

# People in Partnership

## Local Mental Health Action Group Minutes



Date & Venue	Thursday 26 <sup>th</sup> September, 10.30am – 1pm at Marlborough House, St. Leonards
Attendees	CL,DB, EF, LT, GH, LE & SL
Organisations attended	Sussex Partnership Foundation Trust (SPFT), Job Centre Plus, East Sussex Recovery College & Southern Water
Apologies	JB, SS, SW, NB-E, DD & CS
Minute Taker	CL

Agenda Point	Minutes	Action/s	Date
Welcome & Housekeeping	<p>CL welcomed the group and gave an overview of the <a href="#">People in Partnership</a> (PIP) project. PIP works to improve mental health provision across the Eastbourne, Seaford, Rother, Hailsham and Hastings localities. PIP works in partnership with external providers on specific projects to provide feedback that can be used to influence key stakeholder &amp; commissioner decision; developing and designing current and future services.</p> <p>CL outlined the aims of the group a) to explore what approach could be used to encourage more young men to access support for mental health and b) to explore what approach we could use to encourage more young people to come forward about their experience of care.</p>		
Service & Volunteer Updates	<p>CL explained that PIP volunteers support the project through attending external/ internal focus groups and events, engaging the local community to provide their feedback on external mental health provision and working closely with key stakeholders and commissioners ensuring that the voices of the local community are heard. CL explained that PIP voluntary roles can be explored to suit the needs/ preferences of the individual. Over the Summer PIP have reviewed training for their volunteers and have offered opportunities for SRs to engage with specific projects such as the <a href="#">#DeclareyourCare</a> campaign.</p> <p><i>PIP are currently in the process of recruiting volunteers; to find out more please visit our website or contact <a href="mailto:michelle.trunchion@southdown.org">michelle.trunchion@southdown.org</a> / 01323 340151</i></p>	CL/MT to continue to engage the wider community in participating in the PIP project through advertising/ attending external and internal services.	Ongoing
Outcomes- July 2019 Local Mental Health Action Groups	In our last Local Mental Health Action Groups PIP asked attendees to identify their top priorities for the NHS moving forward. The NHS have experienced a growing demand in their services. In order to make the NHS sustainable and efficient into the future services need to better utilise resources and ensure that they reflect the needs of the local community. PIP sent their findings to Healthwatch East Sussex for consideration.		

	<p><a href="#">Healthwatch East Sussex</a> were commissioned by NHS England to stimulate public feedback on the <a href="#">NHS Long Term Plan</a>. Findings can be found in their report and are inclusive of feedback generated through PIP.</p> <p>Key themes across all discussions include:</p> <ul style="list-style-type: none"> <li>• People spoke about a ‘more holistic approach’ to care and good examples were given highlighting the need and desire for more personalised care going forward; and</li> <li>• Availability and timeliness of appointments</li> <li>• Being able to see any medically appropriate health professional, whilst recognising the need for continuity of care</li> <li>• More joined up understanding between physical and mental health; and</li> <li>• Communication with patients, staff and organisations</li> </ul> <p>Read the full report here: <a href="#">‘What would you do?’ Healthwatch East Sussex, July 2019.</a></p>		
<p><b>World Mental Health Day (WMHD) 2019</b></p>	<p><a href="#">World Mental Health Day</a> 2019 takes place on Thursday the 10<sup>th</sup> October where the focus will be on Suicide Prevention.</p> <p>PIP will be continuing their work with the <a href="#">East Sussex College Group</a> for this year’s WMHD. PIP have engaged other Southdown services<sup>1</sup> so that we will be able to deliver events across each campus (Eastbourne, Hastings, Ore Valley and Lewes). On the day we’ll be showcasing local mental health provision available in addition to asking young people to participate in engagement activities so that we can gather as much feedback as possible from this cohort.</p> <p>PIP will be attending the Ore Valley Campus to promote support pathways and showcase local mental health provision. In addition we will be gathering specific feedback from young men around their experiences of care, barriers to accessing support &amp; providing feedback. We will also be asking young men what their needs are in terms of local mental health support.</p>		

<sup>1</sup> Information on all our community support services can be found on our [website](#)

	<p>PIP wanted to explore with the community what we could ask young people/ men on WMHD that would help us to identify needs, barriers and experiences at our LMHAGs (Local Mental Health Action Groups) in September.</p> <p><i>If you're a provider who would like to book a table please contact Michelle (Service Manager) for further information- michelle.trunchion@southdown.org / 01323 340151</i></p>		
<p>What approach could be used to encourage more young men to seek support for mental health?</p>	<p>The focus for WMHD 2019 is on Suicide Prevention. PIP recognise that loss of life to suicide is higher among the male population (In 2018 the Office for National Statistics reported 6507 registered suicide deaths in the UK; three quarters of these deaths were among men. <a href="#">ONS</a>, 2018). With this in mind PIP would like to understand how we<sup>2</sup> can work together to prevent suicide and explore what support young men need to prevent future loss of life.</p> <p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>• Education- identifying 'stressors' e.g. transitioning from primary to secondary school</li> <li>• Targeted advertising</li> <li>• Communication</li> <li>• Improving access to services</li> <li>• Influential role models</li> </ul> <p>The group recognised that some stressful situations are unavoidable but can be reduced if identified in advance. Participants agreed that change can cause anxiety and stress for individuals so to be prepared in advance with tools to manage challenging emotions would be helpful. In addition this would support the development of resilience from a young age.</p> <p>Targeted Advertising directed at young men was also suggested as a way of engagement. The group explored places in which information could be shared e.g. male changing rooms, in 'programmes' at events and gyms (inside lockers).</p>	<p>CL/MT to use key themes to generate responses from young people around barriers to providing feedback about the care they've received in the form of a questionnaire which will be distributed on WMHD 2019.</p>	<p>10<sup>th</sup> Oct 2019</p>

<sup>2</sup> Community support services (statutory/ voluntary) / parents/ carers etc.

	<p>Participants recognised that communication can be an issue. Communication was identified as important in the exchange of information and can help us understand situations and people better giving individuals an outlet for their concerns and thoughts. Barriers to communication (busy lifestyles, interruptions etc.) could result in Young Men being unable to express themselves and turn to unhealthy ways in which to cope with emotions/ express themselves; these can be unhealthy (e.g. alcohol, drugs). Participants felt that services could encourage and support communication between care- givers and young men through education; e.g. why and how we communicate. Care- givers could also work with Young Men to identify space for communication in daily routines. Mediation and family therapy were also spoken about however the group recognised the need for these services to be at low cost/ free and efficient.</p> <p>Attendees discussed the issues around young men accessing support and the lack of mental health provision for young people in general. Young men may be anxious about attending drop- in groups/ youth clubs which act as a tool to widen social engagement and increase confidence. Young men may be less likely to approach provision if there isn't support in place for them to do so. Participants suggested that services could do more outreach engagement whereby they attend local schools/ colleges and promote the support they offer. The group accepted that local knowledge of mental health services for young people may be lacking and that services need to continue to work in partnership to ensure young people are aware of the support available to them at times of need.</p>		
<p>What approach could be used to encourage more young people to come forward about their experiences of care?</p>	<p>PIP recognise the value of encouraging as much participation as possible from the wider community to ensure mental health provision is efficient, sustainable and better matched to the needs of the locality in which they deliver support.</p> <p>PIP is currently working with <a href="#">Healthwatch</a> and the <a href="#">CQC</a> on the #DeclareyourCare campaign. The CQC would like to encourage more involvement from under-represented groups of service users in recording their experiences of health &amp; social care provision. Healthwatch have approached PIP to focus on the child and young person's aspect of the campaign; particularly with the view to identify a small group of young people to take part in the campaign.</p> <p>Key themes:</p>	<p>CL/MT to use key themes to generate responses from young people around barriers to providing feedback about the care they've received in the form of a questionnaire which will be distributed on WMHD 2019.</p>	<p>10<sup>th</sup> Oct 2019</p>

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	<ul style="list-style-type: none"> <li>• Approaching services that support young people e.g. iRock, Seeview &amp; Youth Centres</li> <li>• Advertising</li> <li>• Gifts for participation</li> <li>• Promoting the purpose of feedback and what it means for young people</li> </ul> <p>Participants agreed that services should approach young people for feedback where they predominately congregate (e.g. youth clubs, schools/ colleges, shopping centres etc). Participants also suggested using 'role models' to encourage and engage young people to come forward about their experiences (e.g. sports coaches, dress up superheroes at community events).</p> <p>Participants suggested that services could provide small 'gifts' for young person's feedback. Participants acknowledged that services are limited in terms of resources and that this may not always be possible.</p> <p>Participants explored the possibility of educating communities around what good care looks like. Young people may not be clear on what it is they are providing feedback for (in terms of purpose). Young people may also not be able to recognise whether the care they received was good or bad. Participants agreed that young people need to be aware of how their feedback improves/ develops services to increase confidence in sharing personal experiences.</p> <p>Participants recognised that some young people may not want to feedback directly to the services that they're using because they fear that their care may be affected if they're identified. Service users need to feel confident that their feedback is taken forward anonymously. Services can signpost and encourage service users to use anonymous feedback platforms such as People in Partnership or the CQC.</p>		
AOB & Close	No other business		