

Health Promotion Service – Project Overview

TITLE	<p style="text-align: center;">Mental Health Promotion</p>
NATIONAL TARGETS / LOCAL PRIORITIES	<ul style="list-style-type: none"> • <i>Cornwall & Isles Of Scilly PCT Strategic Outcomes:</i> <p>6 – Improve mental health and wellbeing and help people with mental health problems to have the same opportunities as everyone else; reduce deaths from suicide</p> <p>9 – Reduce the gap between the people with the best health and those with the poorest, by targeting support where it is most needed.</p> <p>10 – Help needed to live longer and raise life expectancy in Cornwall to match the best levels in Europe</p> <ul style="list-style-type: none"> • <i>Foresight Report</i> • <i>Disability & Discrimination Act 2005</i> • <i>Health & Safety Executive Stress Management Standards</i> • <i>New Horizons</i> • <i>Health & Wellbeing Board, Cornwall & Isles of Scilly</i>
SCOPING	<ul style="list-style-type: none"> • <i>NICE Guidelines</i> • <i>Cornwall & Isles of Scilly Mental Health Promotion Strategy</i> • <i>Cornwall & Isles of Scilly Suicide Prevention Strategy</i> • <i>South West Mental Health Promotion Forum</i> • <i>Cornwall & Isles of Scilly Expert Reference Groups</i>
AIM(S)	<ul style="list-style-type: none"> • To improve the mental health and wellbeing of people in Cornwall & Isles of Scilly • To reduce the rate of deaths by suicide in Cornwall & Isles of Scilly
OBJECTIVES	<p>To raise awareness of the following issues, combat stigma and provide knowledge and skills for participants:</p> <ul style="list-style-type: none"> • Suicide Prevention: • Mental Health Awareness Course: • Stress Reduction in the Workplace Course: <p>To Raise awareness and reduce stigma through World Mental Health Day 2010</p> <p>To promote the benefits of physical activity for mental health, promote inclusion and reduce stigma through the ‘We Can Get Active’ programme of events</p> <p>To provide opportunities for staff to aid mental wellbeing through the Workplace Health programme</p>

	<p>To reduce the rate of domestic abuse incidents in Cornwall; to support victims of domestic abuse; to increase the amount of perpetrators brought to justice by supporting the victim through prosecution by supporting the Domestic Violence Forum</p> <p>To ensure a co-ordinated and consistent approach to mental health promotion by working with the Southwest Mental Health Promotion Forum</p>
<p>PROJECT TARGETS and BEHAVIOURAL GOALS</p>	<ol style="list-style-type: none"> 1. Mental Health Promotion Training Program 2010/2011 Delivery: <ul style="list-style-type: none"> - ASIST – 10 courses with 16 participants per course - Managing Anxiety – 1 course with 16 participants - Managing Depression - 1 course with 16 participants - Mental Health Awareness - 1 course with 16 participants - Mindfulness Taster Day - 1 course with 16 participants - Managing Work Related Stress - 1 course with 16 participants - Drug & Alcohol/Mental Ill-Health - 1 course with 16 participants - Promoting Wellbeing Through Activity - 1 course with 16 participants 2. Suicide Prevention: <ul style="list-style-type: none"> - ASIST – 10 courses with 16 participants per course 3. Mental Health Awareness Course: <ul style="list-style-type: none"> - Approx. 5 courses with 12 participants 4. Stress Reduction in the Workplace Course: <ul style="list-style-type: none"> - Approx. 5 courses with 12 participants 5. World Mental Health Day 2010: <ul style="list-style-type: none"> - Decide upon theme - Identify partners - Identify funding - Identify target audience 6. We Can Get Active: <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 provider staff - Publicise for attendees - Aim for 50 plus attendees - Evaluate process 7. Workplace Health: <ul style="list-style-type: none"> - Support Steering group - Support introduction of induction pack

	<ul style="list-style-type: none"> - Support implementation of mentor scheme for HPS <p>8. Domestic Violence Forum:</p> <ul style="list-style-type: none"> - Meet regularly - Contribute to Domestic Violence Strategy - Incorporate into MHP Strategy <p>9. Southwest Mental Health Promotion Forum</p> <ul style="list-style-type: none"> - Meet quarterly - Approx. 12 members - Work through New Horizons Strategy to implement in our respective areas specifically for me, Cornwall.
<p>THE PROPOSITION</p>	<p>1. Mental Health Promotion Training Program 2010/2011 Delivery:</p> <ul style="list-style-type: none"> - ASIST – 10 courses with 16 participants per course - Managing Anxiety – 1 course with 16 participants - Managing Depression - 1 course with 16 participants - Mental Health Awareness - 1 course with 16 participants - Mindfulness Taster Day - 1 course with 16 participants - Managing Work Related Stress - 1 course with 16 participants - Drug & Alcohol/Mental Ill-Health - 1 course with 16 participants - Promoting Wellbeing Through Activity - 1 course with 16 participants <p>2. Suicide Prevention:</p> <ul style="list-style-type: none"> - To co-ordinate the delivery of Applied Suicide Intervention Skills Training around the county. - 10 x 2 day courses with 16 participants per course. <p>3. Mental Health Awareness Course:</p> <ul style="list-style-type: none"> - To write and deliver this ½ day course internally to Health Promotion staff and externally to companies such as Ginsters and Job Centre Plus. <p>4. Stress Reduction in the Workplace Course:</p> <ul style="list-style-type: none"> - To write and deliver this ½ day course internally to Health Promotion staff and externally to companies such as Ginsters and Job Centre Plus. <p>5. World Mental Health Day 2010:</p> <ul style="list-style-type: none"> - To plan, organise, publicise and evaluate the event for October 10th. <p>6. We Can Get Active:</p> <ul style="list-style-type: none"> - 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 <p>7. Workplace Health:</p> <ul style="list-style-type: none"> - Meet regularly with Rachel Faulkner (Workplace Development

	<p>Officer) to update each other - Attend alternate meetings</p> <p>8. Domestic Violence Forum: - 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.</p> <p>9. Southwest Mental Health Promotion Forum - To co-ordinate a regional delivery of consistent mental health promotion messages.</p>
<p>EVALUATION</p>	<p>1. Mental Health Promotion Training Program 2010/2011 Delivery: - Participant evaluation forms.</p> <p>2. Suicide Prevention: - Participant evaluation forms.</p> <p>3. Mental Health Awareness Course: - Participant evaluation forms.</p> <p>4. Stress Reduction in the Workplace Course: - Participant evaluation forms.</p> <p>5. World Mental Health Day 2010: - Press & media coverage</p> <p>6. We Can Get Active: - Participant evaluation forms.</p> <p>7. Workplace Health: Stress Audit</p> <p>8. Domestic Violence Forum: Domestic Violence Strategy Action Plan/Outcomes</p> <p>9. Southwest Mental Health Promotion Forum Action planning/outcomes</p>
<p>DELIVERY PARTNERS and Stakeholders</p>	<ul style="list-style-type: none"> ● <i>Health Promotion Service</i> ● <i>Public Health</i> ● <i>Cornwall Community Safety Partnership</i> ● <i>Cornwall Council</i> ● <i>Volunteer Cornwall</i> ● <i>Pentreath Ltd.</i>

	<ul style="list-style-type: none">• <i>Somerset; Wiltshire; Bristol; Dorset; Devon PCT's</i>• <i>CIOSPCT</i>• <i>Child and Adolescent Mental Health Service</i>• <i>Cornwall Rural Community Council/Mental Health Forums</i>• <i>Rural Community Link Project/Cassul</i>• <i>Graduate Mental Health Workers</i>• <i>Primary Mental Health Workers</i>• <i>Child & Family Services</i>
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