

# 10:10 MENTAL HEALTH CHECKLIST.

Tick off 10 actions to cut CO2 by 10% in 2010 in your mental health trust.

## 1 Management and leadership

Get Board endorsement, identify a senior 10:10 Project Lead and prepare a baseline carbon-footprint. Review the trust's policies and make sure they all include sustainability and cutting carbon. Also identify a champion in each ward to engage the staff and promote steps to reduce the ward's carbon emissions..

## 2 Save 10% on utilities

Cut 10% of your energy use by switching off electric devices when not in use, use low energy lighting, motion sensor light switches and energy-efficient fridges. Consider giving green awards to low carbon wards.

## 3 Save 10% on waste

Ensure waste is in the correct containers and recycle papers by placing recycling bins in all clinical areas. Conduct regular waste audits, set printers to print on double sides and reduce the numbers of unserved meals, food wastage and the use of disposable plates and cups.

## 4 Save 10% on travel

Encourage carpools, cycling to work, provide public transport options and explain how much money can be saved on parking through your sustainable travel plan. Ensure that this information is widely publicised. Use tele/video conferencing to replace meetings, conventions and for CPA reviews.

## 5 Save 10% on procurement

Reduce meat content of food (e.g. through Meat Free Mondays), ban bottled water, buy local seasonal food and use recycled paper. Also procure materials from providers with green credentials and set sustainable criteria in procurement contracts.

## 6 Utilise new technologies

Use electronic communications devices (hand-held devices, e-pens etc) to replace other physical vehicles for clinical communications and increase use of full electronic records and electronic patient letters.

## 7 Mental health Interventions

Reduce carbon footprint through efficiencies in pharmaceuticals and medical kit (which make up one-third of the NHS carbon footprint). Use low carbon investigations and include carbon impacts in clinical audit .

## 8 Decarbonise patient care

Preventive care is low carbon health care. Healthy eating and active living will benefit health of those with depression— Encourage them to get out of their cars and start walking, cycling, gardening, dancing etc.

## 9 Communicate your efforts to stakeholders

Communicate and engage your efforts with staff, suppliers and patients. Work with them to cut emissions. Support administrative staff to innovate and drive sustainability on behalf of directors and consultants. Celebrate your joint successes. Make sure you get all your successes into the hospital magazine.

## 10 Share lessons learned

Tell others how you are getting on. Sign up to the 10:10 Health mailing list for resources, updates and support. Form a 10: 10 email group with other mental health trusts and share success stories and discuss any problems.

Congratulations! Don't forget to report back to 10:10 on your success

## MORE INFO

[1010uk.org](http://1010uk.org)

Find out more about the Greener Healthcare Clinical Transformation Programme at [www.greenerhealthcare.org/clinical-transformation](http://www.greenerhealthcare.org/clinical-transformation)

