

Better Mental Health for All

East Midlands Mental Health
Transformation & Sustainability
Network



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Foundation

Ed Davie

- Recovering alcoholic and former mental health service user
- Mental Health Foundation communities lead
- Local government mental health champion
- Lambeth Council chair of scrutiny
- Former member of Department of Health mental health strategy Ministerial Advisory Group, Met Police vulnerable people advisory group, Joint Commissioning Panel for MH



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Who wants an extra £350m a week for the NHS?



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**If we reduced mental
illness by 10%**



**We would save about
£350 million a week**

Cost of mental ill health in England

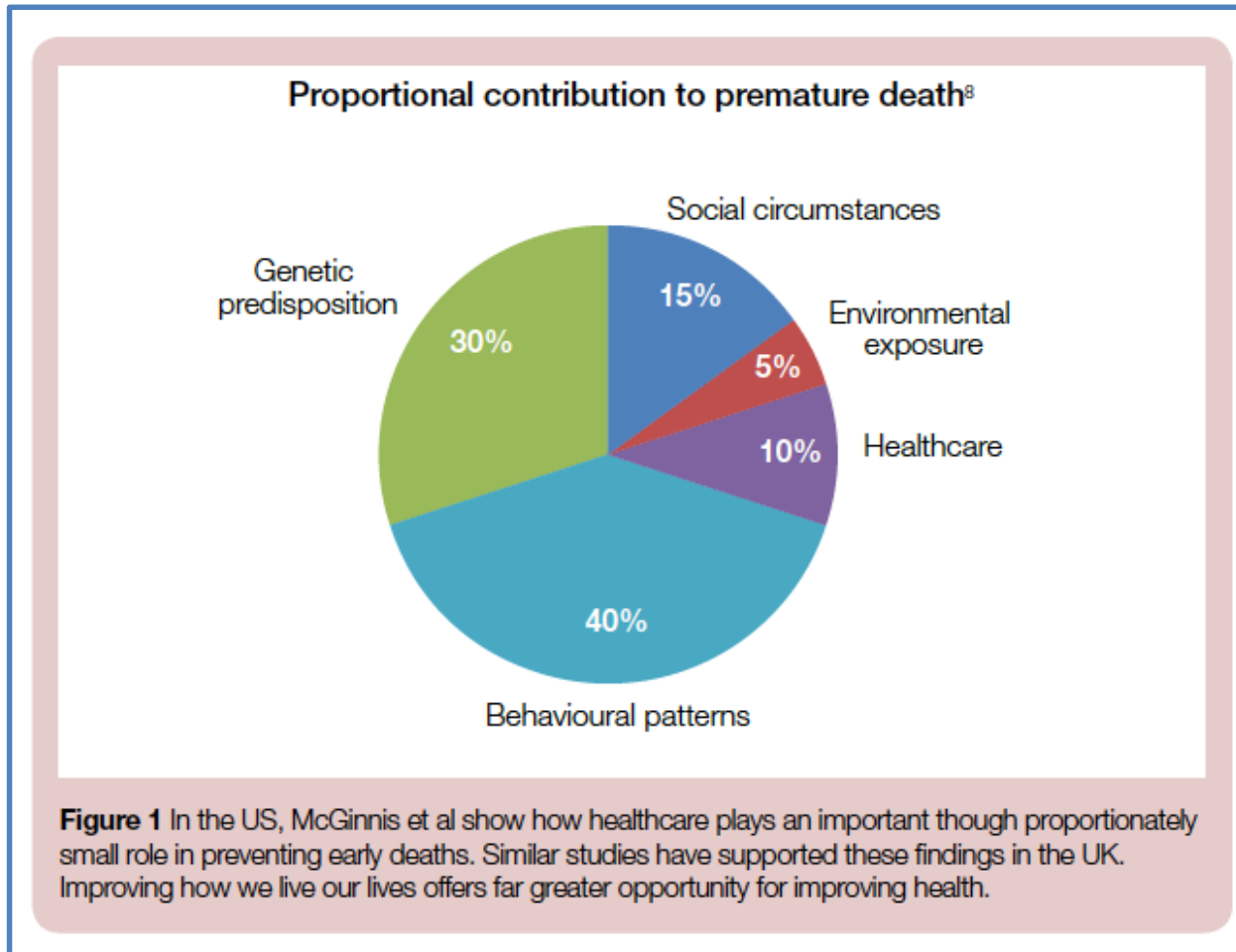
- 2002/03 - £77.4 bn (Centre for Mental Health)
- 2006/07 - £105.4 billion (CfMH)
- Assuming 26% increase every three years
- Equals £168 billion a year
- Over £1 billion a year per upper-tier council
- Or 1.5 times the entire NHS budget
- £168 billion divided by 52 weeks
- Equals £3.2 billion a week
- 10% of £3.2 billion
- Equals £320 million a week

£1 billion a year per upper-tier council area



How can you reduce mental illness by 10% and potentially save your county/borough area £100 million or your STP area £500m?

You can influence about 70% of people's health outcomes



Preventable factors that can cause or worsen mental illness



- Existence
- Poor attachment between infant and parent
- Abuse, neglect, poor parenting
- Bullying and educational problems
- No or bad work
- Poverty and inequality
- Isolation and lack of community
- Lack of access to good public services

Existence



- The UK has the highest teenage pregnancy rate in Western Europe – five times higher than the Netherlands
- Effective family planning
- Sex and relationship education in schools
- Access to good sexual health services
- Support those at risk: children looked after, mothers with multiple children removed, people with severe mental illness etc

Support for most vulnerable - Pause



Poor attachment between infant and parent



- 75% of mental health conditions first emerge before age of 24 and 50% by 16
- Family relationships from pregnancy are fundamental
- Support for whole families and mothers in particular – health visitors, children’s centres
- Ensure NICE compliance on peri-natal mental health
- [Young Mums Together](#)

Abuse, neglect, poor parenting



- Ensuring families at greater risk can access evidence-based support – [Young Mums Together](#) for example
- Interventions should consider **equalities factors** and the relationship between parents as well as parent/child
- Access to [Video Interaction Guidance](#) (VIG) is currently considered to be the best evidenced therapy for developing mother child interactions
- [Child Friendly Leeds](#)

Bullying and educational issues



In an average class of 30 15-year-old pupils:

- Three could have a mental disorder
- 10 witnessed their parents separate
- One experienced the death of a parent
- Seven are likely to have been bullied
- Six may be self-harming
- 10 month waiting time for Child and Adolescent Mental Health

[Public Health England Whole School guidance](#)

[Meta cognition and self regulation, social and emotional education](#)

WHAT IS THE COST?

ESTIMATED LIFETIME COST
OF SEVERE BEHAVIOURAL
PROBLEMS

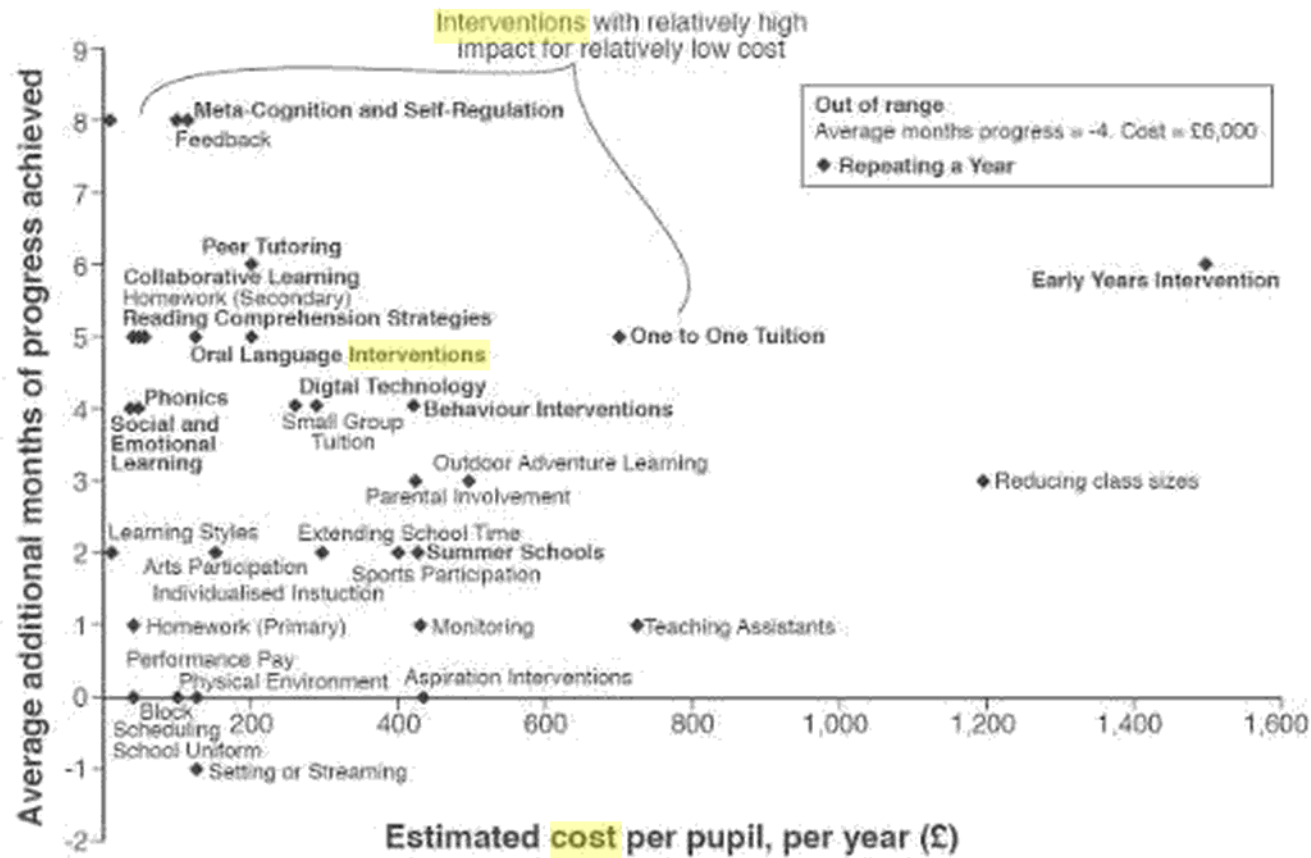
£260,000
PER CHILD

£1,300

PER CHILD

ESTIMATED OF COST OF A
PARENTING PROGRAMME

Approximate cost and effect size for 34 education interventions



Meta cognition/Self regulation 8 months for £150
Social and emotional education 4 months for £20 per pupil
Setting and streaming minus 1 month for £100

No work or bad work



- Fix your own house
- [PHE mental health toolkit for employers](#)
- Use your own procurement, employment and HR policies
- [Individual placement and support](#)
- [Mosaic Clubhouse](#)
- [First Step Trust](#)

Poverty and inequality



- Poverty and Mental Health [report](#)
- Recognise poverty and other characteristics as a major predictor
- Black men are 17 times more likely to be diagnosed with psychosis
- Support early development
- Education
- Financial resilience, advice, training

Isolation and lack of community



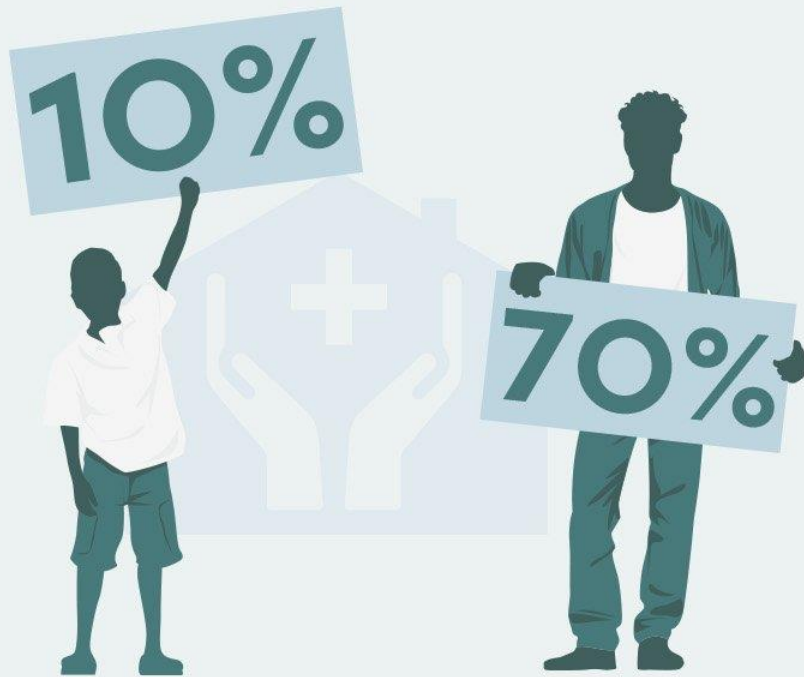
- Being lonely is as bad for your health as 15 cigarettes a day
- Co-producing solutions with communities helps solve a number of problems
- [Well London](#)
- [Wandsworth Community Empowerment Network](#)

Lack of access to good public services



- Sexual health and addictions
- Peri-natal mental health
- Midwifery, health visitors, social care
- Children's Centres, play, education
- CAMHS – waiting times, thresholds
- Appropriate therapy
- Housing, parks, leisure, employment,
- Financial advice

Act early, save misery and money



Children

10% of children and young people (aged 5-16 years) have a clinically diagnosable mental health problem, yet 70% of children and adolescents who experience mental health problems have not had appropriate interventions at a sufficiently early age.

(Children's Society, 2008)



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The only way to make any of those things happen is in partnership



- Communities and individuals should be active participants not passive recipients
- NHS, councils, emergency services [GM Fire Brigade], [police MH liaison], housing, education, employment, charities and benefits all need to be partners
- Pool budgets, risks and rewards

Alliance contracts



Lambeth Mental Health Alliance

- Lambeth Living Well Collaborative of providers, commissioners, services users and carers
- Shared contract between council, NHS and voluntary sector
- Overcame separate budget issues/perverse financial incentives
- Reduced inpatient rehabilitation admissions 40%

Whole community approaches



- [Well London](#) – Well Communities
- Mental Health Foundation pilots

Some of the resources mentioned



[Mental Health and Prevention](#)

[Poverty and Mental Health](#)

[Pause](#)

[Child Friendly Leeds](#)

[Lambeth Mental Health Alliance](#)

[Lambeth Black Health and Wellbeing Commission](#)

[Well London](#)

[Wandsworth Community Empowerment Network](#)