



Mental health inequalities: current policy and practice

Andy Bell, 3 April 2019

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Key developments in national policy

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- *No Health without Mental Health, 2011*
- Health and Social Care Act, 2012
- Crisis Care Concordat, 2013
- *Improving access to mental health services, 2014*
- *Future in Mind, 2015*
- *Mental Health Five Year Forward View, 2016*
- Transforming children's mental health, 2017 & 2018
- Mental Health Act Review, 2018
- *NHS Long Term Plan, 2019*

Wider influences on mental health policy

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- NHS
- Social care
- Public health, including alcohol and drugs
- Housing and housing support
- Social security and employment
- Education
- Criminal justice
- Economy

NHS spending commitments

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- Future in Mind: £1.25bn over five years (non-recurring) ending in 2020/21
- Five Year Forward View for Mental Health: £1bn extra by 2020/21 (compared with 2015/16)
- Long Term Plan: “An extra £2.3bn” in total + children’s mental health to rise more than average
- Mental Health Investment Standard for CCGs

Key elements of Five Year Forward View MH

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- ❑ Produced by Mental Health Taskforce set up and supported by NHS England
- ❑ 58 recommendations, all accepted by Government
- ❑ Three types of recommendation:
 - New services
 - System changes
 - Cross-government actions

New and extended services

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- Future in Mind implementation
- IAPT, especially for long-term conditions
- Perinatal mental health care
- Early Intervention in Psychosis
- Liaison psychiatry in acute hospitals
- Crisis Resolution and Home Treatment
- Employment support

Successes so far

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- ❑ New and extended services planned or in place by 2020/21
- ❑ Suicide prevention plans in LAs
- ❑ Overall increase in mental health care spending (with some variability)
- ❑ Greater use of physical health checks in mental health services
- ❑ Some progress in reducing out of area admissions

Gaps and concerns

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- ❑ Workforce development: 21,000 extra staff needed by 2020/21
- ❑ System changes and reforms, eg to payment systems
- ❑ Access and waiting time standards (including for urgent care)
- ❑ Cross-government commitments
- ❑ *Future in Mind* implementation



- ❑ Sets out 'new service model for 21st century'
- ❑ 'More joined up and coordinated': less emphasis on competition
- ❑ 'More proactive': population health management
- ❑ 'More differentiated in its support offer': to help people 'take more control' of health

Key themes

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- ❑ Integrated Care Systems for all by 2021
- ❑ Investment in primary and community health services (faster than NHS overall)
- ❑ Focus on 'prevention' eg smoking cessation, weight management, cancer screening
- ❑ Expansion of social prescribing: 1,000 new link workers
- ❑ Scaling up of personal health budgets

Key mental health pledges in LTP

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- ❑ Further extensions to children's mental health and talking therapies (IAPT)
- ❑ Improved support for 18-25s
- ❑ Investment in community services
- ❑ Possible new access and waiting standards
- ❑ 24/7 crisis care (including 111)
- ❑ Improved support from ambulance services
- ❑ Liaison teams in general hospitals

Key areas of concern in mental health policy

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- Primary care
- Prevention
- Inequalities
- Complex needs
- Social care
- Prisons and probation

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Equally Well UK: Working together for equal health

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Unequal health outcomes

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- ❑ 15-20 year shorter life expectancy
- ❑ 3.7 times higher premature mortality
- ❑ Up to three times as likely to have diabetes
- ❑ Twice as likely to have heart disease
- ❑ More likely to die from cancer
- ❑ More likely to have multiple physical health problems
- ❑ Greatest health inequalities among young adults

What causes the gap?

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- ❑ Physical health 'overshadowed'
- ❑ Unhealthy 'lifestyles' ignored or taken for granted
- ❑ Symptoms not believed: missing signs of emerging illness
- ❑ Side effects of medication
- ❑ Unhelpful responses to self-harm injuries
- ❑ Unhealthy environment in inpatient care

Addressing physical health

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- ❑ Tailored support with smoking
- ❑ Health promotion from the start
- ❑ Medication management & decision-making
- ❑ Improved access to cancer screening
- ❑ Dental health care
- ❑ Access to healthy food (including in hospital)
- ❑ Opportunities for physical exercise
- ❑ Improved understanding among *all* NHS staff

Everyone's business

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- ❑ Mental health services
- ❑ Primary, acute and community care
- ❑ Service commissioners and providers
- ❑ Education and training
- ❑ Public health and social care
- ❑ Charities and voluntary groups
- ❑ Research organisations
- ❑ Service users and carers



- ❑ Collaborative to spur collective action on physical health
- ❑ Set up by Centre for Mental Health, Kaleidoscope & Rethink Mental Illness
- ❑ Three principles:
 1. We all have a right to good health
 2. No one organisation can do this alone
 3. The answers lie in collaboration and coproduction



- ❑ Agreed a Charter for Equal Health
- ❑ Collecting pledges from members
- ❑ Collecting evidence and resources
- ❑ Publishing blogs on practice and experience
- ❑ Organising learning events and activities
- ❑ Website www.equallywell.co.uk



Ambitions

- ❑ To create a nationwide learning network
- ❑ To bring people together across organisations, sectors and roles
- ❑ To establish a 'brand' for equal health
- ❑ To raise all our sights and expectations
- ❑ To enable people to enjoy better health for longer



Priorities for 2019

- Healthy weight management
- Tobacco smoking

- Learning events (14 May onwards)
- Resources (lots of them)
- Annual meeting (26 September)



We're in!

The mental health challenge

Local councils championing mental health

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Working with elected members in councils and communities

Andy Bell, 28 February 2019

The importance of local gov't to mental health

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- Wellbeing and public health
- Social care
- Children's services
- Housing
- Economic development
- Community safety

The importance of political leadership

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Meeting the need: what makes a 'good' JSNA for mental health or dementia?

Key success factors ▶▶▶

Leadership

To ensure that adequate resources, expertise and time are put into assessing mental health needs

Follow up

JSNAs being flexible enough to allow for updating as new data emerges

Purpose

An actual or perceived need for the JSNA to address a priority

Engagement

Collaborative production with partners inside and outside the local authority

Research evidence

Using local data and a variety of other sources to gain an accurate picture of local need

Voices of experience

People with lived experience of mental health contributing to the understanding of local need

National policy

Policy directives from national bodies having an impact on local decisions

Presentation

Ensuring that they tell a compelling story and are written in plain English

Why do we need 'member champions'?

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- ❑ Local authorities are democratically led organisations
- ❑ Councillors come from communities and represent fellow citizens
- ❑ Mental health links to a range of portfolios and policy areas
- ❑ Political leadership is vital to ensure ongoing commitment



We're in!

The mental health challenge

Local councils championing mental health

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- ❑ Local authorities nominate a 'member champion' for mental health
- ❑ They advocate for mental health in their council and local community
- ❑ We offer advice, information and training
- ❑ Champions and their officers join national network of peers

Support offered

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- ❑ Advice and information 'on call'
- ❑ Annual meeting for member champions
- ❑ Email bulletin and dedicated web site
www.mentalhealthchallenge.org.uk
- ❑ Tailored briefings on key topics: eg housing, children's mental health and smoking
- ❑ Regional workshops on Prevention Focused Leadership

Progress to date

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- 120 local councils have joined the challenge
- Member champion activities include:
 - Raising mental health in council debates and including it in key policies, eg housing
 - Engaging local communities and organisations in understanding needs & issues
 - Challenging stigma and discrimination
 - Working with local partners, eg police
 - Creating healthier workplaces

Commission for Equality in Mental Health

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- ❑ Set up in 2018 to report in early 2020
- ❑ Chaired by Liz Sayce
- ❑ Currently seeking evidence to address:
 - Unequal social and economic determinants of mental health
 - Unequal access to support for mental health
 - Unequal experiences and outcomes
- ❑ Looking for solutions at all level
- ❑ Let us know @MHEquality

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Thank you

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