

New Horizons

A shared vision for mental health

Susan O'Connor, Programme Lead

susan.o'connor@dh.gsi.gov.uk

Possible timeline

FEB – MARCH
Drafting, listening events,
scope equalities impact
assessment, establish online
presence

JUNE – JULY – AUG
Consultation period

OCT
Ministerial announcement/
launch to coincide with
World Mental Health Day

2009

JAN
Programme
Board to agree
ToR and scope
work

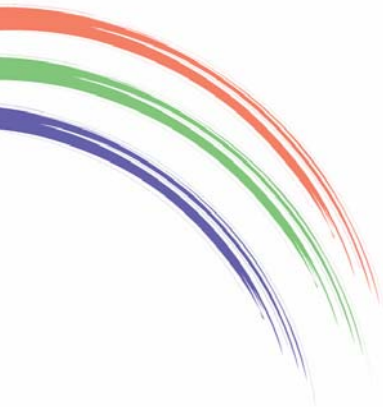
APRIL – MAY
Draft consultative material for
comments and finalising, also final
edits for commissioning guidance
(public MH & well-being)

SEPT
Consultation analysis,
redrafting and
design/print of end
product(s)

New Horizons programme



- Overarching broad vision “strategy” for the next ? years bringing together several strands of work...
- Thereafter considering specific needs of different audiences and other pieces of work



Aims, purpose

- Better mental well-being
- Better mental health care
- Better value for all

*e.g. Coalition document:
Improve social inclusion, whole life
outcomes and whole population mental
health*

Better mental well-being for all



- **Better mental health** (no health without mental health) **and well-being** –
 - Social inclusion and social justice to people, carers and families living with mental illness
 - reducing stigma and discrimination
 - Broader agenda of more public health approaches to address major social determinants of illness and wellbeing
- **For all** – including at-risk groups

...links with CAMHS and Children's strategy

Better mental health care for all



- **Better care** – safe, effective, whole person, dignified, self determined, early and recovery-focussed care

...building on achievements of NSF, IAPT etc and improving services, quality and access for those with serious mental illness and more common mental health problems

- **For all** – reducing inequalities, promoting social inclusion and social justice, ie addressing older adults, BME, those with complex problems, offenders etc

...for users of services and their families and carers

Better value for all

- **Better Value** – effective and efficient, focus on quality and outcomes
- **For all** – economic case for improving mental well-being and care in occupation, education, risk, use of services etc

Principles

High quality effective services for those that need them

Evidence based
Quality and outcomes understood and measured

Respect and dignity

Whole community

Provision linked to need

Early intervention

Equality

Comprehensive coordinated care pathway approach

Reducing inequalities

Effective and efficient

Interventions based on evidence

Improving access

No stigma

workforce skilled and well supported

Self determination, personalisation, user and carer focus

Upstream approach: promotion prevention and early intervention

Need for safety

Supporting carers as part of supporting patient/user

Social inclusion

Focus on recovery and hope



New Horizons

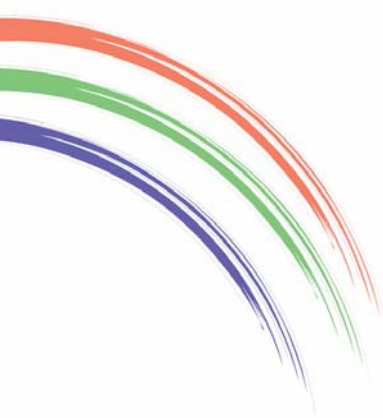
Key policy areas

- Coherence and signposting
- Links with CAMHS, children's strategy, dementia strategy, Lord Bradley report, Dame Carol Black report etc



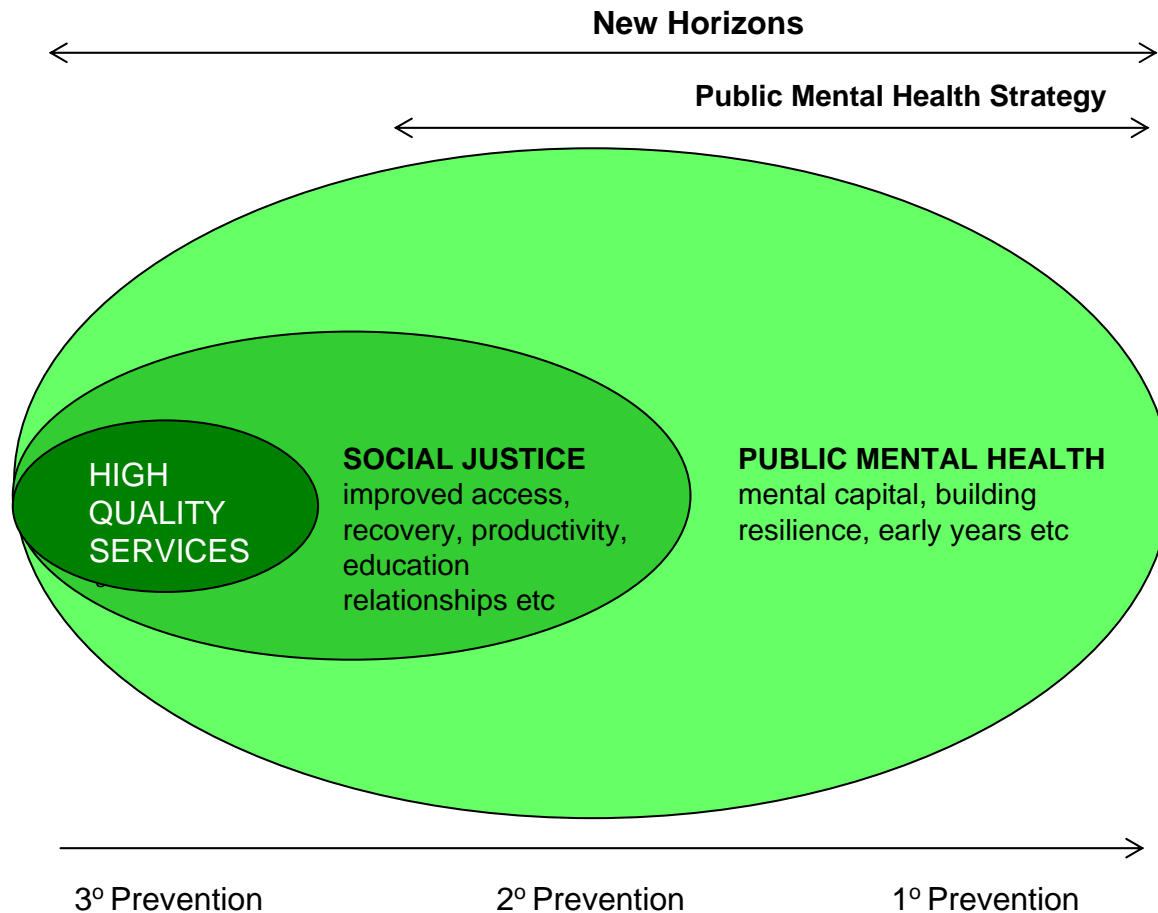
***Issues:** economic downturn, rising unemployment, debt etc increasing rates of common mental health problems, and more difficult for most vulnerable*

Better Mental Wellbeing for All



The vision

...for reducing inequalities and improving social justice and public mental health and well-being



New Horizons

Social justice

- **Fair Access** for all to all services:
 - Older people
 - Offenders with mental health problems
 - Black and minority ethnic communities
 - People with complex problems
- **Employment and education**
- **Reducing stigma and discrimination**
- **Debt**

Public mental health + well-being



Emerging priorities and issues:

- Early years
- Children and young people
- Working life
- Lifelong education
- Physical and mental health
- Later life
- Mental capital
- Social capital
- Violence and abuse

New Horizons

Better mental health care for all



Consolidating and building on NSF and IAPT

Modern clinical services from care pathway perspective e.g

Future of new teams

Better physical care

Older people without dementia



New Horizons

Better value for all

- Quality information indicators incentives work on: matrices quality board and indicators, NICE etc
- Outcomes including wider population data on mental health and well-being, eg Index of public mental health
- Evidence-based practice
- Value for money including health gain for money spent

eg debt counselling may have large group health impact for relatively low input? Increased antidepressant use in older people may have high impact on large group? Family nurse practitioners may have large health gain in longer term on relatively small group?

- **Implementation *within reformed system***
- **Harnessing Other Government departments**

Harnessing other Gov Depts

EXAMPLES



Improving mental health can help other departments with their goals

<i>Problem</i>	<i>Win for</i>
Fewest missed days of work; Decrease incapacity benefit	DWP
Treasury/employment	More tax, Less spending
Improved PHYSICAL HEALTH: <ul style="list-style-type: none">• Lower cardiovascular disease• Less medical unnecessary activity• Lower health care utilisation	NHS
Reduced rates of reoffending, decreased crime	Home Office
Educational attainment	DCFS



New Horizons

Practical plan for next three years



Three potential time frames or horizons

EARLY GAINS, for example:

- Complete EI, CR/HT, IAPT evaluation and roll out
- Debt
- Employment support
- Liaison into acute tariff
- Family nurse partnership projects
- Recovery star project
- “Five-a-day” good mental health habits
- Mental health awareness training

New Horizons

Practical plan for next three years

MEDIUM TERM, for example:

- Time to change
- Changing Lives
- health and well-being centres(?)

LONGER TERM, for example:

- Research
- Interventions around violence and abuse etc

- **Examples of good practice (national and international) throughout...**
- **Research**
- **Workforce**

Risks / challenges

- Time frame
- Stakeholder support
- Securing broader DH / cross-Government support
- ???