

## Health and Wellbeing Board

25 January 2022

### Walsall Multi-Agency Mental Wellbeing Strategy

#### 1. Purpose

- 1.1 The purpose of this report is for the Health and Wellbeing Board (HWBB) to **APPROVE** the Walsall Multiagency Mental Wellbeing Draft Strategy.

#### 2. Recommendations

- 2.1 That the HWBB **APPROVE** the Walsall Multi- Agency Mental Wellbeing Strategy
- 2.2 That the HWBB **APPROVE** that the Mental Wellbeing Multi-Agency Partnership take ownership of the delivery of the strategy and report back to the HWBB on an annual basis
- 2.3 That the HWBB **DECIDE** whether they want all the Health and Wellbeing partner logos add to the strategy or if they would prefer to take a different approach to demonstrate a joint commitment to the strategy

#### 3. Report detail

- 3.1 Promoting and supporting mental wellbeing in Walsall has become a key issue for the Health and Wellbeing Board (HWBB) in the development of the Joint Strategic Needs Assessment, and as a key theme in response to the COVID-19 pandemic.
- 3.2 During the Covid-19 pandemic response, a mental wellbeing multi-agency team was set up to identify and coordinate action to support the mental wellbeing needs identified. This group, along with other strategic and community partnerships and groups have contributed to the development of a Mental Wellbeing Strategy for the borough.
- 3.3 The strategy takes a dual approach to reach and engage Walsall residents (universal and targeted) to improve population mental wellbeing:
- A universal approach to promote good mental health and emotional resilience and prevent mental ill health for all age groups and populations
  - A proportionately targeted approach to reduce mental wellbeing and health inequalities, to consider the clear mental health inequalities,

both in terms of who experiences the greatest risk of poor mental health and in terms of unequal access to treatment.

3.4 The strategy takes a 10-year view to improve some of the social and economic challenges. These are as follows:

- Years 1-2: Addressing immediate wellbeing challenges including the Covid-19 impact on mental wellbeing
- Years 3-5: Beyond equilibrium
- Years 1-10: Aim higher for Walsall residents

3.5 The strategy proposes the following definition of mental wellbeing;

*“Mental health is a state of well-being in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.” (WHO, 2001).*

3.6 It is about *“How you are feeling and how well you can cope with day-to-day life. Our mental wellbeing is dynamic. It can change from moment to moment, day to day, month to month or year to year.” (Mind, 2016)*

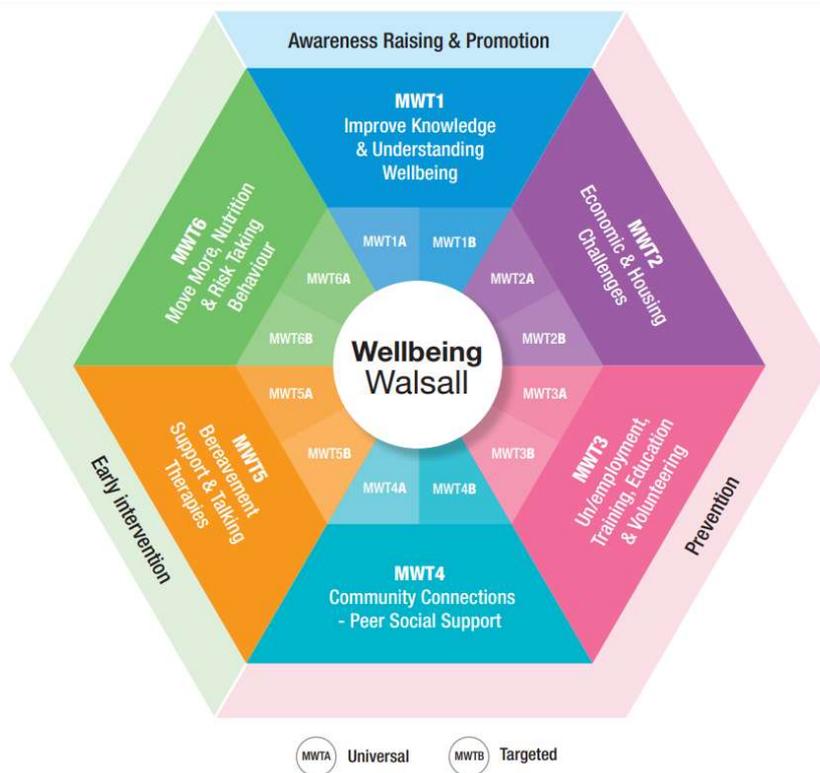
3.7 The mental wellbeing of the population is affected by social networks, income, unemployment, and inadequate quality of work<sup>i</sup>, the quality of the natural and built environment, such as air quality, the quality of green spaces, and housing<sup>ii</sup>.

3.8 The strategy has been informed by drawing on evidence of what works and by undertaking a range of consultation and co-production exercises. Through this approach local needs and issues were explored from the viewpoint of partner and resident stakeholders. These activities include:

- The HWBB Partnership deep dive into mental health and wellbeing
- The Community Mental Health and Wellbeing Partnership
- The Walsall Multi-Agency Suicide Prevention Partnership
- The Mental Health & Wellbeing IMT
- Walsall Ethnic Minority Communities Steering Group
- One-to-one HWBB Member engagement and wider one-to-one multi-agency stakeholder consultation
- Commissioned community members consultation (University Wolverhampton and Birmingham CVS)
- The Walsall for All Partnership
- The Walsall Together Resilient Communities Partnership
- The Adult Social Care, Public Health and Hub Black & Asian Employee Network
- Multi-Agency Consultation Survey

3.9 The ambition is to achieve optimal mental wellbeing for all Walsall residents and reduce mental health and wellbeing inequality.

- 3.10 To achieve the ambition, multi-agency stakeholders will need to work together to increase opportunities for better mental wellbeing. This will include raising awareness of mental wellbeing, tackling mental health stigma, providing training, self-care and directing focus towards tackling common causes of poor mental wellbeing in Walsall.
- 3.11 The approach for delivering the Walsall Multi-Agency Mental Wellbeing Strategy is set out in the Mental Wellbeing Wheel.



- 3.12 There are 3 Levels to this strategy; Mental Wellbeing Promotion, Mental Illness Prevention and Early Intervention delivered through the following 6 priorities:

- Improving the population’s understanding of mental wellbeing and knowledge of how to access support and tackling mental health stigma
- Working together to improve how some of the economic and housing challenges impact on the population’s mental wellbeing
- Working in partnership with employers to support their employees
- Enhancing community connections, peer support and networks
- Making bereavement and counselling support more accessible by locating delivery within local communities and making them more culturally appropriate
- Utilising prevention and early intervention provision such as physical activity and nutrition.

## Next Steps

- The Mental Wellbeing Multi-Agency Partnership group is to work closely with key strategic Walsall partnerships to deliver this strategy
- Develop and implement a Multi-Agency annual Action Plan which drives the delivery of the strategy

## 4 Implications for Joint Working arrangements:

### 4.1 Making it Happen, Leadership, Partnership & Resources

- To improve mental wellbeing across Walsall, it is vital to work as part of a wider strategic system, which takes into account the social and other determinants of mental wellbeing.
- The multi-agency team will provide strategic leadership and will become accountable to the HWBB for delivering the strategy.

## 5. Health and Wellbeing Priorities:

5.1 Mental wellbeing is emerging as a key priority for the HWBB within the developing JSNA and Health and Wellbeing Strategy. The development of this strategy will be a key component of the delivery of that priority.

5.2 The proposal has been tested against the Marmot principles to reduce mental health inequalities. It contributes to the following objectives:

- Enable all children, young people and adults to maximise their capabilities and have control over their lives
- Ensure a healthy standard of living for all
- Create and develop healthy and sustainable communities
- Strengthen the role and impact of ill-health prevention.

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<sup>i</sup> Compton, M.T. and Shim, R.S., 2015. The social determinants of mental health. *Focus*, 13(4), pp.419-425.

<sup>ii</sup> Evans, G.W., 2003. The built environment and mental health. *Journal of urban health*, 80(4), pp.536-555.