

# CABINET

Agenda Item: 7

**Ward:** All

**Portfolio:** Community Health

**FROM:** Portfolio Holder for  
Community Health,  
Mental Health  
Champions

**Date: 7 November 2016**

**SUBJECT: Mental Health Policy**

Internal Use Only: Please complete sign off boxes below prior to submission to Democratic Services			
Report Sign off	Seen by:	Name	Date
	Legal	Lesley Dolan	11/10/16
	Finance	Paul Deal	10/10/16
	Procurement	n/a	
	DCEO	Tracy Aarons	2/10/16
	Portfolio Holder	Nigel Taylor	3/10/16
<b>Summary:</b>	<p>Cabinet has approved the appointment of two mental health champions with the intention that they develop and lead the Council's approach to mental health.</p> <p>This report contains a proposed mental health policy which identifies the approach that the District Council can take to support those agencies with responsibilities for delivering mental health support and the actions it can take to support mental health wellbeing.</p>		
<b>Recommendation:</b>	Cabinet is asked to review and approve the Mental Health Policy		
<b>Direct and/or indirect impact on service delivery to our customers and communities:</b>	The actions identified within the policy will be integrated in the corporate business planning process to ensure that customers and communities benefit from its intentions.		
<b>Impact on Service Plans:</b>	This policy will not impact current plans but will be integrated into the current cycle of service planning for next year		
<b>Financial Implications:</b>	There is no financial implication from adopting the policy. Where activities are identified as part of wellbeing activities that might add costs beyond those identified as part of service planning then a further report will be brought forward for member approval.		

<b>Legal Implications:</b>	As a member of the Somerset Health and Wellbeing Board the district has a duty promote health and wellbeing. This policy does not commit the Council to any additional legal obligations.
<b>Crime and Disorder Implications:</b>	There are no implications
<b>Equalities Implications:</b>	The Equality Act protects disabled people from unfair discrimination. This includes people with a mental illness. The adoption of this policy is a positive step to addressing the stigma attached to mental health issues and to promoting support for wellbeing.
<b>Risk Assessment and Adverse Impact on Corporate Actions:</b>	This policy supports the Council's Health and Wellbeing priority and will be integrated as future corporate actions.
<b>Scrutiny recommendation</b>	Scrutiny Board have reviewed the policy and recommend approval to Cabinet.

## **INTRODUCTION**

Mental ill health currently represents 23% of the total burden of ill health in the UK and is the largest single cause of disability. Nearly 11% of England's annual secondary health budget is spent on mental health and estimates suggest the cost of treating mental health could double over the next 20 years

- The number of people in contact with mental health services in Somerset is slightly higher (2332 per 100,000) than the England rate (2176)
- The number of people with mental illness in residential nursing care in Somerset is lower at 17.8% compared to England (32.7%)
- Detentions in Somerset under the Mental Health Act are broadly similar to the all England rate of 12% per 100,000

## **ACTING TO SUPPORT RESIDENT'S WELLBEING**

Improving the mental health and wellbeing of Mendip's residents of all ages and supporting individuals helps them to realise their own abilities, cope with the normal stresses of life, work productively and fruitfully and make a contribution to their community. This is also fundamental to an individual's physical health, relationships, education and work.

There are ten actions to promote mental health across the spectrum recommended by H.M Government, the charity "Mind" and the Royal College of Psychiatrists for local authorities to consider. These recommendations are focused mainly for top tier or unitary authorities where there is a public health/ mental health remit. As a member of the Somerset Health and Wellbeing Board we are already actively participating in a number of the actions to promote mental health and contributing to its mental health strategies. The Government's Foresight Project on Mental Capital and Wellbeing saw the development of the Five Ways to Wellbeing which provides simple advice on how we can all keep take steps on a daily basis for good wellbeing.

As an individual authority we believe it only right that we look to utilise our network of partners and where possible the skills within our organisation to support this work. To this end we proposed the appointment of an elected member as a mental health champion, with responsibility across the council for raising the awareness of mental health issues. Cabinet has approved the appointment of two such champions.

Working with officers the champions have composed the attached mental health policy that aims, through a series of actions over the next three years.

This action plan will be overseen by the mental health champions who will report it's progress to the Mendip Health and Wellbeing Board.

## **RECOMMENDATION**

Cabinet is asked to review and approve the Mental Health Policy

Contact Officer: Tracy Aarons  
Ext No: 448  
e-mail: [tracy.aarons@mendip.gov.uk](mailto:tracy.aarons@mendip.gov.uk)

**Background Papers - Mental Health Champion Report Cabinet 07/03/16**