

Initial Outcome Proposal to the East Suffolk Community Partnership Board – FY2023/24

(Stage 1 Proposal)

1. Name of Project/activity that will deliver the outcome(s)

Suffolk Mind 'The Comprehensive Toolkit' courses in two East Suffolk CP areas

2. Key outcome(s)

- Improved mental health and wellbeing in East Suffolk communities
- Increased confidence in supporting people who are struggling with their mental health and wellbeing

3. How has the need been identified?

In 2022 the Board approved the 'Well Minds East Suffolk' project and invested just over £122k of funding over two financial years to support a range of projects including free places for East Suffolk Schools on a mental health focused Theatre in Education programme, free places for VCFSE organisations and youth services on the Suffolk Mind 'The Essentials' training and funding for Communities Together East Anglia to run Cuppa and Chat sessions.

The programme was a real success and some of these initiatives have continued, funded through the Emotional Needs Audit programme (SCC).

However it is clear that there is still significant unmet need within East Suffolk communities amongst all age groups –

- Higher levels of depression than the national average amongst patients at 8 (of 25) GP surgeries in East Suffolk
- Rates of emergency hospital admission for intentional self-harm are statistically higher than the England average
- In 2023, 1 in 5 young people (8-25) had a probable mental health disorder and urgent referrals to mental health crisis teams from this age group were three times higher than 2019
- Suicide is the second highest cause of death in 15–24-year-olds

At its meeting in September 2023, Board members received a presentation on Inequality in East Suffolk and then voted to identify the top priorities for action in terms of 'Tackling Inequalities'. Mental Health and Wellbeing was voted the top priority, although it is already a Board priority in its own right.

At the December 2023 Board meeting, the Board approved an outcome proposal which included £25,000 of funding for Mental Health and Wellbeing, including the production of a Well Minds East Suffolk booklet to highlight sources of information, advice and support, work with the SCC Behavioural Insights team to encourage people to look after their own mental health and wellbeing and projects to promote better sleep. However it is clear that more needs to be done to meet the significant levels of unmet need in East Suffolk.

4. Who will benefit from the outcomes?

The main beneficiaries from this project will be:

- Community groups and voluntary organisations supporting people struggling with their mental health and wellbeing
- Individuals struggling with their mental health and wellbeing
- Residents in the Aldeburgh, Leiston, Saxmundham and Villages and Beccles, Bungay, Halesworth and Villages Community Partnership areas

5. How will the outcomes(s) be sustained after the funding period (if appropriate)?

Further courses could be run in the target/other CP areas if funding can be secured from other sources – this could include Councillor Enabling Communities budgets or external funding.

6. Brief description of the project / activity that will deliver the outcome(s).

The proposal is to fund Suffolk Mind to deliver their Comprehensive Toolkit training to 12 delegates in both the Beccles, Bungay, Halesworth and villages Community Partnership area and the Aldeburgh, Leiston and Saxmundham and villages Community Partnership area (24 delegates in total).

The package offered by Suffolk Mind in each area includes:

1. The **Comprehensive Toolkit training** – face to face training at a venue in each Community Partnership area. This is aimed at individuals needing extra help and the training consists of eight core modules delivered over four full days and three half days. The Comprehensive Toolkit provides attendees with an in-depth understanding of mental health, the challenges people face, and why. Alongside this knowledge, Suffolk Mind teach effective tools and strategies delegates can practise. In turn, they will be able to confidently support someone, and enable them to meet their needs

The Comprehensive Toolkit

Delegates must commit to attending all 8 sessions

<p>Session 1 The Essentials</p> <p>Introducing the Mental Health Continuum; understanding innate emotional needs and resources; the three barriers to securing good mental health; gain the essential knowledge that underpins emotional wellbeing.</p>	<p>Session 2 How to Work Effectively with the Human Brain</p> <p>Four points of intervention when planning a strategy; unconscious patterns in the brain; understanding fight- or-flight; the language of emotion; the stress response; the relaxation response; the 3 'P's'; challenging negative thinking and self-talk. Maximise the effectiveness of your interventions with up-to-date knowledge.</p>	<p>Session 3 Understanding the Mental Health Continuum</p> <p>Understanding the Mental Health Continuum in depth; gain knowledge of the signs, symptoms and medication; dispel myths and unhelpful beliefs; understand the overlap between mental health conditions. Gain profound insights about the mental health continuum and the REM State.</p>	<p>Session 4 Effective Communication</p> <p>Understanding the language of distress; reflective listening and mastering the three reframes; pacing and mirroring; protecting your wellbeing from the effects of negative language unpacking abstractions; solution focused language; separating people from their problems. Help the most 'stuck' clients find the positive in every situation.</p>
<p>Session 5 RIGAAR Workbook</p> <p>Bring your skills together into a coherent model; learn the framework to stay focused with the most challenging clients; fine-tune rapport building skills; gather concrete information to boost change; set collaborative goals which meet needs; access your client's hidden resources; agree strategies which boost motivation for change.</p>	<p>Session 6 Understanding Suicide and Self-harm</p> <p>Use the emotional needs and resources model to understand suicide and self-harm. Learn how you can offer support and act to keep people safe. Look at the links between suicide and self-harm and identify common misconceptions. Build your confidence in talking about and responding to suicide and self-harm. Reflect on your own self-care.</p>	<p>Session 7 The Cycle of Addiction</p> <p>The relationship between mental health and addiction; the three components of any successful strategy to overcome addiction; reward and punishment mechanisms in the brain; the motivational cycle of change; the addictive component of self-harm and eating disorders; why self-medicating is so prevalent.</p>	<p>Session 8 Ethics and Wellbeing</p> <p>Why ethical practice is rooted in emotional wellbeing; what an emotionally healthy organisation looks like; the role of pattern-matching and perception in shaping culture; the two types of context-blindness in organisations and how to avoid them. Protect your organisation from context-blindness and toxic attitudes.</p>

2. Ongoing personal development - **Mastering Skills**, which are reflective group sessions. It is recommended that delegates do this quarterly after completing The Comprehensive Toolkit, to keep up to date with skills and best practice, etc
This is available to anybody that has completed The Comprehensive Toolkit. People are able to discuss issues they're facing, and problem solve using the Emotional Needs Approach as well as build confidence and resilience. Each delegate that completes the Comprehensive Toolkit is entitled to 1 free place on the Mastering Skills workshop. Subsequent sessions will be charged for. Alternatively, delegates can attend the open sessions
3. A free Effective Practitioner Network

Start and End dates: April 2024 start date, training delivered by September 2024

7. Who is involved?

Who is involved in developing this outcome proposal?	East Suffolk Council Councillors and Officers have worked with Suffolk Mind to develop this proposal.
Who will deliver the project/activity?	Suffolk Mind
Name of East Suffolk Community Partnerships Board Member supporting the project:	Caroline Topping, Chair (Temporary), Beccles, Bungay, Halesworth and Villages Community Partnership

8. Give information about match funding here:

Source of match funding:	Funding confirmed?	Amount (£)
Aldeburgh, Leiston, Saxmundham and Villages CP	N	£2,000
Beccles, Bungay, Halesworth and Villages CP	N	£2,000

Total project / activity cost	£22,000
Total of confirmed match funding	£4,000
Total amount of Strategic funding required	£18,000

*** plus the funding available through individual Community Partnership for aligned projects and through the CP Board for the Well Minds East Suffolk programme (£18,000)**

9. Identify where the Community Partnership Board Strategic Budget will be spent:

Description of activity or item (by who and by when where appropriate)	Cost (£)
See above – on delivering two face to face courses – one in each Community Partnership area	£18,000
Total	£18,000

10. How will the project / activity be monitored, and outcomes reported (including project risks)?

A report will be produced by Suffolk Mind at the conclusion of the training (including numbers) and then after six months.

The outcomes and impact of this training will be compared with the Mental Health First Aid training commissioned by Lowestoft Rising for the Lowestoft area as part of the COMF funded Emotional Needs Met programme.

Community Partnership Board Member Declaration:

I confirm that I support this proposal:

Name: Caroline Topping, CP Board Chair and interim Chair of Beccles, Bungay, Halesworth CP

Signature:

Date:

Lead Organisation Declaration:

I am authorised and eligible to sign and approve this proposal on behalf of the lead organisation and declare the information included in this proposal is true and accurate.

By signing below, the information you have supplied is being collected to allow us to process your application. By completing this form, you consent to East Suffolk using your information in this way.

I understand that in the assessment of this proposal the Council may share information contained within it, with other core funders for funding programmes we have applied too, relevant Council directorates and committees. If you do not provide your consent, we will not be able to process this proposal.

Your information will not be used for any other purpose unless we obtain your consent or unless permitted by law.

Due to corporate retention requirements for financial information, your information will be retained for 7 years. You can request that your information is deleted at any time.

Data will be processed and held securely and in accordance with the UK General Data Protection Regulation and the Data Protection Act 2018 (and any updates).

Further information about data protection and the full Communities Team privacy notice can be found on the East Suffolk Website <http://www.eastsuffolk.gov.uk/assets/Your-Council/Access-to-Information/Privacy-Notices/Communities-Privacy-Notice.pdf>

Please enter your name below only if you agree to be bound by the terms set out in this form. We will treat this as your signature of the form.

Full Name: Nicole Rickard

Signature:

Date:

Please submit this proposal to the Funding Team at grants@eastsuffolk.gov.uk Hard copies can be submitted and returned to: Funding Team, East Suffolk Council, East Suffolk House, Station Road, Melton, Woodbridge, IP12 1RT.