



briefing.



National Mental Health
Development Unit

www.nmhdu.org.uk

ISSUE 2

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- Guardian Public Sector Awards
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Welcome to the second edition of the National Mental Health Development Unit (NMHDU) news briefing. This edition coincides with the launch of the government's New Horizons mental health strategy and important mental health and employment related reports.

If you would like to know more about our work, contact [Alison Cooley](#) or [Tony Jameson-Allen](#). For more information go to our [website](#). Click here to [subscribe](#) or [unsubscribe](#) to future editions.

DECEMBER SPOTLIGHT

Introduction from Ian McPherson, director of the NMHDU

We should all welcome today's publication of the New Horizons strategy with its shared vision for mental health, together with the publications on employment and mental health. New Horizons is an immensely important step forward that recognises the need to address the mental well-being of the whole population, as well as ensure the continued improvement of service delivery and support for recovery for those with mental health problems. For mental health policy and practice what is also encouraging is the emphasis on cross-government action, in recognition that the responsibility for mental health and well-being goes far wider than the NHS and social care. New Horizons has received support from across the mental health community, including leaders in the NHS, local authorities and the third sector. You can read just some of these voices in this briefing. Our role at the NMHDU will be to work with these different stakeholders to ensure we take a joined up approach to putting policy into practice and practice into policy.

New Horizons – dawn of a new era for mental health policy and practice

[New Horizons: A Shared Vision for Mental Health](#), the cross-government mental health strategy that replaces the 10-year National Service Framework (NSF) for Mental Health, launched today, sets out the twin aims of both improving quality of life and well-being across the whole population, and improving the quality and accessibility of services for people with poor mental health. Produced by the Department of Health, it has the backing of 11 government departments. It also takes a lifespan approach, and the impacts of wider social and environmental issues such as positive parenting, stigma, employment, housing, income and social inequalities.

> **SPOTLINE** continued



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Government calls for action on mental health and employment

Also published today is a series of important reports into employment and mental health. [Working Our Way to Better Mental Health: A Framework for Action](#), (Department of Work and Pensions), is the first UK-wide national mental health and employment strategy to promote both well-being at work for all and better employment opportunities and in-work support for people with or at risk of mental health conditions. [Realising Ambitions: Better Employment Support for People with a Mental Health Condition](#) is the report of an independent review led by Rachel Perkins. It sets out recommendations both for improving current welfare to work support systems for people with a mental health condition and for the provision of specialist services for those furthest from the workplace who have additional support needs. In response, [Work, Recovery and Inclusion](#) is the cross-government delivery plan that sets out how people in contact with secondary mental health services in England can be better supported into work. [The NMHDU's Social Inclusion and Social Justice programme](#) will be supporting implementation through the PSA 16 project.

What New Horizons means to me...

Ben Willmott, senior public policy adviser, Chartered Institute of Personnel and Development

I am delighted that New Horizons recognises that supporting positive mental health for all in the workplace, not just those with an identified mental health problem, should be a real priority. Employers have an absolutely key role. If people are supported properly in work, particularly by their line managers, then they are more likely to be able to cope with pressures both at work and in their lives outside work.

Geraldine Strathdee, chair, Darzi regional mental health clinical leads group

New Horizons tells us that mental health isn't just about what mental health services can do when someone falls ill; it's about society as a whole changing and working to prevent mental ill health and sustain mental well-being. It also asks how can we end this separation between physical and mental health and work together, because science tells us very clearly that separating mental and physical health doesn't meet people's healthcare needs.

Tracey Hayes, mother,

I say arms are for hugging, legs are for walking and hearts are for loving. Love is the most important thing, and if a child has that, they have everything. It's good that the government is saying that it all starts from birth. I tell my daughter to be true to yourself, look people in the eye and do your best. That's all you can ask. End of story!



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Key programme developments

Delivering Race Equality Review

Today also sees the publication of the Delivering Race Equality review, which looks back at DRE's work as its five year plan comes to a formal end in January. The review describes some of the programme's key challenges, successes and learning. It also outlines how DRE's work will be taken forward under New Horizons. The report is available to download on the [mental health equalities site](#) and the [Department of Health](#) site. A number of other key DRE related reports, including the community engagement report, BME inpatient review expert panel report (in partnership with the Royal College of Psychiatrists), will be published in the new year.

Innovation shines through at Guardian Public Sector Awards

[The Guardian Public Sector Awards](#), held on 24 November, showed how people working in the public sector are driving through radical improvements through quality and innovation. The Butterfly Project in Derby, winner of the complex needs category (sponsored by NMH DU) is a specialist refuge for women sufferers of domestic violence, who also suffer from mental health problems or drug and alcohol abuse. Read more about the project and the other winners on the [awards site](#).

Key IAPT policy announcements at New Savoy Partnership conference

On 26 November, Secretary of State Andy Burnham made a series of key policy announcements regarding the [Improving Access to Psychological Therapies](#) programme as part of his speech on mental health at the New Savoy Partnership Conference. The announcements included renewing the Government's commitment to completing the roll out of IAPT, commitment to publishing Policy Guideline and Competency Frameworks for extending the scope and range of IAPT services to cover the range of NICE-approved interventions and the creation of the Advanced Practitioners role to provide the clinical leadership for the new integrated IAPT services. Read more on the [IAPT site](#)

Equalities in Mental Health 2010 – Integrating equalities, improving lives

The Mental Health Equalities programme (MHEP) is spearheading a major conference (24 February, central London) to mark an important step change in addressing mental health equalities. Charting the journey from the NSF and Delivering Race Equality to the New Horizons era, it will highlight important evidence, policy and practice across the field. Details of the programme and registration will shortly be available on the [NMH DU](#) and [Mental Health equalities site](#)

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NMHDU Equalities team strengthened

The NMHDU equalities team has been strengthened to better integrate the work. The team includes: Sue Waterhouse (deputy programme lead); Polly Kaiser (later life lead) Hari Sewell (generic race lead) and Cathy Freese (generic gender lead). Further information on the [Mental Health Equalities site](#)

National Life Story Network conference

A National Life Story Network, working jointly with the dignity campaign and dementia strategy, is promoting person centred care for older people. A conference is being organised for 12 February 2010. Further information is available on the [Life Story Network site](#)

What New Horizons means to me...

Paul Valentine, user of mental health services

When I was on the ward I found the treatment very impersonal. There was far too much emphasis on medication and nothing about personal issues and individual needs. I would definitely be in favour of policy initiatives like New Horizons that are about the whole person, and recovery in the context of the person's whole life. Time is also very important. The recovery has to be personalised to the pace of the individual, not the practitioner.

The Acute Care Declaration – next steps

The NMHDU's acute care lead, Yvonne Stoddart, launched the [Acute Care Declaration](#) at the NHS Confederation Mental Health Network Conference on 12 November. The Declaration, referred to in New Horizons, has been endorsed by the Mental Health Network members as well as leading professional and voluntary organisations and sets out the future vision for acute care in the context of the New Horizons strategy. For information go to the [acute care programme site](#). Next steps are to agree future joint projects with endorsing organisations, work with professional organisations to address key acute workforce issues, and to support the first planning forum being hosted by the North West SHA which will look at how to translate the Acute Care Declaration into local delivery.

The programme is also re-launching a new improved acute care website. Go to [the site](#) and register for updates or browse our new resource library.

Suicide prevention tool-kit revised

A revision of *Preventing Suicide: A toolkit for mental health service* was published in November. The toolkit, originally published in 2003, has been amended to reflect recent policy changes and has had input from key stakeholders, service users, carers and experts. Available to download from the [National Suicide Prevention Implementation Strategy Programme's web pages](#), the toolkit is the latest addition to a growing online resource of information and support. The Suicide prevention strategy is referred to in *New Horizons*.

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Tackling stigma – Shifting attitudes on TV

Tackling stigma is a key theme throughout the New Horizons strategy. Shift, the anti-stigma programme referred to in the strategy, is currently commissioning research, supported by the BBC, into portrayals of mental illness in TV drama and popular entertainment programmes. It will look at how these portrayals can affect viewers' beliefs about mental illness and how it impacts on people with mental health problems. The aim is to win over 'hearts and minds' in the industry, creating a better understanding of the impact of their storylines and encouraging scriptwriters to [better reflect people's real life experiences](#). Further information on this and Shift's other work (including its work with employers) can be found on the Shift website www.shift.org.uk

The Commissioning Friend – new edition released with Commissioning Support for London (CSL)

A new edition of [The Commissioning Friend for Mental Health Services](#) has been published (1 December), published jointly with Commissioning Support for London. It is designed to support primary care trusts and local authorities in developing their mental health commissioning practice. The guide, which covers mental health services across England, will act as a useful reference tool and up to date "friend" on key issues to support commissioners to carry out their day to day work. This reflects New Horizons focus on multiagency commissioning, collaboration and achieving value for money.

What New Horizons means to me...

Richard Webb, executive director, communities, Sheffield City Council and co-chair, ADASS mental health network

What is important about New Horizons is that it doesn't see mental health and well-being as simply a social care issue for local government. It recognises that wider issues ranging from the economy and employment through to family life, housing, community safety and the environment are all major factors that impact on mental health, and that these are all very much part of the broader local government agenda.

Darren Summers, associate director of commissioning, NHS Tower Hamlets

Traditionally we have commissioned services for the care and treatment of people with mental illness. Until recently mental health has been in a silo. New Horizons integrates physical and mental health. It enables us to look at the wider determinants of mental health and to have input into far wider arena, with far greater benefit for mental well-being. It's not new thinking but having it written down as national policy is what supports us at local level.

Paul Scott, consultant in public health, NHS Bath and North East Somerset

Public mental health is one element of the old NSF that seems to have been underplayed, so to see it in New Horizons as a twin central theme, rather than just one chapter, is very encouraging and positive. When money is tight, keeping early intervention and prevention on the agenda as a core principle becomes hard work, so to have it identified as a twin theme demonstrates intent right from the start.



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Featured Case Study

This section features a case study which demonstrates how mental health policy working in practice can transform lives. This month features the story of Lisa, a 13 year old, whose life, and that of her family, was improved with the support of a multi-systemic therapy site in Merton and Kingston. The story demonstrates the New Horizon's themes of multi-system collaboration and early intervention and prevention in action.

Lisa's story

The situation

Lisa is a 13 yr old white British female who lives at home with her mum. The family had social care, CAMHS and police involvement due to her mother's substance misuse and Lisa challenging behaviour. At the time of referral to Merton and Kingston multi-systemic therapy site, Lisa was placing herself at risk of child sexual exploitation and was also using drugs and alcohol, self-harming, had poor school attendance and was aggressive to peers and her mother.

The intervention

A family therapist worked with Lisa and her mum, as well as the extended family, intensively over a period of 4 months. This included visiting the family in their own home 2-3 times per week and offering support through the service's 24 hour on call service. Lisa's school and the police were also positively involved in the intervention.

The outcome

Following four months in the programme, Lisa was attending mainstream school full-time (increased from 56% attendance previously). There was no evidence of offending for 4 weeks and Lisa had not run away in 14 weeks. She was living at home with her family with no physical aggression in the home or community. There was no evidence of self harm. Fewer services were involved with the family (YOS, CAMHS and Social Services all ended their involvement). Lisa's mum reduced her drug use and had increased her social supports in the community. At the 6 months follow up, Lisa and her mum had maintained progress in all these areas.

For further information on this type of intervention, contact [Cathy James](#), multi-systemic therapy (MST) lead, NMHDU/CAMHS National support team



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Further information on forthcoming events can be found on the [NMHDU website](http://www.nmhdu.org.uk). Please note the following key events:

Mental Health Today conference and exhibition

www.nmhdu.org.uk/national-events

The NMHDU is pleased to be a sponsor of this event
8 December, London

Integrating equalities; Improving lives, Equalities in Mental Health 2010 24 February London

Full details and online booking for this conference will be published on the NMHDU Equalities programme website soon

www.mentalhealthequalities.org.uk

What New Horizons means to me...

Ian Hulatt, mental health adviser, Royal College of Nursing

What I like about New Horizons is its ambition and vision. It pulls together everything to do with mental health in its broadest sense. It talks about an inter-departmental understanding across government that is reflected at local government level. It requires people to think about the benefits and consequences of what they do – whether it's building new homes or increasing school nurse input in schools – for individual and for community mental health.

Peter Ashley, ambassador, Alzheimer's Society

I very much welcome New Horizons' emphasis on age equality. It's also good that it acknowledges that people's mental health is closely linked to where they live and to social contact, social care and those kinds of issues. It's the same for all of us but it becomes more critical with age because you become more vulnerable to illnesses and less independent.

Daisy Bogg, executive director of social care & specialist services, Bedfordshire & Luton Partnership NHS Trust

What's good about New Horizons is that it is looking at outcomes, rather than outputs. It isn't all about counting things; it's about mobilising social change to make a real difference to people's lives.

I do worry that it is aspirational, particularly with regard to integrating health and social care. But it follows the social model; it's focused on social inclusion, and it goes beyond diagnosis and medication to look at the person in the context of their whole life. That is so much better than the National Service Framework.