



Health First

Specialists in Health Promotion



DRAFT Tower Hamlets Mental Health Promotion Strategy 2008 - 2011

**Angela Yphantides
Mental Health Commissioning Manager
Tower Hamlets Primary Care Trust**





Need for Strategy

- **Pressure on MH services due to lack of strategic preventative approach**
(eg. ELFT bed occupancy at 140%)
- **Complex MH pathways**
- **‘late access’ amongst some BME groups**
(eg. 460% over-representation of Black Africans on wards, Q2 2007/8 ELFT report)
- **Increased reporting of ‘workplace stress’**
(eg. 80% of LBTH sick leave due to emotional issues, Q3 2007/8)
- **Contribution to reduction of MH-related IB claims and ‘worklessness’ agenda**
(eg. 50% of TH’s 11,500 IB claimants have a MH diagnosis)
- **Improved physical health of SMI population**
(eg. SMI patients die 10 years younger than non-SMI counterparts)



Expected Outcomes

- Updated MH services directory and promotion of agreed pathways
- Better understanding of the MHP needs of specific BME groups
- 2% reduction in stigma experienced by mental health service users
- Promote positive mental health amongst Tower Hamlets employees
- Contribute to the reduction of IB claimants with mental health issues



National Health Promotion Conference 2008

Strategic Aim 1

Mental Health Promotion & Information Network

- Consultation
- Promotion and dissemination of MH information
- Link to national campaigns, e.g. Moving People
- Co-ordination of WMHD event
- Co-ordination of Mental Wellbeing Impact Assessments



Strategic Aim 2

Culturally Appropriate MH Promotion

- Assessing the mental health of Somali people
- Mental health awareness training with community leaders and Imams to improve timely access to services
- Promote dementia and depression DVD produced locally



Strategic Aim 3

Piloted intervention to reduce stigma

Plan to implement alongside *Moving People*

- Data collection of stigma messages from service users to establish baseline
- Extend 'anti stigma' training, based on pilot with GP receptionists
- Define pilot sites, e.g. Physio dept, A&E, police
- 'Open Up' training
- Implement and evaluate



Strategic Aim 4

Promote positive mental health amongst Tower

Hamlets staff

- Pilot with THPCT, LBTH and ELFT provided by National MIND
- Align with *Healthy Workplace* initiative
- Develop packages for implementation across pilot sites
- Evaluate against baseline
- Consider roll-out to local employers via ELBA





Strategic Aim 4 cont...

Pilot model MH employer scheme

- MH awareness training & supportive guidelines for managers
- MH 'first aider' training
- Large scale/stress workshops
- 'Health passports'
- Review 'mental health friendliness' of policies
- Implement best practice
- *Mindful Employer* mark



Strategic Aim 4 cont...

Expected outcomes

- Reduced staff sick leave/grievances, etc
- Improvements recorded on staff survey
- Increased confidence amongst managers to employ
and support employees with mental health needs



Strategic Aim 5

Improving the physical health of people with MH problems

- ‘Get Moving’ programme
- Smoking cessation
- Medication promotion
- Nutrition promotion
- Physical activity training for older people
- ELFT physical well-being coordinator based & football team
- Review interface between in-patients and physical health services and dentistry