



## Section 2 – Action Plan

The Prevention Concordat for Better Mental Health is based on [the five-domain framework for local action](#). Please describe what you are planning to commit to in the **next 12 months** for your organisation/area using the form below. Please take into account the mental health impacts of COVID-19 when completing this action plan.

*(See the question prompts to support completion of this section).*

Domain	Proposed actions	Timeframe
<b>1. Understanding local need and assets</b>	Engage with stakeholders through a series of workshops and identify unmet mental health need to inform service planning and to respond to the impact of the pandemic	12 months
	Identify and share relevant data sets to inform the above (e.g., befriending referrals, unemployment, DWP claimant count, universal credit, food bank usage, debt support and advice) to understand current picture of needs and affected groups	12 months
	Carry out health and wellbeing strategy engagement with residents, inclusive of questions relating to experiences of the pandemic and effects on mental health. We shall then look for opportunities to further engage in a more local, place-based way around our mental health priorities in Year 2	Autumn 2021 and then further engagement in Autumn 2022
	Carry out targeted engagement (face-to-face and survey) with underrepresented groups identified through the above	12 months
Domain	Proposed actions	Timeframe
<b>2. Working together</b>	Increase the role of people with lived experience in service planning to make services more accessible by engaging them in the above workshops and developing joint working opportunities between local agencies. As an example, the development of joint working arrangements between Trust Links and EPUT, and between social prescribing link workers and the primary care mental health team	12 months

	Collaborative working with NHS, community, and voluntary sector to support vulnerable residents via community hubs, family and youth mentoring, befriending schemes, inclusive sport and activity sessions and counselling / talking therapy services. Updates on number and nature of referrals and new initiatives is reported at quarterly Health and Wellbeing Board meetings	Quarterly
	To ensure the mental health subgroup of the Health and Wellbeing Board is representative of the community, including faith groups, statutory and voluntary services, as well as people with lived experience and those work with seldom heard groups. We shall extend invites and increase membership accordingly where gaps are identified	January 2022
	Continue to build existing networks where all community stakeholders can consider developments in the mental health sector, from new initiatives to funding opportunities, and share information accordingly	Monthly
<b>Domain</b>	<b>Proposed actions</b>	<b>Timeframe</b>
<b>3 (a). Taking action on prevention/promotion of mental health</b>	Launch a new joint health and wellbeing strategy for Castle Point and Rochford and accompanying outcomes framework. This includes an all-age approach to mental health as one of the Board's priorities	December 2021
	Facilitate delivery of local, community-led projects that focus on improving mental health and wellbeing of residents disproportionately affected by Covid-19 via allocation of grant funding	Ongoing – funding is allocated yearly
	Review and redesign gateways into mental health services ensuring they are more inclusive and easier to access and navigate	12 months
	Incorporate a bigger role for the voluntary sector in delivering the above and a greater focus on preventative activity. For example: increase capacity in primary care, a 'no wrong door' approach, suicide prevention depression pathway (targeting high risk groups, such as middle-aged men), and delivering services on a locality integrated network basis, meaning residents receive holistic needs-led services close to home without being bounced from one service to another	12 months
	Increase education and awareness among local community and workforce and encourage positive conversations about mental health through promotion and delivery of training: <ul style="list-style-type: none"> <li>• Mental Health First Aid (MHFA) training</li> <li>• <a href="#">Psychological first aid training</a></li> <li>• <a href="#">Zero Suicide Alliance suicide awareness training</a></li> </ul>	6 monthly updates as to how many sessions delivered / no. of people that have completed training.
	Partners and residents utilising the new community resilience hub provider easier and quicker access to a range of information, support, and advice about e.g., budgeting, housing, debt, and mental health support	To open in summer 2021 and will then be ongoing
	Rollout Trauma Perceptive Practice to all schools and settings in Castle Point and Rochford to support emotional wellbeing in children and young people through trauma informed approaches	6 monthly updates, rollout to be completed by 2025

	Increase capacity in the system to support more people with mental health needs and / or disabilities to find meaningful employment, work experience and volunteering opportunities, increase confidence skills acquisition	Yearly
	Earlier identification of children at risk of not being school ready and signposting to appropriate support / provision offered by the family hubs Essex Child and Family Wellbeing Service <a href="http://Home - Essex Child and Family Wellbeing Service (essexfamilywellbeing.co.uk)">Home - Essex Child and Family Wellbeing Service (essexfamilywellbeing.co.uk)</a> and other support services to support getting the best start in life and establishing a good level of development	Yearly
	Address workplace stress and improve employee wellbeing through provision of internal training and support, signposting to services and raising the profile of mental health first aiders; promotion of local and national events and campaigns such as Every Mind Matters, Men's Health Week; and the Working Well workplace health programme offered by the Essex Wellbeing Service	Monthly
<b>Domain</b>	<b>Proposed actions</b>	<b>Timeframe</b>
<b>3 (b). Taking action to reduce mental health inequalities</b>	Raise awareness of local debt advice and disability employment advice offer as well as other support services and training opportunities via health and wellbeing board meetings, communications, and update information on a central webpage	Quarterly
	Reduce stigma through regular promotion of Every Mind Matters and local campaigns and events	Monthly
	Increase representation from organisations across Castle Point and Rochford on the South East Essex Mental Health and Ethnically Diverse Communities Group. Share outcomes from the group with the Health and Wellbeing Board to consider how we address barriers to accessing help and support and tailor services, focused around prevention, to address specific place-based ethnic and cultural mental health needs	Quarterly
	Identify and establish links with diverse local communities in Castle Point and Rochford via the Essex Cultural Diversity Project. Once connections have been made, we will ask them to share insight with the Health and Wellbeing Board and then work together to address the needs identified	6 monthly
	Promote inclusivity through use of imagery and profiles used in our health and wellbeing strategy and on our website, and via promotion of unconscious bias training and the disability confident scheme	Dec 2021 and then ad hoc
	Arrange presentation from the physical health outreach team for seriously mentally ill (SMI) population and update on their progress towards the 60% national target for all SMI patients to receive an annual health check, associated follow ups and care planning every year	Dec 2021
	Commission post-Covid mental health community engagement survey and associated report. Share report and recommendations with mental health subgroup and Prevention Concordat as part of reporting and develop response to recommendations	Dec 2021

	Improve housing quality through multi-agency partnership working to address excess cold, damp and poor / unsafe living conditions in owner-occupied and private rented properties and signposting to services that can improve quality of life via the <u>Well Homes Partnership</u>	6 monthly
<b>Domain</b>	<b>Proposed actions</b>	<b>Timeframe</b>
<b>4. Defining success/measuring outcomes</b>	Agree a set of outcomes for mental health as part of our strategy refresh (those outlined in this plan will form the mental health actions for the strategy) and develop a reporting template  Produce yearly outcome / progress report and refresh action plan as necessary	Dec 2021 then reviewed every 6 months, produce report annually then update and refresh each year
	Higher number of older adults and men accessing IAPT	12 months
	Fewer people turned away from community mental health services	12 months
	More schools in Castle Point and Rochford engaging in trauma informed approaches	12 months
	More children achieving a good level of development / school ready	Dec 2022 then every 12 months
	A reduction in unemployment levels in Castle Point and Rochford	6 monthly
	Reduction in poorly insulated / hazardous housing	6 monthly
<b>Domain</b>	<b>Proposed actions</b>	<b>Timeframe</b>
<b>5. Leadership and Direction</b>	We shall use this Concordat as the vehicle to champion mental health across the Health and Wellbeing Board. Our mental health champion will monitor and oversee the work of this commitment plan, supported by the mental health subgroup, and report on progress	First update to PHE in Sept 2022
	Many of our Board members are CEOs and senior directors in their respective organisations, indicative of the support and sign up from the highest level. Key partners listed on this plan will also be asked to supply a statement of their commitment to contribute to the actions in this plan	September 2021



# Public Health England

Protecting and improving the nation's health