

Agenda Item 7

Overview and Scrutiny Committee - Communities

28 October 2009

PJ/smep



Department of Health - New Horizons – “Towards a shared vision for mental health”

Summary

The Department of Health’s new document on mental health forms a crucial part of the consultation on a new cross-government vision for mental health and well-being in England for 2010 onwards – a consultation that began in late 2007.

All the aspirations expressed in New Horizons should be seen in the context of the financial constraints that the Department of Health and the National Health Service will face over the next three to five years.) The purpose of this report is to set the scene for a discussion with the Devon Partnership Trust (DPT) for mental health about how the principles might be applied in East Devon.

Recommendation

That Members determine any responses they wish to make to the consultation, or any principles they wish to promote for Mental Health in East Devon.

a) Reasons for Recommendation

EDDC as an advocate for East Devon communities.

b) Alternative Options

Not to seek to influence future provision at this time.

c) Risk Considerations

If EDDC do not engage in this local health debate we may risk losing influence over the services provided locally for the future.

d) Policy and Budgetary Considerations

There are no budgetary considerations, the debate relates directly to our role as community leader.

e) Date for Review of Decision

To be decided.

1 Main body of report

Attached at Appendix A are extracts of the Department of Health - New Horizons – “Towards a shared vision for mental health” consultation document.

The Committee should debate with the DPT the extent to which their services already meet the aspirations of the consultation document, and to what extent the proposals are practical and relevant for the future.

Legal Implications

There are no legal observations to report.

Financial Implications

There are no financial implications

Consultation on Reports to the Executive

-

Background Papers

Peter Jeffs – ext. 2652
Corporate Director

Overview and Scrutiny Committee - Communities
28 October 2009

Department of Health - New Horizons – “Towards a shared vision for mental health”

1 Vision

In 2020 most adults will understand the importance of mental well-being to their full and productive functioning in society, to their physical health, and to their ability to make healthy lifestyle choices.

They will also understand some of the factors that affect their mental well-being, and will have developed their own everyday ways for taking care of it. Children will increasingly be taught in school about the importance of mental well-being and how to nurture and preserve it, and a range of local services will support their well-being so that problems are detected early. Mental health needs will be identified at an early stage so that, for example, treatment and support can be provided while the individual is an adolescent, thus reducing the chances that mental health problems will continue and adversely affect their adult life.

In 2020 physical health and mental well-being will be seen as equal priorities, and the links between them recognised as key to maintaining physical and mental health.

In 2020 the stigma attached to mental health will have declined dramatically. People will know that mental health problems can affect anyone, at any time, and they will also understand that these problems have causes and can be treated, just like physical illnesses.

2 New Horizons programme

New Horizons will form a programme of action to advance the twin aims of:

- improving the mental health and well-being of the population
- improving the quality and accessibility of services for people with poor mental health.

This consultation document forms an important part of the New Horizons programme. It sets out:

- the continued high profile of mental health as a Department of Health priority
- an agreed set of key values and principles for the NHS, local authorities and other government departments to guide service design and delivery what we have learnt from the National Service Framework (NSF) and its implementation over the past 10 years.

It seeks, through consultation, to discover:

- how these improvements can be maintained and developed further in a new era of devolved systems and World Class Commissioning, and in the current economic climate
- how we can use the new emphasis on personalisation, choice, quality and empowerment to improve access to services and reduce inequalities in outcomes
- how we can use our experience of partnership working and multi-disciplinary approaches to extend our work to tackling the causes of mental health problems still higher upstream, at primary prevention level
- where the opportunities for innovation are
- how good mental health and well-being can become a priority across government.

3 Background

Mental health problems are extremely common: one in six adults will have a mental health problem at any one time, and for half of these people the problem will last longer than a year. For some people, mental health problems last for many years, particularly if inadequately treated.

The social and financial costs of mental health problems are immense.

The NHS spends 14 per cent of its annual budget on mental health services. Recent estimates put the full economic cost at around £77 billion, mostly due to lost productivity.

Improving mental health brings benefits to individuals and society and we know a great deal about what works. There is a clear association between good mental health and better outcomes across a number of domains: years of life, physical health, educational achievement, criminality and employment status.

4 **Mental health, equality and human rights**

People with mental health problems tend to have fewer qualifications, find it harder to get work, have lower incomes, may well be homeless and are more likely to live in areas of high socio-economic deprivation. Fifteen per cent of children in the lowest socio-economic group develop mental health problems, compared with just 5 per cent of children in the highest.

Life for many in black and minority ethnic communities can be more difficult than for the majority population, and that too is reflected in the incidence of mental health problems.

Women are more likely to experience common mental health problems such as depression and anxiety – around 20 per cent of women at any one time compared with about 12.5 per cent of men. Men, however, have higher rates of suicide and addictions. There is emerging evidence that lesbian, gay, bisexual and transgender people are at higher risk of some mental health problems, and that services for older people are lagging behind those for younger adults.

The most mentally healthy people also have the lowest rates of cardiovascular disease. Conversely, people with a physical illness are more likely to develop a mental health problem – an estimated 70 per cent of general hospital beds are occupied by older people, of whom up to a half are assessed as suffering from cognitive problems and a third with depression.

People with severe mental health problems die younger than other people. Some studies have shown that on average it is 25 years earlier.

5 **Wider workforce**

A vast range of agencies provide services to people experiencing mental health problems. They include primary care, social care, alcohol and substance misuse services, employment services, occupational health, the criminal justice system, education and housing. Their actions can help individuals regain a good quality of life, and their important contribution will be enhanced if staff have a good understanding of mental health and mental well-being issues.

6 **Principles**

a) **Laying the foundation – Children mental health**

Aim

To promote the mental health of all children by providing universal and targeted support for families and at-risk groups.

Key messages

Early intervention to build mental well-being and resilience in infancy and childhood can prevent mental health problems in adult life and lead to better outcomes in health, education, employment and relationships.

Early identification and treatment of mental health problems in children and their parents can lead to better outcomes.

Most successful interventions will be the result of effective multi-agency working.

b) **Transition from adolescence to adulthood** (not sure you want this in)

Aim

To improve transition and to ensure that young people receive age-appropriate care and support from adolescence through into adulthood.

Key messages

Local agreement between child and adolescent mental health services (CAMHS) and adult mental health services on how to manage transitions is vital.

A range of different approaches exist to support young people in the transition from CAMHS to adult services.

Any such approach needs to be accessible, nonstigmatising, age-appropriate, multi-disciplinary and multi-agency, and have good links to educational, employment and social outcomes.

c) **Better mental health and well-being for adults** (not sure if you want heading)

Aim

To improve the mental well-being of all individuals, families and communities.

Key messages

As individuals we can do a great deal to protect and promote our own mental health. Multi-sector approaches can be taken at a wider population and community level to maintain and promote mental well-being.

The potential benefits to individuals and society of improving their mental well-being and resilience are far-reaching and long term.

Self care and personal responsibility

The Foresight Project has suggested a Five Ways to Well-being guide (see below) to taking care of your mental health, modelled on the 5 A DAY healthy eating campaign. Building on this work, the Department of Health is consulting on five healthy habits for mental well-being.

Five Ways to Well-being

1. Connect... With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

2. Be active... Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy; one that suits your level of mobility and fitness.

3. Take notice... Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are on a train, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

4. Keep learning... Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident, as well as being fun to do.

5. Give... Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and will create connections with the people around you.

d) **Better mental health care for adults**

Aim

To build on the achievements of the National Service Framework towards high-quality, inclusive mental health care that respects the autonomy and dignity of individuals, families and carers and supports recovery.

Key messages

Mental health problems are common and place a considerable burden on individuals, families and society.

Early recognition and early intervention are vital – people are more likely to recover more quickly and stay well if they receive timely, effective and accessible treatment.

People with mental health problems should receive high-quality, personalised care based on recovery principles, whether in hospital or in the community.

e) **Older Adults**

Aim

To build on the achievements of the National Service Framework towards high-quality, inclusive mental health care that respects the autonomy and dignity of individuals, families and carers and supports recovery.

Key messages

Mental health problems are common and place a considerable burden on individuals, families and society.

Early recognition and early intervention are vital – people are more likely to recover more quickly and stay well if they receive timely, effective and accessible treatment.

People with mental health problems should receive high-quality, personalised care based on recovery principles, whether in hospital or in the community.