Session	NHS Greater Glasgow and Clyde (NHSGG&C)Healthy Minds Adult Mental Health Improvement Framework
Background Information	It is reported that 1 in 4 adults will experience mental health issues in each year. The policy approach taken in Scotland over the last decade has helped to create significant momentum for enhanced responses to mental health issues with the publication of various strategy documents such as Towards a Mentally Flourishing Scotland (2009-2011), the Choose Life Suicide Prevention Strategy (2013-2016), Mental health Strategy for Scotland (2012-2015) and most recently Mental Health in Scotland-a10 year vision (2017-2027). The NHSGG&C Adult Mental Health Improvement framework: Healthy Minds has been designed as a way of bringing together the full range of activity that has been demonstrated as having value in the promotion of good mental health for adults. Locality areas are responsible for translating the framework into local actions. The "Promote Positive Attitudes, Challenge Stigma and Discrimination" domain of the framework encourages the promotion of positive attitudes to mental health and to people with mental illness, potential actions to address this can be achieved through awareness raising and staff training on mental health related issues.
Aim	To provide an introduction to NHSGG&C Adult Mental Health Framework: Healthy Minds
Objectives	**Participants will be able to:** 1. Describe the elements of the NHSGG&C Adult Mental Health Improvement Framework: Healthy Minds 2. Demonstrate how the framework can be used as a planning tool for adult mental health improvement activity 3. List a range of resources to support adult mental health
Duration	• 1.5 hours
Resources	• IT • Presentation • Transforming adult mental health handout • Flipchart/pens • Reflective practice tool

Learning outcomes	Participant Activity	Resources	Time
1. Describe the elements of the NHGG&C Adult Mental Health Improvement Framework: Healthy Minds	• None	Slides Transforming adult mental health handout	30 min
2. Demonstrate how the framework can be utilised as a planning tool for adult mental health improvement activity	• Planning session	Flipchart/ Pens	30 min
3. List a range of resources to support adult mental health	• Resource mapping	Flipchart/ Pens/ Post its	20 min
4. Looking after our own mental health	• Self-care	Slide	5 min
5. Reflection and session close	• Reflection	Reflective practice handout	5 min

NHSGG&C Adult Mental Health Improvement Framework

Facilitator notes

Slide	Notes	Time	Resources
Slide 1	Welcome participants and introduce yourself before offering an overview of the session. Have the title slide up and visible whilst doing this. Inform participants that the session today is an introduction to a framework that has been developed in partnership by NHSGG&C to highlight areas for consideration in adult mental health improvement and to help plan activity.	5 min	Slides
Slide 2	Put up the session overview slide and read out what will be covered today.		
Slide 3 & 4	**Statistics** The purpose of the statistic section is to help build a picture of the scale of the mental health challenges and why it is a priority area we need to action. The statistical information is taken from the Public Health Priorities for Scotland document which is available at https://www.gov.scot/publications/scotlands-public-health-priorities/ Inform the participants we are going to a look at some of the statistics relating to mental health. Read the information off the slide. **Discussion point:** once you have read off the information, ask the participants what their thoughts and views are on the statistics, are they surprised or not? Did they expect worse? Again highlight that the statistics provide a snapshot of the scale of the mental health challenges we are facing and why action is needed	10 min	Slides

Slide	Notes	Time	Resources
Slide 5	**Healthy Minds Framework** Now put up the Healthy Minds Adult Mental Health Framework slide and highlight this is the NHSGG&C framework for adult mental health improvement. The framework has been designed as a way of bringing together the full range of activity that has been demonstrated as having value in the promotion of good mental health for adults. It is designed to be "read" in a bottom-up way, starting with consideration of the underlying determinants such as socio-economic factors, moving through social environment issues like challenging stigma and discrimination, then considering health promotion and primary preventative activities, with the upper tier of action being secondary preventative and recovery oriented. Distribute the Healthy Minds handout to highlight examples of activity within each of the characteristics and what the framework can look like in practice. Take an example from each characteristic and read out to the group. **Discussion point:** what are participants' views on the framework, is it a useful tool for considering and planning work around adult mental health improvement activity? Do they have any comments they would like to contribute about the framework?	15min	Slide Healthy Minds handout
Activity	**What are we doing to support implementation of the framework?** This section provides an opportunity to explore the breadth of mental health activity happening and where it fits within the context of the healthy minds framework. This activity can be delivered as a large group or in smaller groups.	30 min (20 min for activity and 10 min for feedback)	Flipchart/ pens/post its

Slide	Notes	Time	Resources
	Larger group		
	On the wall /or table, have 6 flipchart sheets, each one displaying one of the six elements from the healthy minds framework. Using post its or pens, invite the participants to consider each of the elements and identify examples of work they are doing within each, write them down and assign them to the elements of the framework where they fit best.		
	Smaller groups		
	Divide the participants into 3 groups. Provide each group with two flipcharts. Each flipchart will have one of the six elements of the framework written on it. Ask them to consider each of the elements they have been given and to identify examples of work/activity they are doing under each. Rotate the flipcharts until each group has had the opportunity to contribute to each of the elements.		
	Once the activity is completed, encourage participants to look at all the activities that have been shared under each of the framework elements.		
	Discussion point: how easy was it to complete this exercise? What to do they think the purpose of the exercise is? The exercise is to demonstrate that there is a breadth of activity that supports adult mental health improvement and the framework is a useful tool to help structure and highlight work. As well as identifying what they are doing, the framework can identify gaps and areas for development in adult mental health improvement.		
	Note that there are lots of activities that may not be "badged" as mental health eg gardening projects, physical activity etc but can have significant impact on supporting mental health.		
	Encourage the participants to use the healthy minds framework to support their planning in adult mental health improvement and to share the framework with colleagues and partners.		
	If anyone would like more information on the framework contact michelle.guthrie@ggc.scot.nhs.uk		

Slide	Notes	Time	Resources
Activity	**Resource Mapping** Keep the participants in their groups, provide flipchart. Invite the groups to consider what resources they know of (local, city/board wide and national) that can support adult mental health improvement. Remind the participants that we all have different supports for our mental health and wellbeing and one size doesn't fit all. Encourage them to consider the six elements of the framework when thinking of resources and supports. Take feedback from the groups. This activity can also identify gaps and where efforts could be targeted when planning for mental health. Encourage participants to look at the different resources/supports that have been highlighted. Circulate the adult mental health resources handout, highlight this is not an exhaustive list. Participants will have more insight into local resources. Conclude that we all, access different supports for our mental health. These can include self help through websites, reading, accessing group or 1 to 1 support, telephone support lines, talking to a friend etc.	20 min (15 min activity, 5 min feedback)	Adult mental health resources handout
Slide 6 & Activity	Remind the participants of the importance of looking after their own mental health and provide a self-care activity.	5 min	Slide
Session close	Thank the participants for their time and ask them to complete reflective practice tool. Close the session.	5 min	Reflective practice tool

Healthy Minds Handout

Respond Better to Distress

Accept that it is ok and healthy to feel Improve responses to people in distress, both from services and wider community, including action to prevent suicide and better support for people who self harm

- Link with local suicide prevention programmes
- Undertake a basic training needs assessment to identify what mental health training staff require
- Develop and implement robust organisation policies that protect and promote mental health and wellbeing and equip staff with the skills, knowledge and confidence to respond if an individual presents in distress or has suicidal ideation

Promote Wellbeing for People with Long Term Conditions

Promote holistic health for people with long term conditions – "healthy body, healthy mind", promote recovery approaches and social inclusion

- Link with health social care services supporting those with long term conditions to ensure equitable access to supports and services
- Link with your primary community mental health team to promote and encourage referrals/signposting to your organisation
- Link with your local carers centre to raise awareness of the supports/services available to those with a caring role.

Tackle Underlying Determinants and Promote Equity

Address underlying determinants of good mental health, including financial inclusion, nurturing early years, healthy environments, active citizenship and participation, and ensure focus on promoting wellbeing of diverse communities

- Engage with diverse communities and population groups experiencing inequalities in mental health eg LGBT, BME
- Support individuals and groups to access local and relevant programs eg parenting

Healthy Minds Handout

Promote Wellbeing and Resilience with People & Communities

Develop social connection, tackle isolation, build resilience, strengthen use of community assets - including social prescribing, strengthen self care and peer support

- Find out what is happening and available in your community to support mental health and wellbeing. Make links with local third sector partners
- Work in partnership with organisations to share resources, information and to encourage cross agency signposting and referrals
- Establish links with your local health improvement team
- Utilise social media as a resource to promote mental health and wellbeing.

Promote Positive Attitudes, Challenge Stigma and Discrimination

Promote positive attitudes to mental health and to people with mental illness, raise awareness of mental health issues, reduce stigma and discrimination and promote inclusion, including better access to mainstream services

- Find out if there is an anti-stigma alliance in your community that you can join/link to
- Engage, promote and participate in the Scottish mental health arts festival and other awareness raising mental health campaigns
- Access information and resources from national organisations such as See Me to support stigma work.

Promote Wellbeing and Resilience through Work

Promote mental health, wellbeing and resilience at work; address employability issues, including those affected by mental ill health

- Find out what financial inclusion services are available to your local community and how to refer to these
- Link with your local job centre to encourage referral/signposting to your organisation
- Access the healthy working lives programme to support the mental health and wellbeing of your staff