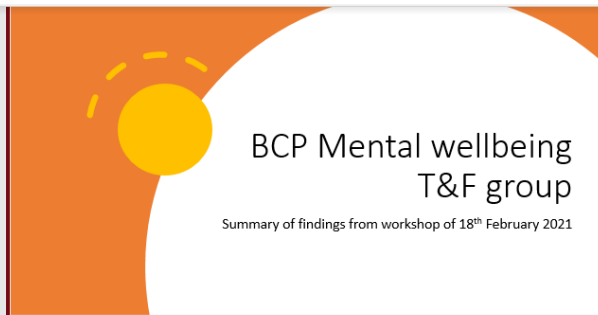
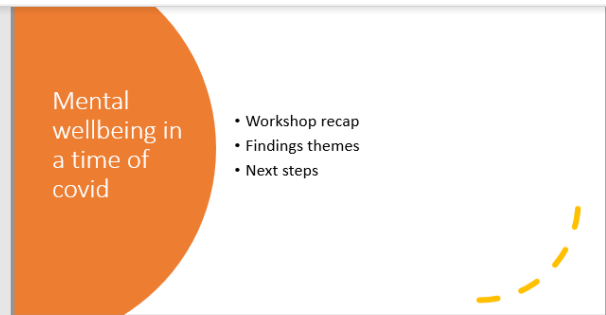


# Appendix 1



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## Workshop key facts

- Held 18<sup>th</sup> February 2021
- Virtual gathering using MS Teams
- 11 participants from range of backgrounds:
  - Community and voluntary sector organisations
  - Education sector
  - Primary care
  - Mental health service providers
- 1.5 hour facilitated workshop
- Two work groups explored how well BCP mental wellbeing supported and how it could be improved
- Workshop method slides included as appendix to this slide deck

## Findings themes (1 of 6) – introduction

- Much to be celebrated
  - In the responses to increased needs
  - Initiatives in place and working well
- But a sense of latent needs surfacing and demands on services ramping up
  - Expecting release of 3<sup>rd</sup> lockdown to lead to sharp increase in needs
  - Concerns around impacts on children and young people
  - Service thresholds getting higher in areas of greatest need
- Strong desire to promote mental wellbeing and for an increased emphasis on consistency / joined up working

## Findings themes (2 of 6) – Key themes

- Joined up working
- Places – working through the lens of where we spend time
- Understanding the landscape – it's time to talk

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## Findings themes (3 of 6) – joined up working

- Examples of good practice shared; but scope for more
- Increased emphasis needed on the 'seams' between services
  - Individuals and professionals are often aware of the medical services and interventions available, but felt that there was a greater need to provide information, advice and guidance regarding the non-medical preventive measures
  - Knowing where to signpost / refer people is challenging
  - Pathways / what's available not always clear particularly to CVS and education based participants
  - PCNs have established links to care homes in their areas, could similar be done with schools?
  - Can we raise awareness of advice and support for wellbeing through themed community events or similar?
- Some find that the services are hard to reach
  - Can we do more to give (vulnerable) groups a greater voice – to listen, and then act on what is said?
  - Do we need to establish how well known local support offers are to the public and wider professionals?

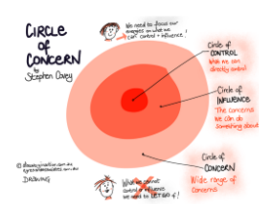
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## Findings themes (4 of 6) – places; working through the lens of where we spend time

- Workplaces
  - Staff wellbeing support in place for hospitals, PCNs, care homes and LA staff
  - Less clear what offers are in place for businesses
  - How can we extend the offers of mental wellbeing training and support to the wider workforce?
- Schools and other educational establishments
  - School based offers to pupils in place / being developed
  - Support to staff less clear
  - Watch and wait ..... Referral need something in the gap!
  - Lots of pressure on staff, at a time when they also need more support
- Notable perhaps by it's absence was mention of the offer to people in their homes / communities
  - Is there scope for community campaigns to raise awareness / normalise and promote help that's available – with emphasis on CVS as trusted partner

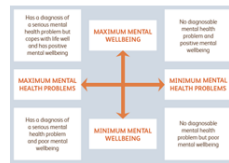
## Findings themes (5 of 6) – understanding the landscape

- This is a broad landscape – where are we (BCP H&WB Board) best focusing?
  - Level 1 – support
  - Level 2 – initial medical diagnosis
  - Level 3 – professional intervention
- And how do we build a shared understanding across our communities of
  - What are the signs of good (and not so good) mental wellbeing
  - What are mental health problems?
  - What help can I get if I have a mental health problem?



## Findings Themes (6 of 6) it's time to talk

- Understanding the landscape – it's time to talk
- Starting where people are at
- Awareness and overcoming stigma
  - Ability to access offers is limited by levels of recognition and / or reluctance to accept
  - Many struggle to ask for help at an early stage
  - Emotional distress poorly understood and often pathologised
  - Challenging limiting norms and raising aspirations
- Community wide themed days to promote mental wellbeing
- Are there tools to help people recognise they might need to take action to boost resilience / seek support?



• <https://blogs.ed.ac.uk/research-bow/mental-wellbeing-and-the-annual-review/>

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## Next steps

- A single workshop begins to scratch the surface, in addition to widening engagement we will need to give consideration to:
  - How we can quantify need
  - The effectiveness of support / interventions (evidence based and / or building)
  - Understanding impacts
- Feedback to workshop participants to enrich report and develop further next steps
- Fuller report (plan for action) to BCP H&WB Board in June

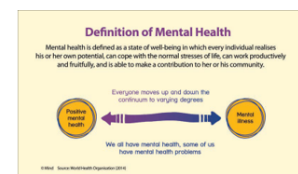
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## Mental wellbeing in a time of covid

- Workshop method

## Aims of session

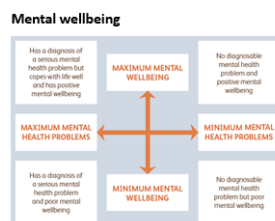
1. To take stock of what's working now
2. To consider issues (and opportunities?) for individuals, families, communities, services arising from (or exacerbated by) the covid pandemic
3. To generate initial ideas on what more needs to be in place to support mental wellbeing across BCP



## Approach

### Workshop sessions

- Blended workshop
  - So hopefully you will all get plenty of opportunities to contribute
  - Combining the notion of a rating scale (from OSKAR coaching method) with café conversations
- On a scale of 0 (the worst possible) to 10 (the best it could be) how would you rate what we have in place in BCP to support mental wellbeing



• <https://blogs.ed.ac.uk/research-bow/mental-wellbeing-and-the-annual-review/>

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## Some considerations



**Be clear about the perspective you are offering:**  
Promoting Mental wellbeing / resilient  
Treat mental ill health  
All ages  
Specific groups  
Setting?



**How can we evidence or understand:**  
Scale of needs  
Impacts of interventions?

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## Workshop session 1

- Introductions and agree scribe and someone to feedback (5 minutes)
- Session 1 – 30 minutes
  - On a scale of 0 (the worst possible) to 10 (the best it could be) how would you rate what we have in place in BCP to support mental wellbeing
  - What is it that leads to giving that score (focus on what's working)
- Gather your thoughts – quiet time – take some notes please so you can share the detail (5 minutes)
- Share café conversation style
  - 1-2 minute each to share your responses (5\*2 = 10 minutes)
  - A further round reflecting on your responses in light of others comments (5\*2 = 10 minutes)
  - Agree key points for plenary (5 minutes)

## Plenary 1

- Feedback from the two groups
  - 5 minutes per group
  - A flavour of the conversation and key points made

## Workshop session 2

- Session 2 – 30 minutes
  - What would it take for you to give a 10 (focus on what more needs to be in place)
- Gather your thoughts – quiet time – take some notes please so you can share the detail (5 minutes)
- Share café conversation style
  - 1-2 minute each to share your responses (5\*2 = 10 minutes)
  - A further round reflecting on your responses in light of others comments (5\*2 = 10 minutes)
  - Agree key points for plenary (5 minutes)

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## Plenary 2

- Feedback from the two groups
  - 5 minutes per group
  - A flavour of the conversation and key points made

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