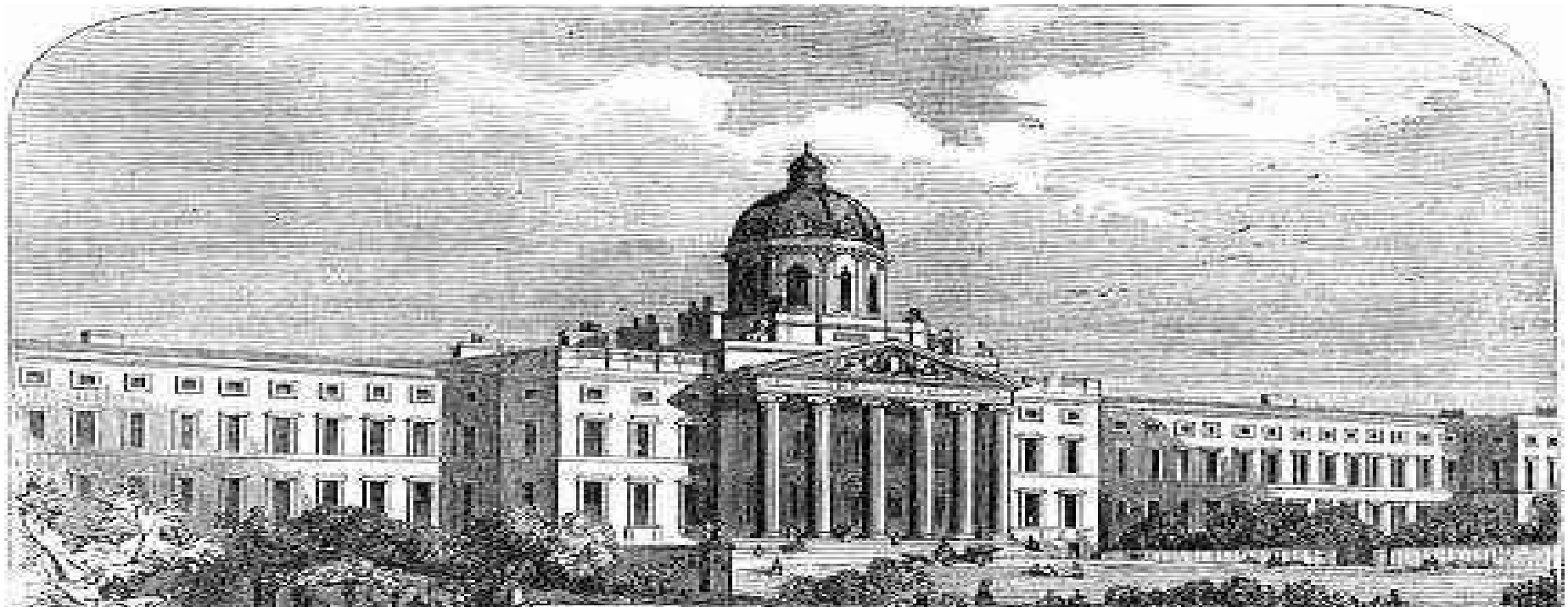


Embedding Positive Mental Health into Policy and Practice



Tony Coggins
Lead Associate, Population Mental Health
Implemental (formerly Maudsley International)



**“Everything we do is to improve the lives of the people
and communities we serve and to promote mental
health and well-being for all”**

“Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community”

(World Health Organisation)

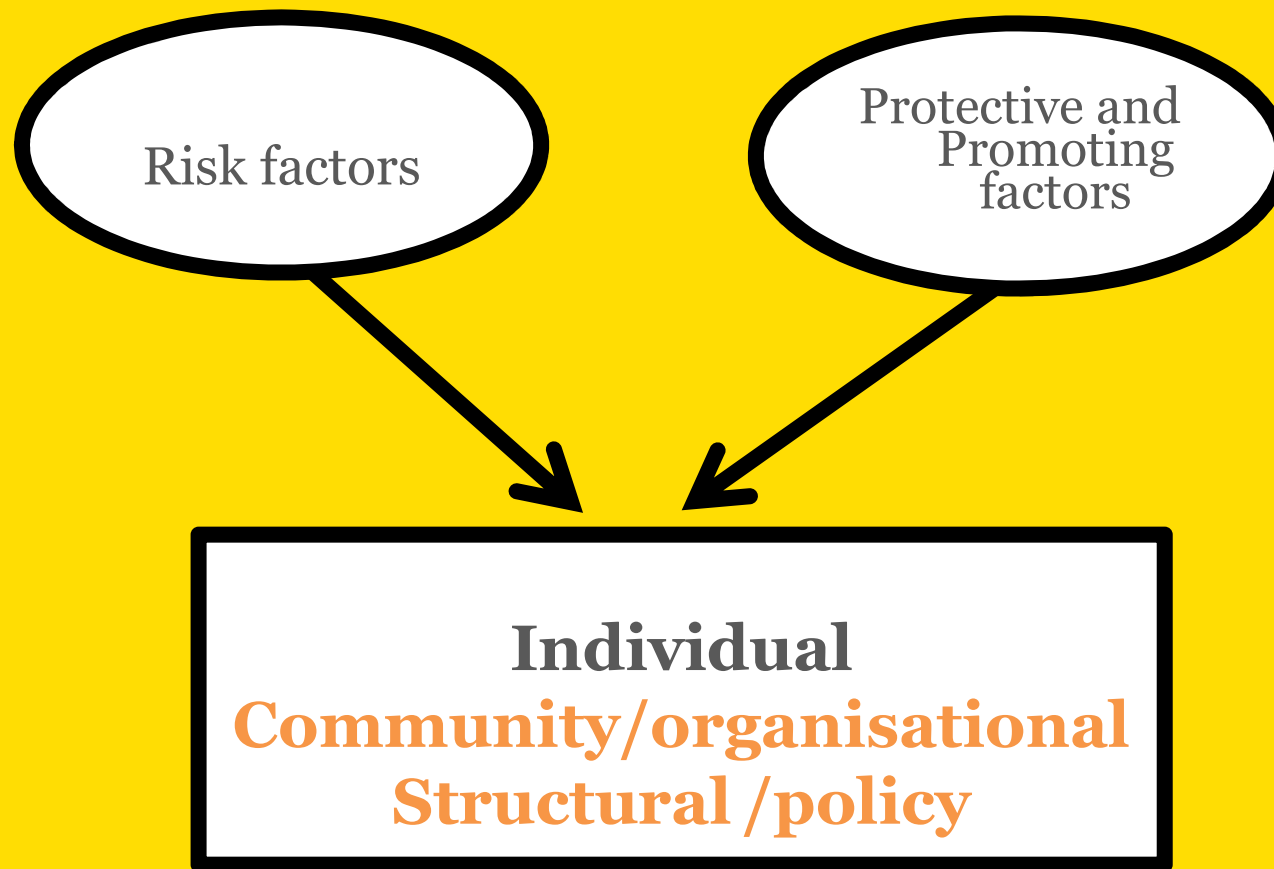
Wellbeing Strategy

- Influencing for mental wellbeing
- Developing practical tools and approaches
- Building the capacity of non-health agencies to promote and protect positive mental health



Kooloobong Village 2018

Prevention & Promotion

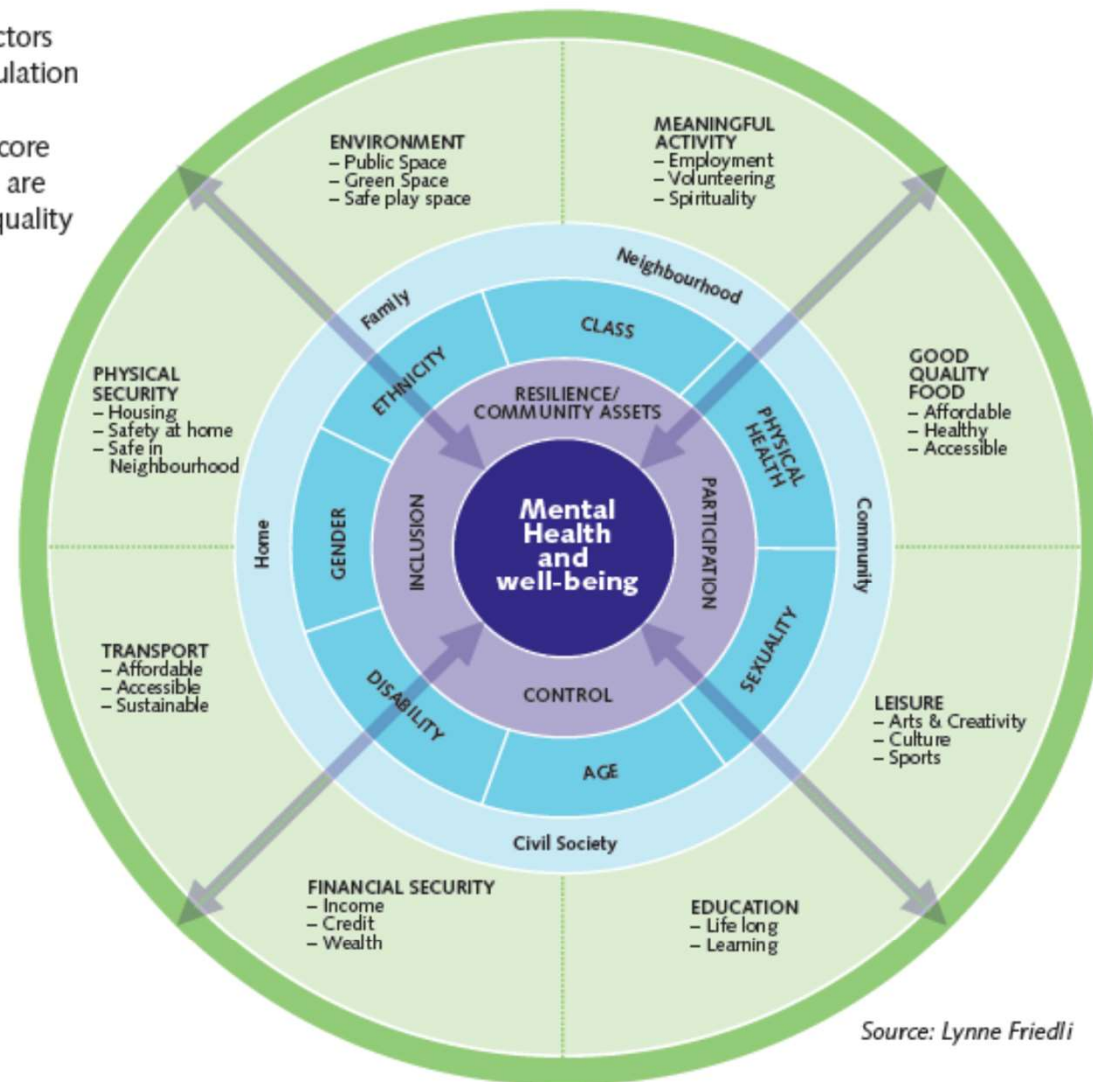


Mental Wellbeing Impact Assessment (MWIA)

MWIA provides a structured, **evidence based analysis** of how policies, proposals, programmes and projects are or might have the potential to influence mental health and well-being positively, negatively or both

Figure 2.2: A dynamic model of mental well-being for assessing mental well-being impact

The four protective factors are influenced by population characteristics, wider determinants and the core economy. All of which are influenced by levels equality and social justice.

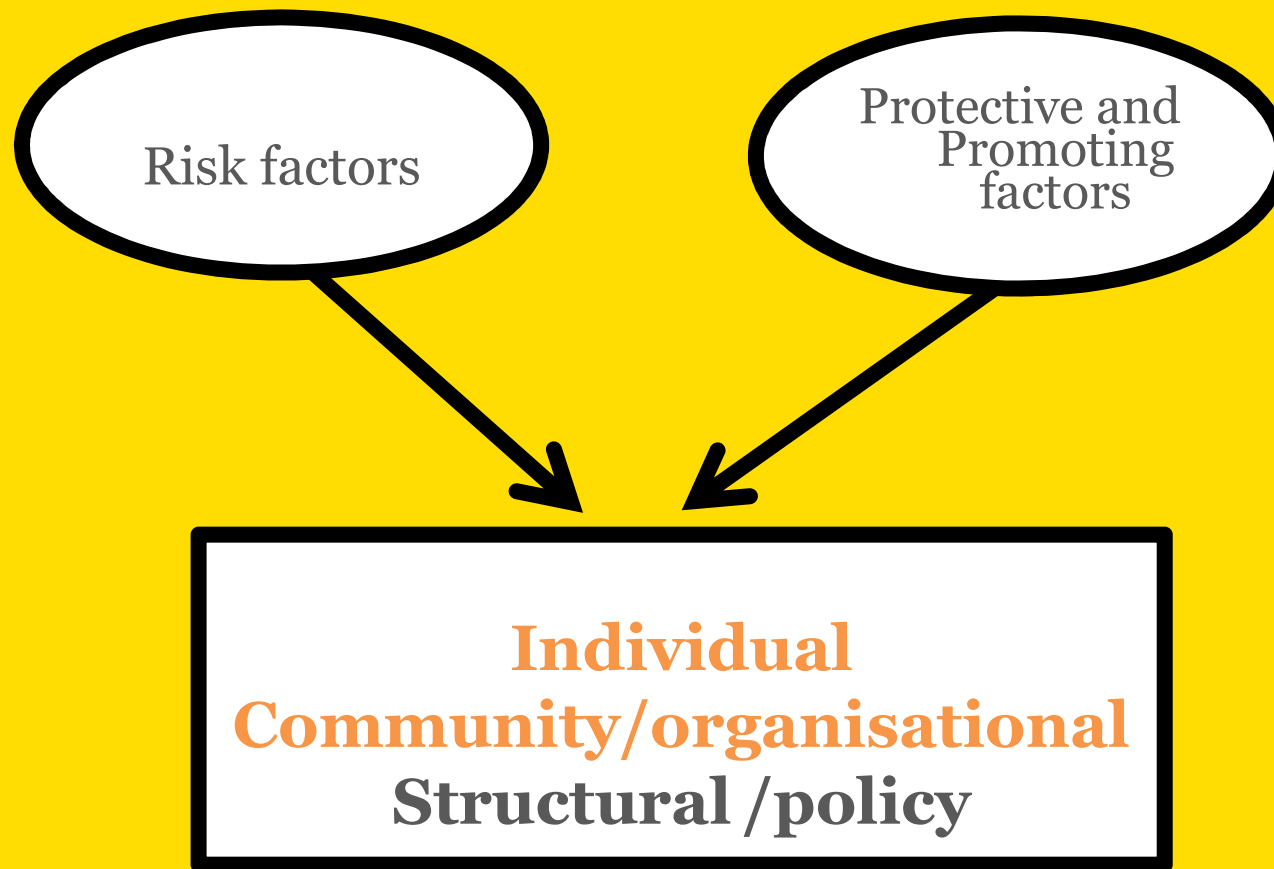


Source: Lynne Friedli

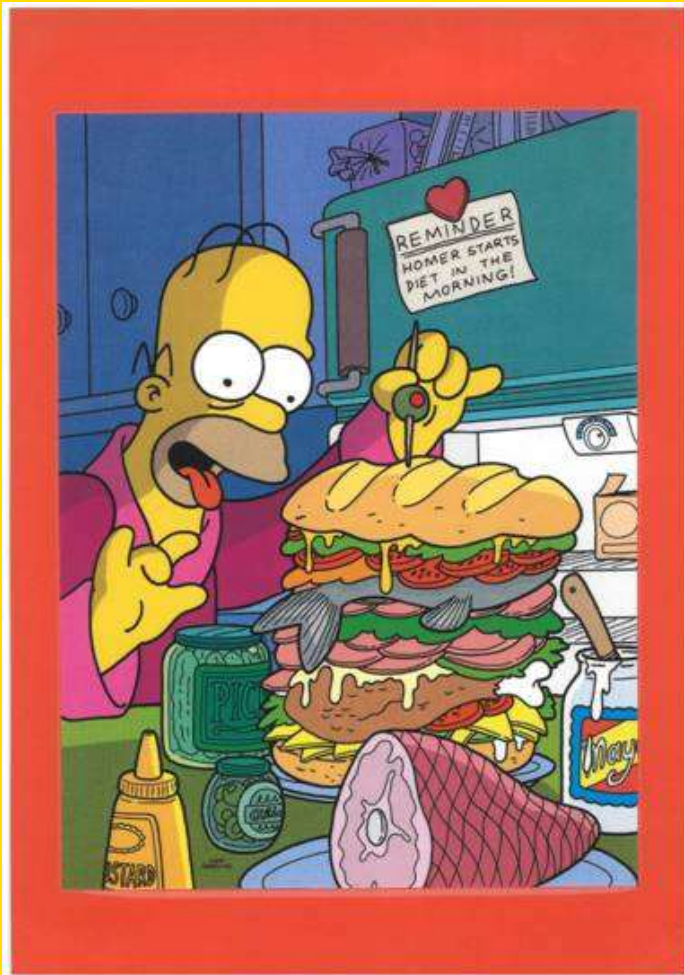


What's the impact of living in student accommodation on the mental health and wellbeing of residents and staff?

Prevention & Promotion



A different focus



“[In order to be effective] Health improvement needs to move away from unexciting, piecemeal propositions – ‘eat less fat’, ‘walk more’ – to an aspirational vision selling satisfied and lives, integrating physical health with mental and emotional well-being. Health improvement also cannot be imposed. The public have to get enthusiastically involved for efforts to be not only effective, but also sustainable.”

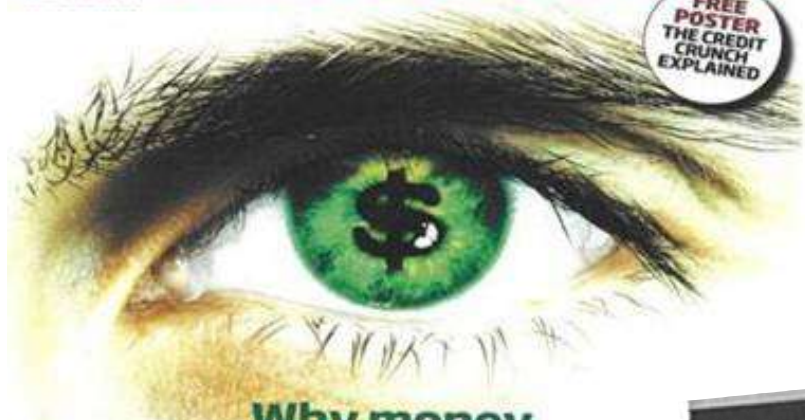
CSIP, Social Marketing & Mental Health briefing (2007)

Money 'is a motivator, but it makes us selfish'

NewScientist

WEEKLY 25 March 2009

FREE
POSTER
THE CREDIT
CRUNCH
EXPLAINED



Why money
messes
with your
mind

WELL-BEING
**I have
it all,
but I'm
still not
happy**

NEWS 5
How lottery dream can turn deadly

A different conversation

Connect... Be active... Take notice... Keep learning... Give...

CAN MONEY BUY WOMEN HAPPINESS?

How much would you need to make Broad Green happier?



WHAT is it?

8 well-being workshops for women exploring

- food & mood
- how to cope with stress
- mind, body & spirit
- 'happy' activities that are good for health

Using what you learn you can come up with an idea for something to make you happier - we call it 'Dare-to-Dream' - and we can provide the money for you to do it (up to £500)

WHO'S it for?

Any woman living in the Well London Broad Green neighbourhood

WHERE is it?

West Croydon Methodist Church
93 London Road CRO 2RF

WHEN is it?

21 Jan - 18 Mar 2010 (not half term week)
9.45 am - 12.30 pm (including a free healthy breakfast)

Creche facilities will be available

For more info or to book a place pick up a leaflet or contact:

Caro Swan
DIY Happiness Administrator
carolyn.swan@slam.nhs.uk
020 3228 1695

Gifty Nmaju
Croydon BME Forum
gifty@bmeforum.org
020 8684 3719



LOTTERY FUNDED





Wheel of Well-being



Mind



“For that 15 - 20 minutes I was actually feeling quite light and felt as though I have no problems in the world”



Engagement



Advanced WoW Practitioners



WoW Practitioners



An attitude of gratitude at
Channel Country Ladies day



Finding flow in Capella

2018 Theme: Colour my world

This year's theme is about all the things we can do as a community to promote positive wellbeing.



The Atherton Maize Festival

Advance trainer ripple

7

Advanced Trainers

Intensive
programs

14

210

WoW practitioners

210

WoW workshops

Attended by **3150** people

2268 WoW
Activities to

22,680

45,360

WoW
Interactions



“To foster life-long wellbeing”



Wheel of Well-being

Thank you
www.wheelofwellbeing.org