

HOPE, RECOVERY AND A MENTALLY HEALTHY FUTURE

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Transforming the mental health of our communities

- How did we come to be here?
- Why we are where we are?
- What's emerging?
- What to do? - In both policy and practice, the evidence and what looks promising?
- Some reflections and thoughts

Some Early Thoughts

- 'Stages' of development
 - Also means taking some of the past with us
- 'Better but not well'
 - Moving beyond 'exceptionalism'
- Addressing the big 'social determinants'
 - Mental health and mental illness are socially created and socially destroyed
- The force of other factors
 - Recovery largely depends on what happens outside the 'psychiatric treatment system'

How did we get here?

Stages of development in 'mental health'

Mental health care

- Early and indigenous cultures
- Asylum and institution
- Deinstitutionalisation and the move to the 'Community'
- Community mental health services and the growth of community teams
- Development of a range of psycho-social services

The 'patient' experience

- Removed, ignored, shunned, no rights
- Conditional rights, medication compliance, professional decision making
- Care plans, community 'treatment orders'
- Improved range of community based services, participation in decision making
- Survivor activism, user movement, peer run services, consumer services
- Inclusion, equality, rights

The Importance of Treatment and its Limitations

Improving, **and** a 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

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

Burden?

- Stigma, Prejudice, Discrimination
- Exclusion
- 'OTHERS'

To:

- Rights
- Equality
- Part of the human condition

Why we are where we are?

Possible explanations

- Belief in the rational scientific model
- The dominance of an individualised bio-medical approach
- Lack of attention to the 'social' – social determinants and social beings
- Lack of attention to the 'human'
- Broken economy and broken society?
- The end of the benefits of modernity?

The 'Spirit Level'

- Inequality matters in how we relate to each other
- The quality of our social relations are largely built on material foundations
- Need to now shift away from material standards and economic growth to improving the psychological and social wellbeing of societies and populations.....

(Prof R Wilkinson and Kate Pickett 2009)

www.equalitytrust.org.uk

Going Beyond the Individual

‘.....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’

Mental Health, Resilience and Inequalities. WHO
2009

Understanding the ‘human’ dimension

- Early experiences matter
- Abuse, neglect, emotional and psychological consequences
- Understanding transitions
- Attachment, understanding
- Intimacy
- Meaning and purpose
- Control and autonomy

What is emerging?

Emerging

- Recovery
- Peer, Consumer Services
- Rights
- Inclusion
- Personalisation
- Moving to wellbeing

Some implications

- Mental illness seen in its economic and social context
- Need to differentiate needs - acute, longer term and 'diagnostic' type
- human, social and economic impacts
- 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
- Growing critiques of 'mental illness'

Lets talk about 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

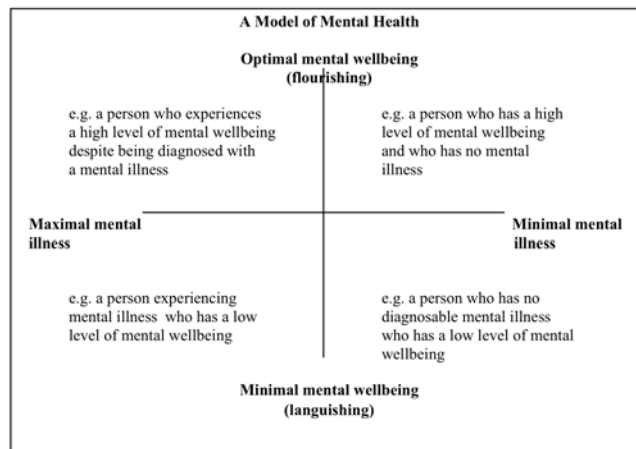
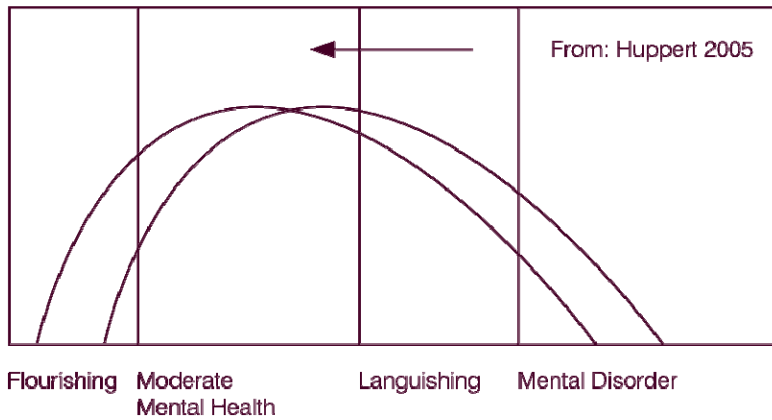
(WHO 2009)

Positive mental health

A worthwhile goal in itself and leads to better outcomes:

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

Figure 1
 Population distribution of mental Health
 (Huppert 2005)



Some implications

- Going beyond mental illness, care, treatment and support
- 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, ageing (good evidence)

What to do?

Policy

- The importance of **policy** as an 'authorizing' agent and supporter of change
 - Some good examples of policy emerging – twin track approaches
- Going further 'upstream' and with others
 - Becoming more visible in promotion, making the case and being informed by the growing evidence and experience
- Universal and targeted approaches
 - Proportionate and with cost and social benefit, evidence is compelling and increasing in strength

Fiscal

- Alignment of budgets
- Cross programme funding – benefits accrue to communities
- Strategic alignment based on community need
- Payment by results – towards broader social outcomes
- Localised 'purchasing'
- Individual budgets

Practice

- Recovery orientation
- Attending to the social
- Inclusion (traffic lights system)
- Control and autonomy
- From services to what people do
- Focus on wellbeing and what sustains it (mindapples)
- Ways to wellbeing.....

'Five Ways to Wellbeing'

- Be Active
- Connect
- Keep Learning
- Take Notice
- Give

Foresight Report 'Mental Capital and Wellbeing'

<http://www.bis.gov.uk/foresight/our-work/projects/current-projects/mental-capital-and-wellbeing>

New Economics Foundation (nef)

<http://www.neweconomics.org/projects/five-ways-well-being>

Some reflections and thoughts

First, some questions

- Will the dominant cultural, political and professional forces allow or enable the moves towards the next stage?
- Can we begin to align around a core set of shared values?
- Will we be prepared to acknowledge and work through the imbalance in power relationships and support the move from 'subject' to 'actor'?

Some Green Shoots

- Measuring social and economic progress
- Recovery oriented community services
- Individualised budgets, self directed care
- Shifts to wellbeing as an overarching policy and practice driver
- A 'new' generation is coming.....

What of our values?

Intrinsic v's extrinsic
Community v's individualism
Understanding vs condemnation

Final thoughts

- Becoming more Integral in our thinking and approaches
- Achieving a Balance
- Dealing with Complexity and Paradox
- 'Constructive dissent'
- Learning from our mistakes

Ring the bells that still can ring,
Forget your perfect offering,
There is a crack in everything,
That's how the light gets in.

Leonard Cohen 'ANTHEM'

Thank You

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