



Collaboration and Leadership for Improving Mental Health and Wellbeing

FETL WEBINAR

5 OCTOBER 2018



Interviewer

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Purpose of the webinar

- ▶ Share the research
- ▶ Inspire interest
- ▶ Stimulate questions and new thinking



FETL fellowship research

What does improving mental health and wellbeing mean for how adult community learning (ACL) leaders engage in collaborative working with mental health services?

Interviewee

Dragana J Ramsden

FETL Fellow

Morley College London

Head of Centre for Community Learning and
Engagement



Webinar structure

- ▶ Dragana's overview of her research (20 min)
- ▶ Your questions (15 min)
- ▶ Summary (5 min)

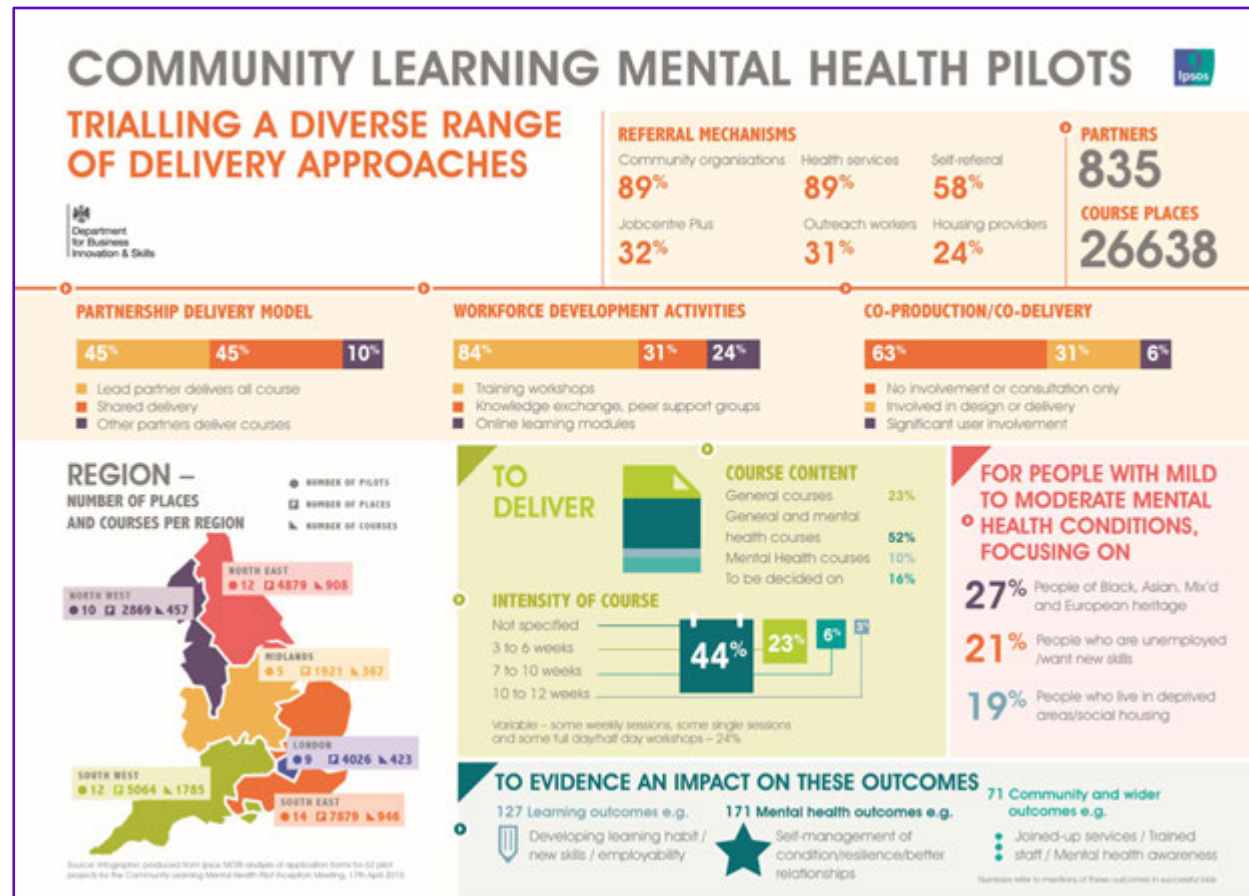


Presentation structure

1. About the research
2. The context
3. My findings
4. Conclusions
5. Your questions

1. *My research*

Inspired by



2. Context

Needs v. responses

1. Mental health support in primary care right now

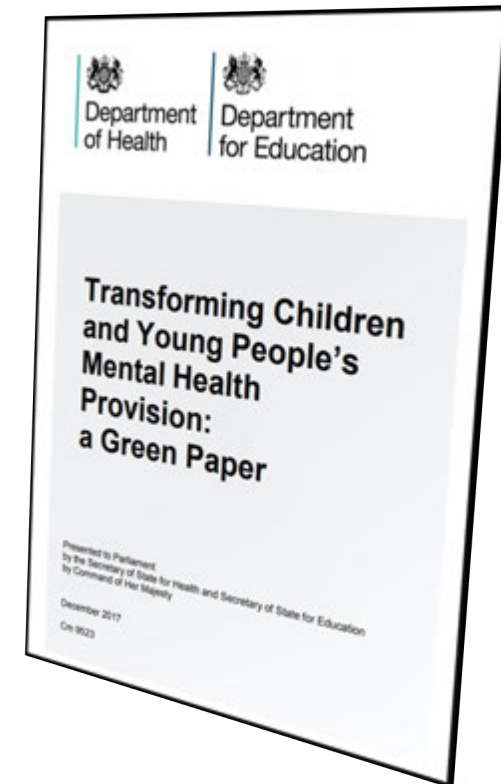


MIND, 2016. *Mental health in primary care: A briefing for Clinical Commissioning Groups*

Policy priority gap/s



- Mental health of students aged 25 and over is low (or no) priority



Opportunities or threats?

Health services:

- ▶ Emphasis on preventative and collaborative approaches
- ▶ Increasing localism



ACL:

- ▶ Evidence of impact on health and wellbeing
- ▶ Experienced collaborators
- ▶ Devolution

Are we letting our communities down by not harnessing each other's expertise?

3. Findings




“

What are the shared values and benefits of collaborative working between primary care mental health and adult and community learning? ”


Question 1

Benefits of collaboration

A person has many **connected aspects**

-  intellectual
-  physical
-  social
-  emotional

And needs **holistic approaches**



Values

- ▶ Equality and inclusion
- ▶ Quality
- ▶ Respect
- ▶ Collaborative working

“

What could a shared vision of collaborative working look like?

”

Question 2

ACL's role is to help



Promote and improve **mental health** and **wellbeing**



Build the **resilience** of **individuals** and **local communities**.



Tackle **inequalities** in access to services

Guiding principles



“

What are the key leadership characteristics needed to make such a vision the reality?

”

Question 3

What is a leadership challenge?

- ▶ Lack of joined-up thinking at a national policy level
- ▶ No national strategy and/or policy framework for ACL
- ▶ Lack of accountability in central government for mental health and wellbeing in ACL
- ▶ Short organisational memory
- ▶ Lack of coordinated approaches in local areas
- ▶ Competition among providers...and many more!

Leadership challenge



What do leaders need to do?



Key leadership requirements

Leadership needs

commitment to
a new culture of learning



4. Conclusions

Broadening the narratives about

- ▶ Approaches to mental health and wellbeing
- ▶ Purpose and potential of ACL
- ▶ Requirements of ACL leadership

ACL leadership priorities

- ▶ Recognise your responsibility, while accepting you don't have all the answers
- ▶ Be able to articulate the purpose of your work and its outcomes
- ▶ Broaden the binary narratives
- ▶ Reach out in order to learn, empower and mobilise

Some suggested actions

- ▶ Develop a compelling case for your provision
- ▶ Invest in the collection and analysis of outcome measures
- ▶ Get representation on Health and Wellbeing Boards, STPs etc.
- ▶ Develop whole organisational approaches to mental health and wellbeing...etc.

5. Your questions

Summary

Animation

<https://www.youtube.com/watch?v=SA7bKo4HRTg>