

Committee:	Health and Wellbeing Board
Date:	20 July 2023
Title:	Mental Wellbeing Plan and Suicide Prevention Plan
Report From:	Simon Bryant, Director of Public Health

1. Formal details of the paper

- 1.1. Isle of Wight Mental Wellbeing Plan and Suicide Prevention Action Plan (2023 to 2028)
- 1.2. General publication
- 1.3. Date of Board: 20 July 2023
- 1.4. Author of the Paper and contact details: Sharon Kingsman
sharon.kingsman@iow.gov.uk

2. Summary

2.1 Key messages for Board members

2.2 The purpose of this report is to provide an update on the Isle of Wight (IOW) Mental Wellbeing Plan (2023-28) and associated Suicide Prevention Action Plan.

2.3 This report seeks to:

- Provide an overview of the IOW Mental Wellbeing Plan, which was launched this year. The plan has been developed collectively with partners of both the multi-agency Isle of Wight Mental Health and Suicide Prevention Partnership and Mental Health Alliance. It emphasises a preventative approach to address the wide range of factors that influence mental health and wellbeing.
- Provide an overview of the IOW Suicide Prevention Plan, which aims to deliver on the Suicide Prevention priority within the Mental Wellbeing Plan of ensuring that Islanders will feel assured that all partners are working together on suicide prevention and supporting those lives that are impacted by suicide.
- Update the board on the associated governance arrangements.

2.4 Contextual Information

The Isle of Wight Mental Health and Suicide Prevention Partnership is a multi-agency partnership that works collaboratively and strategically to prevent mental ill health, promote positive mental wellbeing, and reduce death by suicide for people living on the Island.

The partnership includes a range of key stakeholders who can provide prevention-focused leadership across the wider public and voluntary sector system. A key function of the partnership is to oversee the delivery of the Isle of Wight Mental Wellbeing Plan (2023 to 2028).

2.5 Isle of Wight Mental Wellbeing Plan (2023 to 2028)

The plan was launched in Spring 2023 and demonstrates how partners across the system will work together to promote mental wellbeing and support Islanders to have the best mental wellbeing they can and reduce inequalities in mental wellbeing across certain groups. It focuses on the mental wellbeing of all adults, whilst recognising the importance of working across the life course, and of ensuring that mental and physical wellbeing are given equal importance.

2.6 The plan takes a two-pronged approach to support mental wellbeing on the Island and focuses not on mental health services, but on the actions required to support people before they might require services or reach crisis point. This will be achieved through a:

- Universal approach to encourage good mental wellbeing, emotional resilience and self-care across all age groups and populations on the Island.
- Targeted approach to tackle mental wellbeing inequalities to reach, engage and improve the mental wellbeing of those at an increased risk of the worst outcomes.

2.7 Within the plan, five specific priorities have been identified alongside partners as follows:

- 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)
- 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)
- 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)

- 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)
 - 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)
- 2.8 The following multi-agency partnership groups support the Mental Health and Suicide Prevention Partnership in delivering the Isle of Wight Mental Wellbeing Plan:
- The Isle of Wight Mental Health Alliance (MHA) brings together key stakeholders from across the Island to;
 - Reduce the stigma of mental ill-health;
 - Improve emotional and mental resilience, including through support in building community resilience;
 - Ensure prevention and early intervention is central to work around mental wellbeing and suicide prevention on the Island;
 - Enable partnership working across statutory and voluntary sectors to ensure improved mental and emotional wellbeing for Island residents and break down barriers to accessing appropriate support.
 - The Mental Health Alliance Communications Group is a sub-group of the MHA. It brings partners together to set out and agree a cohesive approach to communication and engagement within the context of improving mental health and wellbeing, including suicide prevention, across the Island. It aims to;
 - agree a joint messaging approach around the topic of mental health and wellbeing, including suicide prevention.
 - ensure a continued cohesive approach to communication and meaningful engagement with wider partners, service users and Island residents around mental wellbeing and suicide prevention.
 - promote positive messages and support available as well as self-help across the Island, defined by the mental wellbeing communications plan

2.9 Isle of Wight Suicide Prevention Action Plan 2023 - 2028

The IOW Suicide Prevention Action Plan outlines how we will work with system partners to support earlier intervention and prevention of suicides. It is the main mechanism for coordinating actions identified under priority four within the IOW Mental Wellbeing Plan; Islanders will feel assured that all partners are working together on suicide prevention and supporting those lives that are impacted by suicide. This plan will also serve to refresh the previous [IOW Suicide Prevention Strategy 2018-2021](#).

2.10 The refreshed IOW Suicide Prevention Plan (2023-28) aligns with the six areas for suicide prevention action identified within the National Suicide Prevention

Strategy. It will take an iterative approach, with specific actions and priorities identified and reviewed on an annual basis. The plan identifies the following areas for action, which have been developed in partnership with the Mental Health Alliance and approved by the Mental Health and Suicide Prevention Partnership;

1. Take action on the wider determinants that influence suicide and suicide prevention. Suicidal behaviours are shaped by the social, economic, and physical environments in which we live. Key actions within this theme include the delivery of money and mental health training for frontline staff, delivery of workforce suicide prevention training to housing staff and voluntary organisations who support people experiencing multiple vulnerabilities.
2. Tailor approaches to suicide prevention for particular groups, including through improved data and intelligence. While everyone is at risk of suicide, that risk is not distributed equally amongst the population. Using both national and local insight and intelligence we will target interventions, signposting and communications at those with the greatest need. Priority groups include middle-aged men, those in touch with the criminal justice system, people misusing substances, victims and perpetrators of domestic abuse and veterans.
3. Embed early intervention and prevention through ensuring a comprehensive training offer, promoting mental wellbeing and improving communications around support available. Mental Health First Aid and Suicide First Aid training is now being offered to professionals, voluntary sector and communities. In collaboration with IOW Citizens Advice the Isle find It website has been developed to include comprehensive signposting to early help and support.
4. Reduce access to means of suicide by promoting suicide safer communities. The National Institute of Clinical Excellence published an [evidence review](#) in 2018 which highlighted effective measures for reducing access to means. We will work closely with planning, landowners and primary care to implement appropriate measures in line with the evidence base.
5. Ensure appropriate and sensitive communications of suicide and suicidality across all sectors on the Isle of Wight. Sensitive and appropriate use of language can help to reduce the stigma that prevents people from seeking help. Within this area for action, we will continue to develop our workforce development and training offer, work with local media outlets to ensure responsible reporting of suspected suicides and develop a postvention communications toolkit to be used by multiagency partners following a suspected suicide death. This will help support frontline staff, volunteers, and members of the public to feel confident and equipped to intervene and signpost people to the right support where necessary.
6. Work in partnership to provide the 'right support' at the 'right time' for those individuals and communities affected by a suspected suicide death. Providing guidance and support in a timely manner for those affected by a suspected suicide death is an important aspect of local suicide prevention plans. Actions

within this theme include the refresh of the education postvention protocol, promotion of the Amparo bereavement support service, and use of the real time surveillance system to identify those affected in a timely manner.

7. Improve research, data sharing and monitoring. Since 2013 IOW Public Health has conducted a local suicide audit which enables valuable insight into local needs. This work is now being supported by a Real Time Surveillance System, enabling data to be collected in a timely manner and enabling an appropriate, joined-up postvention response across partners. Further work is planned to enhance this system and to further support engagement with people impacted by suspected suicide.

3. Decisions, recommendations and any options

3.1 The Health and Wellbeing Board is asked to:

1. Note the priorities within the IOW Mental Wellbeing Plan (2023-28) and key mechanisms for delivery.
2. Note the areas for action within the IOW Suicide Prevention Plan and key mechanisms for delivery

3.2 Relevant information

3.2.1 Performance

The Mental Wellbeing Strategy and accompanying suicide prevention plan have identified key areas for action, that have been categorised as 'now' and 'next'. This demonstrates the commitment by all partners to ensure focused action is taken at the right time and that a clear direction has been mapped out for the next five years.

These actions will be regularly assessed by the IOW Mental Health and Suicide Prevention Partnership and the Mental Health Alliance to ensure they are addressed in a timely manner. Actions identified as 'now' are those where work is already underway.

Updates and progress on both plans will be presented to the IOW Health and Wellbeing Board annually.

3.2.2 Co-Production

The Mental Wellbeing Plan was co-produced with a range of partners who are represented on the Mental Wellbeing and Suicide Prevention Partnership and Mental Health Alliance. This included a task and finish group to oversee the development, consultation, writing and final document design.

The Suicide Prevention Plan was developed from priority four of the Mental Wellbeing Plan and in collaboration with the Mental Health Alliance. It has been approved by the Mental Health and Suicide Prevention Partnership.

3.2.3 Conclusions

The IOW Mental Wellbeing Plan and IOW Suicide Prevention Plan demonstrate how partners across the Island will work together to promote mental wellbeing and support Islanders to have the best mental health they can and reduce inequalities in mental wellbeing across certain groups.

Governance has been updated to support the ambitions of both plans.

Implementation of key actions will be reviewed by the IOW Mental Health and Suicide Prevention Partnership and the Mental Health Alliance will ensure delivery of both plans. Annual updates will be presented to the Health and Wellbeing Board.

4. Important considerations and implications

- 4.1 Legal – no legal implications but the plan has been shared with legal.
- 4.2 Finance – no financial implications but the plan has been shared with finance.
- 4.3 Performance information and benchmarking - High level performance and monitoring has been considered during the development of the plan. The detail regarding key performance indicators and benchmarking is now being considered with partners and will be defined in the annual action plan.
- 4.4 Equalities and Diversity - An Equality Impact Assessment has been carried out and is attached.
- 4.5 Future Proofing / Exit strategy
The plan will be reviewed on an annual basis. It will be in place until 2028 unless there is a need to refresh the content prior to this time. A detailed annual action plan is being developed, which will be overseen by the Mental Health and Suicide Prevention Partnership.
- 4.6 Health, social care, children's services and public health and other partners who may be affected by the report – Colleagues from health, social care, housing, children's services were involved in the development of the plan.
- 4.7 Key PIs that will be monitored and why
The detail regarding key performance indicators is now being considered with partners and will be defined in the annual action plan.

5 Supporting documents and information

Appendices

Appendix 1: IOW MHWB Plan FINAL for HWB

Appendix 2: MWB Plan EIA

Appendix 3: IOW SP Action Plan May 2023 Final

- It is not necessary to include any works published elsewhere (including legislation, other Committee reports and Minutes), but this may be extremely helpful to anyone reading the report and their inclusion is welcomed.

Contact Point: Sharon Kingsman, Public Health Principal, ☎ 821000
e-mail sharon.kingsman@iow.gov.uk

SIMON BRYANT
Director of Public Health

COUNCILLOR IAN STEPHENS
*Cabinet member for Adult Social Care,
Public Health*