No Health without Mental Health

*a cross-government strategy*

Race Equality Foundation engagement programme
Crawford House Community Centre, Liverpool

*30 November 2010*
'Equity and excellence: Liberating the NHS’

The White Paper was published in July and set out the Coalition Government’s new vision for the NHS.

It identified the following as Secretary of State’s priorities:

- a patient-led NHS
- delivering better health outcomes
- a more autonomous and accountable system

In practical terms, the White Paper proposes to reshape the NHS so that it is able to better deliver:

- Choice
- Control
- Personalisation
The purpose of the new Mental Health Strategy

- To follow on from, and to replace, New Horizons
- To set out a balanced twin track for mental health services that works
  - to improve the well-being and also the overall mental health of the **population at large**;
  - to improve outcomes for **people with mental health problems** by providing high-quality services that are accessible to all.
- To map a way of achieving this by
  - **“mainstreaming”** i.e. ensuring that mental health has parity with physical health and that it really becomes everyone’s business;
  - **Identifying the right priorities** to ensure that money is well-spent at a time when there is less to go around.
The Mental Health Strategy approach

Empower people and communities
- Help individuals and families improve their own mental health, for example by recognising and reducing sources of stress, keeping physically active and keeping consumption of alcohol within safe limits
- Ensure that all individuals and service users are involved in all decisions about them, “No decision about me without me”
- Ensure that people have choice and control over treatment approaches and social support, as well as more access to their own social care and health budgets
- Support effective personalisation to ensure that individuals of all ages, background or ability will receive the most appropriate care

Put more power into people’s hands closer to where they live.
- Local partnerships help neighbourhoods and communities be much more involved in local decision making and decide on the outcomes they want and how best to achieve them
- Improve local ownership and participation in decision-making, so helping social cohesion, and increasing community resilience and wellbeing.

Empower health services and other public services to deliver improvements.
- Ensure that local government helps make sure that local voices are heard, that these local partnerships are effective and that local people have the information they need about local needs and outcomes to make the best decisions.
### Who does the Mental Health Strategy address?

#### People who are directly affected
- people with mental health problems
- families and carers
- service users
- service providers and personnel
- the wider population.

#### People who can deliver the change
- local partnerships
- Schools
- Local Authorities,
- Health and Well being boards
- GP consortia
- service providers
- front line staff
- Employers
- Police and CJS
- Government departments
- professional bodies
- voluntary sector

#### As well as
- individuals and citizens
- Families, parents and carers
- communities and neighbourhood groups (as part of the Big Society and a social movement)
Outcomes within the Mental Health Strategy

A vision and five high-level outcomes have been developed in discussion with partner organisations. These are based on a national consensus about the priorities for change.

These are the first set of mental health outcomes that comprehensively cover:

- better mental health for people with mental health problems
- better physical health for those with mental health problems, and
- better mental well-being in the population.

<table>
<thead>
<tr>
<th>Vision</th>
<th>Fewer people will experience stigma and discrimination as a result of negative attitudes to mental health problems</th>
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<tbody>
<tr>
<td>Outcome 1</td>
<td>More people will improve their well being and mental health</td>
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<tr>
<td>Outcome 2</td>
<td>More people will recover from acute mental health problems more rapidly, and more people will make meaningful self defined recovery from serious and enduring mental health problems</td>
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<td>Outcome 3</td>
<td>Fewer people with mental health problems will have poor physical health or die prematurely</td>
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<td>Outcome 4</td>
<td>More people will have a positive experience of care</td>
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<td>Outcome 5</td>
<td>Fewer people will suffer avoidable harm</td>
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Mental Health Outcomes sit across a number of existing or emerging outcomes frameworks

- Supported discharge from NHS to social care
- Reablement/intermediate care to reduce emergency repeat admissions
- Supporting carers and involving them in care planning

- Preventing ill health and lifestyle diseases and preventing their determinants

- Maintaining good health and well-being
- Healthy and active ageing and maintaining independence

NHS Outcomes Framework

Mental Health Outcomes

Social Care Vision Outcomes Framework

Public Health Outcomes Framework

Other government departments
Engagement with equality stakeholders on Mental Health Strategy

External engagement
• New Horizons consultation
• Mental Health Equalities Advisory Group
• The present engagement
• Further conversations with stakeholders

Internal engagement
• National Mental Health Development Unit
• Equality policy leads in DH
• Equality leads in other policy areas
• DH staff groups and equality champions
Questions for discussion

[DN – the Oct 2010 WP questions would still be relevant here]