TRAFFORD COUNCIL

Strengthening and embedding mental health promotion and prevention in Trafford

Trafford Health and Wellbeing Board

January 2025

Purpose

- To outline why mental health promotion and prevention are important elements of our whole system efforts to improve the mental health and wellbeing of Trafford's population
- To highlight the evidence base for effective practice across the lifecourse and share examples of work being taken forward in Trafford
- To outline opportunities for further developing and embedding mental health promotion and prevention
- To update on progress of establishing a whole systems approach to mental health and wellbeing in Trafford: All Age Mental Health, GM mental health and wellbeing strategy, Trafford mental health need assessment and delivery plan
- To invite the Board's views on the prioritisation of mental health promotion and prevention work

What do we mean by mental health promotion and prevention and taking a public mental health approach?

- Taking action at a population/systems level to promote wellbeing and prevent mental health conditions before they develop or worsen. It complements treatment and provision of mental health services
- Addressing the underlying causes of mental distress
- Improving environments/settings where people live, work, learn and play
- Health equity, ensuring fair access to health for all groups

Mental health is more than absence of mental illness

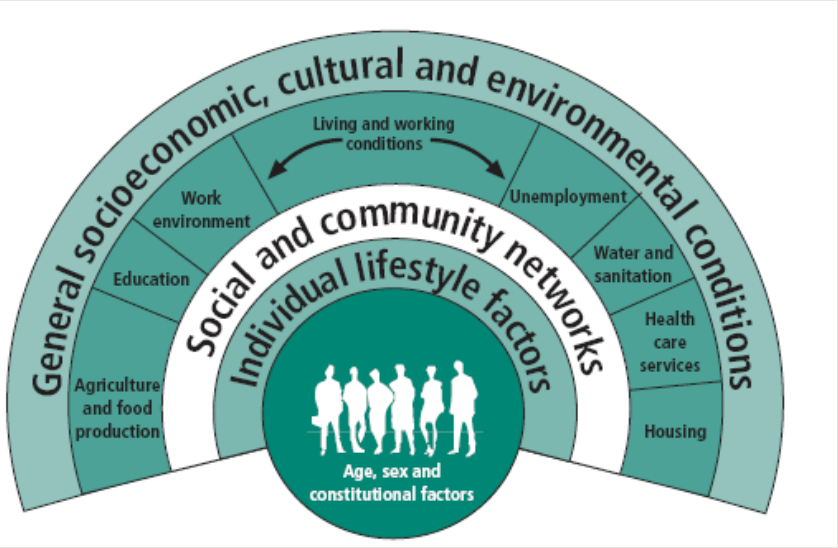
Mental health is a fundamental part of everyone's health

Mental wellbeing
How people feel and function (being able to cope with the normal stresses of life, work productively and contribute to the wider community).

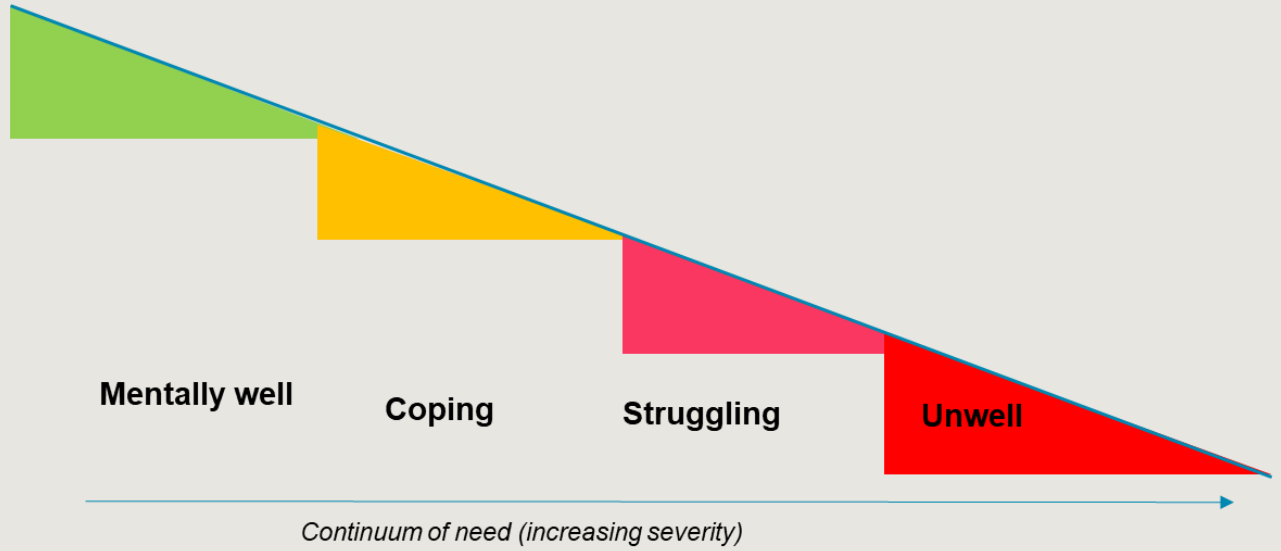
Improving mental wellbeing is also key to improving the quality of life and recovery of people with mental illness.

People with diagnosed mental health illness can be in a state of good mental wellbeing with the right support and self-management

Mental illness
Refers to meeting diagnostic criteria for a mental disorder. This includes **common mental disorders** like generalised anxiety disorder and depression, and **severe mental illnesses**, such as bipolar disorder or psychosis. A person's diagnosis may change several times during their life or they may be experiencing one or more of these problems at one time.



Social determinants of health. Source: Dahlgren and Whitehead, 1991



There is a well-evidenced link between social, economic and environmental factors and mental health. These 'determinants' interact in complex ways to shape the mental health of individuals and the population.

Our state of mental health is dynamic - it changes over time and according to circumstances. It is influenced by multiple determining factors

Protective and risk factors

Mental health and wellbeing is shaped by a wide range of risk and protective factors, which are often interconnected (see Home | Conceptual Framework for Public Mental Health for more detail).

Risk factors

Individual

- Adverse Childhood Experiences, including physical, sexual or emotional abuse or neglect
- Experience of trauma
- Low self-esteem/poor body image
- Neurodiversity or SEND
- Speech & language difficulties
- Struggles with sexuality or gender identity
- Physical illness or disability
- Substance misuse and/or addiction
- Genetic and biological factors
- Delayed development
- Pre-natal factors

Family & personal relationships

- Frequent, intense and poorly resolved conflict within family
- Parental alcohol or drug dependency
- Absence of, or poor quality, care and interaction with parent/carer
- Family break-up
- Caring responsibilities
- Domestic violence
- Parental ill health inc. mental illness
- Being bullied, including cyberbullying
- Loneliness and isolation
- Bereavement
- Poor experience of the care system

Education & work

- Low educational attainment
- Peer pressure
- Poor teacher/pupil relationships
- Job insecurity
- School exclusion
- Challenging transitions between stages of education or into employment
- Not being in education, employment or training

Community and Society

- Experience of poverty or deprivation
- Family or personal financial, housing or food insecurity
- Family or personal problem debt
- Experience of discrimination or stigma
- Violence or crime, or perception of risk
- Exposure to online, media, advertising harms
- Digital exclusion
- Homelessness or poor quality housing
- Experience of displacement (e.g. being an immigrant, asylum seeker or refugee)
- Emergencies & disasters (e.g. flooding)
- Anxiety about climate change
- Experience of criminal justice system

Protective factors

Individual

- Mental health ‘literacy’
- Personal resilience
- Sense of self-worth
- Emotional intelligence
- Nutrition & hydration
- Good sleep
- Physical exercise
- Hobbies and leisure time e.g. social media/ screen time, arts & culture, play & creativity
- Personal aspirations and ambitions
- Religion, spirituality, faith
- Individual autonomy and sense of control
- Sexual health & healthy sexual expression

Family & personal relationships

- Supportive, sensitive, responsive parenting
- Parental healthy lifestyle choices
- Family harmony and stability
- Extended family relationships
- Peer acceptance & high quality friendships

Education & work

- Good quality childcare
- School readiness
- School culture, ethos and environment
- Education on mental health ‘literacy’
- Engagement with learning
- Supportive teacher/pastoral relationships
- Mental health and wellbeing support available through higher education, further education, apprenticeships, workplace
- Access to educational and employment opportunities
- Inclusion and accessibility
- Job satisfaction
- Fair working conditions

Community and Society

- Welfare system
- Access to green/blue space
- Safe communities
- Civic participation
- Opportunities for volunteering
- Social participation and networks, including recreational activities
- Access to timely (mental) health support and social care provision
- Social support and networks
- Well-planned, accessible and managed built environment (e.g. walkability, access to play facilities)
- Access to high quality public services e.g. early years support, transport
- Clean air

Return on investment

Every £1 spent on…	Gives a saving to society of…
Whole school anti bullying programmes	£1.58 over 4 years
Children's social and emotional learning	£5.08 over 3 years
Workplace wellbeing programmes	£2.37 per year
Workplace stress prevention	£2.00 over 2 years
Collaborative care for physical health problems	£1.52 over 2 years
Older people: tackling loneliness through volunteering and social activities	£1.26 over 5 years
Adults: debt and welfare service	£2.60 over 5 years
Adults: suicide prevention	£2.93 over 10 years

Source: LSE: New tool identifies eight ways for local areas to prevent mental ill health

Mental health promotion and prevention across the life-course: evidence-based interventions

What is happening in Trafford to deliver against evidence?

Description of evidence based approaches	Scope	Examples of what is happening in Trafford to address this priority
Starting Well		
Pre and postnatal support: Promotion of attachment and bonding, mental health screening and brief interventions for mothers at risk	Universal or targeted eg. teen pregnancy, parental substance misuse	Health visiting Midwifery Parent infant mental health Home Start Maternity Voice Matters Essential Parenting Family Hubs
Parenting programmes to improve family formation, perinatal and early years mental health	Universal or targeted to parents of children with mental health needs	Wide range of parenting offers including: Solihull; Think Equal, CAMHS Parenting Workshops, MHST (P2B) parent training, Essential Parenting Family Hubs
Developing Well		
Whole school or college approaches to improving mental health, particularly approaches to tackling bullying and promote social and emotional learning	Universal	Educational Psychology Service whole school approach Mental Health Support Teams Headstart
Mental health promotion children and young people (not school based)	Universal or targeted	Talkshop*

Mental health promotion and prevention across the life-course: evidence-based interventions

What is happening in Trafford to deliver against evidence?

Description	Scope	Examples of what is happening in Trafford to address this priority
Living Well *(NB in this context this description is being used to describe work underway to promote mental wellbeing and prevent onset of mental health problems not to be confused with the 'Living Well' service)		
Interventions to improve financial insecurity debt advice, link worker social prescribing, food insecurity interventions	Targeted	One-stop shop Money matters tool/promotion Social prescriptions Community Hubs
Interventions for those at risk of housing insecurity, early support to prevent crisis, homelessness, case worker to help individuals retain tenancies. Multi-agency approaches	Universal or targeted at vulnerable groups e.g. low-income, substance abuse, ex-offender	HOST Multiple disadvantage work
Protecting the mental health of people with long-term physical health problems: collaborative care models	Targeted	Potential for more explicit focus on co-morbidities*
Suicide and self-harm prevention	Targeted and universal	Trafford's suicide prevention partnership and implementation of suicide prevention strategy*
Community centred approaches	Universal	Neighbourhood networks* VCFSE Mental Health Network*
Peer support	Targeted	Calm Connections Starling
Physical activity for mental health	Universal/targeted	Physical activity referral
Bereavement support	Targeted	Targeting promotion of GM Bereavement service

Mental health promotion and prevention across the life-course: evidence-based interventions

What is happening in Trafford to deliver against evidence?

Description	Scope	Examples of what is happening in Trafford to address this priority
Working well		
Workplaces taking organisational approaches to promoting mental wellbeing in the workplace through good management, including policies and interventions to prevent stress, depression and anxiety	Universal	Good employment charter Wellbeing focus * Further opportunities to explore
Ageing Well		
Building social connectedness within neighbourhoods, especially for the most vulnerable, isolated or older people	Universal/targeted	Neighbourhood networks* Ageing in Place pathfinder (north Trafford)
Interventions where evidence is emerging		
Social prescribing		Trafford's social prescribing offer
Trauma informed approach		Many examples including: Belong, Violence Reduction, Living Well
Mental health literacy		Training audit and promotion of GM training opportunities: suicide prevention, connect 5
Access to nature, outdoors, green and blue space/walkability		Walking, wheeling, cycling Wider opportunities to influence planning*

Mental health is a priority in the neighbourhood networks and the networks are key to operational delivery

1. Development of a South Neighbourhood Older People's Network to reduce isolation and improve mental wellbeing among older people and carers

Trafford age UK

TRAFFORD Carers centre WE CARE BECAUSE YOU CARE

THE HUB ALTRINCHAM

Home Instead. To us, it's personal

u3a

ALTRINCHAM HEALTHCARE ALLIANCE PRIMARY CARE NETWORK

lady of the vale NURSING HOME

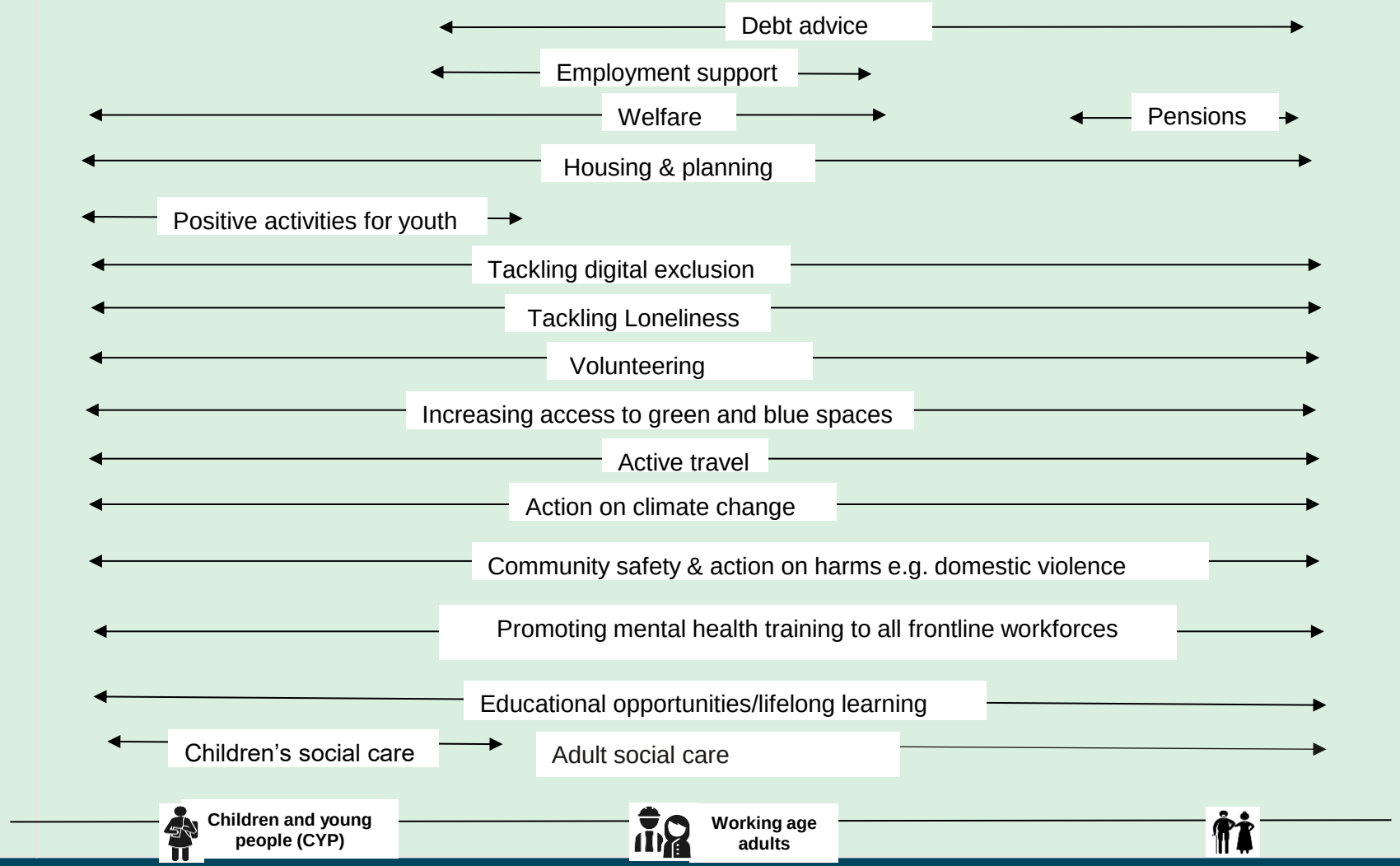
3. North Neighbourhood Network Action Group - Loneliness Training

2. "Re-Set" youth mental health event Sale

Whole system working across Trafford council

The best start for our children and young people	Healthy and independent lives for everyone	A thriving economy and homes for all	Address the climate crisis	Culture, sport and heritage for everyone

Taking a "mental health in all policies" approach



Greater Manchester Mental Health and Wellbeing Strategy – 5 Missions

Trafford mental health needs assessment and mental health delivery plan

Trafford Mental Health Needs Assessment:

Mental wellbeing
Mental illness

A life course approach

To understand needs and inform allocation of resource to improve outcomes. To highlight social determinants of mental health to inform prevention

Trafford Mental Health and Wellbeing Delivery Plan:

Objective – to jointly set out in an integrated document at a high level the work we (cross system partners) are undertaking to deliver our shared priority of improving Trafford population mental health and wellbeing

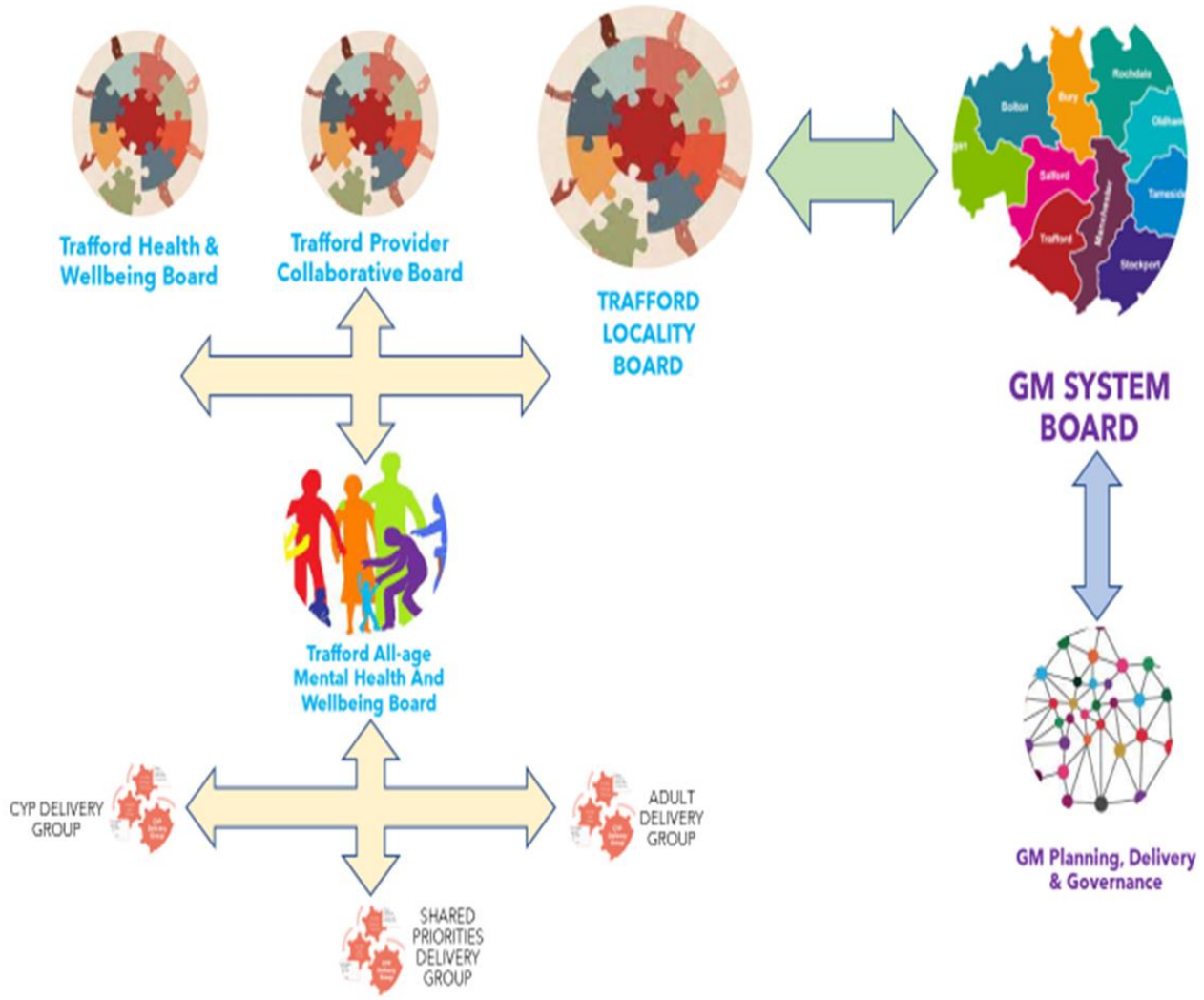
Considerations

A process that will facilitate joint ownership– the whole is greater than the sum of the parts	Proportionate focus across the continuum of need	Coverage across the stages of the lifecourse	Alignment with 5 GM Missions	Where we are now……. Where we want to be in 4 years' time	The measures by which we will judge success	Connection to operational delivery

Opportunities for strengthening our systems work on promotion/prevention to improve mental health and wellbeing

- Building on neighbourhood networks as a way of bringing partners together, catalyst for improvement, embedding Living Well
- Valuing the contribution of the VCFSE sector – finding ways to sustain and develop the VCFSE mental health network
- Strengthening work to promote mental wellbeing of older adults and young people (addressing needs identified through mental health and wellbeing needs assessment)
- Addressing premature mortality of those living with Serious Mental Illness – Fairer Health for Trafford priority
- Addressing co-morbidities alcohol/substance misuse and mental health (highlighted in alcohol and substance misuse JSNA)
- Valuing contributions from across council directorates in addressing determinants/ building blocks of mental health - consideration of mental health in all policies approach (in particular Place Directorate, Children and Adults Directorates)

TRAFFORD ALL AGE MENTAL HEALTH GROUP



Ask of the Health and Wellbeing Board

1. Does the Board agree with our assessment of key opportunities for strengthening systems work on mental health promotion and prevention in Trafford?
2. Does the Board have views on which promotion and prevention opportunities they want to be prioritised?
3. How would the Board like to be kept appraised of progress of whole system efforts to strengthen mental health promotion and prevention?