

No Health Without Mental Health: Cross Government Mental Health Strategy – Briefing Note

The purpose of this briefing, with thanks to the Voluntary Sector North West briefing service, funded by The Big Lottery Fund, is to:

- Summarise the main intentions of the strategy
- Outline the implications of proposals

Introduction

The strategy describes the Government's commitment to improving mental health services with six agreed high-level objectives. In particular the document emphasises the importance of the mental health outcome strategy 'No Health Without Mental Health: Delivering better mental health outcomes for people of all ages'.

Strategy Intentions:

- Make mental health a key priority for Public Health England and set out why this should be a priority for Health and Wellbeing Boards
- Agree and use a new national measure of wellbeing
- Prioritise early intervention across all ages
- Take a life course approach, with objectives to improve outcomes for people of all ages
- Tackle health inequalities
- Challenge stigma by supporting and working actively with the Time to Change programme and others
- Invest £400 million over four years to make choice of psychological theories more available and expand provision for children and young people, older people and their carers, people with long term physical health problems and those with severe mental illness
- Ensure that by 2014 people in contact with the criminal justice system will have improved access to mental health services
- Commit funding from the Department of Health to ensure the best treatment possible for service and ex-service personnel

7 Mansfield Road Nottingham NG1 3FB

T: 0115 934 8471 F: 0115 934 8498 E: office@one-em.org.uk www.oneeastmidlands.org.uk

Charity no: 1094733 Limited company no: 4342574

- Bring together a group of experts to identify non-legislative solutions to tackle low levels of body confidence
- Launch a set of recovery pilots
- Publish a series of reviews and evidence on improving public mental health
- Review the models of service and practice for both health visiting and school nursing
- Work with the Royal College of General Practitioners and Royal College of Psychiatrists to agree advice and support to GP consortia to commission effective mental health services
- Ensure that close working between the Department of Health and Department of Work and Pensions supports mental health service providers to help people to enter into and return to work
- Publish a new cross-government suicide prevention strategy this year.

Six High Level Objectives

1) More people will have good mental health

To achieve this, the intention is to:

- improve the mental wellbeing of individuals, families and the population generally
- ensure that fewer people of all ages and backgrounds develop mental health problems, and
- continue to work to reduce the national suicide rate.

How progress can be measured:

- The Office of National Statistics (ONS) is consulting on national measures of wellbeing
- The Warwick-Edinburgh Mental Wellbeing Scale, which has been included in the Mental Survey of England
- Psychiatric morbidity surveys
- All 21 of the proposed indicators on tackling the wider determinants of ill health in the Public Health Outcomes Framework will have a positive effect on mental health and there is also a range of appropriate indicators in other domains, including self-reported wellbeing.

2) More people with mental health problems will recover

To achieve this, the intention is to:

- identify mental health problems and intervene early across all age groups

- ensure equity of access for all groups including the most disadvantaged and excluded
- build care and support around outcomes that matters to individuals to enable them to live lives they want to live, including good relationships, purpose, education, housing and employment
- offer people age and developmentally appropriate information, and a choice of high quality evidence and/or good practice-based interventions, including psychological therapies
- ensure that people with severe mental health problems receive high quality care and treatment in the least restrictive environment
- work with the whole family, using whole family assessment and support services.

How progress can be measured:

- The Office of National Statistics (ONS) is consulting on national measures of wellbeing
- The Warwick-Edinburgh Mental Wellbeing Scale, which has been included in the Mental Survey of England
- Psychiatric morbidity surveys
- All 21 of the proposed indicators on tackling the wider determinants of ill health in the Public Health Outcomes Framework will have a positive effect on mental health and there is also a range of appropriate indicators in other domains, including self-reported wellbeing.

3) More people with mental health problems will have good physical health

To achieve this, the intention is that:

- fewer people with mental health problems should have poor physical health
- fewer people with mental health problems should die prematurely
- fewer people with poor physical health, including those with long term conditions and mentally unexplained symptoms, should have mental health problems

How progress can be measured – The Public Health Outcomes Framework suggests indicators on:

7 Mansfield Road Nottingham NG1 3FB

T: 0115 934 8471 F: 0115 934 8498 E: office@one-em.org.uk www.oneeastmidlands.org.uk

Charity no: 1094733 Limited company no: 4342574

- mortality rate of people with mental illness (Domain 5)
- rate of hospital admissions for alcohol-related harm (Domain 3)
- smoking rate of people with serious mental illness (Domain 4)
- uptake of national screening programmes (Domain 4)
- suicide rate (Domain 5)
- infant mortality rate (Domain 5)
- mortality rates from cardiovascular disease and chronic respiratory diseases (Domain 5)

4) More people will have a positive experience of care and support

To achieve this, the intention is that:

- care and support, wherever it takes place, should offer access to timely, evidence-based interventions and approaches that give people the greatest choice and control over their lives, in the least restrictive environment, and should ensure that people's human rights are protected
- services should be designed around the needs of individuals, ensuring appropriate, effective transition between services when necessary, without discriminatory, professional, organisation or location barriers getting in the way, and
- Wherever possible services should listen to and involve carers and others with a valid interest and provide them with information about a patient's care, to ensure confidentiality does not become an obstacle to delivering safe services.

How progress can be measured:

- patient experience of community mental health services to include a new Community Mental Health Survey (NHS Outcomes Framework Domain 4)
- the Adult Social Care Outcomes Framework proposes a range of indicators including proportion of people who use 'self directed support'
- severity of harm
- NHS Commissioning Board is likely to identify more detailed indicators
- all outcome indicators will be disaggregated by protected characteristics to support monitoring and delivery of services.

5) Fewer people will experience stigma and discrimination

People receiving care and support should have confidence that the services they use are of the highest quality and at least as safe as any other public service. To achieve this, the intention is to ensure:

- fewer people suffer avoidable harm from the care and support they receive
- fewer people harm themselves
- fewer people suffer harm from people with mental health problems
- there is further progress on safeguarding children, young people and vulnerable adults.

How can progress be measured? NHS Outcomes Framework Domain 5:

- patient safety incident reporting
- severity of harm
- number of similar incidents
- NHS Commissioning Boards might also develop other indicators e.g. collection of indicators by ethnicity.

6) Fewer people will experience stigma and discrimination

The approach to improve public understanding of mental health and as a result negative attitudes and behaviours to people with mental health problems will decrease. To achieve this, the intention is to ensure that:

- everyone enjoys physical safety and feels secure
- people are free from physical abuse, harassment, neglect and self harm
- people are protected as far as possible from avoidable deaths, disease and injury.

How can this progress be measured?

- Time to Change already has a variety of indicators to measure change in attitudes to mental health in the general population, among employers and in the experience of people with mental health problems. We will work with Time to Change to agree the best ways to assess improvements over the lifetime of the strategy, including an annual attitudes survey.

The full document can be downloaded at

www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/documents/digitalasset/dh_124058.pdf

7 Mansfield Road Nottingham NG1 3FB

T: 0115 934 8471 F: 0115 934 8498 E: office@one-em.org.uk www.oneeastmidlands.org.uk

Charity no: 1094733 Limited company no: 4342574

One East Midlands

One East Midlands is the regional voluntary and community sector infrastructure organisation for the East Midlands. We work to ensure that the voluntary and community sector is actively engaged with key regional bodies and other partners, from across the public, statutory, business and social enterprise sectors. We bring together organisations that support voluntary and community groups across the region to influence and shape policy, improve services and provide a point of contact at a regional level.

Author(s)

Claire Chapman, Information and Membership Officer, One East Midlands
clairechapman@one-em.org.uk 0115 934 9535

Andy Harrison, PROMiSE NW Coordinator, Voluntary Sector North West
0161 276 9307