



Promoting Good Mental Health Action Plan

Introduction

Aberdeen City Health and Social Care Partnership are developing a strategic vision to promote Good Mental Health within Aberdeen City. The Strategic Vision has been through a consultation process and the following actions have been developed in conjunction with a range of partners. The finalised actions will form part of our Strategic document, known as a Delivery Plan.

The Plan

The actions detailed below have been developed with support from various partners, organisations and individuals who have experience of using our service. The process involved a range of workshops across Aberdeen city locations and also took account of the comments provided from the consultation on our Strategic Vision.

The action plan is based around the 5 Strategic Aims:

Prevention - *People are supported to enjoy the best possible mental health and wellbeing*

Self-management - *People who experience poor mental health are supported to self-manage in their communities*

Recovery - *People who experience mental illness are supported throughout their recovery*

Dignity and Rights - *Support provided respects the dignity and rights of the individual*

Support for Carers - *Carers of people with poor mental health will be supported to be equal partners*

Success

Within the finalised delivery plan, it is important to see how success will be achieved and who will be involved in ensuring this happens.

The Mental Health Partnership Group is an established group made up of representation from Mental Health Care Providers, General Practice, Public Health, Police, Housing, Social Work and Third Sector (such as ACVO and Penumbra). This group will hold accountability for the delivery plan and seek to ensure all actions are progressed.

Actions

The actions below are in draft and may be amended following consultation and be presented in a different format within the finalised strategic statement.

Aim colours represent:

Prevention	Self-Management	Recovery	Dignity and Rights	Support for Carers				
No.	Action	When	How will we know it's working	1	2	3	4	5
1	Explore the creation of mental health link workers to provide single point of contact for people that are concerned about their mental wellbeing.	By March 2021	Citizens report improved access to information and appropriate services/support.					
2	Promote use of electronic information tools to better inform of wellbeing focused activities and groups available within localities.	2020 onwards	Citizens report improved access to information and appropriate services/support Information will be up to date and comprehensive.					
3	Jointly with our Partners (i.e. Police, Third Sector, Housing etc) to review service delivery, current resources and future needs.	2020 onwards	Improved planning future shape of services/ resources better meeting the need. Review complete & recommendations identified.					

No.	Action	When	How will we know it's working	1	2	3	4	5
4	Work with Locality Engagement Groups (information/local support) to ensure local needs are addressed as well as possible within resources.	2020 onwards	Locality priorities identified and met within resources available.					
5	Establish clear links between partners who have a responsibility for Children and Young People's Mental Health (transition/early intervention)	2020 onwards	Transitions are well managed for individuals moving from one part of the pathway to another. Early intervention with young people being supported.					
6	Review Discharge Planning to enhance transition between hospital and home/other care settings.	2020 onwards	Transitions will be successful due to good communication & involvement with all parties.					
7	Contribute to local Digital & Technology focused work streams to provide efficient alternative treatment options. (e.g. attend anywhere)	2021 onwards	Alternative treatment options in place to give citizens a degree of choice to meet their needs.					
8	Work towards Aberdeen becoming a 'Trauma Informed City'	2021 onwards	Staff, partner agencies and appropriate members of the community (ie. Teachers, Taxi Drivers, hairdressers etc) have undertaken Trauma Informed Training.					
9	Recognise, optimise and support the valued role of Carers within MH Services.	2020 Onwards	Carers feeling listened to and involved in their family members care.					
10	Enhance method of engagement with individuals and carers as equal partners in care to ensure continuous improvement.	March 2020 onwards	Receive regular feedback and use information to improve services.					

No.	Action	When	How will we know it's working	1	2	3	4	5
11	Promote knowledge and use of Advanced Statements to improve care and treatment. https://www.mwcscot.org.uk/law-and-rights/advance-statements	March 2020 onwards	Percentage increase in recorded Advanced Statements.					
12	Review & promote existing “know who to turn to’ information on Mental Health and Wellbeing. https://www.know-who-to-turn-to.com/	By March 2021	Increased hits to “Know who to turn to” website.					
13	Citizens have access to a truly integrated pathway (i.e. not bounced between services)	2021 onwards	Citizens report Improved coordination between services, including support for people with co-morbidity (i.e. Dual diagnosis)					
14	Embed a human rights approach within supports and services, advancing peer support and the voice of people with lived experience.	2020 onwards	Services and service developments being influenced and informed to a much greater extent by those with experience.					