



# Isle of Wight mental wellbeing plan

2023 to 2028

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# Foreword

We are delighted to present the Isle of Wight's mental wellbeing plan, which sets out how we can improve our own and others' mental wellbeing across the Island. This plan identifies priorities where the Mental Health and Suicide Prevention Partnership (MHSP) believe that we can drive forward significant improvements in Islander's mental wellbeing and prevent death by suicide, by working together. It sets out the achievable steps we will take as a partnership to get there.

Everyone has mental health and wellbeing, just as we all have physical wellbeing, and everyone has the right to positive mental wellbeing. However, we know that some groups of people are more likely to experience poorer mental wellbeing compared to others. This plan will focus on the mental wellbeing of adults on the Island, whilst recognising the importance of working across the life course, and of ensuring that mental and physical wellbeing are given equal importance. The plan will focus not on mental health services, but on the actions required to support people before they require services or reach crisis point. It will set out the partnership's commitment to working collaboratively to prevent mental ill health, promote positive mental wellbeing and reduce death by suicide, irrespective of anyone's circumstances.

## **Chair of the Mental Health and Suicide Prevention Partnership**

On behalf of the Isle of Wight Mental Health and Suicide Prevention Partnership

# Introduction

This plan has been developed in partnership across both the Mental Health and Suicide Prevention Partnership and the Mental Health Alliance. The combination of both these groups means a true multi-agency strategic and operational view has been incorporated from the many key players that contribute to improving the mental health and wellbeing of the Island's population. Additionally, the voice of local people has steered the direction of the development of this plan through the recent community resilience survey and continued voluntary and community sector involvement, ensuring a continued emphasis on listening and responding at a local level.

We recognise that different approaches and ways of working will suit different groups of people. Adapting how we work, individually as partners as well as collectively, means adopting new ways to ensure the people who need support most are getting it in a way that is relevant and appropriate to them. It is important for all the Island's partners to take a positive approach to mental health and wellbeing and not to focus on merely the absence of a mental illness or the provision of acute mental health services.

This plan aims to take a preventative approach, recognising the wider factors that influence mental wellbeing, such as the natural environment and employment. It reinforces the links between people's mental and physical wellbeing, as well as the interrelationship with deprivation and financial anxiety. It summarises information about the differences in wellbeing across various population groups and areas on the Island and shows how we will work in partnership to address these inequalities. The plan also seeks to reduce death by suicide through a partnership approach to prevention, by raising awareness and listening to those affected by suicide. It is key that learning is taken from every death by suicide to prevent suicides and build stronger, more connected communities.

"The Isle of Wight Council's public health department are committed to ensuring this plan makes a real difference to the lives of people on the Island. We are focused on developing an approach that not only listens to the experience of people but also works with our communities and builds our assets. These assets include our vibrant voluntary sector, our community hubs and local community groups as well as our natural environment. We will continue to work in partnership with others on the Island to drive progress on the priorities set out in the plan, making sure we work together to improve mental wellbeing in ways that make a difference to local people."

**Simon Bryant, Director of Public Health**

"Isorropia Foundation is committed to improving the Isle of Wight community's mental health and wellbeing through the delivery of our organisational activities whereby Islanders can self-refer to our unique model of transformation, based on learning new skills and empowerment, facilitated by our team of wellbeing coaches with lived experience."

**Isorropia Foundation CIC**

"Hampshire and Isle of Wight Constabulary are looking forward to working with partners and key stakeholders in delivering the Mental Wellbeing Plan for residents of the Isle of Wight."

**Hampshire and Isle of Wight Constabulary**

"As a voluntary sector partner we are committed to supporting this plan, to ensure that the older people on the Isle of Wight can enjoy and live a better life that will lead to improved mental wellbeing."

**Age UK Isle of Wight**

"We are committed to the collaborative and co-produced approach set out in this plan. We are developing trauma informed services and continue to foster a culture of thoughtfulness and compassion, flexing and adapting to the diverse needs of the individuals we work with. We will work in partnership with Island based organisations to ensure that the priorities set out are addressed, and hold each other to account, to ensure that actions bring about positive change."

**The Isle of Wight Trust's Mental Health and Learning Disability Division**

# Glossary

We all use different words to describe our mental wellbeing. We have clarified the intended meaning of the words used in this plan below.

Mental wellbeing includes both our feelings, such as contentment and enjoyment, our ability to function well in our lives and to engage with the world. It could be summarised as living in a way that is good for ourselves and for others. 'No health without mental health' defines mental wellbeing as: 'a positive state of mind and body, feeling safe and able to cope, with a sense of connection with people, communities and the wider environment.'<sup>1</sup> Positive mental wellbeing is more than the absence of mental illness. 'Mental wellbeing' and 'mental health' are often used interchangeably, though mental health is more often used in a context where mental illness is being discussed, for example, to describe treatment or support services.

## Happiness and contentment

Feelings of happiness, joy and pleasure are characteristic of someone who has a positive experience of their life, contentment is an ease of one's situation.

## Emotional resilience

Emotional resilience is about the ability to react positively to adverse events. It is the ability to cope with upsetting or difficult life events, to learn from or accept mistakes and bad experiences and move on. Another description of resilience is 'doing better than expected in the face of adversity'. Strong emotional resilience doesn't preclude feeling sad or upset but it does enable us to cope better with the challenges we face. Feeling connected and able to contribute to our community is an important aspect of this.

## Mental illness or ill health

Mental illness refers to all diagnosable mental health conditions – they can involve both small and significant changes to thinking, emotion, and behaviour. Some common conditions include anxiety and depression, more severe conditions can include schizophrenia and bipolar disorder.

## **Inequalities**

Everyone in society should have the opportunity to make healthy choices, live healthy lives and access high quality health and social care services, however, inequalities in power, money and resources at local and national levels can make people's daily lives more challenging. In turn, this can make people more vulnerable to poor health.

## **Inclusion**

Giving equal access and opportunities, getting rid of discrimination and intolerance.

## **Diversity**

Respecting and appreciating what makes people different.

## **Trauma**

Trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual wellbeing.

## **Adverse childhood experiences**

Adverse childhood experiences (ACEs) are known as traumatic events occurring before the age of 18 years old. High or frequent exposure to ACEs, without the support of a trusted adult can lead to toxic stress. These can include various forms of abuse, neglect, witnessing or otherwise experiencing violence, having one's parents separate and living with parents who are afflicted by mental illness or addiction, among other adversities. Survey findings indicate that multiple ACEs can impact into adulthood with those experiencing four or more ACEs more likely to have poorer mental wellbeing, have a limiting long-term condition, smoke, be obese and be less physically active<sup>2</sup>, with further research indicating an increased likelihood of being a high-risk drinker or drug taker, committing violence or be the victim of violence<sup>3</sup>.



## **No Wrong Door**

No Wrong Door (NWD) is the adult community mental health transformation programme across Hampshire, Southampton, Isle of Wight, and Portsmouth. It is aligned to the delivery of the Community Mental Health Framework outlined in the NHS Long Term Plan.

## **Suicide prevention**

Deaths from suicide are tragic and have a devastating effect on families, friends and communities. They are often the end point in a complex history of events and risk factors. Suicide prevention requires work across a range of settings targeting a wide variety of audiences. Given this complexity, the combined knowledge, expertise and resources of organisations across the public, private and voluntary sectors is essential. No single agency is likely to be able to deliver effective suicide prevention alone.



# Vision

The Isle of Wight Mental Health and Suicide Prevention Partnership have come together to formulate a shared vision for the Island over the next five years. The partnership will work together to put people and prevention at the heart of this plan, promoting mental wellbeing and supporting all of us on the Isle of Wight to have the best mental wellbeing that we can.

We will:

- work together to improve the mental wellbeing of all Isle of Wight residents and ensure prevention of mental ill health is at the heart of what we do;
- enable all Islanders to seek support when needed, without judgement; to feel enough resilience to cope and to experience joy and contentment;
- acknowledge the major influence that outside factors (such as our jobs, housing, life etc.) have on mental health and wellbeing and endeavour to make these aspects part of the solution.

## Aim

Delivery of this plan will happen in partnership; through many layers of activity and a range of organisations being involved, coordinating action to improve mental wellbeing on the Island.

The drive to achieve a shared understanding of our Island's mental wellbeing, enhance our ability to self-care and improve mental health interventions at the right time, in the right place, focusing on those with the greatest need is central to many of the Island's strategies and work programmes. This plan will sit alongside these strategies<sup>4</sup> and aim to pull this work together, enabling the required focus to achieve the vision set out above. The plan does not focus on mental health services, however links closely with many other key policies and programmes of work across the Island which are being used to create resilient services, including aspects of transformation that are currently happening to improve mental health support for local people.

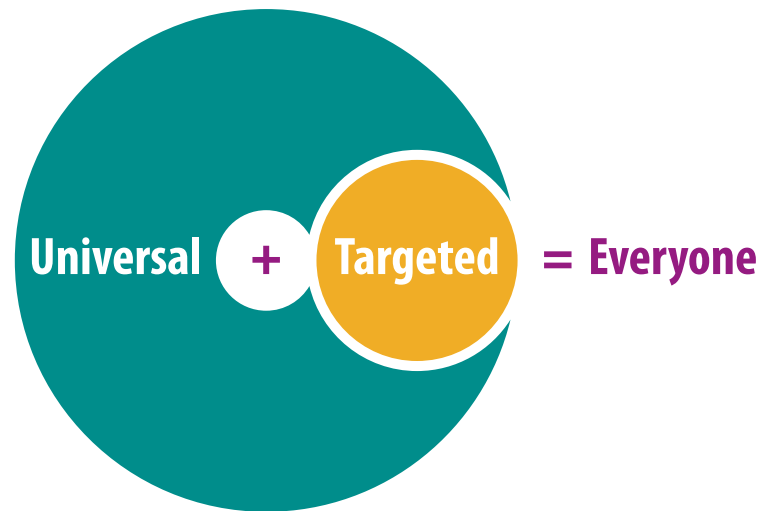
The Isle of Wight Mental Health and Suicide Prevention Partnership will remain committed to ensuring that work to promote positive mental wellbeing and prevent mental ill health takes place in a coordinated way, and that strategies outlining work on mental health and wellbeing co-exist and overlap as part of a broad network that affect the way we live, how we take care of ourselves and our families, and our access to support from professionals. The partnership view this as a unique strength of the Island's ability for effective partnership working.

This strategy will adopt a two-pronged approach:

- **Universal approach** to encourage good mental wellbeing, emotional resilience and self-care across the whole Island population.
- **Targeted approach** to tackle mental wellbeing inequalities to reach, engage and improve the mental wellbeing of those at an increased risk of trauma and those at risk of poor mental health and wellbeing outcomes.

## Underlying principles

All partners have committed to a number of principles that underpin this strategy and the actions within it. Each partner adopting these principles as part of their business-as-usual work, enables the Isle of Wight system to achieve sign-up to the Mental Wellbeing Prevention Concordat which focuses on achieving strategic and system-wide engagement and delivery.



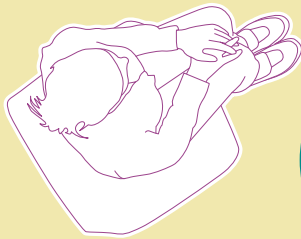
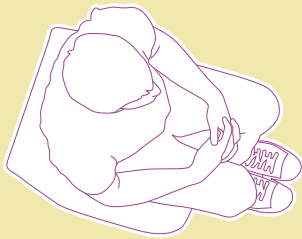
As a mental health and suicide prevention partnership we will:

- recognise the **wide range of social and economic factors** that affect an individual's mental wellbeing and resilience such as connectedness, housing, income, education and employment;
- recognise **inequalities** in mental health and wellbeing, experienced by different groups and that different groups require **different approaches**;
- value mental wellbeing **equally** to physical health and recognise they are interlinked;
- engage with the **whole person** by listening and responding in a way that respects their experiences and state of wellbeing;
- focus on **partnership and cross-organisational working** to ensure the right support at the right time, recognising the value and expertise of the **voluntary and community sector** alongside statutory services as integral partners;
- prevent and reduce the impact of **trauma** and break the cycle of **adversity** on people's mental health and wellbeing, building on existing trauma informed and restorative practice;
- proactively address issues of **inclusion and diversity**;
- use the **latest evidence**, data, professional good practice, living experience and Islanders views to drive decisions and shape local approaches;

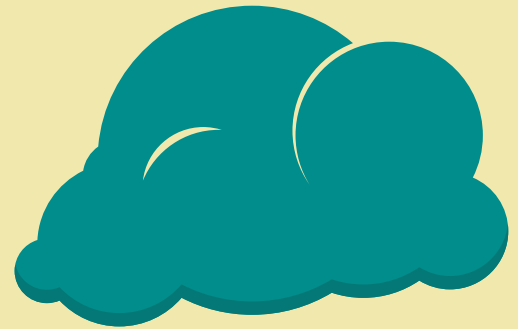
- **build protective factors** for mental wellbeing, alongside reducing risk factors;
- challenge **stigma and prejudice** at all levels by creating an Island where positive and open conversations about mental health and wellbeing are normalised;
- ensure this strategy does not stand alone, but is firmly embedded across the **Hampshire and Isle of Wight (HIOW) Integrated Care System** and links to the Hampshire, Portsmouth and Southampton's mental wellbeing workstreams.

## What we know

Nationally, **one in four** adults (16 and over) experience a mental health problem of some kind each year<sup>5</sup>.



This equates to around **30,000** adults on the Isle of Wight



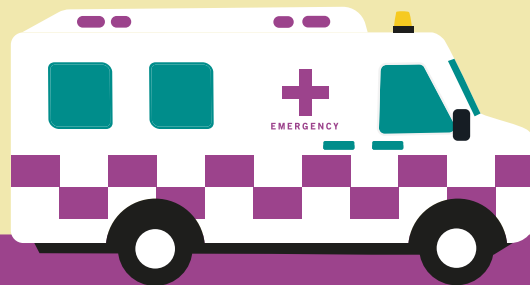
Just over **12 per cent** of the Island's population has depression, equating to around

**15,000 people**<sup>6</sup>



Around **one in ten** people on the Isle of Wight reported a low happiness score<sup>7</sup>

Nearly a quarter of residents self-reported a high anxiety score<sup>8</sup>



Emergency hospital admissions for intentional self-harm is **237.3 per 100,000** and is statistically higher than the national average (181.2 per 100,000)<sup>9</sup>

The suicide rate for the Island (2019 to 2021) is

**13.8**  
per 100,000

which is statistically similar to the national average of 10.4 per 100,000<sup>b</sup>.

The suicide rate for men in this period was **four times higher than the rate for women**<sup>10</sup>



Being employed is a protective factor for mental wellbeing the Island has a lower than national average employment rate national average.

A wide range of information is available on the risk of poor mental wellbeing associated with demographic variables, geographic wards and life circumstances, including:

- people who are insecurely housed or homeless: homelessness services on the Island saw 1,706 presentations in 2021/22<sup>11</sup>;
- older people living alone and socially isolated: over a fifth of the Island's population is aged 70 years and over. People living in rural areas are at an increased risk of limited access to services, fuel poverty and social isolation<sup>12</sup>;
- people who identify as LGBTQ+, who are at higher risk of experiencing common mental health problems and poorer mental wellbeing than heterosexual people, particularly those over the age of 55 years old and under 35 years old<sup>13</sup>;
- veterans and military personnel, who can face unique risks and challenges to their mental health and wellbeing. Exposure to highly stressful situations, long periods away from home and the difficulty of adjusting to civilian life can all affect mental health and wellbeing<sup>14</sup>. There are around 7,000 veterans living on the Isle of Wight<sup>15</sup>;
- carers: Census data indicates that one in ten people on the Isle of Wight (around 13,000 people) are currently providing unpaid support to family or friends<sup>16</sup>. Carers UK 2022 survey found that carers rate their life satisfaction as significantly lower than the national average<sup>17</sup>;
- residents involved with the criminal justice system: The prevalence of mental illness and poor mental health is higher in those in contact with the criminal justice system, compared to the general population, and they are more likely to have other risk factors for poor mental health such as adverse childhood experiences<sup>18</sup>;
- residents with a drug and alcohol dependence: National research shows that mental health problems are experienced by the majority of drug (70 per cent) and alcohol (86 per cent) users in community substance misuse treatment services<sup>19</sup>;
- residents who are experiencing or have experienced domestic abuse: National research indicates that women are more likely to have experienced domestic abuse in their lifetimes compared to men and this is strongly associated with self-harm and suicidality<sup>20</sup>.

The Joint Strategic Needs Assessment<sup>21</sup> (JSNA) presents more information on the distribution of these factors across the Island's geography.

It is noteworthy that one person may fall into all these groups. National research in 2015 found that around 40 per cent of people in England with overlapping problems including homelessness, substance misuse and contact with the criminal justice system in any given year also have a diagnosed mental health problem<sup>22</sup>.

The impact of COVID-19 and associated legislation has also affected people's mental wellbeing with loneliness increasing in all ages. This impact was disproportionately experienced by people living in deprived areas, exacerbating existing inequalities in mental wellbeing across the Island<sup>23</sup>.

Importantly, the Isle of Wight has many assets. It has a rich and diverse natural landscape, as well as a vibrant creative and modern manufacturing sector. In 2019, it became a UNESCO Biosphere, ensuring the preservation of the unique and diverse ecosystems, and enabling local ways to live harmoniously within them. Access to green spaces is a positive protective factor for mental wellbeing, and this should be celebrated.

# Priority outcomes

This section outlines the priority outcomes for the Island, showing how we will work together and focus efforts to improve mental wellbeing, prevent mental ill health and reduce death by suicide for all residents. This is followed by next steps to make sure there is specific focus on what needs to be done to make this happen. This shows the commitment needed to ensure we are always working collectively towards our end goal of improving the mental wellbeing of our Island population.

- 1 Islanders will live, work and thrive on a unique island where partners are committed to working together and differently to ensure positive improvements to mental wellbeing are made (**focus on partnership working**).
- 2 Islanders will benefit from the positive aspects of being part of their community and know where to access information and support to build both individual and community resilience (**focus on and building resilience**).
- 3 Islanders will be comfortable talking about their mental health and wellbeing and be able to challenge prejudice around poor mental health (**focus on reducing stigma and discrimination**).
- 4 Islanders will feel assured that all partners are working together on suicide prevention and supporting those lives that are impacted by suicide (**focus on suicide prevention**).
- 5 Islanders will experience positive mental wellbeing, irrespective of their background, where they live or their life circumstances and value their mental wellbeing alongside their physical health (**focus on reducing inequalities and wider determinants**).

The Mental Health and Suicide Prevention Partnership understand the dynamic and changing context that we all work in with many competing priorities. For this reason, this plan is framed with actions either as 'now' or 'next'. This provides a direction of travel for the next five years for partners both in the short and longer term, however it is not rigid and encourages regular review by the Island Mental Health and Suicide Prevention Partnership to ensure the right action is being focused on at the right time. Each priority also states the indicators of success, so that the Mental Health and Suicide Prevention Partnership can monitor progress over the five-year duration of the plan.



## Next steps to make this happen

### Priority 1

**Islanders will live, work and thrive on a unique island where partners are committed to working together to ensure positive improvements to mental wellbeing are made.**

#### 1.1 – now

##### **We will**

Use the Mental Health and Suicide Prevention Partnership to influence change and improve outcomes via existing mechanisms such as the NHS Community Transformation Programme, the No Wrong Door Programme, the Crisis Care workstream, and Isle of Wight Health and Wellbeing Board.

##### **How we'll know when we get there**

The Mental Health and Suicide Prevention Partnership will enable alignment of this plan with key strategies and workstreams across Isle of Wight Council, the NHS and the community and voluntary sector.

##### **Who?**

Mental Health and Suicide Prevention Partnership

#### 1.2 – now

##### **We will**

Continue to strengthen the Mental Health Alliance, providing a forum for a range of organisations supporting mental wellbeing to share good practice and increase awareness.

##### **How we'll know when we get there**

- Increased awareness of support available and greater links forged.
- Improvements in the skills and knowledge of the wider workforce.

##### **Who?**

Mental Health and Suicide Prevention Partnership

## 1.3 – now

### We will

Promote, increase access to and enable currency of Mental Health First Aid and other appropriate mental wellbeing and suicide prevention training for all partners, to raise awareness, enable conversations and provide tools for managers, elected members, employees, and volunteers.

### How we'll know when we get there

- Increased number of people attending mental health and wellbeing training activities.
- System-wide awareness of available prevention and mental wellbeing support.
- Increase in confidence to discuss mental health and wellbeing and signpost on to further support, if required.
- Number of organisations integrating mental health and wellbeing into their service delivery.
- Outcomes recorded by health and care professionals using the Everyday Interactions: measuring public health impact.

### Who?

Partners human resources and training leads  
Mental Health Alliance members  
No Wrong Door

## 1.4 – now

### We will

Encourage continual professional learning and networking to update mental wellbeing knowledge and local opportunities via a new MHSPP e-bulletin to be cascaded widely.

### How we'll know when we get there

Organisations represented in the Mental Health and Suicide Prevention Partnership and Mental Health Alliance will have a mechanism to share good practice and transfer learning.

### Who?

Isle of Wight Council public health

## 1.5 – now

### We will

Work with People with Living Experience of Suicide as an integral part of developing new policies, work programmes, for example as guest speakers on training courses

### How we'll know when we get there

- Increased understanding of mental ill health and suicide, the impact this has on people's lives and how to better support people.
- Evidence that people's voices and experiences are influencing learning, policy, services, and actions.
- The existing People with Living Experience of Suicide Voices Collaborative will include specific representation from the Island.
- Bi-annual 'Voices' input to Mental Health and Suicide Prevention Partnership.
- Increase links with current NHS led service user groups.

### Who?

People with Living Experience of Suicide  
No Wrong Door

## 1.6 – now

### We will

Embed multi-agency approach in the communications plan to increase consistency using insight, and co-produced with People with Living Experience and those from groups identified as most at risk of poor mental health and wellbeing (priority 5).

### How we'll know when we get there

- Continue to refresh multi-agency communications plan.
- Feedback surveys used to inform understanding of communications effectiveness demonstrate that Islanders have increased awareness in how to protect their mental wellbeing utilising the Island's assets, can identify when a mental health need arises and feel empowered to access appropriate early help or support themselves.

### Who?

Multi-agency Mental Health Alliance communications group

## 1.7 – now

### We will

Partners lead by example, promoting and protecting the mental wellbeing of their workforce, both paid staff and volunteers.

### How we'll know when we get there

- Partner organisations audit themselves against a set of workplace mental wellbeing standards, such as NICE Mental wellbeing at work
- Partner organisations have a plan to promote and protect workforce mental wellbeing.

### Who?

Mental Health and Suicide Prevention Partnership  
Mental Health Alliance working group

## 1.8 – now

### We will

Develop a workforce that supports joined-up care delivery between NHS primary and secondary care, and between community resources including 3rd sector and wider community partners

### How we'll know when we get there

Increase in delivery of personalised, place based and well-coordinated care.

### Who?

No Wrong Door Programme

## 1.9 – now

### We will

Embed trauma-informed and restorative practice across Isle of Wight Council services to promote early intervention and prevention support, working towards becoming psychologically informed services, taking into account the psychological makeup including the thinking, emotions, personalities and past experience of participants.

### How we'll know when we get there

Psychologically informed environments self-assessment tool.  
Domestic Abuse Housing Alliance accreditation.

### Who?

Homeless Improvement Support Team

## 1.10 – next

### We will

Submit an application to the national Mental Health Prevention Concordat

### How we'll know when we get there

- Receive the national Mental Health Prevention Concordat
- The Island to be recognised for best practice in promoting mental health and wellbeing in a collective partnership way

### Who?

Mental Health and Suicide Prevention Partnership

## 1.11 – next

### We will

Develop a consistent understanding and approach across agencies and partners of what is meant by a trauma-informed approach; setting out the essential knowledge and skills to operate at all practice levels to support and help people affected by traumatic events.

### How we'll know when we get there

Numbers trained in trauma informed approach.

### Who?

Homeless Improvement Support Team

## Priority 2

**Islanders will benefit from the positive aspects of being part of their community and know where to access information and support to build both individual and community resilience.**

### 2.1 - now

#### **We will**

Build on existing place-based information of support available to Islanders, working in partnership to gain insight, adapt and develop messaging and accessibility where possible.

#### **How we'll know when we get there**

Islanders have the knowledge to support themselves, colleagues and family experiencing poor mental health.

#### **Who?**

No Wrong Door  
Mental Health Alliance

## 2.2 – now

### We will

Develop and deliver a mental health transformation programme which is embedded in the needs of the Isle of Wight's population and the assets available on a place basis across the statutory, voluntary, primary care sectors along with people with lived experience of mental health issues.

These workstreams will include: Delivering the No Wrong Door community mental health framework programme at locality level to ensure an integrated service for people experiencing severe mental illness; improving access to services for children and young people; improved crisis services (linked to the suicide prevention programme); new pathways to support people with neurodevelopmental issues.

### How we'll know when we get there

Islanders are supported with both their physical and mental health needs, enabling them to reach their full potential recovery.

New place-based pathways are developed and implemented aligned to ICB priorities and the final year (23/24) of national Mental Health Investment Standard (MHIS) funding which best meet local population need and build on the assets of local partners and stakeholders working together to improve local access to support.

### Who?

No Wrong Door

## 2.3 – now

### We will

Work with partners including regeneration, housing, Citizens Advice and voluntary sector to raise awareness of wider support available, as well as signposting to mental health and wellbeing support.

### How we'll know when we get there

Frontline services signpost to assets, support, and services available including housing, financial services and support available from the community and voluntary sector.

### Who?

Mental Health and Suicide Prevention Partnership



## 2.4 – now

### We will

Embed trauma informed language through:

- links with wider council to update website to ensure that all of the information on there is easily accessible and trauma informed;
- links with the homeless intervention and support team to amplify information to stakeholders from quaterly newsletter;
- partner agencies who will provide a drop-in service for homeless people which has been commissioned by the IWC for those who are rough sleeping and sofa surfing, where they will be able to access advice from numerous professionals under one roof, delivered in an accessible way.

### How we'll know when we get there

- KPIs will monitor an increase of people accessing the support available and record the rate people represent to housing with the same needs.
- Website hits.
- Referral numbers.
- The newsletter tracks how many people read and access the publication.

### Who?

Homeless Intervention and Support Team

## 2.5 – now

### We will

Strengthen links with libraries, Safe Places, carers support, community hubs and Advice First Aider network to provide information to people who don't have digital access.

### How we'll know when we get there

People without digital access are aware of support available in the community

### Who?

Mental Health and Suicide Prevention Partnership

## 2.6 – next

### Who?

Targeting communications around resilience and self-help for specific groups (to be identified).

### How we'll know when we get there

Insights from campaigns used to inform communications and increase effectiveness of messaging.

### Who?

Mental Health Alliance communications

## 2.7 – next

### Who?

Influence the building of local capacity to ensure sustainability of skills and knowledge, building community resilience programmes that promote mental wellbeing on the Island.

### How we'll know when we get there

- Community and voluntary sector partners shape plans to improve their capacity to promote mental wellbeing.
- Annual feedback on what is working well and how to improve.

### Who?

Mental Health Alliance

## Priority 3

**Islanders will be comfortable talking about their mental health and wellbeing and be able to challenge prejudice around poor mental health.**

### 3.1 – now

#### **We will**

Deliver a co-ordinated multi-agency Mental Health Awareness Week annually to raise awareness for all Islanders (both residents and professionals), which aligns with the multi-agency communications plan.

#### **How we'll know when we get there**

People know where to go for advice and support, how to support themselves and others and spot signs of early mental ill health.

#### **Who?**

Mental Health Alliance communications group

### 3.2 – now

#### **We will**

Learn from all agencies to share good practice of support for mental wellbeing within the workforce.

#### **How we'll know when we get there**

- Workforce feel able to talk about mental wellbeing and know where to go for support.
- Reduction in absence levels due to mental health issues.

#### **Who?**

Mental Health and Suicide Prevention Partnership  
Mental Health working group

### 3.3 – now

#### We will

Roll out Mental Health First Aid and other appropriate training to community leaders and members to help make mental health an everyday conversation.

#### How we'll know when we get there

- Number of community leaders and members attending mental health and wellbeing training activities.
- Increase in confidence across the community to talk about mental health and wellbeing.

#### Who?

Mental Health and Suicide Prevention Partnership

### 3.4 – now

#### We will

Work with schools and educational settings through the Partnership for Education, Attainment and Children's Health (PEACH), the mental health support teams and other mental health support to reduce stigma and work in a trauma informed way to encourage all to talk about mental wellbeing.

#### How we'll know when we get there

Findings from school's survey indicating awareness of where to go for support and having someone to talk to.

#### Who?

Mental Health and Suicide Prevention Partnership (MHSP)

### 3.5 – next

#### We will

Develop a Mental Health First Aider network for the wider workforce across the Island.

#### How we'll know when we get there

- Meeting bi-annually to share good practice and learn from examples.
- Community feel empowered and supported to talk about mental wellbeing and signpost to support where appropriate.

#### Who?

Mental Health and Suicide Prevention Partnership

## Priority 4

**Islanders will feel assured that all partners are working together on suicide prevention and support for those lives that are impacted by suicide.**

### 4.1 – now

#### **We will**

Raise awareness that promoting support for positive mental wellbeing will help in suicide prevention.

#### **How we'll know when we get there**

People will know where to go for support and will be aware of signs of mental ill health in themselves, friends, family and others.

#### **Who?**

Mental Health and Suicide Prevention Partnership

### 4.2 – now

#### **We will**

Have a partnership co-ordinated mental health communications plan which regularly focuses on suicide prevention e.g., marking suicide awareness days, promoting support and working with partners to gain insight.

#### **How we'll know when we get there**

People will know where to go for support with preventing suicide.

#### **Who?**

Mental Health and Suicide Prevention Partnership  
Mental Health Alliance communications partnership

## 4.3 – now

### We will

Support in People with Living Experience of Suicide 'Voices' so that Island voices are heard.

### How we'll know when we get there

- People with living experience will feel heard and insights will better inform future delivery.
- The existing Voices collaborative will include specific representation from the Island.
- Bi-annual Voices input to Mental Health and Suicide Prevention Partnership.

### Who?

People with Living Experience of Suicide

## 4.4 – now

### We will

Work in partnership with schools and other key partners to support young people who are self-harming, or at high risk such as children in care and care leavers, those who have low mental wellbeing or suicide ideation to learn positive coping skills and know where to go for support. For example, through; the Partnership for Education, Attainment & Children's Health (PEACH) programme; with schools' Mental Health Support Teams; the Suicide Postvention Protocol; Inclusion IOW youth team

### How we'll know when we get there

- Young people will know where to go for support.
- Schools will be able to evidence they have embedded the suicide postvention protocol.

### Who?

Schools

Mental health support teams

Inclusion IOW

## 4.5 – now

### We will

Promote and increase access to suicide prevention training, so that partners, eg: frontline services, voluntary and community groups, elected members, employees are able to have conversations with people in times of need and signpost to appropriate resources such as Samaritans, Isorropia, NHS services and online support such as Ripple.

### How we'll know when we get there

- Number of people attending suicide prevention training activities.
- System-wide awareness of current, readily available information and support for suicide prevention.
- Increase in confidence to support when individuals are in need.

### Who?

System training leads

Mental Health Alliance members

Community and MHLD transformation programmes



## 4.6 – now

### We will

Embed and expand the multi-agency HIOW Real Time Surveillance (RTS) of suspected suicides to ensure timely prevention, postvention and ongoing surveillance takes place.

We will:

- develop a HIOW Suicide Cluster Response Plan with strategic sign-up and operational resource from all partners;
- identify and address data gaps to ensure all relevant data is available;
- review the children and young people response pathway for individual suspected suicides to ensure timely and appropriate responses are mobilised.

### How we'll know when we get there

- Increase in active partners in Real Time Surveillance Working Group.
- Postvention protocols mobilised for all suspected suicides (both adult and children and young people).
- Identification of Suicide Cluster Response Plan individual by each partner.
- Being system prepared by having the ability to mobilise a multi-agency rapid response to a suspected cluster of suicides if ever required.
- All partners are aware of children and young people postvention response for an individual suspected suicide.
- Co-ordinated communications via the media are agreed and disseminated in a sensitive and responsible manner.

### Who?

HIOW Real Time Surveillance Working Group

## 4.7 now

### We will

Integrate suicide prevention updates and emerging evidence via national and regional networks to inform local practice.

### How we'll know when we get there

- Updates and emerging evidence are shared with the IOW Mental Health and Suicide Prevention Partnership and the Mental Health Alliance.
- Practice/policy and action plans are evidence based and updated in light of updates.

### Who?

HIOW Suicide Prevention Steering Group  
Partners who have a lead for suicide prevention

## 4.8 – now

### We will

Monitor the Island utilisation of support set up through joint working across the ICS e.g. the HIOW Suicide Bereavement Support Service, self-harm support to ensure Islanders are accessing adequate support.

### How we'll know when we get there

- Numbers of Islanders accessing the services available

### Who?

HIOW Real Time Surveillance working group

## 4.9 – next

### We will

Use data to inform work with partners to reduce access and means to die by suicide

### How we'll know when we get there

- Reduction in deaths by suicide.

### Who?

Mental Health and Suicide Prevention Partnership

## 4.10 – next

### **We will**

Work with voluntary, private and community sector experts to support in postvention plans roll out

### **How we'll know when we get there**

- Numbers of protocols in place, with evidence that they are embedded in their organisation.

### **Who?**

Mental Health and Suicide Prevention Partnership

## 4.11 – next

### **We will**

Work with media through awareness raising and training to ensure the importance of language is recognised with ethical and safe reporting of matters around suicide.

### **How we'll know when we get there**

- Media coverage of suicide and suicide related matters are always undertaken in a safe and ethical format.
- Media outlets engaged in comms specific suicide prevention training.

### **Who?**

Mental Health and Suicide Prevention Partnership

## Priority 5

**Islanders will experience positive mental wellbeing, irrespective of their background, where they live or their life circumstances and value their mental health and wellbeing alongside their physical health.**

### 5.1 – now

#### **We will**

Ensure the NHS Community Transformation Programme orientates focused delivery of services to identified groups most at risk of poor mental wellbeing, in conjunction with Mental Health and Suicide Prevention Partnership and Mental Health Alliance.

#### **How we'll know when we get there**

Coordinated efforts by different organisations will be focused on vulnerable populations.

#### **Who?**

NHS Community Transformation Programme

### 5.2 – now

#### **We will**

Build on data and work with partners to better understand groups most at risk of poor wellbeing and how best to target messages identifying support available – including:

- insecurely housed and homeless people;
- older people who are socially isolated;
- LGBTQ+ groups, veterans, carers;
- those in contact with the criminal justice system;
- those with drug or alcohol dependency;
- those who have experienced domestic abuse;
- young people accessing support services transitioning to adults.

#### **How we'll know when we get there**

Vulnerable groups will know how to look after their mental wellbeing and where to access advice and support.

#### **Who?**

Mental Health and Suicide Prevention Partnership

## 5.3 – now

### We will

Prioritise engagement with those groups identified at most risk to better understand their needs, assets and barriers to services and support.

### How we'll know when we get there

Annual stocktake with the MHA demonstrates improvement in identification of needs, assets and barriers to services and support in those groups identified at most risk.

### Who?

Mental Health and Suicide Prevention Partnership  
Mental Health Alliance comms

## 5.4 – now

### We will

All homelessness and support services will take a harm reduction approach where people are supported holistically. Staff support individuals who use substances to reduce immediate and ongoing harm to their health, who self-harm to undertake practices which minimise risk of greater harm, support individuals to undertake practices that reduce harm and promote recovery in other areas of physical and mental health and wellbeing.

### How we'll know when we get there

Outcomes measured as part of service KPIs:

- Quarterly: Number of people who support needs met within six months.
- Number of people with support needs met within 12 months.
- Number of people who support needs met within 12 or more months.
- Percentage of positive responses on annual survey.
- Percentage of people who have achieved their desired outcomes when cases are closed.

### Who?

Homeless Intervention and Support Team

## 5.5 – now

### **We will**

Work in collaboration with those groups most at risk to adapt interventions to better meet their needs. This includes:

- adapting communications, or developing materials specifically to meet the needs of under-represented groups;
- address barriers to access.

### **How we'll know when we get there**

People in those groups most at risk, feel that they have meaningfully contributed to enable interventions to better meet their needs.

### **Who?**

Mental Health and Suicide Prevention Partnership

## 5.6 – now

### **We will**

Learn and more widely implement Psychologically Informed Environment (PIE) framework currently used by Homelessness and support services which takes into account the psychological makeup, thinking, emotions, personalities and past experience of both its staff and individuals using their services and recognises the possibility for positive change.

### **How we'll know when we get there**

Monitored as part of positive outcomes in KPI's and via service user services as part of a service review.

### **Who?**

Homeless Intervention and Support Team

## 5.7 – now

### **We will**

Recognise and build on the Homelessness and support services approach to increase positive social impact on client's lives, their families, and the wider community. The benefits for Islanders will include improved health (physical and mental), stability and social functioning, crime reduction and reducing the organisations carbon footprint. The service should build individual resilience and support networks that will sustain independence in the community.

### **How we'll know when we get there**

Monitored as part service user services as part of a service review, using a newly developed PIE self-assessment tool.

### **Who?**

Homeless Intervention and Support Team

## 5.8 – next

### **We will**

Ensure alignment with this plan and the Island's children and young people's plans, including the Children and Young People's Mental Health and Emotional Wellbeing Local Transformation Plan (LTP), with an emphasis on transition from childhood to adulthood.

### **How we'll know when we get there**

Children and young people's mental wellbeing plans align with adult plans and the transition between the two is clear.

### **Who?**

Mental Health and Suicide Prevention Partnership

# Partners

This strategy has been developed by members of the Isle of Wight Mental Health and Suicide Prevention Partnership and the Isle of Wight Mental Health Alliance.

## Isle of Wight Mental Health and Suicide Prevention Partnership



**Isle of Wight Council**



**Isorropia Foundation**



**NHS Trust**



**The Youth Trust**



**Age UK Isle of Wight**



**Hampshire and Isle of Wight Constabulary**



**Hampshire and Isle of Wight**



**The Probation Service**



**Healthwatch Isle of Wight**



**The Samaritans**



**HM Prison Service**



**Op Courage**



## Isle of Wight Mental Health Alliance

**Age UK IOW** – [ageuk.org.uk/isleofwight](http://ageuk.org.uk/isleofwight)

**Aspire** – [aspireryde.org.uk](http://aspireryde.org.uk)

**Autism Inclusion Matters** – [autism.org.uk/directory/a/aim-autism-inclusion-matters](http://autism.org.uk/directory/a/aim-autism-inclusion-matters)

**Barnardos** – [barnardos.org.uk/what-we-do/services/isle-wight-family-centres-early-help-support-services](http://barnardos.org.uk/what-we-do/services/isle-wight-family-centres-early-help-support-services)

### Men in sheds

- Brading – [bradingshed.uk](http://bradingshed.uk)
- Cowes – [www.storerroom.org.uk/cowes-mens-shed](http://www.storerroom.org.uk/cowes-mens-shed)

**Breakout Youth** – [breakoutyouth.org.uk](http://breakoutyouth.org.uk)

**Carers IW** – [carersiw.org.uk](http://carersiw.org.uk)

**Citizens Advice** – [citizensadviceiw.org.uk](http://citizensadviceiw.org.uk)

**Community Action IW** – [communityactionisleofwight.org.uk](http://communityactionisleofwight.org.uk)

**Community Spirited** – [www.communityspirited.com](http://www.communityspirited.com)

**Equals IW** – [equalsiw.org.uk](http://equalsiw.org.uk)

**Healthwatch** – [healthwatchisleofwight.co.uk](http://healthwatchisleofwight.co.uk)

**Independent Arts** – [independentarts.org.uk](http://independentarts.org.uk)

### Isle of Wight Council

- Adult social care and community wellbeing – [iow.gov.uk/adults](http://iow.gov.uk/adults)
- Children’s services (early help) – [iow.gov.uk/Residents/care-and-Support/Childrens-Services/Support-and-Advice-for-Families/About-Early-Help](http://iow.gov.uk/Residents/care-and-Support/Childrens-Services/Support-and-Advice-for-Families/About-Early-Help)
- Communications and engagement – [iow.gov.uk/mediarelations](http://iow.gov.uk/mediarelations)
- Housing – [iow.gov.uk/housing](http://iow.gov.uk/housing)
- Learning and development – [iow.gov.uk/Residents/schools-and-learning/Education-Learning-and-Development](http://iow.gov.uk/Residents/schools-and-learning/Education-Learning-and-Development)

**Isorropia** – [isorropia.uk](http://isorropia.uk)

**Maritime and Coastguard Agency** – [gov.uk/government/organisations/maritime-and-coastguard-agency](http://gov.uk/government/organisations/maritime-and-coastguard-agency)

**Men Only Isle of Wight** – [menonlyiow.co.uk](http://menonlyiow.co.uk)

**Natural Enterprise** – [naturalenterprise.co.uk](http://naturalenterprise.co.uk)

**Nature Therapy** – [naturetherapyonline.com](http://naturetherapyonline.com)

**NHS / ICB** – [hantsiowhealthandcare.org.uk](http://hantsiowhealthandcare.org.uk)

**OSEL IOW** – [oseliow.org.uk](https://oseliow.org.uk)

**Our Place** – [westwight.org.uk/community/our-place](https://westwight.org.uk/community/our-place)

**People Matter** – [www.peoplesmatteriw.org](https://www.peoplesmatteriw.org)

**Pigsty farm**

**Hampshire and Isle of Wight Constabulary** – [www.hampshire.police.uk](https://www.hampshire.police.uk)

**Prostate support group** – [iwpcsg.org](https://iwpcsg.org)

**Safe Places** – [safeplacesiow.com](https://safeplacesiow.com)

**Samaritans** – [samaritans.org/branches/isle-of-wight](https://samaritans.org/branches/isle-of-wight)

**Sensory Space** – [facebook.com/sensoryspaceicic](https://facebook.com/sensoryspaceicic)

**Solent NHS** – [solent.nhs.uk](https://solent.nhs.uk)

**St Marys NHS** – [iow.nhs.uk](https://iow.nhs.uk)

**Stonecrabs** – [stonecrabs.co.uk/out-on-an-island-lgbtq-heritage-on-the-isle-of-wight](https://stonecrabs.co.uk/out-on-an-island-lgbtq-heritage-on-the-isle-of-wight)

**The Island Collection** – [islandcollection.org.uk](https://islandcollection.org.uk)

**Tidal Family Support** – [tidalfamilysupport.org.uk](https://tidalfamilysupport.org.uk)

**Two Saints** – [twosaints.org.uk](https://twosaints.org.uk)

**Ventnor Town Council** – [ventnortowncouncil.gov.uk](https://ventnortowncouncil.gov.uk)

**Veterans Hub** – [veteranshubiw.co.uk](https://veteranshubiw.co.uk)

**Veterans Outreach Support** – [vosuk.org/drop-in/iow](https://vosuk.org/drop-in/iow)

**Wight Dash** – [wightdash.co.uk](https://wightdash.co.uk)

**You Trust** – [theyoustrust.org.uk](https://theyoustrust.org.uk)

**Youth Trust** – [iowyouthtrust.co.uk](https://iowyouthtrust.co.uk)

# Endnotes

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If you have difficulty in understanding this document, please contact us on 01983 821000 and we will do our best to help you.

# **Isle of Wight mental wellbeing plan**

2023 to 2028