

Health Promotion Service – Project Overview – April 09-March 2010

TITLE	Mental Health Promotion
NATIONAL TARGETS (e.g. Choosing Health, NSFs, National Strategies)	<ul style="list-style-type: none"> • Choosing Health: Making Healthier Choices Easier (DoH 2004) • World Class Commissioning • Foresight Report • The Social Exclusion Unit Report on Mental Health & Social Exclusion (ODPM 2004) • Making it Possible: Improving Mental Health & Wellbeing in England (DoH 2005) • Health & Safety Executive Stress Management Standards • The Disability Discrimination Act (Revised 2005 Act)
EVIDENCE OF EFFECTIVENESS (e.g. NICE guidelines)	<ul style="list-style-type: none"> • Care Service Improvement Partnership (CSIP) Guidelines • NICE Guidelines for Mental Health • Making it Possible • Choosing Health • Essence of Care
AIM(S)	<ol style="list-style-type: none"> 1. To implement the Cornwall & Isles of Scilly Mental Health Promotion Strategy. 2. To provide specialist Mental Health Training for Health Care Professionals/Voluntary & Statutory Services in and around CIOS. 3. To continue to raise awareness and combat the stigma attached to Mental Health issues. 4. To assist in the implementation of the Suicide Prevention Strategy. 5. To evaluate the Well Being Support Program within the county which was developed to deliver a nurse led service that would improve the physical health and well being of the individual with Serious Mental Illness (SMI). 6. To work with other agencies across the county to promote the benefits of physical health on mental health.
OBJECTIVES	<ol style="list-style-type: none"> 1. Complete the mental health promotion strategy 2. Complete the action/work plan in order to implement the strategy 3. Design this years training program for healthcare and education professionals as part of their Continual Personal Development. This years courses are: <ul style="list-style-type: none"> • Occupation for Health • Drug & Alcohol Misuse with Dual Diagnosis • Managing Anxiety • Managing Depression

- Mental Health Awareness
- Mindfulness Taster Days
- Understanding the relationship between substance misuse and mental health
- Stress in the Workplace
- Suicide Awareness

4. Plan this year's World Mental Health Day to raise awareness and reduce stigma.
5. Contribute to the Suicide Prevention Strategy as a member of the working party.
6. To contribute to the steering group for the evaluation of the Well Being Support Project.
7. To contribute to this year's We Can Get Active week of 25 different taster sessions in physical/sporting activities in Penwith and Kerrier. This is our 4th year running and will be held in July.
8. Contribute to the multi-agency Workplace Agenda specifically around Stress at Work.
9. Re-start the Mental Health Promotion (MHP) sub-group of the LIT/MHAIG when the strategy is re-written, with the purpose of:
 - Following the MHP strategy implementation
 - Providing a opportunity for joined up thinking and networking
 - Reporting to the LIT
 - Driving agendas through the LIT
10. Providing a resource service for the Early Intervention Team in line with Essence of Care to give service users lifestyle information and choice.
11. Contribute to the Domestic Violence Forum meetings around the county
12. Hendra Homeless Shelter in Liskeard.
 - Evaluate the use of the Community Swim Pass I developed last year for all residents to swim at Lux Park Leisure Centre in Liskeard for £1.
 - Continue to support and push for a building extension so they can:
 - Have an extra room for social purposes i.e. meeting other residents
 - Meet with health visitors and benefit from learning groups i.e. how to achieve and maintain positive mental health and well being, parenting classes etc.

	<p><i>13.</i> Continue the updating and distribution of the Post Natal Depression Leaflet I designed for the Angela Harrison Charitable Trust that now goes into all 'Red Books' from birth and is endorsed by Midwives in our county.</p>
<p>PROJECT TARGETS</p>	<ol style="list-style-type: none"> <i>1.</i> Mental Health Promotion Strategy & Action Plan: <ul style="list-style-type: none"> • Action plan completed and agreed with LIT/MHAIG • Steering group set up • Evaluation process identified <i>2.</i> Training Program: <ul style="list-style-type: none"> • Identify Trainers • Agree fee's • Secure training facility • Advertise program and booking methods • Engage approx 200 people for courses (excluding World Mental Health Day conference) • Evaluate feedback • Identify next years courses through evaluation <i>3.</i> World Mental Health Day: <ul style="list-style-type: none"> • Decide upon theme • Identify partners • Identify funding <i>4.</i> Suicide Prevention Strategy: <ul style="list-style-type: none"> • Attend all meetings • Link it into Mental Health Promotion Strategy • Identify any training issues • Identify any resource gaps <i>5.</i> Well Being Support Program: <ul style="list-style-type: none"> • Evaluate and audit <i>6.</i> We Can Get Active event: <ul style="list-style-type: none"> • Identify this years stake holders/partner agencies • Identify activities for event • Organise publicity through communications dept. • Identify funding streams • Organise basic mental health awareness training for mentors and leisure centre staff • Publicise for attendees • Aim for 100 plus attendees • Evaluate process <i>7.</i> Workplace Health: <ul style="list-style-type: none"> • Support Steering group • Develop new induction pack and mentor scheme for HPS

	<p>8. Mental Health Promotion Sub-Group:</p> <ul style="list-style-type: none"> • Review stake holders/partners • Review terms of reference, definitions and purpose of sub-group • Meet regularly • Agree targets • Evaluate and review value of meeting <p>9. Early Intervention Team Resources:</p> <ul style="list-style-type: none"> • Meet with team • Agree on resource subjects • Evaluate and review regularly <p>10. Domestic Violence Forum:</p> <ul style="list-style-type: none"> • Meet regularly • Contribute to Domestic Violence Strategy • Incorporate into MHP Strategy <p>11. Hendra Park:</p> <ul style="list-style-type: none"> • Meet with Caradon Housing • Consult with Hendra manager and residents • Needs assessment <p>12. Post Natal Depression Leaflets:</p> <ul style="list-style-type: none"> • Identify how many supplied • Evaluate success of leaflet • Negotiate reprint
<p>ACTIVITIES</p>	<p>1. Mental Health Promotion Strategy & Action Plan:</p> <ul style="list-style-type: none"> • Research services available • Identify gaps • Send out for consultation • Use steering group to push forward and implement <p>2. Training Program:</p> <ul style="list-style-type: none"> • Collect info re. possible trainers to ascertain suitability, experience and value for money • Book room for training • Advertise through postal and internet services and personal mental health network • Contact all delegates with course details and expectations • Audit all feedback through evaluation forms • Research new and existing areas for possible subjects in next years training program <p>3. World Mental Health Day:</p> <ul style="list-style-type: none"> • Identify theme • Co-ordinate meetings and planning processes • Liaise with all partners involved • Publicise and market • Evaluate process

4. Suicide Prevention Strategy:
 - Contribute to the meetings
 - Link in with MHP Strategy and action plan
 - Contribute and oversee implementation of those elements
 - Identify training needs
5. Well Being Support Program:
 - Monitor evaluation and audit process
 - Promote value of training
6. We Can Get Active:
 - Meet regularly
 - Co-ordinate booking line through Health Promotion Service
 - Agree on publicity with communications dept.
 - Secure training for mentors
 - Organise transport service for attendees
 - Meet to evaluate for next years event
7. Workplace Health:
 - Meet regularly with Rachel Marriot (Workplace Development Officer) to update each other
 - Attend alternate meetings
8. Mental Health Promotion Sub-Group:
 - Email and contact possible members
 - Meet up to discuss value and terms
 - Organise regular meeting dates with strict agenda
 - Report to and drive LIT agendas
 - Evaluate value through achievements
9. Early Intervention Team Resources:
 - Meet with teams to design questionnaire for service users to identify what they'd like to know more about
 - Collect and source resources
 - Update Teams with resources
10. Domestic Violence Forums:
 - Attend regular meetings and network with each area
 - Update MHP action plan
 - Influence forum on use of ante-natal service for identifying people suffering domestic violence/abuse i.e. Invite them to supply urine sample at check-up and encourage placing 'sticky dot' on sample bottle if suffering. Follow-up service not in use currently.
 - Highlight need for this service and identify system to implement this service
 - Support distribution of Lypsyl with DV helpline number as barcode

	<p>11. Hendra Park:</p> <ul style="list-style-type: none"> • Meet with Housing Manager • Design plans • Get planning permission • Source funding • Meet with residents • Evaluate value of this room <p>12. Post Natal Depression Leaflets:</p> <ul style="list-style-type: none"> • Meet with stake holders to discuss further funding • Update helpline information • Evaluate distribution and value of resource • Discuss reprint
<p>EVIDENCE (how you will collect the evidence that demonstrates your objectives have been achieved)</p>	<ul style="list-style-type: none"> • Monthly progress meetings with LIT/MHAIG and Whole Life Group • Email communication • Evaluations • Media reporting
<p>DELIVERY PARTNERS and Stakeholders</p>	<p>Health Promotion, Workplace Health Co-ordinator, Local Implementation Team/Mental Health Advisory Implementation Group, CIO SPCT, CPT, Commissioning, Pentreath Ltd, Public Health, Effervescence Theatre Company, Child and Adolescent Mental Health Service, Cornwall Rural Community Council/Mental Health Forums, Rural Community Link Project/Cassul, Early Intervention Teams, Angela Harrison Charitable Trust, Cornwall County Council, Caradon Health Development Group, Caradon Housing, Natural England, Volunteer & Community Sector, Graduate Mental Health Workers, Primary Mental Health Workers, Child & Family Services, Community Safety Partnership, Outlook Southwest</p>