

Buckinghamshire Joint Health and Wellbeing Board Strategy: Live Well/Mental Health Action Plan

H&WBB Action 1: Improve access, experience and outcomes from services, particularly for people from deprived areas and ethnic minorities with mental health problems <i>Rationale: Mental health problems are common and can affect anyone, but some groups are at higher risk of poor mental health than others.</i> Health and Wellbeing Board Performance Hub Metric: Reduce gap in % of patients with mental health emergency with no prior contact with services: Ethnic Minority patients vs. white British					
Ref	Detailed Actions	Lead	Dates	Baseline	Progress data
	Deliver an ongoing communications programme that promotes positive mental health, addresses stigma and signposts to services (prevention and treatment), linked to specific annual mental health events campaigns	BC Public Health/Comms	2023-25	N/A	Online interactions and reach via social media
	Develop a new programme of work with hairdressers and barbers in Opportunity Bucks wards to facilitate better signposting to services through training and other materials	BC Public Health	2023-25	N/A	Pilot phase to be completed before end 2023
	Deliver a new programme of Community Conversations with people living in our most deprived areas (Opportunity Bucks wards) or from ethnic minority groups. Partners work collaboratively to engage people from ethnic minority and deprived communities to promote positive mental health and understand stigma/barriers to support	BC Public Health	2023-25	N/A	Engage >50 people in community conversations in Year 1 (2023-24)
	Disseminate research findings into barriers to community mental health for identified disadvantaged groups	Healthwatch Bucks/OHFT	2023	Research completed, now to be disseminated	Dissemination of research and actions

					defined to deliver recommendations
	Promote mental health first aid and suicide prevention training offer over the next 3 years to professionals and volunteers working in the Opportunity Bucks wards (including Primary Care Networks (PCNs)) and in services that work with the people most likely to be affected by the cost-of-living crisis for example Helping Hands team, Food banks, Social Prescribers.	BC Public Health/Bucks Mind	2023-25	To date offer has been universal without targeted promotion	10 MHFA and 10 SFA courses delivered (total 160 learners each) % uptake of training by people working or volunteering in Opportunity Bucks wards
	Reinvigorate and promote the Heads-Up campaign (including website), that aims to target men and their mental health.	BC Public Health	Autumn 2023	Establish baseline number of "hits"	Refreshed website launched, number of "hits" on website
	Deliver the Champion the Change programme to address mental health stigma including four social media campaigns a year.	Bucks Mind/BC Public Health	2022-23	20 active champions	Additional 3 active champions recruited per year Deliver promotional events that address stigma and promote MH conversations to 800 people in year 1
	Continuation of Saving Lives Programme (suicide prevention projects targeting men and boys delivered by VCS organisations) to final year (to November 2024) with sustainability focus	Heart of Bucks/BC Public Health	2023-24	5 organisations received funding 2022-23.	To be defined for final year
	Embed new Mental Health Practitioners working with PCNs to deliver timely access to an integrated, patient-centered care within the local	PCNs/OHFT	2022-25	9 MHPs in place with one on boarding. 3 PCNs with no MHP	% PCNs with a Mental Health Practitioner. Patient contacts.

	community that enables people with mental health needs improve their well-being and functionality, with the aim of preventing, reducing or delaying the need for more specialist / secondary services				
	Bucks Health and Social Care Academy work to support faith communities with mental health and delivery of Mental Health First Aid (MHFA)	Bucks Health and Social Care Academy	2023-24	N/A	Number of community leaders trained in MHFA
	A new Community Mental Health Framework programme (bridging primary /secondary mental health care) has been rolled out according to need/deprivation. This new provision will increase access to psychological support, peer support, employment support and support access to voluntary sector services interventions that will support the reduction in the morbidity and mortality of Serious Mental illness (SMI)	OHFT/PCNs/ Voluntary Sector	2022/24	N/A	Number of people supported for each service element Access by ethnicity and Opportunity Bucks wards Selected patient reported outcomes
	Increase % of patients with ethnicity recorded	OHFT/BHT	2023-26	% patients with ethnicity recorded, baseline to defined	Increase % of pts with ethnicity recorded
	Promote availability of mental health services delivered in languages other than English/ interpreter services so that people that do not speak English as their first language can be appropriately referred and have increased confidence to access services.	OHFT Comms/ICP	2023-24	N/A	Report of promotional activity

H&WBB Action 2: Improve access to NHS Talking Therapies for adults especially those from more deprived communities, ethnic minorities, young adults/students, men older people and those living with long term physical health conditions.

NHS Buckinghamshire Talking Therapies (NBTT) provide evidence- based support for adults with common mental health problems (such as depression, anxiety and stress) but some groups are less likely to be referred, enter treatment and recover.

Health and Wellbeing Board Performance Hub Metric: TBC

Ref	Action	Lead	Dates	Baseline	Progress data
	*Market Mental Health Services and the new NHS Bucks Talking Therapies brand (formerly Healthy Minds - IAPT) to all communities, including more specific communication tools/resources to engage with and promote the service to younger people/ students (18–25-year-olds), older adults (65+), people living with and beyond cancer, ethnic minorities.	OHFT Comms	2023-25	2022-23 Access, completion and recovery rate data/Outcome data for Opportunity Bucks wards to be defined	% Increase in achievement of access, completion and recover data for each priority group and Opportunity Bucks wards
	* Develop links with communities in areas with higher levels of deprivation (Opportunity Bucks Wards), work with them to understand the barriers to engagement, and develop/deliver projects/pathways together to improve access, engagement, and completion of therapy. Groups include Pakistani, black, and African, men, younger people/ students, older adults, people living with and beyond cancer.	OHFT	2023-25	2022-23 Access, completion and recovery rate data/Outcome data for Opportunity Bucks wards to be defined	% Increase in achievement of access, completion and recover data for each priority group and Opportunity Bucks wards
	NBTT Service Improvement Project to evaluate impact of work with Pakistani groups	OHFT	2023-24	Access rate data for Pakistani community in Aylesbury and qualitative data from focus groups	% Increase

	Deliver community-based outreach NBTT clinics to Muslim communities in High Wycombe	OHFT	2023-25	N/A	Monitor activity and outcomes from specific clinics
	Deliver a weekly NBTT clinic at Bucks New Uni for students with reported lower mental wellbeing.	OHFT	2023-25	N/A	Monitor activity and outcomes from specific clinics
	Explore offering NBTT clinics within GP practices/ PCNs	OHFT	2023-24	N/A	Monitor activity and outcomes from specific clinics

Actions Marked with * above will also support delivery of action 1. Improve access, experience and outcomes from services, particularly for people from deprived areas and ethnic minorities with mental health problems

H&WBB Action 3: Address physical health inequalities for people with a serious mental health illness					
<i>People with a serious mental illness also have poorer physical health and have a higher chance of dying from cardiovascular disease.</i>					
Health and Wellbeing Board Performance Hub Metric: Increase % of patients with a Serious Mental Health Illness (SMI) that have had all components of a physical health check in the last 12 months					
Ref	Action	Lead	Dates	Baseline	Progress data
	Increasing the number of people who are admitted to a Mental health inpatient ward who stop smoking (tobacco control alliance) including Smoking champions within mental health services	OHFT	2022-25	Q4 FY 22/23-75%	Increase % of people in mental health inpatient wards that smoke that are offered NHS tobacco treatment services
	Increase the uptake of regular physical health checks, with appropriate advice and treatment including use of Point of Care testing to enhance accessibility, training for professionals and VCSE and an outreach pilot, focused in areas with higher levels of SMI or deprivation	BOB ICPH /PCNs	2022-25	Q4 23 – 59.3%	Increase % of patients with a Serious Mental Illness that have had all components of a physical health check in the last 12 months (all components) The National target for Physical Health

					Checks for SMI patients is 60%
	Increase access to physical activity for people with MH conditions - including older adults and those in the peri- natal period	OHFT/Sports in Mind	2022-25	100 people accessed 2022-23	Number of people accessing service