An introduction to mental health

Helen Gilburt
Fellow, Health Policy

@helengilburt
What I’m going to cover

• Overview of mental health and services

• Key policy in mental health

• Exploring the issues behind the headlines

• Integration of physical and mental health
Overview of mental health

Mental health problems

- Depression
- Bipolar disorder
- Schizophrenia
- PTSD
- Stress
- Autism
- Anxiety

Mental illness
- Learning disabilities
- Mental wellbeing
- Perinatal mental health

Addictions
- OCD

Personality disorder
- Children and young people’s mental health

Mental ill health
- Eating disorders

Mental health

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Who provides mental health support

• Schools – e.g. school counsellors, mental wellbeing
• Local authorities
  • parenting classes and support e.g. SureStart
  • mental health social work
  • services for people with substance misuse problems
  • community organisations supporting MH & wellbeing

• General practice – primary care MH nurse
• Mental health services – NHS, voluntary and private sector
• Prison and criminal justice system – e.g. street triage, diversion & liaison
Mental health services

- Inpatient care
  - Crisis Resolution Home Treatment team
  - Assertive outreach team

- Community MH teams
  - Early intervention in psychosis team
  - Community MH teams
  - Community MH teams

- Child and adolescent services
- Adult services (18-65)
- Older people’s services

Specialised services
- e.g. forensic services, gender identity services

Other services
- e.g. Eating disorder services, perinatal services

Learning disability and autism services

Addictions services
Other mental health services

- Improving Access to Psychological Therapies
- Dementia care and learning disability
- Psychiatric liaison team
- Community health trusts
- Acute Trusts
- Social care
- Voluntary & community sector
- Primary care (GP)
Parity of esteem

A new legal responsibility in the 2012 Health & Social Care Act, but no official definition

Putting mental health on an equal footing:
- Equal access to effective care and treatment
- Equal efforts to improve the quality of care
- Equal status within health care education and practice
- Equally high aspirations for service users

In practice, the focus has been on several specific questions:
- Does mental health get a fair share of funding?
- Do people wait for treatment for a similar length of time to those with physical health conditions?
- Are we closing the gap in life expectancy?
- Are we addressing mental health needs across the system as a routine part of care? (integration agenda)
- Is mental health sufficiently prominent in strategic planning processes?
Mental health policy in England

Improving access to services
- Services for children and young people
- Perinatal mental health services
- Psychological therapies
- Early intervention teams for psychosis
- Crisis resolution & home treatment teams

Support outside the health and care system
- Individual Placement and Support model
- Liaison and diversion services in the criminal justice system

Prevention
- Suicide prevention
- Prevention Concordat led by PHE

Integration
- An integrated approach to mental and physical health
The next 5-10 years

Creating a comprehensive service system
- Perinatal mental health services
- Single point of access in a crisis and alternatives to hospital
- Physical health checks
- Improving care for people with learning disabilities and autism

Children and young people’s mental health
- Mental health support teams in schools

New models of care
- Redesign and reorganise core community mental health services
- Comprehensive offer for 0-25 year olds

Universal Personalised Care Programme
- Package of care for people with long-term conditions
Funding for mental health services

- Funding starting from a low point
- Traditionally funding for MH services has been cut first
- MH providers in less financial stress than acute providers
- Not always clear what MH care costs
Mental health workforce

- Reductions in numbers of MH nurses over time
- Problems with retention – now in reverse
- 12.5% of nursing posts and 12.7% of medical posts vacant
- Future plans require significant workforce increase
Quality of care

Figure 23: IAPT waiting time standards

Figure 25: What impact have financial pressures had on NHS mental health services in your local area in the past two years?

NHS trust finance directors (n=25)
Clinical commissioning group finance leads (n=43)
Integrating physical and mental health
Mental & physical health are highly interdependent

Long-term conditions: 30% of population of England

Mental health problems: 20% of population of England

30% of people with a long-term condition have a mental health problem

46% of people with a mental health problem have a long-term condition

Naylor et al 2012
Why integrate?

Who could benefit from integrated mental health care?

People with multiple physical and mental health conditions, including older people with frailty as well as younger people with highly complex needs.

People with long-term physical health conditions who would benefit from support for the psychological aspects of adjusting to and living with their condition.

People with persistent physical symptoms such as chronic pain that can be maintained and reinforced by psychological and biological processes acting in tandem.

People with severe mental health problems who often experience poor physical health and less effective care and support for their physical health needs.

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## 10 areas where integration is needed

| Prevention / public health | 1. Incorporating mental health into public health programmes  
2. Health promotion among people with severe mental illnesses |
|---------------------------|------------------------------------------------------------------|
| General practice          | 3. Improving management of persistent physical symptoms  
4. Strengthening primary care for people with severe mental illnesses |
| Chronic disease management| 5. Supporting the mental health of people with long-term conditions  
6. Supporting the mental health and wellbeing of carers |
| Hospital care             | 7. Supporting mental health in acute hospitals  
8. Addressing physical health in mental health inpatient facilities |
| Community / social care   | 9. Providing integrated support for perinatal mental health  
10. Supporting the mental health needs of people in residential homes |
Policy priorities supporting this agenda

› ‘Improving access to psychological therapies’ (IAPT)
   › Existing programme expanded to include a new focus on psychological support for people with long-term conditions in 38 early implementer sites

› Expansion of liaison mental health services in general hospitals
   › “By 2020/21, all acute hospitals will have all-age mental health liaison teams in place, and at least 50% of these will meet the ‘Core 24’ service standard”

› Perinatal mental health services
   › Additional ‘mother and baby’ inpatient units in underserved areas
   › More funding from community perinatal mental health teams
   › Mental health training for midwives and health visitors

› Closing the gap in premature mortality rates
   › Funding to deliver physical health checks for people with severe mental illnesses
Thank you

Helen Gilburt
#helengilburt
h.gilbert@kingsfund.org.uk

www.kingsfund.org.uk