staff Wellbeing.
8. Resilience training (including Robertson Cooper cognitive model - plus physical activity, sleep and nutrition) piloted, tailored and evaluated for PHE workforce and to be rolled out autumn 2016 via 10 trainers.
9. Annual Workplace Wellbeing conference in Jan/Feb each year.

10. MHFA half day training – line managers as invited audience for ‘MHFA Lite’ again for evaluation of effectiveness
11. Mental Health Awareness for line managers. Mindful Employer sessions being in run July & Sept 2016. Piloted and evaluated at Porton site before consideration of roll-out across PHE.
12. Focus on learning more about mental health ‘adjustments’ for PHE staff and learning about autistic spectrum disorders and how to support them at work – ideas in progression to action stage.
13. Employee Assistance Programme (confidential outsourced information and counselling) includes both advice to individuals and managers. The packages on offer include specialist Occupational Health nurse and medical assessment options and access to clinical psychologist. Capacity to flex to suit more simple and complex situations.

### **PHE Centres**

An important proportion of PHE’s linking with local authorities, elected members, clinical commissioning groups and local third sector organisations happens via PHE Centres.

Examples of ongoing work:

1. All Centres are involved in supporting local implementation of public mental health activity work to deliver the suicide prevention strategy, in support of smoke free mental health settings and the adoption of Workplace Wellbeing Charter.
2. Each PHE Centre tailors their public mental health support and leadership package to suit local needs. As an illustration of the diversity of this providing public health leadership and expertise includes supporting:
  - a. the development of mental health components of devolution plans e.g. Greater Manchester, West Midlands
  - b. The development of two London Health Board endorsed initiatives:
    - Digital Mental Wellbeing Service for which is being designed transform the way London supports better mental wellbeing through new technologies, social media and online tools and services co-designed with Londoners. The ambition is develop a world first, and to be the first global city to provide a 24/7 digitally enabled support system focussed on mental wellbeing.
    - Pan-London Mental Health Roadmap which aims to build a coalition for change for improving the mental health of London. The roadmap will provide a collective vision which builds on existing strategies to get London talking about mental health.
  - c. Improvement to the mental health of people who are unemployed by developing closer links between IAPT/Wellbeing service and employment services e.g. Jobcentre Plus and work programme providers.

### **Health Protection**

#### Extreme Events



Examples of work completed so far:

1. National Adaptation Programme – making the country resilient to a changing climate – Chapter 4 Healthy and resilient communities emphasises the importance mental health risks of climate change including the first climate change risk assessment.
2. Key products:
  - Both cold weather and heatwave plans and companion documents refer to the risks adverse weather pose to those with a range of mental health conditions (particularly dementia), including in the case of heat interaction with the role of some medications, and in the case of cold, the role of cold homes in contributing to social isolation and poor mental health of occupants.
  - The National Flood Emergency Framework (led by Defra supported by PHE) and PHE's flooding and health guidance material, and flooding e-learning (available through e-health) emphasise the importance of mental health in the preparation, response and recovery phases.

Examples of ongoing work:

3. Flooding and health: national study to help Public Health England (PHE) understand how the storms and floods of 2013 to 2014 affected communities across England.
4. Health Protection Research Unit on environmental change undertaking largely qualitative studies on the experiences of the public affected by flooding in Somerset in winter 2013-14 and health and care services (including mental health services) in Boston Lincs, following the coastal flood of 2013. This includes a protocol to explore the impact of flooding on a variety of syndromic surveillance indicators including primary care mental health consultations and prescriptions.
5. Mental health toolkit for frontline responders to flooding being explored to secure alignment with and support from the NHS England EPRR clinical reference group update on psychosocial support following disasters.

### Global Disaster Risk Reduction

Examples of ongoing work:

1. Working on proposals for mental health and wellbeing research following disasters with partners in ERD/PHE but also externally in the UK and elsewhere.
2. Working with the PHE Public Mental Health team to provide guidance on mental health of Syrian refugees and in particular working with the cross-government Vulnerable Persons Relocations Scheme.

### **Chief Nurse Directorate**

Examples of ongoing work:

1. Shaping and supporting 'health promoting practice' that prevents avoidable illness, protects health and promotes wellbeing and resilience through the All Our Health programme.
2. Leading the Best Start in Life programme board to deliver the PHE priority of ensuring all children get the best start in life. Mental health is one of the key threads of the work plan.
3. Development of perinatal mental health high impact area document

4. Securing prevention content into the professional competency frameworks across the multi-disciplinary workforces for perinatal and infant mental health workforce (public mental health team led).
5. Developing commissioning principles to support the development of school nursing services mental health and wellbeing guidance for school nurses on a range of key topics e.g. bullying.
6. Refresh of the WHO endorsed 'You're Welcome' quality criteria for young people friendly services (in collaboration with Children and young people's, Drugs and alcohol and Public mental health teams).

### **Social Marketing**

Examples of ongoing work:

1. The 'One You' website has sleep and stress as two of its headline topics. Bespoke content also integrated into all the other five themes (e.g. physical activity, alcohol). Links also made to external content (e.g. NHS Choices, Couch to 5K). Links to 'One You' social channels made to and from key organisations such as MIND (developed in collaboration with the public mental health team)
2. 'Rise Above' targeted interactive digital resource for young people. This regularly features bespoke content about mental health and wellbeing issues. Material includes short films featuring well respected youth culture personalities talking frankly but supportively about key issues (in collaboration with the public mental health team, chief nursing).