



# Engaging People with Mental Health issues

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# Mental Health

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- 1 in 4 will have problems
- 5.5m have a common disorder
  - Mostly Depression and Anxiety
- Personal Costs
  - Low income, Stigma,
  - Poor physical health and Quality of Life
- Economic Costs
  - £42 Billion in England



# The Time is Right

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- New Horizons
  - A New Vision for Mental Health
- Time to Change
- Fair Deal
- Recovery



# Recovery

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- Personal and Clinical Recovery
- Values
  - Person-Centred, Hope, Choice
  - Empowerment, Inclusion, Stories
- Responsibility, Self management



# Wellbeing

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- A Whole Population Issue
- Not just 'medical' or 'psychological'
- Social and Economic Factors
  - Housing
  - Employment
  - Recreation
  - Education



# Partnership Working

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- Well developed in MH services
- Local Examples in Torbay
  - Trusts
    - Involvement workers and groups
    - Torbay Recovery Forum
  - Voluntary Sector
    - Bipolar Support Group
    - COOL Recovery



# Involving People in LINKs

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- Problems (in Torbay...)
  - Geographic - cf PPI Forums
  - More involved with physical health
  - Time on organisation / governance
  - Not well known locally



## Questions to Consider ....

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1. What local mental health related organisations are there?
2. What kinds of activities should we organise in order to reach them?
3. How do we contact new participants and involve them in our work?



# 1. Organisations

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- NHS Trusts and Councils
  - Partnership, Primary Care Trusts
  - Involvement workers and groups
  - Governors, PALS, Recovery Forum
  - Councils, Overview and Scrutiny Committees
- Voluntary Organisations
  - Other LINKs
  - Rethink, Mind, Community Care Trust
  - Community Organisations - e.g. dementia, LD
- Peer Support
  - COOL Recovery, Bipolar Group, Hearing Voices



## 2. Suggested Activities

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- Giving Information
  - displays, website, leaflets, media, meetings
- Getting Information
  - surveys, comment cards, visits, meetings
- Forum for Debate
  - meetings, online forums, blogs
- Participation
  - subgroups, task groups, joint working



## 3. Ways Forward

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- Creativity and enthusiasm
- Getting new participants
  - Be pro-active - go to them
  - Welcome new contacts / volunteers
    - steering and joining
  - Vary levels of involvement - 'ambassadors'
  - Share and consult on issues and work plans
  - Target the 'Easy to Overlook'



# Resources for Recovery

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- [http://www.devonpartnership.nhs.uk/uploads/tx\\_mocarticles/Putting Recovery at the heart of all we do.pdf](http://www.devonpartnership.nhs.uk/uploads/tx_mocarticles/Putting_Recovery_at_the_heart_of_all_we_do.pdf)
- [http://www.scmh.org.uk/pdfs/Making recovery a reality policy paper.pdf](http://www.scmh.org.uk/pdfs/Making_recovery_a_reality_policy_paper.pdf)
- <http://www.newvisionformentalhealth.org.uk/>
- <http://www.rcpsych.ac.uk/campaigns/fairdeal.aspx>
- <http://www.time-to-change.org.uk/>