

New Horizons

Implications and future thoughts - for Modernised Day Services

a service development perspective



**Friends Meeting House
May 2010**

For better mental health

**The development and delivery of a
strategic approach to the
organisational and service
development needs of local Mind
associations - and those we work in
partnership with**



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- A mental health strategy for England that endeavours to address mental health rather than mental illness
- Published in December 2009 and *heavily endorsed by the last administration*



Cameron/Clegg press conference and the agreements reached following coalition: -

Deficit reduction:

- “significantly accelerated reduction” in the structural deficit over course of Parliament by reducing spending rather than increased taxes.
- Emergency budget within 50 days of the signing of any agreement.
- New forecasts of growth and borrowing should be made by *independent Office for Budget Responsibility* for this emergency budget £6 billion cuts to non-front line services within 2010-11 Some proportion of these savings can be used to “support jobs”.
- Other policies agreed to further support job creation: “work programme for the unemployed”.



NHS:

- **Full government spending review to be held**, reporting this Autumn, following a fully consultative process involving all tiers of government and the private sector. Not clear about voluntary sector
- **Agreement that funding for NHS to increase in real terms in each year of Parliament**, acknowledging impact of this decision on other departments.

Welfare reform:

- Agreement to end all existing welfare to work programmes and **create a single welfare to work programme** to help unemployed people get back into work.
- JSA claimants facing most significant barriers to work should be referred to aforementioned newly created welfare to work programme immediately
- **Realignment of contracts with welfare to work service providers** to reflect more closely the results they achieve in getting people back into work.
- **Funding mechanism used by government to finance welfare to work programmes should be reformed to reflect the fact that initial investment delivers later savings in lower benefit expenditure.**
- **Receipt of benefits for those able to work should be conditional on the willingness to work.**



Why New Horizons?

- Mental health problems are common and expensive:
- One in six of the adult population experiences mental ill health at any one time.
- About 50% of lifetime cases of diagnosable mental illnesses begin by age 14.
- Dementias currently affect 5% of people aged over 65 and 20% of those aged over 80.
- The NHS spends 11% of its annual budget on mental health services.
- Recent estimates put the annual wider economic costs of mental health problems at around £77 billion.
- Mental illness accounts for over 20% of the total burden of disease in the UK, more than cardiovascular disease or cancer.



New Horizons - the top line

- New Horizons aims to address the needs of adults with and without diagnosed mental health problems. It takes a whole life approach to promoting and protecting mental health and speaks to cross-government and cross-sector audience.
- Fundamentally it promotes the notion that mental health is everyone's business. We all have mental health and we all have the potential to promote good mental health.
- For traditional providers of mental health services it captures, articulates and suggests a significant paradigm shift, which organisations must embrace if they are to survive and thrive.



- A simple analysis of Implications - The December Document



What are the implications?

- Mental health and wellbeing are becoming everyone's business. Those who currently see it as their 'core business' will need to work much harder to maintain market share and should be demonstrating leadership to other sectors in terms of shared learning and approaches to the promotion of good mental health and wellbeing
- Mental health services should be recovery and health promotion orientated, not just providers of 'treatment'. An holistic approach to the whole person should be central to this approach, which may be accessible to anyone.



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- New Horizons' lack of explicitly about new forms of service provision represents a threat and opportunity to service providers. It may inhibit any change - but it provides the possibility for creativity and innovation in new approaches to service provision. -
- Links between whole population mental health and social inequality articulated in New Horizons empower groups to prioritise the promotion social equality.
- Visions only impact if people buy into them - and make the resources available to support their implementation. In a noisy, busy world strong leadership will be needed - at all levels - to enable a New Horizons approach within existing resource allocations. ? New government



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- Resourcing approaches to counter mental ill-health via the promotion of physical activity - and the allocation of resources to promote physical activity to those with longer term mental health difficulties is likely to be attractive to those with responsibility for service planning
- Given explicit recognition that standards on acute wards are poor, there may be opportunity for progressive services day service providers able to offer consultancy, support and access to innovation, which promotes service improvement and enables change in acute environments.



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- Given New Horizons' four key pledges, services that thrive will be: -
 - fully accessible to all sections of the community
 - challenge stigma in all they do
 - be accessible and evidence based
 - promote and support physical health wherever they can.



Brighter Futures

A framework for developing well-being

- a step forward in the (last) Government's New Horizons vision for mental health
- Opened the 'second front' in their campaign to - *'improve the mental health and well-being of the population as a whole, and not just of individuals experiencing illness'*.

Phil Hope MP, former Minister of State for Care Services



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- **New Horizons and Your Organisation**
- Kaaren Cruse, Senior Specialist Support Officer (Service Development), Mind
- Beverley Clay, Day Services Development Manager, Richmond Fellowship



Brighter Futures

- **To be** followed by further advice and guidance on how to implement improvements in public mental health and well-being over the course of the year - clearly.
- It builds on and develops New Horizons, the new national vision for mental health in England for 2010 and beyond.

Two key aims:

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



- **Promotes the concept of well-being and mental resilience** as critical to a host of social and economic benefits - 'our physical health, our relationships, *'our education, our work and our productivity'*.
- **Recognises its our most deprived communities that have the poorest health and well-being.**
- Talks about *'unlocking the benefits of better wellbeing and mental health for all'* requiring *a sustained, systematic and concerted effort.*
- Draws on a growing **evidence base of what works**, and offers a framework for local action.
- *A resource for informing public policy nationally and locally, and one that will continue to grow and develop.*
- **Applies to the whole lifespan**, from a positive childhood to healthy and fulfilled older years. It has the potential to build
- Talks about the strength, safety and resilience of communities *that are more inclusive and foster more supportive social networks.*
- Suggests practice is developed *alongside partners from across the statutory and independent sectors.*



- **Brighter Futures** main purpose is to summarise the growing evidence base to inform and support **Joint Strategic Needs Assessments** and other plans and strategies, including commissioning, at national, regional and local levels.



The current economic climate, concerns about the environment and sustainable development, and our increasing life expectancy have generated further interest in well-being, **with a focus on resilience and the value for money** of different interventions and approaches.



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‘Sustained, systematic cross-government approach at national and local levels’ - Success depends on:-

- Prioritisation of well-being and mental health nationally and locally
- a clear strategy and approach supported by a broad consensus
- evidence-based service models and interventions
- information, performance management and high-quality outcome measures
- strong local and national leadership
- effective and resourced multi-agency commissioning
- a skilled workforce.



‘The framework for action’

Policies and actions that can be taken:

- taking a life course approach
- building strength, safety and resilience
- developing sustainable, connected communities
- integrating physical and mental health
- promoting purpose and participation.



Summary of key messages for promoting well-being

- **Use a life course approach** to ensure a positive start in life and healthy adult and older years. With such an approach, people develop and share skills to *continue learning* and have *positive social relationships* throughout life.
- Build strength, safety and resilience: *address inequalities* and ensure *safety and security* at individual, relationship, community and environmental levels.
- Develop sustainable, connected communities: create socially inclusive communities that promote *social networks* and *environmental engagement*.
- **Integrate physical and mental health: develop a holistic view of well-being** that encompasses both physical and mental health, reduce health-risk behaviour and *promote physical activity*.
- **Promote purpose and participation** to enhance positive well-being through a balance of physical and mental activity, relaxation, generating a positive outlook, *creativity* and *purposeful community activity*.



Further information

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