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# **Sarah Hughes**

## **Chief Executive**

### **Centre for Mental Health**



**We're in!**

*The mental health challenge*

Local councils championing mental health

# The evidence for prevention throughout our lives

@\_Sarah\_Hughes\_ @CentreforMH

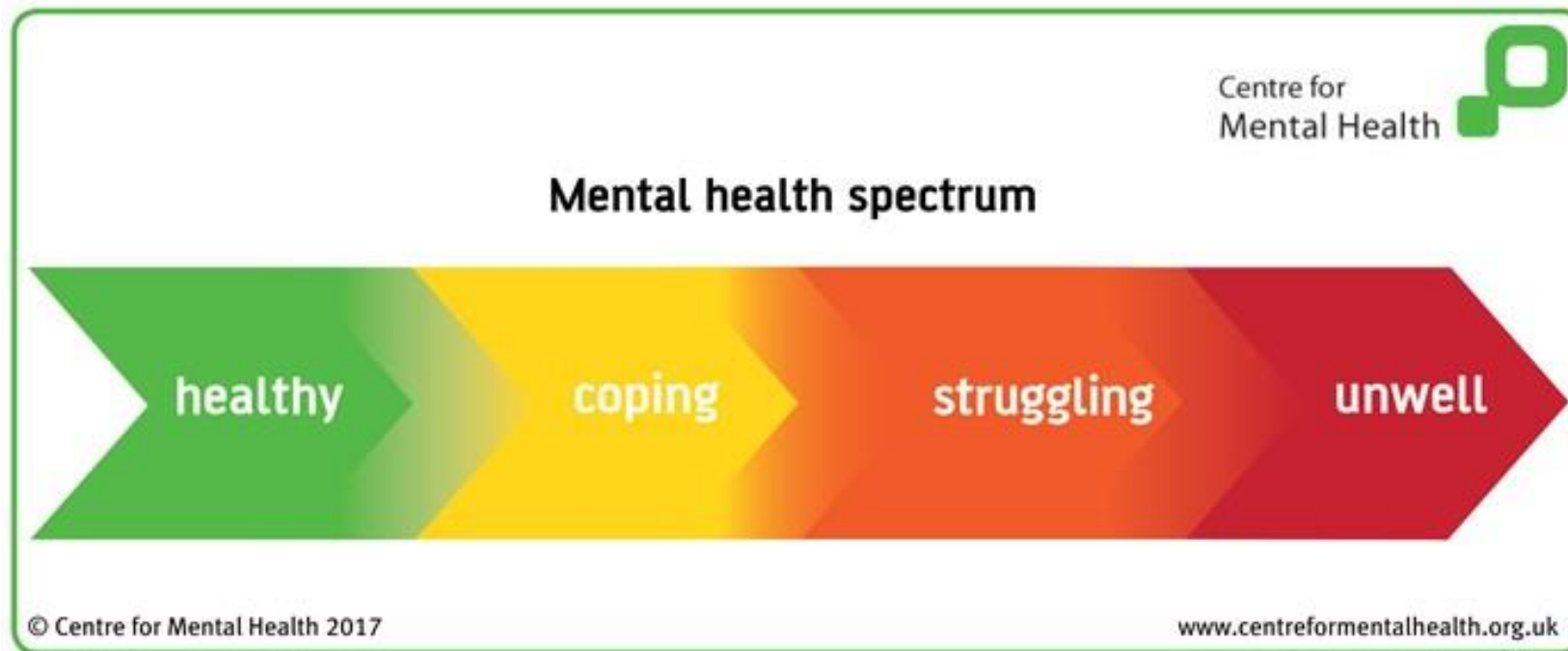
21<sup>st</sup> January 2019

# The many costs of mental ill health

- One in four adults *at any time* has a mental health condition
- 44% of us have had a mental health difficulty by age 40, and up to 70% over a lifetime
- Economic and social cost £105bn in England
- Impact on physical health, education, employment, relationships, etc...

# Mental health spectrum

- 'We all have mental health'



# Children's mental health

- One child in five has had a serious mental health problem at least once by age 11
- Boys twice as likely as girls



**One in ten** children experience a diagnosable mental health problem at any given time



# For every 1,000 children...

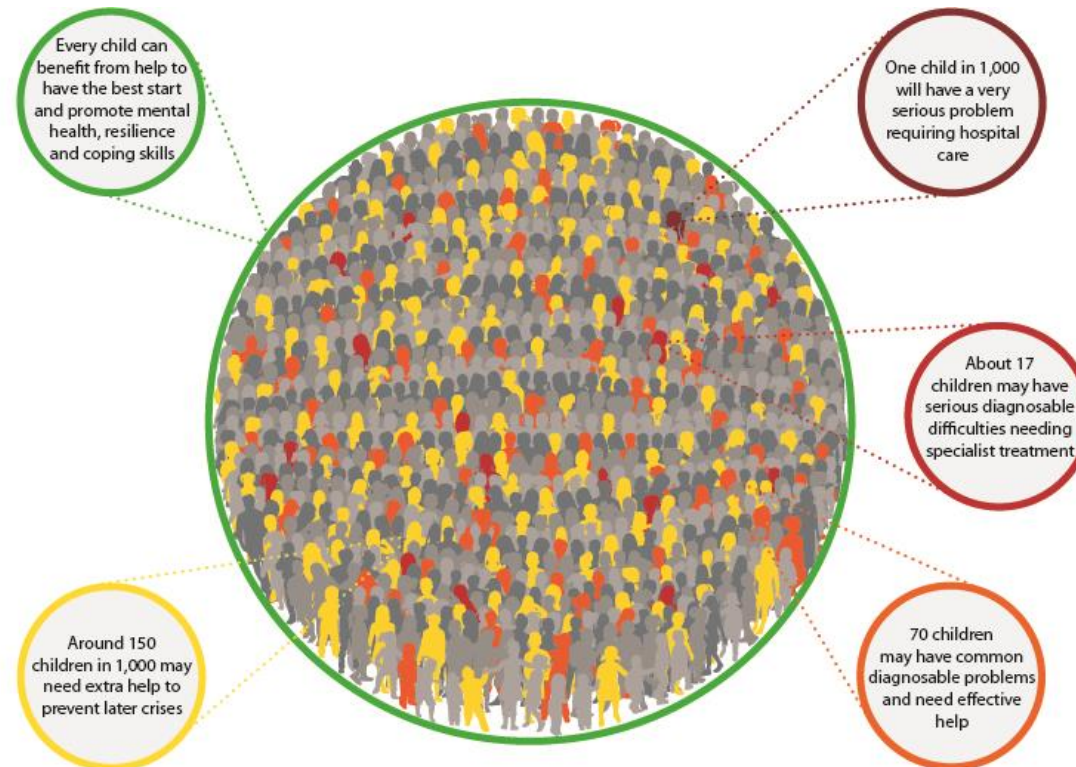


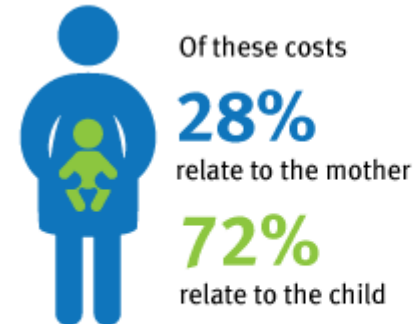
Figure 4: The Centre's adaptation of Kurtz's methodology for evaluating the local scale of mental health need

# Impact of childhood mental health problems

- All childhood mental health problems increase later risk
- 75% adults with mental health problems first unwell in childhood or adolescence
- Childhood mental health problems also increase risk of other difficulties in life
- Range of effective solutions to promote wellbeing and protect children's mental health

# Maternal mental health

- Growing evidence of impact of mothers' mental health during and after pregnancy on their children
- Cost £8.1 billion a year:
  - Depression
  - Anxiety
  - Psychosis



*from The Costs of Perinatal Mental Health Problems, available at:  
<http://www.centreformentalhealth.org.uk/perinatal>  
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# Maternal mental health support

- Identification is essential, eg by:

- GPs
- Midwives
- Health Visitors

- But only 10% women with postnatal depression
- treatment



-based

# Barriers to identification in perinatal period

- Poor awareness among professionals
- Lack of time and continuity of contact
- Lack of confidence in having the conversation
- Stigma
- Fear of consequences of disclosure
- Low awareness of treatment options
- Long waiting times for therapy
- Absence of specialist services

# Solutions

- Action to reduce stigma and fear of disclosing distress
- Training and support for GPs, health visitors, midwives, etc
- Support for partners during pregnancy
- Speedy access to psychological therapies
- Specialist care for those who need it
- Six week health check

# Parenting and attachment

- Healthy parenting styles make a big difference to children's mental health, eg:
  - Warm relationship
  - Sensitive parenting
  - Consistent boundary-setting

# The unique role of fathers

- Growing evidence about how fathers influence child's mental health...



# How fathers boost a child's mental health

- Supporting partners during pregnancy, 'buffering' against stresses
- 'Scaffolding' children through play and communication
- Maintaining positive 'co-parenting' including after separation
- How do we support fathers to fulfil their potential?

# Early starting behavioural problems

- All children misbehave from time to time
- But about 20% have persistent 'behavioural problems'
- And 6% have 'conduct disorder'
- The lifetime costs of conduct disorder are £250,000 per child
- Most parents ask for help
- But few families receive any...

# The impact of conduct disorder

## NEGATIVE OUTCOMES

2 x MORE LIKELY TO LEAVE SCHOOL WITH NO QUALIFICATIONS



6 x MORE LIKELY TO DIE BEFORE AGE 30



3 x MORE LIKELY TO BECOME A TEENAGE PARENT



8 x MORE LIKELY TO BE ON THE CHILD PROTECTION REGISTER



4 x MORE LIKELY TO BE DEPENDENT ON DRUGS



20 x MORE LIKELY TO END UP IN PRISON





# Proven interventions for behavioural problems

- Evidence-based group parenting programmes
- Cost £1,300 per child
- Strong evidence of effectiveness
- *"You get stuck in a rut for so long that it takes going somewhere and talking to other people to put everything into perspective. From the first session I was looking forward to coming back."*

# Putting evidence into practice

- Implement programmes as intended (without cutting corners)
- Identify families at high risk or who need support now
- Ensure GPs and teachers know how to respond and refer
- Create clear pathways to programmes

# The importance of schools

- First major influence on child's mental health outside family
- Opportunity to mitigate negative influences and reinforce positives
- Major risk of bullying to mental health
- Concerns about school stress

# Whole school approach

- Curriculum: using proven approaches, eg Social and Emotional Learning
- Anti-bullying programmes
- Access to counselling and parenting support
- Staff training and awareness
- Easy, quick links to specialist support
- Routine screening, eg using Strengths and Difficulties Questionnaire (SDQ)

# Young people with greatest risks

- Children who bully *and* get bullied
- Children of parents with mental health problems
- Children affected by neglect, violence and maltreatment
- Looked After Children
- Children with disabilities and health problems
- LGBT young people

# Young people's mental health

- Concerns about worsening wellbeing of girls and young women
- Lower levels of help-seeking
- Higher levels of stigma
- Trusted sources of help: friends and internet
- Distrust of formal and clinical services
- Difficult transitions at age 18

# Work and workplaces

- Business cost of mental health £1,300 per employee (£35bn nationwide)
- Large numbers lose jobs or miss out in labour market
- But effective management can cut costs and be good business
- And effective employment support can help more people into work

# Housing, debt and finance

- Insecure housing and homelessness are major risk factors for poor mental health (especially in childhood)
- Problem debt and poor mental health have strong links in both directions
- Early identification of housing and financial difficulties crucial to de-escalate risk



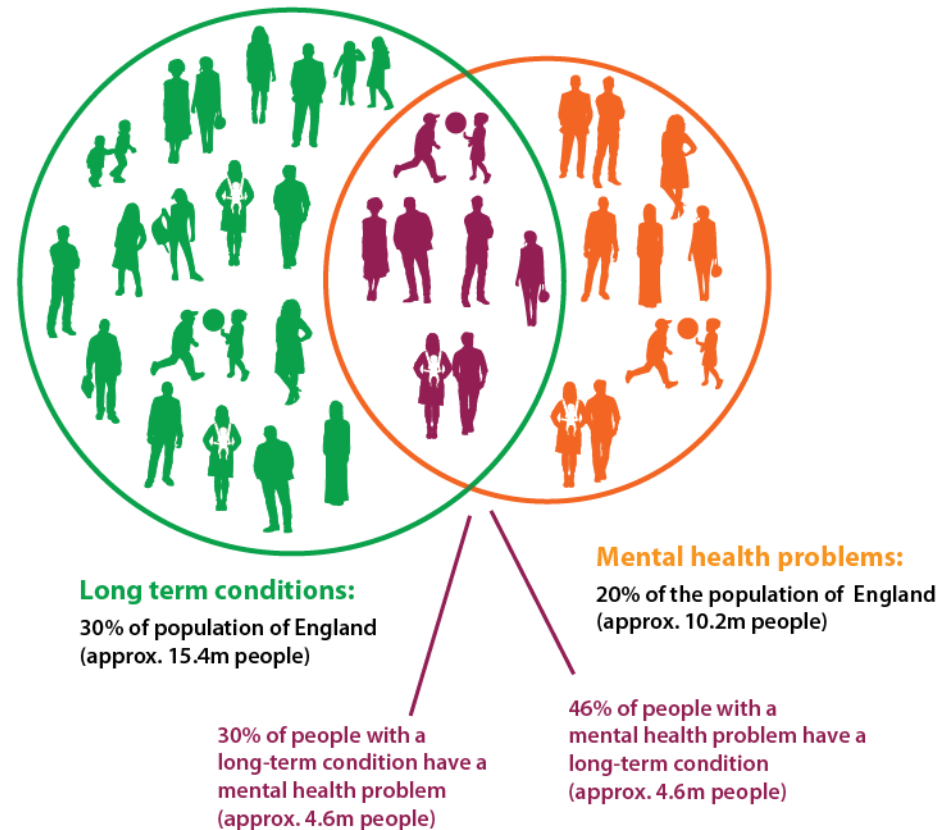
# Suicide prevention

- Three-quarters of suicides among people not in contact with mental health services
- ‘Zero suicide’ approach:
  - Training in communities
  - Awareness and stigma reduction
  - Prevention at high risk locations
  - Family support
  - Preventing recurrences
  - Working with coroners



# Physical and mental health

## The overlap between long-term conditions and mental health problems



# Costs of co-morbidity

- 4.6 million people have both mental and physical health problems at the same time
- This costs the NHS £10 billion a year nationally
- 'Medically unexplained symptoms' cost a further £3bn
- Better mental health support saves lives and reduces health and care costs

# The current situation



# Solutions

- Prevention whenever possible
- Timely identification of mental health needs
- Better access to psychological therapies (including for unexplained medical symptoms)
- Collaborative care for most complex needs
- Liaison psychiatry services in all hospitals

# Physical health for people with psychosis

- 15-20 year shorter life expectancy
- 50-80% smoking rate
- Up to 2x higher rate of obesity
- Heavy use of alcohol
- Up to three times as likely to have diabetes (of whom 2/3 undiagnosed)
- Twice as likely to have heart disease
- More likely to die from cancer

# What causes the gap?

- Physical health 'overshadowed'
- Unhealthy 'lifestyles' ignored
- Symptoms not believed
- Side effects of medication
- Unhealthy inpatient environment and food
- Low profile in public health/JSNAs

# Addressing physical health

- Tailored support with smoking cessation
- Health promotion from first episode (when problems often set in)
- Medication management
- Improved access to cancer screening
- Routine health checks (at least yearly)
- Dental health checks...





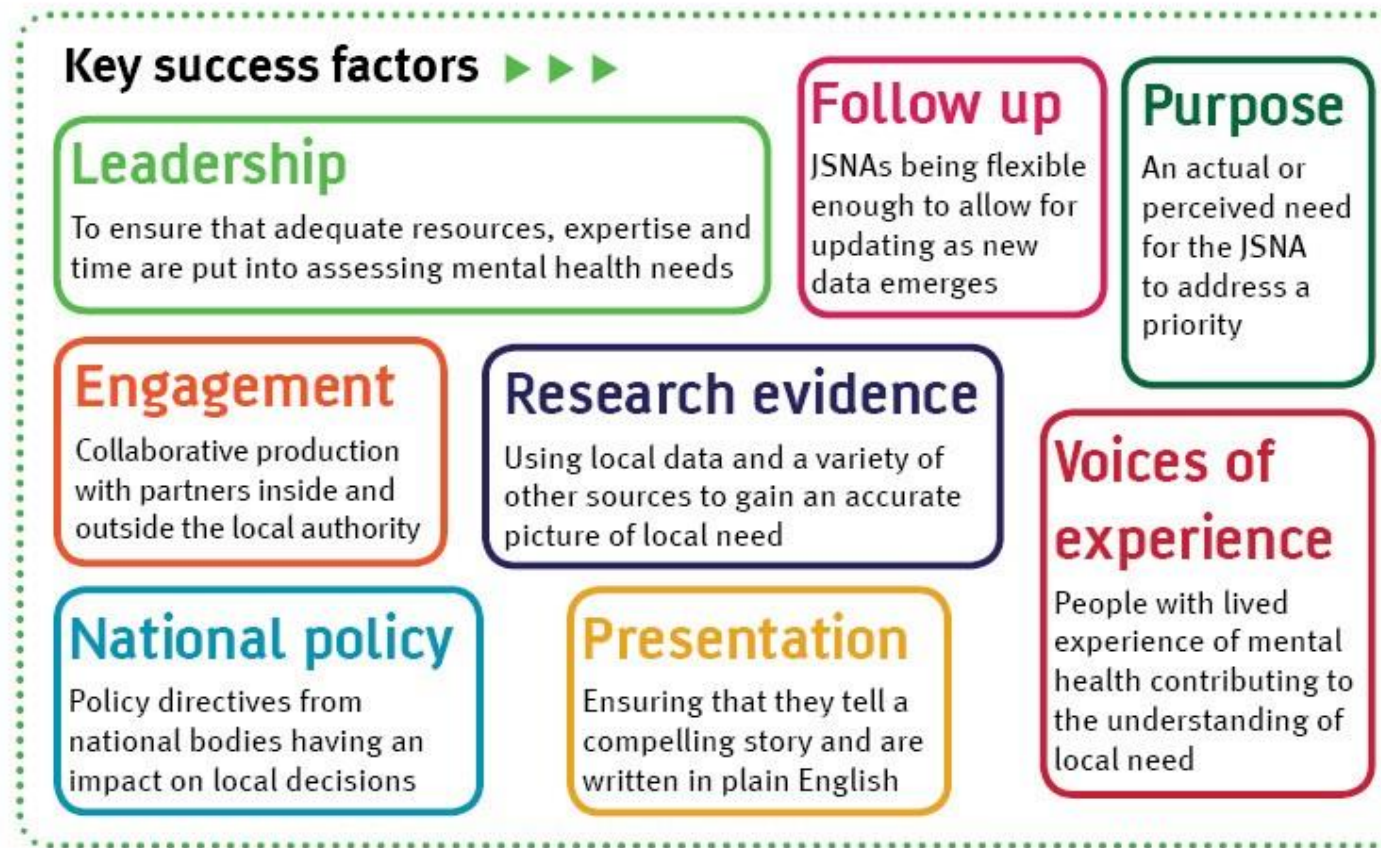
- New Zealand collaborative to spur collective action on physical health
- Centre for Mental Health and partners setting up Equally Well UK
- More than 50 organisations signed Charter for Equal Health & pledged actions
- Rights-based and co-produced from the start
- Website [www.equallywell.co.uk](http://www.equallywell.co.uk)

# How we have supported Prevention Concordat

- 11 regional events in 2018 with Kaleidoscope & The King's Fund
- 120+ member champions invited to get involved
- Briefings for elected members on [www.mentalhealthchallenge.org.uk](http://www.mentalhealthchallenge.org.uk)
- Research on what makes a good JSNA for mental health

# A 'good' JSNA

**Meeting the need:** what makes a 'good' JSNA for mental health or dementia?



# 'Champions'

- Getting focus on mental health
- Drawing in range of voices to JSNA
- Supporting creative approaches
- Communicating key messages
- Maintaining momentum
- Checking on progress & reassessing priorities