

People in Partnership

Local Mental Health Action Group Minutes



Date & Venue	Tuesday 10 th September, 10.30am – 1pm at Seaford Baptist Church
Attendees	CL, TM, SR & SM
Organisations attended	Sussex Partnership Foundation Trust (SPFT)
Apologies	ES
Minute Taker	CL

Agenda Point	Minutes	Action/s	Date
Welcome & Housekeeping	<p>CL welcomed the group and gave an overview of the People in Partnership (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 & 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 #DeclareyourCare campaign.</p> <p><i>PIP are currently in the process of recruiting volunteers; to find out more please visit our website or contact michelle.trunchion@southdown.org / 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>Healthwatch East Sussex were commissioned by NHS England to stimulate public feedback on the NHS Long Term Plan. 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"> • 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 • Availability and timeliness of appointments • Being able to see any medically appropriate health professional, whilst recognising the need for continuity of care • More joined up understanding between physical and mental health; and • Communication with patients, staff and organisations <p>Read the full report here: ‘What would you do?’ Healthwatch East Sussex, July 2019.</p>		
<p>World Mental Health Day (WMHD) 2019</p>	<p>World Mental Health Day 2019 takes place on Thursday the 10th October where the focus will be on Suicide Prevention.</p> <p>PIP will be continuing their work with the East Sussex College Group for this year’s WMHD. PIP have engaged other Southdown services¹ 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 & providing feedback. We will also be asking young men what their needs are in terms of local mental health support.</p>		

¹ 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. ONS, 2018). With this in mind PIP would like to understand how we² can work together to prevent suicide and explore what support young men need to prevent future loss of life.</p> <p>Key themes:</p> <ul style="list-style-type: none"> • Direct engagement with young people • Education around signs/ symptoms of ill mental health • Resilience • Challenging Social Isolation/ stigma <p>TM suggested being direct with young people about what they think would help them e.g.; 'what has worked in the past?', 'what could be improved?' and 'what support do young men need to overcome barriers that stop them from accessing help?'</p> <p>The group felt that support services should go to where young people are with the view to engaging more young people to access help if necessary. The group felt that perhaps young men were unlikely to access support because they were required to seek out help which could cause additional anxiety.</p> <p>SR & SM explained that there are still challenges with regards to individuals being able to identify when they are suffering symptoms of ill mental health as opposed to experiencing normal emotional responses to stress/ change/ bereavement etc.</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>10th Oct 2019</p>

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

	<p>Education around signs/ symptoms of ill mental health was discussed as a possible solution to better understanding of emotions.</p> <p>The group suggested that young people could be supported to learn/ explore methods of resilience against stress. In February PIP attended the Eastbourne & Ore Valley campuses of the East Sussex College Group for 'Time to Talk' Day. In this we identified that there could be a link between different stressors and ill mental health. <i>'It could be suggested that there is a link there between social expectations for young men and the pressure to find work/earn money, particularly in an area with large pockets of deprivation'</i> (PIP Time to Talk report, 2019). Attendees felt that individuals have always been exposed to challenging situations over their life cycle but these have changed over time & support services need to acknowledge & respond to these changes.</p> <p>Participants explored how social isolation could be caused for young people where technology has evolved. The group discussed the idea that social media/ email/ text messaging has enabled individuals to engage with society without having to learn/ adopt telephone/ face- to- face communication skills. Where individuals are not able to communicate effectively there is a growing number of individuals who are socially isolated. The internet has enabled individuals to do a number of tasks from home which they would have historically have had to leave the house to complete. One example would be food shopping; where individuals would have had to go out into the community to shop they no longer have to; this reduces the number of opportunities an individual has to practice their social skills. One solution to this would be through education; exploring communication with young people- why is it so important? What does effective communication look like? Providing opportunities for young people to widen their social networks within their community.</p> <p>The group agreed that there is still a lot of stigma and misconceptions around ill mental health and that this discourages young people from seeking assistance³.</p>		
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³ This mirrors PIP findings from Time to Talk Day 2019; the report can be found [here](#)

<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 Healthwatch and the CQC 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 & 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>SM/ SR spoke about the current Sussex Wide Review of Emotional Health and Wellbeing support of Children & Young People that the Sussex Partnership are currently facilitating. The survey that provides a platform for participants to give their suggestions/ feedback is divided into three strands: children and young people, patients and carers & health and care professionals. This review is being administered following the Trusts recognition that there is an ever- increasing demand on child and young person's wellbeing & mental health services. The review reaches a close at the end of September 2019 & the trust predict that they will be able to release their findings in early 2020.</p> <p>Key themes:</p> <ul style="list-style-type: none"> • Feedback platforms where young people are: e.g. schools • Challenging stigma around mental health <p>The group again felt that children and young people may feel more comfortable feeding back about services in a space that they are familiar. Young people may not wish to engage in generic service feedback platforms because they worry that their care may be negatively affected if they challenge the care they have received.</p> <p>Participants felt that society needs to continue to dispel myths around mental health to encourage more individuals to speak out about their experiences.</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>10th Oct 2019</p>
<p>AOB & Close</p>	<p>No other business</p>		