



**REPORT TO:** **HEALTH AND SOCIAL CARE INTEGRATION JOINT BOARD – 20 AUGUST 2025**

**REPORT ON:** **MENTAL HEALTH AND WELLBEING STRATEGIC PLANNING**

**REPORT BY:** **CHIEF OFFICER**

**REPORT NO:** **DIJB51-2025**

#### **1.0 PURPOSE OF REPORT**

1.1 To brief the Integration Joint Board on the progress of the Dundee Mental Health and Wellbeing Strategic Plan 2019-2024, and the co-production of a new Mental Health and Wellbeing Strategic Plan for Dundee.

#### **2.0 RECOMMENDATIONS**

It is recommended that the Integration Joint Board (IJB):

- 2.1 Notes the progress to date in implementing the Dundee Mental Health and Wellbeing Strategic Plan for 2019-2024 and the key achievements as described in Section 4.
- 2.2 Notes the approach planned with key stakeholders to co-produce the new Dundee Mental Health and Wellbeing Strategic Plan for 2026-2031 and the steps achieved towards this as described in Section 4.
- 2.3 Notes that Dundee Health and Social Care Partnership will collaborate with the other Tayside Health and Social Care Partnerships and NHS Tayside and stakeholders to ensure alignment of local plans with strategic intent across Tayside.
- 2.3 Instruct the Chief Officer to provide a report presenting the finalised co-produced Dundee Mental Health and Wellbeing Strategic Plan for 2026-2031, to a future IJB.

#### **3.0 FINANCIAL IMPLICATIONS**

3.1 Dundee Mental Health and Wellbeing Strategic Plan will be implemented within the available financial resources of Dundee Health and Social Care Partnership

#### **4.0 MAIN TEXT**

- 4.1 This report provides a review of the progress and achievements of the [Mental Health and Wellbeing Strategic Plan 2019-2024](#) which was approved by Dundee Health and Social Care Integration Board in August 2019 (Article V of the minute of the meeting of the Dundee Integration Joint Board held on 27 August 2019 refers). This report outlines our planned approach, as well as the steps towards co-producing the new Strategic Plan in partnership with Dundee Volunteer and Voluntary Action (DVVA).
- 4.2 The Dundee Mental Health and Wellbeing Strategic Planning and Commissioning Group has representatives from a wide range of statutory, third-sector, and community services including those with lived / living experience. This group has worked collaboratively to progress the priority actions of the [Mental Health and Wellbeing Strategic Plan 2019-2024](#). Planned

initiatives have been informed by the group's expertise and progress updates reported regularly by the workstream leads to monitor and evaluate key developments. Due to COVID-19 disrupting services, it was agreed that work to co-design the new strategic plan would commence at the end of 2024, allowing for the maximisation of workstream developments relating to the key priorities within the current plan before planning another.

- 4.3 The planned approach to co-producing the new Mental Health and Wellbeing Strategic Plan in partnership with Dundee Volunteer and Voluntary Action (DVVA) commenced in January 2025 and is planned to be finalised by early 2026. A Subgroup of the Dundee Mental Health and Wellbeing Strategic Planning and Commissioning Group was established with representation from key stakeholders. Regular in-person meetings are underway, and a comprehensive review of the progress of all current workstreams has been undertaken.
- 4.4 The 'Reflecting to Plan Ahead: Review of the Mental Health and Wellbeing Strategic Plan 2019-2024,' was produced in April 2025 and includes details of co-production, key developments, and progress made in achieving the strategic priorities through the ten identified workstreams. A summary is below, and the full report is available in Appendix 1.

Key developments are:

- The development of a multi-disciplinary team and framework to support mental health and wellbeing via Primary Care.
- The introduction of health and wellbeing networks in communities, local fairness initiatives, a third-sector mental health forum, and a health inequalities action plan.
- Engage Dundee survey results that have influenced local activity.
- The expansion of the Tayside Adult Autism Team.
- The initiation of an integrated pathway for people experiencing mental health and substance use.
- The provision of additional units for supported accommodation.
- The development of Hope Point as an 'always open' peer support service for people experiencing emotional distress.
- The introduction of Distress Brief Intervention as a nonclinical approach to support people experiencing distress for up to 14 days by peer practitioners.
- The introduction of Emergency Department Mental Health Navigators.
- The initiation of a Suicide Prevention Co-ordinator and development of Dundee's Suicide Prevention Delivery Plan 2024-2026.
- The establishment of a suicide prevention training forum, alliance of facilitators and a co-ordinated approach to delivering courses has increased the availability and enabled a significant increase in training. In the last 12 months 606 people have received suicide prevention training locally.
- Workforce developments and appointments to enhance the range of professionals and service provision available including peer support roles, pharmacy, advanced nurse practitioners, and trauma leaders to enhance building a trauma-informed workforce.
- The appointment and commissioning of several key roles and services to bring expertise and leadership to the delivery of the plan.

- Advancing co-production across all elements of service design, delivery and evaluation with people with lived / living experience and communities, alongside multi-agency collaboration and partnership working.

Further work is required and currently underway focused on:

- A transition protocol for children and young people with disabilities and complex needs to adult support.
- Improving awareness and access to support through a one-stop portal for high-quality information about mental health and wellbeing, services available, and how to access these.
- Streamlining of pathways to ensure no overlaps and maximise support available.
- Peer support networks co-producing a range of cross-sector training opportunities and a governance framework for peer support.
- Further developing resources to support families bereaved by suicide and further increase awareness and learning around suicide prevention through a sustained programme of training, awareness raising, and suicide prevention campaigns in Dundee.
- Improving the interface between primary care, mental health community services, crisis resolution home treatment teams, and inpatient settings for those experiencing mental health and substance use.

Some current areas of development align with the Tayside-wide strategic redesign and improvement work. These are underway and include:

- A single strengths-based, and needs-led service for people seeking support for neurodiversity.
- Transforming the delivery of intervention and treatment services across in-patient and community services for people diagnosed with Personality Disorders as well as people with significant interpersonal problems arising from Complex Post-traumatic Stress Disorder.
- Community Mental Health Team and unscheduled care pathways redesign assisting in developing clear articulations of clinical pathways for depression, psychosis, and trauma. This will also influence developments around intensive home treatment provision locally.

4.5 The new Dundee Mental Health and Wellbeing Strategic Plan will be informed by several national strategic drivers including the Scottish Mental Health and Wellbeing Strategy 2023, Scotland's Population Health Framework 2025-2035, and Health and Social Care Service Renewal Framework 2025-2035. It will also link with ongoing Tayside Mental Health Redesign work and Models of Care. Representatives from the Mental Health and Wellbeing Strategic Planning Group are current members of the Tayside Mental Health Programme Board and Model of Care Steering Group.

4.6 To support the co-production of the new Plan a Mental Health and Wellbeing Strategic Planning Event was held and facilitated by DVVA in April 2025. This took place in The Steeple, bringing together 90 people from across the city; including individuals with lived and living experience, GPs, community workers, carers, third-sector organisations, and more. The 'Reflecting to Plan Ahead: Review of the Mental Health and Wellbeing Strategic Plan 2019-2024', was shared with all participants before the event and presented on the day. Participants had the opportunity to have open and honest conversations about the current Mental Health and Wellbeing Strategic Plan 2019-2024 and explore what priorities should be included in the new Plan. There were

open table discussions and presentations, giving everyone the chance to share their ideas, experiences, and insights, and learn from others.

- 4.7 Following this, two reports were produced by DVVA in collaboration with the Subgroup. The first evaluated the co-production approach taken at the event and the experience of participants alongside presenting themed findings of the topics discussed. This was shared with participants and key stakeholders from across the Dundee Health and Social Care Partnership. The second was a thematic analysis of the data gathered to understand participants' views of what is working well, issues, and views on how these can be addressed and improved in the new Plan (see Appendix 2 and 3).
- 4.8 Evaluative feedback found that from the first welcome to the final conversations over coffee, the event created a warm and respectful space where people had the opportunity to feel genuinely heard and was an important first step in a co-produced approach to strategic planning. Key themes noted were that people learned about new services, however, increased awareness of supports and services, and fewer barriers to accessing support are needed. Further findings identified areas for service development to include more signposting to community resources and support to access these, peer support roles in all new developments, and Hope Point is a welcome addition to the city. Both stakeholder reports will support the identification of key priorities, needs, and areas for development going forward into the new Plan (see Appendix 2 and 3).
- 4.9 A Stakeholder Group has been established building on interest from the Steeple Event to support the ongoing co-production of the new strategic plan and guide the Subgroup. Facilitated by DVVA, the group ensures that stakeholders remain actively involved in decision-making. Meetings will be held every six weeks, with opportunities to participate in person, online, or indirectly through DVVA staff. DVVA will continue outreach in community settings to gather input from those with lived experience. The new Mental Health and Wellbeing Strategic Plan will be co-produced and finalised by early 2026.

## **5.0 POLICY IMPLICATIONS**

- 5.1 This report has been subject to the Pre-IIA Screening Tool and does not make any recommendations for change to strategy, policy, procedures, services, or funding and so has not been subject to an Integrated Impact Assessment. An appropriate senior manager has reviewed and agreed with this assessment.

## **6.0 RISK ASSESSMENT**

- 6.1 A risk assessment has not been provided as this report is being provided to the Integration Joint Board for information only.

## **7.0 CONSULTATIONS**

- 7.1 The Chief Finance Officer, Heads of Service, Health and Community Care and the Clerk were consulted in the preparation of this report.

## **8.0 DIRECTIONS**

The Integration Joint Board requires a mechanism to action its strategic commissioning plans and this is provided for in sections 26 to 28 of the Public Bodies (Joint Working)(Scotland) Act 2014. This mechanism takes the form of binding directions from the Integration Joint Board to one or both of Dundee City Council and NHS Tayside.

Direction Required to Dundee City Council, NHS Tayside or Both	Direction to:	
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	1. No Direction Required	X
	2. Dundee City Council	
	3. NHS Tayside	
	4. Dundee City Council and NHS Tayside	

## **9.0 BACKGROUND PAPERS**

9.1 None

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Chief Officer

DATE: 23 July 2025

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