

Healthy Minds: Promoting public mental health, addressing social isolation

**Pittsburgh-Glasgow
Partnership webinar,
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“Healthy Minds” the case for a whole community focus on promoting public mental health

Now recognised that mental health problems represent a high priority challenge – yet have traditionally received a low profile, restricted resources and been subject of misunderstanding, stigma, discrimination

Poor mental health often consequence of wide range of social factors – such as poverty, poor environments, damaged future prospects, trauma in childhood – need good clinical services but much more, including prevention and recovery efforts

Strong links to the notion of “diseases of despair” and thus close connection to agendas such as preventing substance misuse

Needs multiple partners to be part of the solution – with communities as active participants

#PGHGLA Partnership

The case for action on children and young people's mental health – “a moral obligation”



Three in four mental illnesses start in childhood

75% of mental illnesses start before a child reaches their 18th birthday, while 50% of mental health problems in adult life (excluding dementia) take root before the age of 15

Invest early to prevent or reduce the risk of mental health issues emerging during childhood and adolescence – includes need for a strong focus on peri-natal mental health issues and creating the conditions for a healthy start, positive childhood development and action on ACES (adverse childhood experiences)

Mental Health Improvement & Early Intervention Framework for Children and Young People

One Good Adult

Importance of dependable adult to supporting and protecting mental health of children and young people – e.g. strengthen parenting, mentoring, guidance, befriending initiatives

Resilience Development in Schools

Whole school approach to mental health and wellbeing – ethos, curriculum, positive behaviour, anti-bullying, pastoral care...

Resilience Development in Communities

Strong network of youth services, voluntary and community organisations, confident and skilled to support and intervene

Guiding Thru the Service Maze

Children, families & young people have range of support options for early intervention and can be helped to find their way to appropriate help quickly

Responding to Distress

Frontline staff in many agencies are confident and supported to intervene and help children and young people in situations of distress, including self harm and risk of suicide

Peer Help & Social Media

Those who share their problems enjoy better mental health - build opportunities for young people to provide peer support, and to use social media for wellbeing

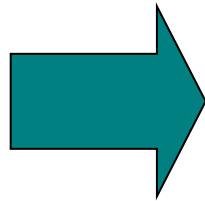
This strategy is underpinned by tackling poverty, disadvantage & inequalities as well as having GIRFEC core values and principles at the heart of it

Self Harm Curricular Resource Pack for Teachers and Professionals: “On Edge”

On Edge:

Development of a support resource for schools on self harm – launched in March 2014

Collaborative programme involving Choose Life Programmes, Health Improvement, Schools and wider colleagues



Builds on successful drama, to include DVD resource with acted scenarios, and full lesson plans and support resources

Available for free download via See Me website

On Edge

Learning about self-harm

Resource pack for teachers and professionals working with young people



Digital Work with Youth

Aye Mind programme working with Young Scot, Snook and Mental Health Foundation, local youth projects & young people

www.ayemind.com



Mental Health Foundation



Animated Gifs – covering range of wellbeing themes, devised by young people

Delivering better health

www.nhsggc.org.uk

Healthy Minds – Adult Mental Health Improvement Framework, Greater Glasgow and Clyde

Respond Better to Distress

❖ Improve responses to people in distress, both from services and wider community, including action to prevent suicide and better support for people who self harm

Promote Wellbeing for People with Long Term Conditions

❖ Promote holistic health for people with long term conditions – “healthy body, healthy mind”, promote recovery approaches and social inclusion

Promote Wellbeing and Resilience with People & Communities

❖ Develop social connection, tackle isolation, build resilience, strengthen use of community assets - including social prescribing, strengthen self care and peer support

Promote Wellbeing and Resilience thru Work

❖ Promote mental health, wellbeing and resilience at work; address employability issues, including those affected by mental ill health

Promote Positive Attitudes, Challenge Stigma and Discrimination

❖ Promote positive attitudes to mental health and to people with mental illness, raise awareness of mental health issues, reduce stigma and discrimination and promote inclusion, including better access to mainstream services

Tackle Underlying Determinants and Promote Equity

❖ Address underlying determinants of good mental health, including financial inclusion, nurturing early years, healthy environments, active citizenship and participation, and ensure focus on promoting wellbeing of diverse communities

Social Relationships and Mortality

2010 review of 148 studies with 308,849 participants, 50% increased likelihood of survival for participants with stronger social relationships – **social isolation is an independent variable for life expectancy**

Loneliness is estimated to be as bad for people's health as smoking 15 cigarettes a day

Address stigma and discrimination around mental and emotional health

9 out of 10 people with a mental health problem report experiencing stigma and discrimination
(Time to Change)



See Me
End mental health
discrimination

Walk a Mile in My Shoes – Renfrewshire



Delivering better health

www.nhsgg.org.uk

Wide range of clinical service responses and community based and responses – including ‘celebration of life’ events, community prevention forums, arts and creative activities

Major training effort, over 20,000 people trained in GGC since start of Choose Life; reaching into private sector (e.g. construction companies, shopping centres), housing organisations, voluntary organisations , children’s homes, schools....



Money, employment, workplace and mental health

Local Healthy Working Lives team assisted over 200 employers with a suite of mental health related interventions, including managers' training and stress policies;

Employers increasingly engaging on suicide prevention training (e.g. transport, housing, Fire and Rescue, Police)

Range of employability programmes in place connecting to mental health and allied services; exploring Recovery College and peer worker models

Financial inclusion support services in place across mental health and allied services - often linking with community-based financial support services, such as money advice, debt counselling



Started by Glasgow in 2007, now runs across Scotland;
largest social issues arts festival in the world

www.mhfestival.com

More than 400 events in 2017, many free to attend



“Healthy Minds”- collaboration for positive mental health

1. As part of Pittsburgh-Glasgow partnership – had opening mental health discussion in East Liberty – September 2017
2. Exchanged range of resources, ideas, literature – now created a draft “Healthy Minds Playbook” - idea of sharing resources, ideas, methods and tactics
3. Greater Glasgow and Clyde NHS – have just produced / endorsed the “Healthy Minds” Director of Public Health Report – commits to corporate attention across formal partnerships; will also be hearing about the work of **Voluntary Action Fund** and their work supporting activity to tackle loneliness and isolation
4. What next? How would you like this transatlantic collaboration to progress? trevor.lakey@ggc.scot.nhs.uk; shughes@consumerhealthcoalition.org