



Action plan to start to deliver 5 – 10 Year recommendations to promote good mental health and reduce demand

	Recommendation	Action	How we will measure success, and by when
1	To work to promote mental health and to reduce stigma and discrimination	<ul style="list-style-type: none"> Partners will work together to develop a programme to change negative attitudes and stigma 	<ul style="list-style-type: none"> Submit Time to Change Hub bid by December 2016 Include further actions in MH promotion plan by April 2017
2	To promote emotional wellbeing and resilience in communities throughout Suffolk, by working to address the determinants of mental health	<ul style="list-style-type: none"> PH will develop a 5 year evidence-based mental health promotion plan including wellbeing and resilience PH will further investigate inequalities across Suffolk Partners are asked to support the workplace wellbeing and emotional resilience plans Partners are asked to promote early intervention and support through the development of programmes for young people in education and learning settings Develop public health messages for mental health first aid e.g. Pharmacies, educational settings 	<ul style="list-style-type: none"> MH Plan to be developed by September 2017 Success measured through use of focus groups, and annual measures (e.g. Adult Hope Scale, Emotional Needs Audit, ONS wellbeing survey, HONOS) Audit of Time to Change workplace programme Evaluate the development by CYP of programmes for emotional resilience in education and learning being developed by September 2017, including audit of wellbeing (CYP) Using local information and evidence to develop clear mental health messages
3	To ensure those with physical health needs have good mental health, and, that those with mental illness have equal support to improve their physical health	<ul style="list-style-type: none"> PH will work to ensure equal access to health checks and screening for people with mental health difficulties PH will work with NSFT to address health needs of clients to reduce excess mortality Partners are asked to develop joined up care for people with long term illness and disability including those with learning disabilities to identify and treat depression Partners to identify and support families and parents/carers struggling with mental health issues due to variety of issues (hidden harm) to 	<ul style="list-style-type: none"> Audit of primary care and NHS health checks and screening programmes during 2017 Audit pathways in place (e.g. for smoking, weight management, exercise) for people living with mental illness by September 2017 Monitor mortality rates in people living with mental illness (PHOF) Ensure staff delivering mental health support within long term care and integrated care programmes promote mental health Audit to ensure commissioned services include evidence their support provided to

		reduce the impact on their children	<ul style="list-style-type: none"> parents/adults with dependent children Most Active County focussed on people with mental health needs, including young people and older people
4	To promote the mental health of women and ensure children have the best start in life	<ul style="list-style-type: none"> PH and partners will develop a pathway to recognise and support women at risk of or developing mental health problems during and after pregnancy PH and partners will ensure universal screening for depression during and after pregnancy Partners implement CYP Emotional and Mental Wellbeing Transformation Plan to ensure CYP receive timely assessment and support 	<ul style="list-style-type: none"> Pathway will be developed by September 2017 by the Suffolk Maternal Mental Health Working Group Audit referrals to IAPT (<i>Improving the access to psychological therapies</i>) of women in pregnancy against NICE standards during 2017 Audit of screening in pregnancy and postnatally to ensure coverage and follow up effective during 2017 Monitor Transformation Plan implementation
5	To ensure recognition and treatment of depression in older people, especially those at increased risk such as people with learning disabilities	<ul style="list-style-type: none"> Partners are asked to improve recognition of depression in older people, especially those with LD and at risk with ill health and in care homes and ensure appropriate referrals to IAPT are made Partners are asked to develop community activities, including befriending, to address loneliness and other risk factors for depression 	<ul style="list-style-type: none"> Audit referrals of those aged 75 and over to SIAPT CCGs asked to ensure that we identify and manage depression in care home residents Request proposals from partners for community activities to address risk in older people during 2017 (<i>Note: Possible DPH grant funding option?</i>)
6	Work to promote active healthy ageing programmes to delay the onset of dementia at any age.	<ul style="list-style-type: none"> PH will develop recommendations for prevention of dementia through lifestyle interventions 	<ul style="list-style-type: none"> Develop a Dementia Prevention Strategy, including lifestyle measures, during 2017, based on the Prevention Strategy <i>The Time is Now</i>
7	To reduce suicide in Suffolk by 10% over the next 5 years	<ul style="list-style-type: none"> Partners are asked to work together to identify risk factors that can be addressed and to deliver the plans outlined in <i>Suffolk Lives Matter</i> PH and partners to develop proposals for evidence-based training for GPs and the wider population 	<ul style="list-style-type: none"> Audit of suicide incidents (ongoing) Delivery of first phase of suicide action plan in 2017 Training programme implemented in 2017 (<i>Note: Possible DPH grant funding option?</i>)