



Improving mental
health for all



Thrive Bristol

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



Bristol City Council

BRISTOL
ONE CITY



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Mental Health & Wellbeing in Bristol

- Mental health is a pressing issue and a priority both locally and nationally.
- In children and young people (5-16 yrs) the rates for mental health disorders are similar to the England average.
- Higher rates of diagnosed depression in adults than England average (similar to other parts of the South West).
- Hospital admissions for self harm (15-19 yrs and 20-24 yrs) are higher than the England average but not dissimilar to many other parts of the South West; for 10-14 year olds the rate is similar to the England average.
- Bristol's suicide rate (aged 10+ yrs) is similar to the England average and is a high priority. Rates are higher in men than women.

Source: PHOF Mental Health and Wellbeing JSNA



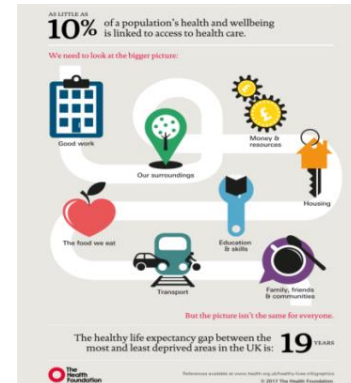
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Thrive Bristol

- 10 year programme to improve the mental health and wellbeing of everyone in Bristol, with a focus on those with the greatest needs.
- Recognition that as little as 10% of health & wellbeing is linked to access to health care, so focusing on how a city can keep us mentally well.
- A One City approach led by partners, with learning from our national and global 'Thrive Cities' network.

Current work streams:

- Thriving Children, Young People and Schools
- Thriving Students
- Thriving at Work
- Thriving Communities
- Thriving at Home



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Thriving Schools



- ‘Whole school approach’ to mental wellbeing – for pupils & staff through our Healthy School’s Awards:
 - Reviewed and revised MH&W Award - launched in October 2019
 - Developing toolkit with evidence, best practice case studies & evaluation tools
 - By July 2020, aim for : 12 schools to be working towards achieving MH&W award (21 have achieved so far)
- Helping schools to support each other - promoting excellent practice; testing interventions and evaluating impact; tailoring approaches to meet need
- Beginning to work with community partners and 4-5 schools in IC&E to develop culturally informed support for BAME population.



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Thriving Students

Working as a city to ensure that our students' mental health and wellbeing is fully supported through:

- Participating in national Mentally Healthy Universities programme to improve staff and student wellbeing, testing a range of interventions.
- Sharing expertise and resource in our universities with Further Education colleges and sixth forms and develop a 'community of practice' to share expertise and resource.



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Thriving at Work: Phase One



Bristol Thriving
at Work Group
Mental health at work

Aimed to improve mental health and wellbeing in Bristol's workplaces by implementing the Thriving at Work recommendations across our city.

- Developed 'Thriving at Work' Bristol task group
 - 25 Bristol-based public, private, community organisations and unions, chaired by Burges Salmon and Bristol Mind.
 - Learned from each other's experiences and captured local good practice in 'Bristol Thriving at Work report' to share expertise across the city.
 - Supported employers to undertake Time to Change Employer Pledge (40+)
 - Improving employee mental health and wellbeing became a top priority in Bristol's 'One City Plan' (2018 – 2050).



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Thriving at Work Bristol: Phase 2



Launched Action Groups and invited city involvement at November conference:

- 3 employer-led action groups testing interventions in workplaces across the region. Embedding 'Thriving at Work' recommendations in a range of settings and evaluating impact, to then roll out 'what works' at scale. Groups focused on:
 - Leadership (Deloitte)
 - Policy (Hargreaves Lansdown)
 - Culture (OVO Energy)
- Working with the West of England Combined Authority and neighbouring local authorities to become 'Thriving at Work West of England'.
- Partnership with FSB and Business West to involve SMEs in testing and roll out.
- Bristol was the first city to adopt 'Mental Health at Work Commitment'.



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Thriving Communities



- People in different communities can have different experiences of poor mental health and its consequences.
- We are working with community partners to test approaches to improving mental wellbeing

Progress

1. Established a project led by 5 Somali Community organisations in IC&E to tailor approaches to improve MHW: rolling out training; anti-stigma work; targeted communication campaigns; focused work with local schools and healthcare professionals to target middle aged men and young people
2. Working with NHS partners to evaluate the impact of this approach and share learning with other communities in the city.



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Thriving at Home



To act upon identified housing challenges which adversely affect mental health.

Progress

1. Mental health and Housing Report launched in May 2019 - recommendations for addressing gaps in the way services work in Bristol for people experiencing the connected issues of mental ill-health and poor housing.
2. A city-wide roundtable was held in November to agree the most effective approach to implementing the report's recommendations.
3. Supporting the 'No Cold Homes Group', responsible for developing Bristol's Fuel Poverty strategy, to ensure that those who are in contact with vulnerable people are aware of how cold housing can affect people's mental health and wellbeing and are able to signpost people to resources and services that can help.



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Mental Health Training and Suicide prevention

To create a city free from mental health discrimination, with an inclusive culture where conversations about mental health are encouraged and people are well supported through:

- Rolling out mental health and suicide prevention training at scale – aim for 1 in 5 people to have had access to training by 2028.
- Zero Suicide City – aiming to gain support of employers of approx. 250,000 staff to undertake training (March 2020 launch)
- Testing new models – Men's Talk Club
- Undertaking a feasibility study to develop local and sustainable mental health training.