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
Prevention & Promotion

Risk factors

Protective and Promoting factors

Individual
Community/organisational
Structural/policy
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.
What’s the impact of living in student accommodation on the mental health and wellbeing of residents and staff?
“[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)*
A different conversation

Money ‘is a motivator, but it makes us selfish’

NewScientist

Why money messes with your mind

How lottery dream can turn deadly

I have it all, but I’m still not happy

WELL-BEING
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
CR0 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.bryan@slam.org.uk
020 8206 9190

Gifty Nnaeju
Croydon BME Forum
gifty@bmsforum.org
020 8994 3719

Lottery Funded
“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

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<th>WoW practitioners</th>
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<td>45,360</td>
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<td>Attended by 3150 people</td>
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“To foster life-long wellbeing”
Wheel of Well-being

Thank you
www.wheelofwellbeing.org