

<b>Subject</b>	<b>Towards a Mentally Flourishing Ayrshire &amp; Arran Action Plan</b>
<b>Purpose</b>	<b>To present a final draft of ‘Towards a Mentally Flourishing Ayrshire &amp; Arran’ Action Plan</b>
<b>Recommendation</b>	<b>That the CHP provide comments on the Action Plan and agree the implementation process</b>

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## **1 Background**

- 1.1 The ‘Towards a Mentally Flourishing Ayrshire & Arran’ (TAMFA&A) strategy was approved by the NHS Board in October 2009 and a summary of the strategy was presented to the CHP Committee in March 2010. The Committee then agreed to support the development and implementation of a local action plan.
- 1.2 A stakeholder event was held on 25<sup>th</sup> March at which three local vulnerable groups were identified as priorities for the first two years of the action plan. These are:
- Looked after and accommodated children and young people
  - People with learning disabilities and their families/carers
  - Prisoners and families

## **2 Current situation**

- 2.1 The CHP Committee requested an update on progress in respect of the development of an action plan to support delivery of the strategy.
- 2.2 The NHS Ayrshire & Arran Public Health Leadership group have led the development of an action plan that incorporates the agreed priority vulnerable groups for East Ayrshire.
- 2.3 The Community Planning Partnership has agreed that the next residents survey will include the Warwick Edinburgh Mental Wellbeing Score (WEMWEBS) in order to benchmark and monitor mental wellbeing.

### **3 Proposals**

- 3.1 The Public Health Leadership group propose to host two seminars a year that will provide wider stakeholders with the opportunity to contribute to, and report progress on, the action plan. The first of these seminars will be held in November/December 2010 and will focus on the development of logic models so that the relationship between activities and outcomes is clearly demonstrated.
- 3.2 The CHP provides the implementation framework for the delivery of the action plan

### **4 Consultation**

The action plan has been developed in partnership with a wide range of stakeholders beginning with the event on 25<sup>th</sup> March 2010. The Mental Health and Learning Disabilities group has actively contributed and the following groups have also been consulted:

- CHP Forum
- Officer Locality Groups (Adults and Children & Young People)
- CP Joint Officers Group (JOG)
- Public Partnership Forum (PPF)
- Mental Health Reference Group

### **5 Resource implications**

- 5.1 The action plan will be implemented within existing resources

### **6 Recommendations**

- 6.1 That the CHP committee provide final comments on the draft action plan.
- 6.2 That the CHP committee agrees the implementation of the action plan through the Officer Locality Groups and the Mental Health and Learning Disabilities Partnership

Cathy Roarty  
(September 2010)

# **Towards a Mentally Flourishing Ayrshire and Arran**

## **Local Action Plan Final Draft**

**2010-2012**

## Vision

'The healthiest life possible for the people of Ayrshire and Arran through mental health promotion and prevention of mental illness.'

## Aims

- To improve the mental health and wellbeing of the local population
- To support and maintain good mental health in the local population by addressing the range of issues that affect mental wellbeing
- To prevent mental illness by reducing risk factors and increasing protective factors especially for people already vulnerable
- To improve the quality of life for people living in Ayrshire and Arran who already experience mental health problems.

## The Public Health Working Group

This group consists of staff from the Public Health Department who have a remit for mental health and wellbeing and were tasked with taking forward the strategy post consultation within the three localities. As part of this work the group aligned Ayrshire & Arran's local strategy to the national strategy *Towards a Mentally Flourishing Scotland*. A Stakeholders Event was held in March 2010 that launched *Towards a Mentally Flourishing Ayrshire and Arran (TAMFA&A)*. This allowed partners and members of the public to take ownership of the local strategy and be involved in the process of developing action plans for their locality whilst identifying specific vulnerable groups they wished to address over the next two years. The Public Health Working Group will continue to drive forward the strategy and engage with relevant organisations and groups to adopt and implement the action plans as well as continue engagement with the public in regards to TAMFA&A both by using the existing structures that are in place and through regular stakeholder events and updates.

## Future Development

NHS Health Scotland has recently produced an Outcomes Framework for Mental Health Improvement. The framework identifies key mental health improvement outcomes and outlines activities which may be carried out to achieve them based on evidence (where available) or plausible theory. The Public Health Working Group has begun to explore how this resource can be used to support Community Planning Partners across Ayrshire and Arran to adopt an outcome focused approach to mental health improvement and will form the basis of engagement work over the coming year. A diagram illustrating the hierarchy of mental health improvement outcomes in the framework is attached at Appendix 2 for information. The mental health interfaces for TAMFA&A are demonstrated by the diagram in Appendix 3.

## 1a UNIVERSAL APPROACHES - MAINSTREAMING MENTAL HEALTH IMPROVEMENT

### OUTCOMES

- Mental health and wellbeing is integrated across NHS Ayrshire and Arran's Directorates and incorporated throughout all working strands of the Public Health Work programme as a Public Health priority
- Mental health and wellbeing is included in local Single Outcome Agreements and Community Health Partnerships and is explicitly included in all plans which are targeted at specific population groups such as the Child Health Strategy, Integrated Children's Service Plans and Older People's Plans.

LOCAL ACTION TO BE UNDERTAKEN 2010- 2012 (OUTPUTS)	OUTPUT INDICATOR (EVIDENCE)	BY WHOM	BY WHEN
Community Planning Partners (CPP) formally commit to improving and maintaining the mental health and wellbeing of the population of Ayrshire and Arran by reflecting this need within Single Outcome Agreements (SOA)	Mental health and wellbeing included within all three SOAs	CPP Board	March 2011
The Officer Locality Groups for Adults and for Children & Young People take responsibility for the implementation of action plans for <i>Towards a Mentally Flourishing Ayrshire and Arran</i>	Action plans implemented	Adult and Child Officer Locality Groups	March 2012
The Mental Health Partnerships commit to having mental health promotion and prevention as part of their agenda and will implement relevant sections of the action plan	Mental health promotion and prevention identified and incorporated within work plans for the Mental Health Partnerships	Mental Health Partnerships	March 2012
A Public Health group leads and supports all partners in the implementation of <i>Towards a Mentally Flourishing Ayrshire and Arran</i>	Public Health Working Group established Leadership provided	Public Health Department	March 2012
Mental health and wellbeing is integrated across NHS Ayrshire & Arran Directorates - Maternity, Primary Care, Older People, Long Term Conditions, A&E and Mental Health Services	Action plans produced for maternity, primary care, long term conditions and mental health services	Public Health Working Group and NHS Directorates	March 2012

## 1.b UNIVERSAL APPROACHES - MENTAL HEALTHLY INFANTS, CHILDREN AND YOUNG PEOPLE

### OUTCOMES

- Early years parenting programmes (provided by any of the statutory agencies) have an explicit section on attachment and infant mental health
- In working towards being Health Promoting Establishments, nurseries, primaries, SEN and secondary schools adequately address emotional wellbeing
- The Officer Locality Groups for children ensure that universal services, including education meet the guidelines for mental wellbeing described in '*The Mental Health of Children and Young People: A Framework for Promotion, Prevention and Care (FPFC)*'.

LOCAL ACTION TO BE UNDERTAKEN 2010- 2012 (OUTPUTS)	OUTPUT INDICATOR (EVIDENCE)	BY WHOM	BY WHEN
Establish Infant Mental Health Group and develop a work plan	Group established Work plan developed	Public Health and Primary Care	March 2011
All education establishments maintain Health Promoting School status where applicable and are implementing the health and wellbeing curriculum within Curriculum for Excellence which includes the organiser for mental, emotional, social and physical wellbeing	Mental health and wellbeing activity can be evidenced through Health Promoting Schools and Curriculum for Excellence	Children & Young People Officer Locality Group	March 2012
Provide training for early years, social work and education staff through the CPD programme on mental health and wellbeing and mental health problems	Staff training delivered	Choose Life, Penumbra, Health Promotion Team	March 2012
Review and support the development of early years parenting programmes and incorporate section on attachment and infant mental health	Mental health and wellbeing focus evident in parenting programmes	Infant MH Group	Dec 2012

## 1.c UNIVERSAL APPROACHES - MENTALLY HEALTHY WORKPLACES (Employment and Working Life)

### OUTCOMES

- Workplaces are committed to improving the mental health and wellbeing of staff within their organisation.
- Those who are at risk of unemployment and redundancy or recently been made unemployed and those furthest from the labour market are supported to take positive steps to improve their mental health and wellbeing.

LOCAL ACTION TO BE UNDERTAKEN 2010- 2012 (OUTPUTS)	OUTPUT INDICATOR (EVIDENCE)	BY WHOM	BY WHEN
Community Planning Partners, as employers, conduct a review of policies practices and services and implement findings to support the mental health and wellbeing of staff	Reviews complete Evidence of improvement in mental health and wellbeing of staff	CPP Boards	March 2012
Development of volunteer policies, risk assessment and support material for staff and volunteers.	Volunteer policy and support materials developed and implemented	CPP Boards	March 2012
Raise awareness of the links between work and mental health and wellbeing across NHS, Social Care and Housing	Training delivered	Work, Health and Wellbeing group	March 2012
Ensure support, information and advice is targeted at those at risk of unemployment and redundancy, those who have recently been made unemployed and those furthest from the labour market	Proactive support mechanisms in place to support those at risk of or experiencing unemployment	Work, Health and Wellbeing group	March 2012
Community Planning Partners develop and implement initiatives to support unemployed people into work including 'Get Ready for Work' targeting the More Choice More Chances population; Skills Academy pre-employment training and the Future Jobs Fund	Wide range of employability initiatives in place across Ayrshire and Arran	CPP Economic & Learning /Development Groups	March 2012
As part of the Healthy Working Lives (HWL) award programme workplaces to adopt mental health and wellbeing initiatives and progress to achieving the HWL Commendation Award for mental health and wellbeing	Number of workplaces with HWL Commendation Award for Mental Health and Wellbeing	Workplaces across Ayrshire & Arran HWL team	March 2012
A new staff health recognition scheme is piloted with small workplaces	Small workplaces staff health recognition scheme in place	Small workplaces and HWL Team	March 2012

## 1.d UNIVERSAL APPROACHES - MENTALLY HEALTHY COMMUNITIES

### OUTCOMES

- Build on good practice to develop community cohesion further including the implementation of new projects where there are identified gaps.

LOCAL ACTION TO BE UNDERTAKEN 2010- 2012 (OUTPUTS)	OUTPUT INDICATOR (EVIDENCE)	BY WHOM	BY WHEN
Through an evaluation pilot support community development programmes to include / recognise the impact of mental health and wellbeing	Evaluation tool which captures mental health impacts on communities piloted	PH Working group	March 2012
Develop projects that reinforce the links between mental health and wellbeing, the physical environment and use of green space e.g. green gyms	Projects developed	Locality teams	March 2012
Increase opportunities for social prescribing within communities	Social prescribing opportunities increased	Locality teams	March 2012
Target mental health and wellbeing self help, support and activity towards deprived areas e.g. Steps for Stress, Wellness Recovery Action Planning (WRAP), Managing Your Wellbeing (MYWB)	Programmes delivered	PH/HP team	March 2012
Implement anticipatory care programmes to those at greatest risk of poor health e.g. Keepwell health checks and physical health checks for people with enduring mental health problems	Anticipatory care programmes delivered	Primary care staff	March 2012
Target programmes that promote healthy lifestyle behaviours to those communities in greatest need	Healthy lifestyle programmes delivered	CPPs	March 2012

## 2.0 LOCAL PRIORITIES

See Appendix One for local priorities

## 3.0 NHS SERVICES

### OUTCOMES

- Recommendations in *Infant Mental Health: a Guide for Practitioners* are implemented
- Patients in long-term care access services and opportunities to improve their physical wellbeing
- Primary care staff have ready access to information on resources available in local areas to signpost people (for example debt counselling, relationship counselling, lifestyle counselling, independent advocacy and welfare rights)
- Staff working with people who have long term conditions have access to advice from skilled mental health staff.

LOCAL ACTION TO BE UNDERTAKEN 2010- 2012 (OUTPUTS)	OUTPUT INDICATOR (EVIDENCE)	BY WHOM	BY WHEN
The Infant Mental Health group leads the implementation of <i>Infant Mental Health: a Guide for Practitioners</i>	Action plan implemented	IMH group	March 2012
The physical health needs of people with severe and enduring mental health problems are addressed	Physical health assessments conducted and care pathways established	Physical Health and Mental Wellbeing Group	March 2012
Pilot Health & Wellbeing Advisors posts in GP practices in relation to mental health and wellbeing	Pilot complete	H&WB advisors	March 2011
Primary Care and Specialist staff working with people who have Long Term Conditions should have access to consistent and appropriate information on support/self-help groups from Mental Health Staff	Appropriate information, guidance and referral protocols are in place	Mental Health Teams LTC Collaborative HP resources team	March 2012

## 4.0 CAPACITY BUILDING

### OUTCOMES

- All mental health and wellbeing training is organised, co-ordinated, available and accessible.

LOCAL ACTION TO BE UNDERTAKEN 2010- 2012 (OUTPUTS)	OUTPUT INDICATOR (EVIDENCE)	BY WHOM	BY WHEN
Map Mental Health and Wellbeing training (from promoting mental health to suicide prevention) to determine adequate training provision and trainers across Ayrshire and Arran	Menu of training in place that supports the strategy	Public Health Working Group	March 2011
Develop and deliver Mental Health and Wellbeing and Mental Health Improvement training programmes (including Promoting Mental Health Improvement – Raising Awareness, WRAP, Managing Your Wellbeing) that are sensitive to the needs of a broad range of target groups	Training programmes developed and delivered	CPPs	March 2012
Develop a training the trainers for Managing Your Wellbeing to allow for dissemination of the training model of mental health and wellbeing	Training for trainers programme in place	NHS Health Scotland/Health Promotion	March 2012
Develop, promote and deliver suicide prevention training calendar	Training menu and calendar developed and promoted	Mental Health Partnerships	March 2012
Develop and deliver training course to help carers and care support workers to acknowledge, identify and react to changes in the emotional and mental wellbeing of people with learning disabilities	Training programme developed	Change Fund Team and LDS	July 2011

## 5.0 REDUCING STIGMA

### OUTCOMES

- Reduce stigma associated with mental health problems
- Equality of opportunity, equal rights and social inclusion exist for people with mental health problems.

LOCAL ACTION TO BE UNDERTAKEN 2010- 2012 (OUTPUTS)	OUTPUT INDICATOR (EVIDENCE)	BY WHOM	BY WHEN
Develop an action plan that progresses the work of 'see me' locally and supports the signing of the 'see me' Pledge	'see me' pledge signed and actions met	The Ayrshire Anti-Stigma Group	Dec 2010
Deliver messages about stigma through local radio stations and other media outlets	Media messages broadcast	The Ayrshire Anti-Stigma Communication Sub Group	March 2012
Deliver national initiatives locally	National initiatives delivered	The Ayrshire Anti-Stigma Workplace Sub Group	March 2012
Deliver stigma related workshops within a variety of settings	Workshops delivered	The Ayrshire Anti-Stigma Group	March 2012
Pilot the 'Positive Mental Attitudes' resource pack in relation to anti stigma work in secondary school with potential roll out pending evaluation	Positive mental attitudes pack delivered, evaluated and potentially rolled out	The Ayrshire Anti Stigma C&YP sub group	March 2012

## 6.0 USER INVOLVEMENT

### OUTCOMES

- All action plans and strategies demonstrate user involvement

LOCAL ACTION TO BE UNDERTAKEN 2010- 2012 (OUTPUTS)	OUTPUT INDICATOR (EVIDENCE)	BY WHOM	BY WHEN
Complete an evaluation of the impact on mental health and wellbeing of people involved in NHS user involvement groups listed:  PPF, Primary Care Reference Group, Mental Health Reference Group, Anti-Stigma Group, Advocacy, Community Federation & CVO	Evaluation complete and evidence on impact available	Public Health Working Group	March 2012
Use existing mechanisms such as Mental Health Public Reference Group, Public Health Partnership Forums and Residents Panels to elicit the views and contributions of community members in relation to TAMFA&A	Mechanism for community involvement in TAMFA&A established	PPFs  CPPs	March 2012

## 7.0 MONITORING & EVALUATION

### OUTCOMES

- Selected Population Mental Health Indicators are in use locally.
- Mental health and wellbeing indicators are included in NHS Ayrshire and Arran Performs
- Evidence base is available which measures the impact of local actions on the mental health and wellbeing of target populations.

LOCAL ACTION TO BE UNDERTAKEN 2010- 2012 (OUTPUTS)	OUTPUT INDICATOR (EVIDENCE)	BY WHOM	BY WHEN
Identify and select a suite of local indicators from the national Population Mental Health and Wellbeing Indicators for adults	The indicators are recorded on the Health Improvement performance management system	Public health working group	March 2011
Include WEMWBS in CPP Peoples Panel Survey in South and North Ayrshire and within the Residents Survey in East Ayrshire	Biannual survey report	CPP	March 2012
Gather QOF data for Depression and Anxiety	Data gathered	Planning and performance	March 2012
Gather data on self reported health, volunteering, neighbourhood safety, perception of crime in relation to mental health and wellbeing	Data gathered	CPP	March 2012
Work with partners nationally to progress the development of mental health and wellbeing indicators for children and young people and identify those for use locally	Indicators for children and young people agreed	Public health working group	March 2012
Develop monitoring and evaluation tools for projects and programmes to measure impacts on mental health and wellbeing	Tools developed and in use	Public health working group and partners	March 2012

## APPENDIX ONE

### LOCAL PRIORITIES

## **2. EAST AYRSHIRE TARGETED SUPPORT FOR VULNERABLE GROUPS – VULNERABLE CHILDREN & YOUNG PEOPLE INCLUDING LOOKED AFTER & ACCOMMODATED CHILDREN**

### **OUTCOMES**

- Children and young people within the looked after and accommodated care system in East Ayrshire are targeted with specific action to deliver early interventions that support their needs and improve their mental health and wellbeing
- Local volunteering strategies create the link between volunteering and improving mental health and wellbeing particularly among vulnerable groups.

<b>EAST AYSHIRE - LOCAL ACTION TO BE UNDERTAKEN 2010- 2012 (OUTPUTS)</b>	<b>OUTPUT INDICATOR (EVIDENCE)</b>	<b>BY WHOM</b>	<b>BY WHEN</b>
Explore the feasibility of developing a Health Improvement Establishment Model in residential units (based on the national work underway)	Feasibility study complete	Public Health & LAAC teams	March 2011
Assess the training needs of residential unit staff in relation to MH&WB of the young people in their care	Training needs assessed	Public Health Practitioner	March 2012
Develop a programme of training for LAAC staff in residential units with regards to the MH&WB of the young people in their care	Training programme developed	Public Health Practitioner	March 2012
Explore the views of looked after young people to identify how and when support could be better provided to ensure improved mental health and wellbeing	Engagement work complete	Public Health Practitioner	March 2012

## 2. EAST AYRSHIRE - TARGETED SUPPORT FOR VULNERABLE GROUPS – PRISONERS

### OUTCOMES

- Prisoners within HMP Kilmarnock are targeted with specific action to deliver early interventions that support their needs and improve their mental health and wellbeing
- Local volunteering strategies create the link between volunteering and improving mental health and wellbeing particularly among vulnerable groups

LOCAL ACTION TO BE UNDERTAKEN 2010- 2012 (OUTPUTS)	OUTPUT INDICATOR (EVIDENCE)	BY WHOM	BY WHEN
Analyse local Prison health needs assessment to determine the mental health and wellbeing of the prison population	Information collated on current mental health and wellbeing of prisoners	Public Health Department	March 2011
Assess need for suicide prevention training for prisoners and for prisoners families pre-release	Training needs of prisoners on suicide prevention assessed	Mental health and learning disabilities partnership	March 2012
Work with Lighthouse foundation and families members to address stress management	Lighthouse foundation consulted on management of stress within their service users	Health Promoting Prison Group	March 2012

## 2. EAST AYRSHIRE - TARGETED SUPPORT FOR VULNERABLE GROUPS – CHILDREN & ADULTS WITH LEARNING DISABILITIES

### OUTCOMES

- People with Learning Disabilities living within East Ayrshire are targeted with specific action to deliver early interventions to support their needs and improve their mental health and wellbeing
- Local volunteering strategies create the link between volunteering and improving mental health and wellbeing particularly among vulnerable groups.

LOCAL ACTION TO BE UNDERTAKEN 2010- 2012 (OUTPUTS)	OUTPUT INDICATOR (EVIDENCE)	BY WHOM	BY WHEN
Include people with learning disabilities, and their carers, in the development of Green Exercise Projects	Number of organisations/people with learning disabilities participating in Green Exercise Projects	Mental Health and Learning Disabilities Partnership	March 2012
Explore the feasibility of piloting mental wellbeing indicators for people with learning disabilities	Literature review of mental wellbeing indicators for people with LDs undertaken  Indicators agreed	Mental Health and Learning Disabilities Partnership	March 2011
Deliver Wellness Recovery Action Planning (WRAP) training course for carers of children and adults with a learning disability/difficulties	Training delivered	Health Promotion	March 2011
Work with the VIP's to develop and pilot resource/training to improve mental wellbeing of adults with a learning disability.	Resource developed	Health Promotion	July 2011

## 2. NORTH AYRSHIRE - TARGETED SUPPORT FOR VULNERABLE GROUPS – CARERS & YOUNG CARERS

### OUTCOMES

- Adults and children living within North Ayrshire and Arran who have caring responsibilities are targeted with specific action to deliver early interventions that support their needs and improve their mental health and wellbeing.
- Local volunteering strategies create the link between volunteering and improving mental health and wellbeing particularly among vulnerable groups.

LOCAL ACTION TO BE UNDERTAKEN 2010- 2012 (OUTPUTS)	OUTPUT INDICATOR (EVIDENCE)	BY WHOM	BY WHEN
Raise awareness with Primary Care staff of their role in supporting the health and wellbeing of carers.	Primary Care staff will have increased understanding of their role in supporting the mental health and wellbeing of carers	PH/HP locality team	Dec 2011
Local volunteering strategies include the promotion of mental health and wellbeing	Volunteers will have an awareness of mental health and wellbeing	CPP	Dec 2012
Deliver wellness Recovery Action Planning (WRAP) training course for carers of children and adults with learning disability/difficulty	Training delivered	PH/HP team	March 2011
Work in partnership with Carers Centre to address the mental health and wellbeing needs of carers and young carers and their support workers	Needs identified	PH/HP Team & NA Carers Centre	March 2011
Work to recognise the role of carers and reduce the issues around stigma that can be experienced and associated with being a carer	Issues around stigma and recognition of carers role addressed	The Ayrshire Anti-Stigma Group, PH/HP team & NA Carers Centre	March 2012

## 2. NORTH AYRSHIRE -TARGETED SUPPORT FOR VULNERABLE GROUPS – PEOPLE WITH LONG TERM CONDITIONS (INCLUDING CHRONIC & MENTAL ILLNESS)

### OUTCOMES

- People diagnosed with chronic illness within North Ayrshire and Arran are targeted with specific action to deliver early interventions to support their needs and improve their mental health and wellbeing
- Local volunteering strategies create the link between volunteering and improving mental health and wellbeing particularly among vulnerable groups.

LOCAL ACTION TO BE UNDERTAKEN 2010- 2012 (OUTPUTS)	OUTPUT INDICATOR (EVIDENCE)	BY WHOM	BY WHEN
Provide Information to partnership agencies on services and interventions that promote mental health and wellbeing within North Ayrshire – e.g. social prescribing, Green Gym, EOR	Information about mental health promoting activity available to partners	PH/HP North Locality team	01/03/12
Local volunteering strategies include the promotion of mental health and wellbeing	Volunteers will have an awareness of mental health and wellbeing	CPP	Dec 2012
Pilot programme on uptake of routine screening in people with severe and enduring mental health problems	Pilot programme implemented and evaluated	PH team	March 2011
Promote the use of MCN, web pages, training and self management courses to clients with Long Term Conditions to address their mental health and wellbeing needs.	Clients with Long term Conditions will have information and access to mental health and wellbeing supports which utilise a variety of communication systems	PH/HP Team & LTCC	Dec 2011

## 2. SOUTH AYRSHIRE TARGETED SUPPORT FOR VULNERABLE GROUPS – VULNERABLE CHILDREN & YOUNG PEOPLE INCLUDING LOOKED AFTER & ACCOMMODATED CHILDREN

### OUTCOMES

- Children and young people within the looked after and accommodated care system in South Ayrshire are targeted with specific action to deliver early interventions that support their needs and improve their mental health and wellbeing
- Local volunteering strategies create the link between volunteering and improving mental health and wellbeing particularly among vulnerable groups.

SOUTH AYSHIRE - LOCAL ACTION TO BE UNDERTAKEN 2010- 2012 (OUTPUTS)	OUTPUT INDICATOR (EVIDENCE)	BY WHOM	BY WHEN
Explore the feasibility of developing a Health Improvement Establishment Model in residential units (based on the national work underway)	Feasibility study complete	Public Health & LAAC teams	March 2011
Assess the training needs of residential unit staff in relation to MH&WB of the young people in their care	Training needs assessed	Public Health Practitioner	March 2011
Develop a programme of training for LAAC staff in residential units with regards to the MH&WB of the young people in their care	Training programme developed	Public Health Practitioner	March 2012
Explore the views of looked after young people to identify how and when support could be better provided to ensure improved mental health and wellbeing	Engagement work complete	Public Health Practitioner	March 2012

## 2.e SOUTH AYRSHIRE - TARGETED SUPPORT FOR VULNERABLE GROUPS – VULNERABLE OLDER PEOPLE

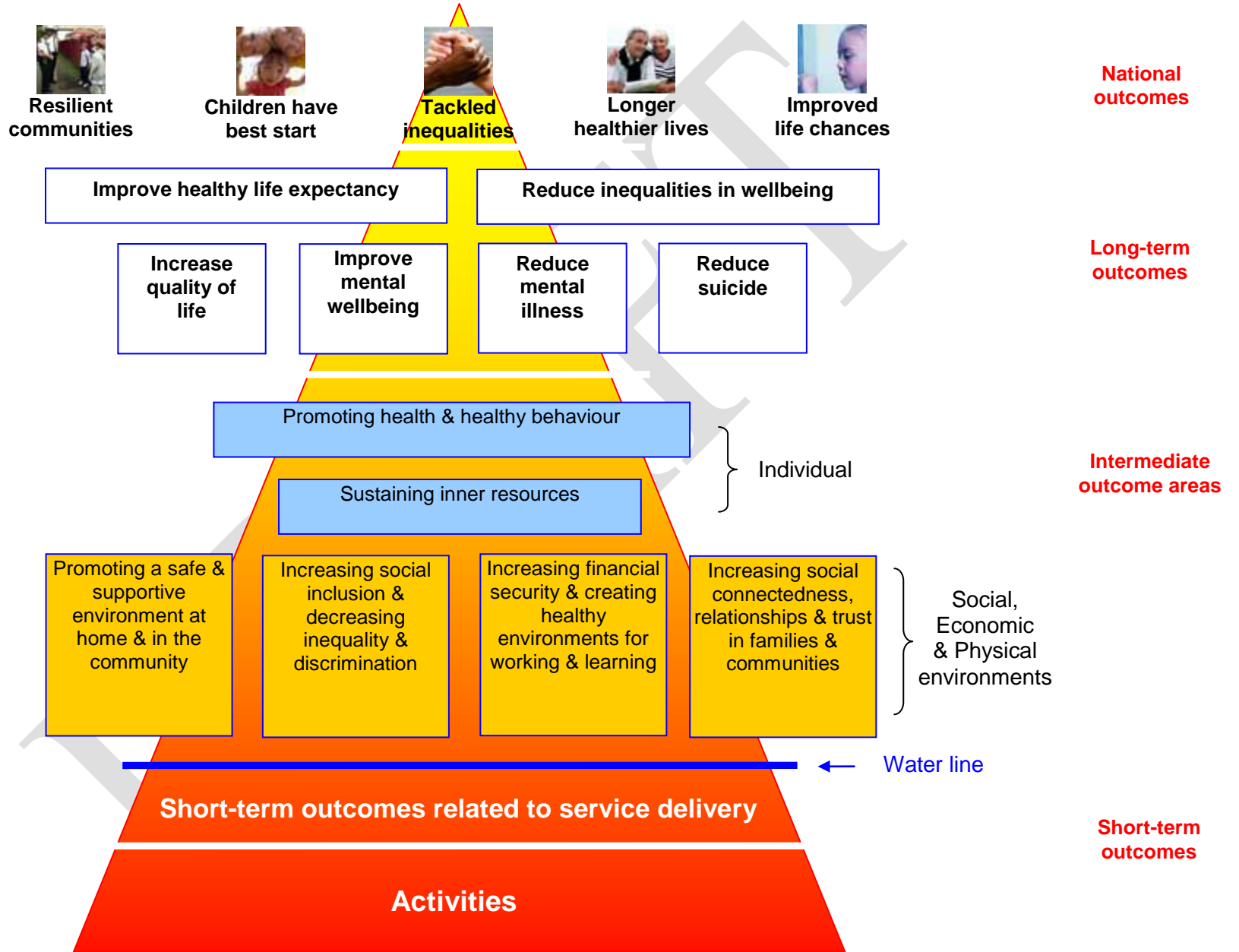
### OUTCOMES

- Vulnerable older people living within South Ayrshire are targeted with early interventions to improve their mental health and wellbeing.

LOCAL ACTION TO BE UNDERTAKEN 2010- 2012 (OUTPUTS)	OUTPUT INDICATOR (EVIDENCE)	BY WHOM	BY WHEN
Target workplace employees with pre-retirement information and training regarding maintaining positive mental health and wellbeing	Health information developed and disseminated	Health Promotion	March 2012
Create opportunities for intergenerational work	Intergenerational projects and initiatives in place	CPPs	March 2012
Include older people in the development of green exercise programmes	Number of older people participating in green exercise projects	CPPs	March 2012
Deliver Managing Your Wellbeing training to sheltered housing staff	Training delivered	Health Promotion	March 2012

**APPENDIX TWO**

**OUTCOMES TRIANGLE FOR MENTAL HEALTH IMPROVEMENT**



## APPENDIX THREE

### MENTAL HEALTH GROUP INTERFACES

Contacts for these groups are in brackets

