

Agenda Item 7



Open Report on behalf of Glen Garrod, Executive Director, Adult Care and Community Wellbeing

Report to:	Adults and Community Wellbeing Scrutiny Committee
Date:	24 February 2021
Subject:	Mental Wellbeing and Suicide Prevention Action Plan

Summary:

This report highlights some of the mental wellbeing activities undertaken during 2020/21 and progress towards the implementation of the Suicide Prevention Action Plan.

Actions Required:

Adult Care and Community Wellbeing Scrutiny Committee are asked to:

- Note and discuss the contents of the report and the appendix
- Continue to support the work Public Health are leading on for Mental Health and Suicide Prevention

Background

This report highlights some of the mental wellbeing activities undertaken during 2020/21 and progress towards the implementation of the Suicide Prevention Action Plan. The Adult Care Specialists Team lead on a number of workstreams that support the mental health agenda, but this paper focuses on the areas of work that the Public Health Division are leading, including the steps being taken to reduce the number of suicides among Lincolnshire residents. It also highlights some of the mental wellbeing activities undertaken during 2020/21 and the progress being made towards the implementation of the Suicide Prevention Action Plan.

A. Mental Wellbeing

The work on mental wellbeing is as follows:

1. Lincolnshire County Council (LCC) Employee Health and Wellbeing Strategy

The LCC Employee Health and Wellbeing Strategy was launched in May 2019 and provides a number of interventions to support the health and wellbeing of staff. LCC continue to support their staff and have made changes where required due to Covid-19. These include:

- Dedicated Health and Wellbeing information on George - Updates have been made to the pages on Mental Health, Coping with Change, Financial Issues, Relationship Issues, Working From Home, Managing Remote Teams and Local and National Information for Carers
- Lunchtime Wellbeing Sessions - short 30 minute sessions encouraging mental wellbeing and being physically active whilst at work:
 - Motivational Mondays – Guided motivation sessions to get ready for the week ahead
 - Workout Wednesdays – Desk exercises and stretching to get you moving
 - Wind down Fridays – Guided relaxation and stress relief to put the week behind you
- One You Lincolnshire – Healthy Lifestyle advice and support. A communication plan has been in place since August with regular OYL messages to staff.
- Resilience - resilience modules (4 for all staff and 2 targeted to managers) have been commissioned through to September 2021. A total of 1,560 places have been made available. So far just under 45% of the places have been booked. This would suggest that the sessions are welcomed and needed by staff.
- Mental Health First Aid (MHFA) - Health Education England has provided £75k funding for delivery of MHFA training to health and LCC staff. Lincolnshire Partnership NHS Foundation Trust (LPFT) are currently commissioning a third sector organisation to deliver at least 224 course places, between 1 December 2020 and 30 June 2021. This will include spaces for us to commence training for the 100 Mental Health First Aiders in LCC.
- Confidential Counselling Support - the Employee Support & Counselling Service now offers up to 6 video or telephone counselling sessions. Training is being commissioned on group support for cohorts of staff (e.g. those redeployed to emergency response roles). Priority Referral to Lincolnshire Partnership Foundation Trust is also being given to LCC staff.

2. Lincolnshire County Council Loneliness and Social Isolation Work Programme

There is a growing evidence base regarding the negative impacts of social isolation and loneliness on people's health and wellbeing, both mental and physical. LCC's Public Health Division currently provides services and resources which supports the social connection work programme, which includes:

- Joint Strategic Asset Assessment (JSAA) – a need to undertake a review of 'assets' to sit alongside the Joint Strategic Needs Assessment and Joint Health and Wellbeing Strategy has been identified.
- Rural and coastal communities' health inequalities - a discussion paper was produced for Adults and Community Wellbeing Scrutiny Committee and Councillor workshops are being planned to review LCC's role in improving outcomes in rural areas.

- Social Prescribing – a discussion with and support to the Integrated Community Care (ICC) leads to maximise the impact of social prescribing linked to the contribution of LCC commissioned services.
- Communities of the Future – a project has been scoped to extend broadband in local areas and provide facilities to support a range of outcomes, including reducing isolation and loneliness. In particular, the aim is to equip community hubs to improve their digital offer (e.g. to telecast an adult learning class so it can 'run' in multiple remote locations). This project will be put to the Greater Lincolnshire Local Enterprise Partnership (GLLEP) Health and Care Enterprise Board to request resources, with LCC support.

3. Lincolnshire County Council 12 Positive Steps to Better Mental Wellbeing

Public Health, with the help of LCC's Communication Team, has developed a 12 Positive Steps to Better Mental Wellbeing social media campaign that aired on the 14 December 2020 to 25 December 2020 showing 12 different ways in which you can improve your mental health and wellbeing. This messaging is being repeated during January 2021.

4. Lincolnshire County Council Mental Wellbeing Webinar

The Public Health Division, along with LCC's Communication Team organised a virtual mental wellbeing webinar on Monday 12 October 2020 to highlight the importance of mental wellbeing. Lincolnshire County Council, with health and voluntary sector partners, outlined the support in place to promote good mental health and wellbeing. Cllr Bradwell spoke at the event along with other speakers from a range of both statutory and non-statutory organisations. It was well attended and the feedback received was positive.

Highlighted support included:

- Specialist, targeted services for people with long-term physical and mental health conditions, those with complex needs and those adversely affected by Covid-19.
- Lincolnshire Mental Health Crisis Care mental health hub and helpline which signposts people to places of support in their area.
- Lincolnshire County Council Connect 2 Support Directory, the Night Light Service and LPFT Crisis Team.
- The SHINE Network outlining their mental health and wellbeing plans.
- GP community mental health support.
- Community outreach support project in Spilsby and Skegness.

5. Mental health impact of Covid-19

The Covid-19 pandemic has been having a mental health impact on the population. These can broadly be divided into three groups:

- Increased loneliness and social isolation of vulnerable people who have been shielding
- Anxiety and depression among those who have lost their jobs or have job insecurity

- Mental health impact of long Covid

These are areas where the Public Health Division is planning to work with other colleagues in LCC and in other organisations.

In addition to the actions noted above the following work will continue:

- Continue to review the LCC Employee Health and Wellbeing Strategy and make changes where required due to Covid-19
- Continue working with LCC Communication department on the send out key messages that support the mental health and suicide prevention agenda
- Continue discussions with LPFT around the development of the mental health work and the recovery planning from Covid-19
- Continue delivering the Suicide Prevention Action Plan
- Continue to support the Domestic Abuse work programme to ensure people needing the services have a safe place to stay and time to reflect and plan their next steps in life
- Mental Health (Adults) is one of the priority areas of the Joint Health and Wellbeing Strategy. The Health and Wellbeing Board over the next year are undergoing a review of the priority areas in light of Covid-19 and partnership working will be key under this review.

B. Suicide Prevention

The Suicide Prevention Strategy 2020/23 and Action Plan 2020/21 were published in October 2020 and can be found on the [Lincolnshire Research Observatory](#). The Suicide Prevention Action Plan covers the period from October 2020 to September 2021.

The Strategy and Action Plan have been produced in collaboration with the Suicide Prevention Steering Group (SPSG), which is a system-wide, multi-agency partnership consisting of statutory and non-statutory organisations, which are interested in and are involved in reducing suicides among Lincolnshire residents. The Action Plan is currently being worked through with the SPSG members and the latest progress report can be found in Appendix A.

I. Progress on delivery of the Suicide Prevention Action Plan

- Under 1.1 of the action plan, an engagement session with people with lived experience, took place on Friday 8 January 2021 to obtain feedback around supporting males around mental health and suicide prevention. The feedback has been used to feed into the Community Suicide Prevention Innovation Fund Market engagement event on 12 January 2021
- Under 1.3 of the action plan, Lincolnshire County Council now have a contract with an organisation called Harmless/The Tomorrow Project to provide a low level Suicide Bereavement Support Service in Lincolnshire. The contract started on 21 December 2020 and lasts for 6 months until 21 June 2021
- Under 2.1 of the action plan, work is well underway to use the transformation funding from NHS England and Improvement to reduce male suicides and support males that self-harm. Engagement with people with lived experience

has taken place to understand how males like to be helped and supported. The Community Suicide Prevention Innovation Fund has been confirmed and engagement with the market has taken place to make organisations aware of this funding and what the money can be spent on. There is a lot of interest in this funding within the community and it is positive that there will be further support out in the community for males to access in the new financial year

- Under 4.2 of the action plan, information on any deaths that are suspected suicides are sent through to Public Health Intelligence Team from Lincolnshire Police on a weekly basis these are uploaded to a master database and mapped. However, due to resources being redeployed to Covid-19 work, this task is behind schedule and no detailed analysis has been conducted from the data received. We are exploring options for the Real Time Surveillance work to be managed by a third party.

II. Impact of Covid-19 on delivery of the Action Plan

Broadly, the progress on the Action Plan has been good despite the pandemic. The majority of the actions are on track. The two actions, which are **Red**, are:

- 1.2. *Identify/develop clear pathways of support for both individuals and professionals
and*
- 4.2. *Develop Real Time Surveillance*

Both of these actions have suffered from re-deployment of staff into the Covid-19 response. Hence, their delivery dates need to be adjusted, and in the case of the latter, we are planning to contract it out for a short period of time.

The one action, which is **Yellow**, is:

- 4.1. *Explore alternative data sources to gather intelligence to aid prevention of suicidal behaviours.*

This is because of the current time commitment of Intelligence Teams across the system on the Covid-19 response and as a result the delivery date may need to change.

III. Future Plans

The following activities are planned for during 2021/22:

- Development of the Suicide Prevention Action Plan for 2021/22
- Continue to provide support to the workforce through the Employee Health and Wellbeing Strategy
- Continue to deliver and develop the Social Connections work programme
- Design the 12 Positive Steps to Better Mental Wellbeing social media campaign into an electronic document.

Consultation

a) Risks and Impact Analysis

A risk assessment for the Suicide Prevention work has been developed and an Equality Impact Analysis was conducted during the development of the Suicide Prevention Strategy 2020/23 and Action Plan 2020/21.

Appendices

These are listed below and attached at the back of the report	
Appendix A	Suicide Prevention Action Plan 2020/21 Progress Report Oct 20-Jan 21

Background Papers

No background papers within Section 100D of the Local Government Act 1972 were used in the preparation of this report.

This report was written by Shabana Edinboro, who can be contacted on 07876 395710 or shabana.edinboro@lincolnshire.gov.uk