



Improving mental
health for all

Thrive Bristol

A One City approach to improving mental health and wellbeing for all

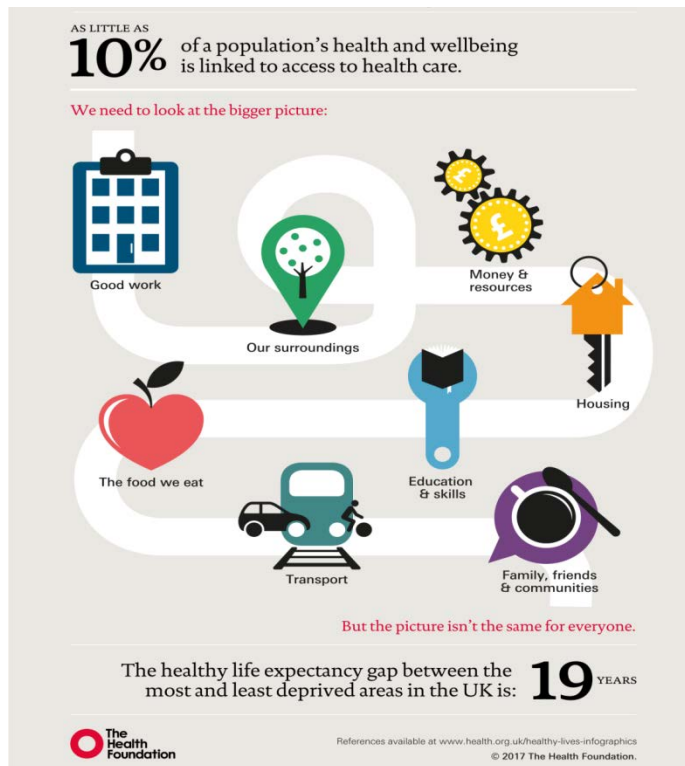


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May 2019

What makes us healthy?





A mentally healthy Bristol?

- Higher prevalence of mental ill health than the national average
- Higher than national suicide rates: student 'suicide cluster'
- Higher than average self harm admissions: 1/5th young people using self harm (ALSPAC)
- Mental health is the largest cause of Employment & Support Allowance claims in Bristol (54%), 6th highest rate in England.
- High numbers of individuals are at greater risk of mental ill health: looked after children; unaccompanied asylum seekers; England's highest rate of 1st time entrants to CJS.
- Economic & social costs of mental health in Bristol is estimated at £1.37bn per year.

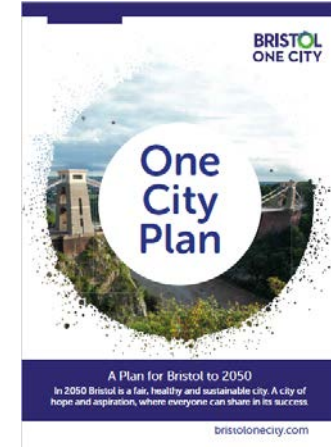
One City Approach and Plan

How can we harness the potential of our collective power to benefit the whole city?

- One City vision and plan attempt to bring focus around city priorities - looking as far as 2050
- Improving mental health and wellbeing is a key priority, delivered through the 'Thrive Bristol' programme.

For example, the plan includes details around:

- Eradicating mental health stigma and discrimination
- Rolling out Mental Health Awareness training to 1/ 5 people in Bristol over the next decade.
- Creating mentally healthy schools, workplaces, homes & communities.





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Thrive Bristol

- 10 year programme to improve the mental health and wellbeing of everyone in Bristol, with a focus on those with the greatest need (launched in 2018).
- As little as 10% of a population's health and wellbeing can be linked to access to healthcare, so we focus on how our city can keep us well, led by partners.
- It covers all ages and considers mental health in its broadest sense, from initiatives to improve the whole population's wellbeing to interventions for people experiencing mental illness.
- We aim to embed best practice, evaluate impact and roll out 'what works' at scale (Model for Improvement), learning from our national & global 'Thrive Cities'.



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Thrive Bristol (2019-20)



Life course

- Children and Young People (whole school approach MHWB; ACEs)
- Thriving Students
- Thriving at Work Bristol
- Age Friendly Bristol

Targeted

- Thriving communities (e.g. new approaches led by Somali orgs)
- Thriving at Home
- Suicide prevention

Whole population: anti stigma work (TTC Hub); mental health training (suicide risk / 'mentally welcoming' city); debt support & arts.



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Thriving in School: Mental Health & Wellbeing Badge



Supporting a 'whole school approach' based on the evidence around what works, with a focus on:

- Leadership;
- Culture;
- Environment;
- Teaching around Mental Health & Wellbeing;
- Meaningful pupil and parent participation;
- Clear identification of mental health needs;
- Clear pathways and access to a choice of appropriate Mental Health services;
- Staff wellbeing.



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Thriving Students

- A tragic situation has led to student mental health and wellbeing becoming the top priority of both universities – developing huge expertise & learning.
- Workstream (led by universities) has focused on:
 - o Strengthening collaboration between universities.
 - o Joining up support from across the city, including NHS and voluntary sector partners (UUK bid to become a national hub of best practice)
 - o Ensuring our (less resourced) FE and 6th forms benefit from this knowledge, i.e. sharing resources such as policies & training to roll out support at scale.
 - o Considering how universities can help us meet challenges: i.e. developing a Bristol / SW MH literacy offer.



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Thriving at Work Bristol

- 25 Bristol-based public, private & charitable organisations & unions created 'Thriving at Work' taskgroup to improve mental wellbeing in our workplaces .
- Co-chaired by leaders from law firm Burges Salmon and Bristol Mind
- Created report which considers city's needs; gathers local examples of best practice and makes recommendations.
- Testing how we solve challenges through collaboration, considering:
 - o Mentoring between large and small organisations, sharing policies & expertise
 - o City Action Learning Sets on different themes
 - o Considering how to roll out MHFA in our workplaces at scale
 - o Piloting approaches in different sectors / orgs to evaluate impact.



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Thriving at Home

- Mental Health and Housing short life working group report published in May
Recommendations include :
 - City-wide approach and involvement of people with lived experience
 - More dedicated MH provision - self-contained/ supported housing projects
 - Expand Housing First (MH specific element) as part of the housing solution
 - Strengthen early intervention work with children and young people
 - Strengthen MH awareness (crisis support) - landlords and tenants
 - Expand housing options - earlier prevention support
 - Make design features conducive to healthy environment a standard requirement in all housing developments



Thrive in England



WEST MIDLANDS
COMBINED AUTHORITY

MENTAL HEALTH COMMISSION



LDN

LDN

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- Three main Thrive programmes in England:
 - West Midlands
 - London
 - Bristol
- Thrive models are also being explored in Newcastle, Edinburgh, Glasgow and Cardiff.
- English cities in global network through I-Circle, working particularly closely with Stockholm, Amsterdam and New York.
- Range of elements to each programme but all include work on:
 - Housing
 - Suicide prevention and reduction
 - Employment
 - Physical health improvement
 - School mental health
 - Public mental health, promotion and awareness

