

Developing Modern and Comprehensive Policies and Programmes for Mental Health

Gregor Henderson
17 November 2010
ASPAC 2010
Tasmania

Workshop Summary

- Historical background
- 'Comprehensive' mental health policies
- Population mental health and the emerging evidence
- Some thoughts for discussion

Historical Background

- Asylums and institutional care
- 1960's reforms deinstitutionalisation
- 1970's Acute Hospital care
- 1980's Community Care reforms
- 1990's National 'Service' Frameworks ++
- 2000's Wider Agendas – stigma, social inclusion, recovery, suicide prevention, promotion, employment, education, inequalities.....

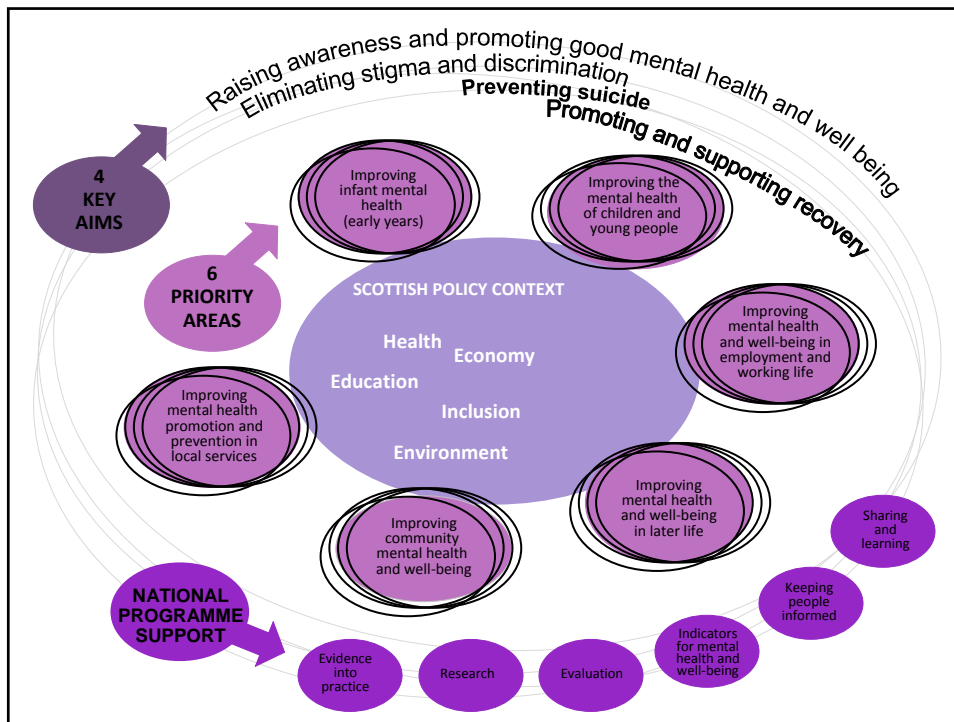
Scotland

Scotland: late 90's 'green shoots' and a 'wider lens'

- New 'Democracy' and grass roots actions
- Legislation - inclusion and social justice, in Mental Health Act reforms
- Stigma and discrimination
- Recovery narratives
- Promotion and Prevention
- Strong Political support

Scotland: trying to go beyond the 'mental health system'

- Schools
- Employment and working life
- Arts and culture
- Use of data and indicators
- Broad 'coalition of interests' engaging approaches and partnerships
- Public and community engagement.....



Scotland 2010

- Mental Health Care and Treatment Act (2005)
- Mental Health Delivery Plan (2007-2010)
- Towards a Mentally Flourishing Scotland (2009-2011)

Debate is now about where next, what components, process and priorities in a time of economic downturn.....

Observations

- Culture has shifted, but not enough
- MHP and P not sufficiently linked as part of overall health and public health improvement
- Fragile gains in other policy areas
- Rights, equalities and inclusion agendas still not as advanced as they need to be, 'stuck on stigma'
- BME community needs not sufficiently addressed

Key Government Web Resources

- <http://www.scotland.gov.uk/Topics/Health/health/mental-health>
- <http://www.wellscotland.info/>

England

England

- 10 year National Service Framework 1999 - 09
- 7 'standards'
- National implementation support
- New Mental Health Act
- Incremental additions – inclusion, equalities programme, psychological therapies (\$)
- Public Sector Targets – housing and employment

England – 2009 ‘New Horizons’

- Twin themes:
 - Population mental health and wellbeing
 - Improving access and improving services
- Life stages approach
- Inclusion, equality, assets
- Personalisation and control
- Beyond the ‘health’ system

England 2010

- New Government
- Public Sector and Health System Reform
- NHS, Social Care, Public Health
- New Mental Health Strategy
 - Outcomes and local focus
 - Personalisation
- Public Health White Paper
 - Mental health as part of mainstream public health
 - Addressing inequalities?

Observations

- Moved beyond 'safety'
- Strong coalition of interests
- Emergence of twin themes
- Gains made in promotion and prevention, but still precarious
- Austerity measures and their impact
- Weak on rights and equalities, poor evidence of movement on BME issues

Key English Resources

- <http://www.bis.gov.uk/foresight/our-work/projects/current-projects/mental-capital-and-wellbeing>
- http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_109705
- http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_114774

Canada

- Towards Recovery and Wellbeing
- Seven goals in Framework
 - Active engagement, promotion and prevention, meeting diverse needs, families, equity and access, evidence based actions, inclusion
- Building a Social Movement
- Key Areas of Focus
 - Children and youth, Workforce, seniors, first nations,

Canadian Contact

- <http://www.mentalhealthcommission.ca/english/pages/default.aspx>

Going Comprehensive?

The Wider Context

- Economies and recession (economic and social)
- Material needs and psychological, social and emotional needs
- Poverty, inequality and the social determinants of health and well-being
- Rising levels of stress, anxiety, depression, fear
- 'Resilience' and 'well-being'

Mental Illness

- Mental illness? – one in six, one in four, but not just any one in... and not just any one mental illness, and what of life stages?
- Determining factors? Genes, environment, social structure? impact and costs
- Prevention and early intervention, promotion?
- Living well with illness
- Recovery - going beyond 'treatment and care'... to wellbeing

Recognising the limits of 'treatment'

Improving, but need for a broader and complementary approach

%of burden averted

current coverage, current treatment	13
current coverage, optimal treatment	20
100% coverage, optimal treatment	40

(G Andrews et al 2004. British Journal of Psychiatry)

Implications

- Mental illness seen in its economic and social context
- Need to differentiate needs - acute, longer term, 'diagnostic' type
- human, social and economic impact
- life stages and transitions
- Moving from the provision of services to meeting more holistic individual, family and community needs
- Getting 'personal' – individual budgets, greater autonomy, moving to 'wellness' (self defined)
- Wider population focus
- Critiques of 'mental illness'

Mental Health

- More than the absence of illness or prevention of illness
- Definitions and language, changing and improving, cultural definitions
- The benefits of good mental health (universal and targeted)
- Life stages approaches
- 'Whole' health (and well-being)
- Social, emotional and psychological needs

Poor mental health

- A lack of 'good mental health' or 'mental well-being' is caused by and leads to greater inequality, economic, material and social disadvantage
- Poor mental health or poor mental well-being leads to poorer physical health, higher rates of health care use, harmful behaviours (excessive drinking, drugs) increased mortality and reduced life expectancy, poorer educational performance, increases in crime, anti-social behaviour, lower levels of employability and productivity

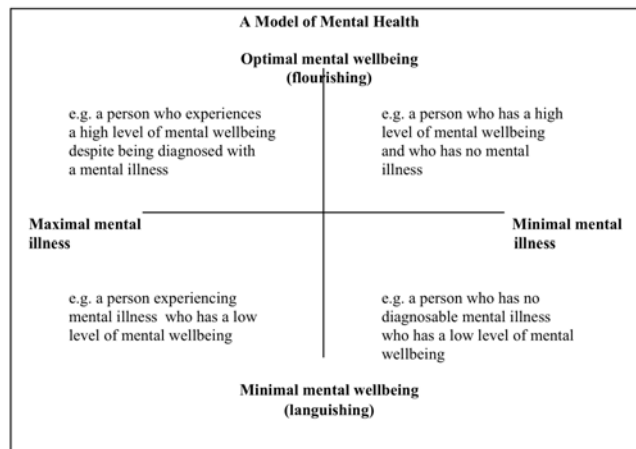
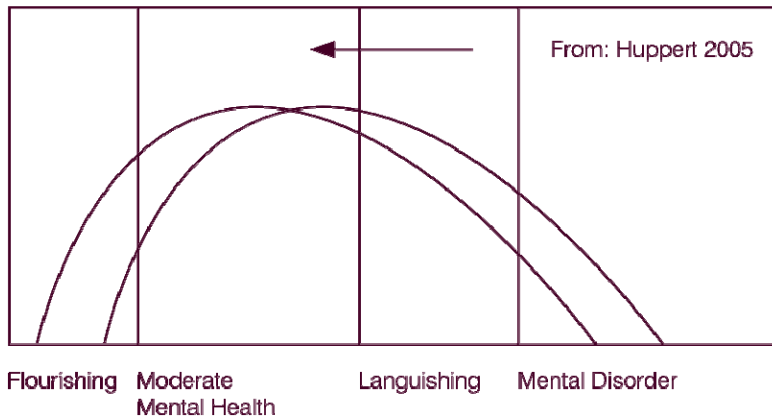
'levels of mental distress among communities need to be understood less in terms of individual pathology and more as a response to (poverty) relative deprivation and social injustice, which erode the emotional, spiritual and intellectual resources essential to psychological well-being' (WHO 2008)

Positive mental health

A worthwhile goal in itself and leads to better outcomes:

- reduces prevalence of mental illness
- physical health: mortality/morbidity
- health behaviour
- employability, productivity, earnings
- educational performance
- crime / violence reduction
- pro-social behaviour/social integration/relationships
- quality of life

Figure 1
Population distribution of mental Health
(Huppert 2005)



Implications

- Going beyond mental illness, care and treatment
- Mental health in general public health and general health services
- Wider benefits to other systems – early years, social and family policy, education, employment, criminal justice, community
- Improved data, measures, research required (combining promotion and prevention)

Emerging 1 - Comprehensive

- Legislation
- Promotion, prevention *and* services
- Life stages
- Differentiation of populations and different approaches
- Cultural appropriateness
- Range of Different Settings – from education to employment

Comprehensive continued

- Early years, Schools, Youth, Older age
- Housing
- Employment and working life
- Arts and culture
- Community Regeneration / social networks

Emerging 2 – Rights and Inclusion

- Human rights
- Inclusion – economic, financial, social
- Addressing Inequalities (poorly developed)
- Poverty – material, opportunity

Emerging 3 – Approach

- Case Making – with and for others on both illness and health / well-being
- Knowledge / Evidence – evidence ‘informed’ policy and actions (investment in research)
- Cost benefit – returns on investment, both economic and social
- Evaluation and review – research and data collection

Emerging 4 – ‘A New Script’

- Integrated and complementary approaches
- Severe Mental Illness – care and treatment systems to be developed on lines of recovery and inclusion and individualised supports.
- More on common mental illnesses / problems and more early intervention, upstream and mainstream approaches – psychological and social approaches
- Family and childhood focus and transitions into adulthood.

'New Script'

- Social inclusion – housing, employment, social support
- Peer support, peer workers
- Personalisation and individual budgets
- CAMHS as an integrated system – education, social care, family and health
- Older age – managing transitions, care and dignity in older life

What Looks Promising?

- Mental Illness
 - Addressing discrimination
 - Employment
 - Peer Support
 - Personalisation – individual budgets
 - Long term conditions
 - Transitions
 - Acute care alternatives

What looks promising?

- Mental Health
 - Early years – parenting, universal and targeted
 - Children – schools, emotional well-being
 - Youth – ‘youth defined’
 - Employment – in its wider sense
 - Social participation – and control
 - Links with physical health, nature, ecology
 - Helps address other key ‘lifestyle’ and ‘behavioural’ challenges

Promising Evidence

[http://www.nmhdu.org.uk/silo/files/
confident-communities-brighter-
futures.pdf](http://www.nmhdu.org.uk/silo/files/confident-communities-brighter-futures.pdf)

The Implementation Challenge

1 - Policy and Government

- Legislation
- Taxation
- Programme Funds
- 'Authorisation'

2 – Going Beyond Health

- Employment
- Social and family affairs
- Education
- Equalities
- Criminal justice
- Towards 'well-being'? (unifying)
- Cross Departmental Working – a challenge, needs effective leadership, co-ordination and attention.

3 – The ‘Process’ Matters

Traditional

- Issues
- Research and evidence
- Strategy
- Action plans
- Review and adjust

Creative

- Engagement
- Participation
- Creativity
- Iterative and emergent

Some Common Challenges

- Values – do we have agreement?
- Promotion, prevention v’s treatment
- Public health v’s services
- Professional v’s Lived Experience
(‘democratising’ mental health)
- \$ and where it comes from and who it benefits
- A unifying script?
- Guarding against ‘Exceptionalism’
- Leadership – political styles shared / diffuse?

Some Thoughts

- The need for a 'new script' – what we add
- The limits of gdp and the attractions of well-being
- The move to the mainstream
- Don't forget inequalities – they lie at the heart of any transformational change
- Don't forget the most vulnerable – universal and targeted
- Limits of Government – need new ways of acting, to move to an 'authorizing' policy approach and to support the process of engagement and action

Thank You and Contacts

Gregor.henderson@nmhdu.org.uk

www.nmhdu.org.uk