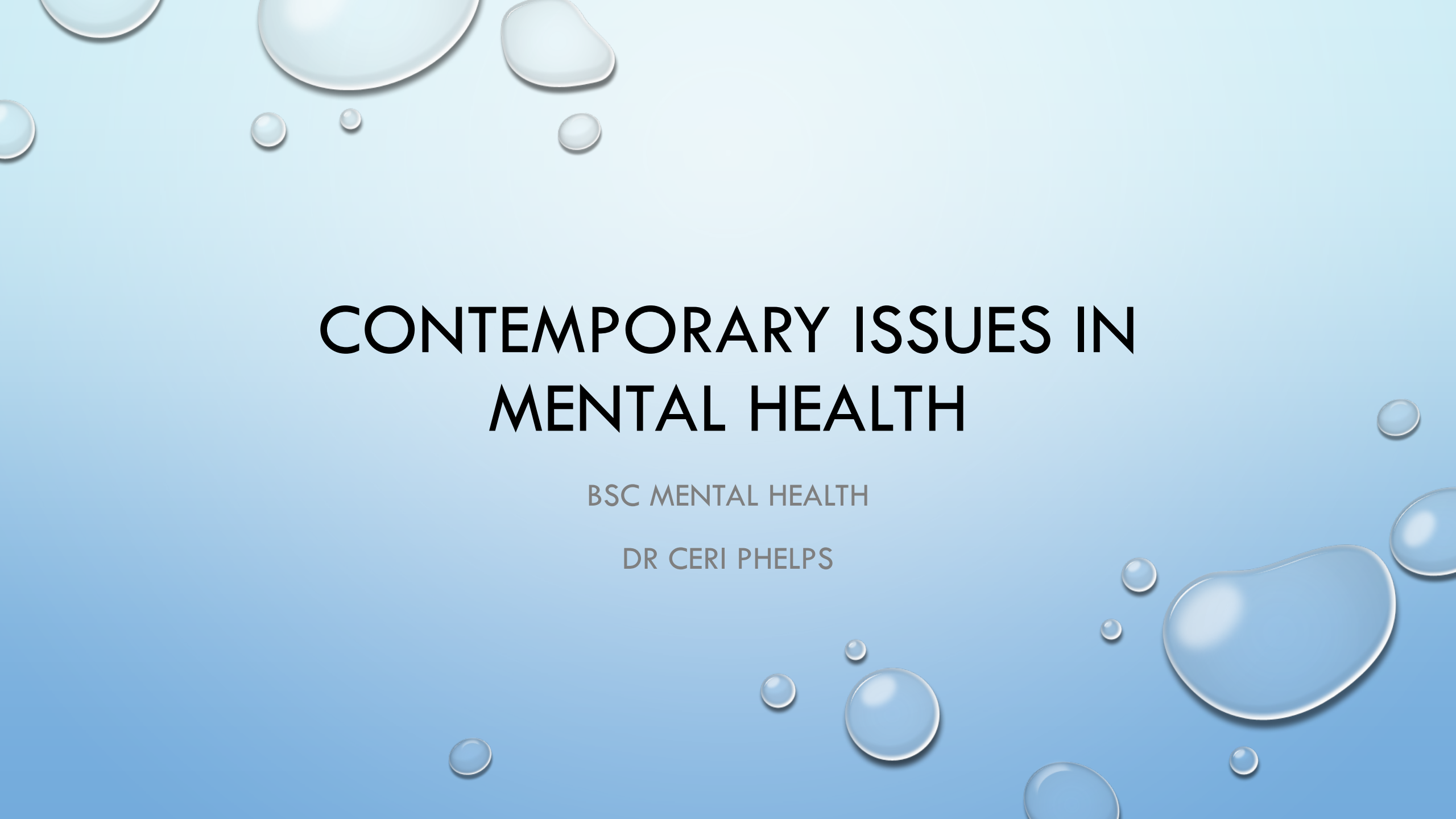


The background is a light blue gradient. It is decorated with several realistic water droplets of various sizes. Some droplets are at the top left, some are at the bottom right, and others are scattered in the center. Each droplet has a highlight and a shadow, giving it a 3D appearance.

CONTEMPORARY ISSUES IN MENTAL HEALTH

BSC MENTAL HEALTH

DR CERI PHELPS

OUTLINE OF SESSION

SESSION 1 (9.30AM-11AM)

- MENTAL HEALTH & WELLBEING IN 21ST CENTURY WALES
- WELSH GOVERNMENT POLICY FRAMEWORKS

SESSION 2 (11.30AM-1PM)

- INFLUENCING POLICY
- CONSULTATION EXERCISE: TACKLING LONELINESS AND ISOLATION

SESSION 3 (1.30PM-3PM)

- DISCUSSION: HOW DO POLICIES DRIVE MENTAL HEALTH SERVICES?/WHAT IS THE IMPACT ON YOUR CURRENT OR POTENTIAL FUTURE ROLE?
- PRESENTATION PREPARATION/FEEDBACK



SETTING THE SCENE: WALES IN THE 21ST CENTURY

THE HEALTH & SOCIAL LANDSCAPE



DEFINING HEALTH & WELLBEING

- PROFESSIONAL VERSUS LAY PERSPECTIVES
- “HEALTH” VERSUS “ILLNESS”
- “HEALTH” VERSUS “WELLBEING”
- “PHYSICAL HEALTH” VERSUS “MENTAL HEALTH”
- “QUALITY OF LIFE”

WORLD HEALTH ORGANISATION (1984)

- HEALTH AS “A COMPLETE STATE OF PHYSICAL, MENTAL AND SOCIAL WELL-BEING, AND NOT MERELY THE ABSENCE OF DISEASE OF INFIRMITY”
- HEALTH AS A BASIC HUMAN RIGHT
- EQUITY AND EMPOWERMENT CENTRAL
- **ACKNOWLEDGES MENTAL HEALTH & WELLBEING**

HEALTH AT A GLOBAL LEVEL

- PUBLIC HEALTH
- EPIDEMICS/PANDEMICS
- GENOMICS



CHANGING PERSPECTIVES

- TRADITIONAL DEFINITIONS – BIOPSYCHOSOCIAL FOCUS
 - SOCIOLOGICAL
 - ENVIRONMENTAL
 - BIOLOGICAL
 - CULTURAL
- EMPHASIS ON THE INDIVIDUAL IN AN ENVIRONMENT AND THE “AGENTS OF DISEASE” (WILSON ET AL., 2015)

CHANGING PERSPECTIVES

- HIPPOCRATES – 400BC
 - HEALTH AS THE BALANCE OF THE FOUR HUMOURS
- CHINESE DEFINITIONS
 - HARMONY BETWEEN MAN AND ENVIRONMENT
 - TAI CHI
- NATIVE AMERICAN CULTURE
 - HOLISTIC BALANCE OF SPIRITUAL, CULTURAL AND SOCIAL ENVIRONMENTS
- BUDDHISM/HINDUISM
 - NECESSITY FOR MAN TO LIVING IN HARMONY AND UNDERTAKE BEHAVIOURS CONDUCTIVE TO A FRUITFUL LIFE

MEDICAL MODEL

- DOMINANT APPROACH OF EARLY 20TH CENTURY
- HEALTH AS THE ABSENCE OF DISEASE
- ALL DISEASES HAVING SPECIFIC CAUSE
- FOCUS ON IDENTIFICATION, TREATMENT AND PREVENTION OF ALL DISEASES



How do we see this
model embedded in
Mental Health?

Are things changing?

Should things change?

MEASURING HEALTH & WELLBEING

- CULTURALLY AND SUBJECTIVELY DEFINED
- MEASUREMENT OF “DISEASE” EASIER
- SO HOW DO WE MEASURE MENTAL HEALTH?

WHAT IS HEALTH?

WORLD HEALTH ORGANISATION (WHO):

HEALTH NEEDS TO BE MEASURED ON THREE
DIMENSIONS:

- SOCIAL
- PSYCHOLOGICAL
- PHYSICAL WELLBEING

= QUALITY
OF
LIFE





MEASURING QUALITY OF LIFE (QOL)

WHOQOL GROUP (1998)

- INDIVIDUALS PERCEPTIONS OF THEIR POSITION IN LIFE IN THE CONTEXT OF THE CULTURE AND VALUE SYSTEMS IN WHICH THEY LIVE AND IN RELATION TO THEIR GOALS, EXPECTATIONS, STANDARDS AND CONCERNS.
- I.E. THE IMPACT OF ANY ILLNESS HAS TO BE CONSIDERED ACROSS A NUMBER OF LIFE DOMAINS.

MEASURING QUALITY OF LIFE (QOL)

Sickness Impact Profile	Nottingham Health Profile	Short Form-36
Sleeping and rest	Sleep	Vitality
Alertness	Energy	Pain
Social interaction	Pain	Social functioning
Emotion	Social Isolation	Mental Health
Mobility	Emotional reaction	Physical functioning
Walking	Physical mobility	Perceive health changes over past year
Bodycare and movement		
Eating		
Housework		
Recreation		
Communication		

Table 9.2, taken from Bennett (2000) page 168.

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Table 9.2, taken from Bennett (2000) page 168.



How well could these be applied to measuring the impact of a mental health condition?

TO WHAT EXTENT IS MENTAL HEALTH
REFLECTED IN THESE DEFINITIONS?





WELSH GOVERNMENT POLICY

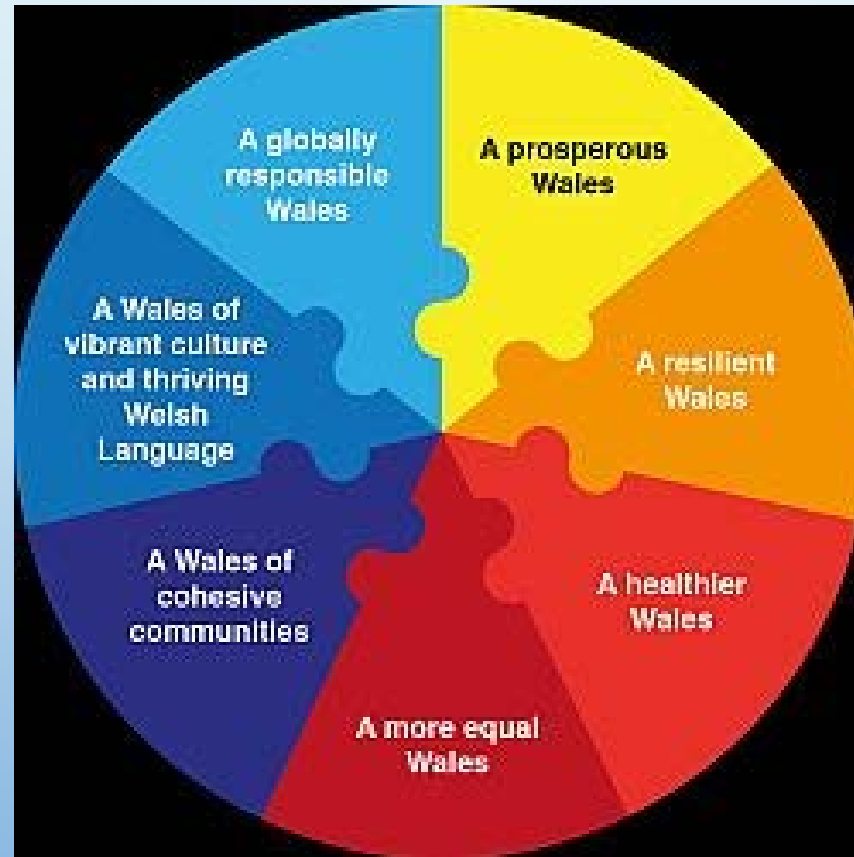
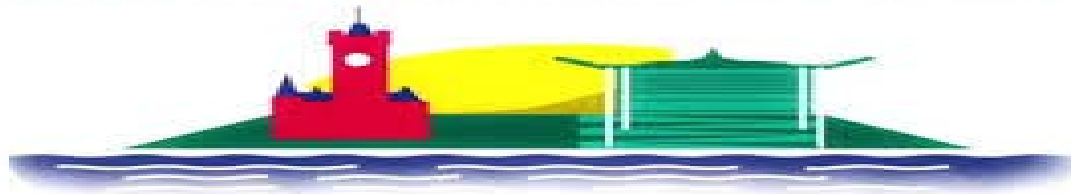
TWO KEY PIECES OF LEGISLATION

WELL-BEING OF FUTURE GENERATIONS ACT (2015)

SOCIAL SERVICES AND WELL-BEING ACT (2014)



WELL-BEING OF FUTURE GENERATIONS ACT
MAKE WALES THE COUNTRY WE ALL WANT IT TO BE



SOCIAL SERVICES AND WELL-BEING (WALES) ACT 2014

Legal framework for improving the well-being of people who need care and support, and carers who need support, and for transforming social services in Wales.

Voice and control – putting the individual and their needs, at the centre of their care, and giving them a voice in, and control over reaching the outcomes that help them achieve well-being.

Prevention and early intervention – increasing preventative services within the community to minimise the escalation of critical need.

Well-being – supporting people to achieve their own well-being and measuring the success of care and support.

Co-production – encouraging individuals to become more involved in the design and delivery of services.



WELSH GOVERNMENT: COMMITMENT TO MENTAL HEALTH?

“PROSPERITY FOR ALL” – NATIONAL STRATEGY

“PROSPERITY IS NOT JUST ABOUT MATERIAL WEALTH – IT IS ABOUT EVERY ONE OF US HAVING A GOOD QUALITY OF LIFE, AND LIVING IN STRONG SAFE COMMUNITIES” (PAGE 2)

“NEED TO... INVOLVE PEOPLE IN SHAPING THE SERVICES THEY USE EVERY DAY” (PAGE 2)





“PROSPERITY FOR ALL” – NATIONAL STRATEGY

KEY THEME: HEALTHY AND ACTIVE

“OUR AIM IS TO IMPROVE HEALTH AND WELL-BEING IN WALES, FOR INDIVIDUALS, FAMILIES AND COMMUNITIES, HELPING US TO ACHIEVE OUR AMBITION OF PROSPERITY FOR ALL, TAKING SIGNIFICANT STEPS TO SHIFT OUR APPROACH FROM TREATMENT TO PREVENTION” (PAGE 3).

PRIORITY AREAS: MENTAL HEALTH

“MENTAL HEALTH: ONE IN FOUR PEOPLE IN WALES WILL EXPERIENCE MENTAL ILL HEALTH AT SOME POINT IN THEIR LIVES, GETTING THE RIGHT TREATMENT AT AN EARLY STAGE, COUPLED WITH GREATER AWARENESS OF CONDITIONS, CAN IN MANY CASES PREVENT LONG TERM ADVERSE IMPACTS” (PAGE 4)

ALSO – EARLY YEARS, AND SOCIAL CARE





WELSH GOVERNMENT: COMMITMENT TO MENTAL HEALTH?

TOGETHER FOR MENTAL HEALTH (2012)

- TEN YEAR STRATEGY FOR:
 - IMPROVING MENTAL HEALTH AND WELLBEING
 - IMPROVING THE CARE AND TREATMENT OF SERVICE USERS, CARERS AND FAMILIES



WELSH GOVERNMENT: COMMITMENT TO MENTAL HEALTH?

TOGETHER FOR MENTAL HEALTH (2012)

- IN 2019 - HOW CAN WE JUDGE IF THIS STRATEGY IS WORKING?
- [HTTPS://GOV.WALES/DOCS/DHSS/PUBLICATIONS/180627MENTALHEALTH-PROGRESSEN.PDF](https://gov.wales/docs/dhss/publications/180627mentalhealth-progresse.pdf)

Creating a healthier, happier and
fairer Wales for everyone

**Introducing the Public Health Wales
strategic plan for 2015-18**





Public Health Wales Priorities 2018-2020

- Influencing the wider determinants of health
 - Improving mental well-being and resilience
 - Promoting healthy behaviours
 - Securing a healthy future for the next generation
 - Protecting the public from infection and environmental threats to health
 - Supporting the development of a sustainable health and care system focused on prevention and early intervention
 - Building & mobilising knowledge and skills to improve health and well-being across Wales
- 

PUBLIC HEALTH WALES GOALS BY 2030: IMPROVING MENTAL WELL-BEING AND BUILDING RESILIENCE

- BE LEADING AN ONGOING NATIONAL CONVERSATION ON WHAT IS IMPORTANT TO THE PUBLIC AND WHAT HELPS US TO ATTAIN BETTER MENTAL WELL-BEING
- BE RESPONDING TO THE EVER CHANGING SOCIAL AND ECONOMIC ENVIRONMENT AND WORKING WITH OUR PARTNERS TO STIMULATE COLLECTIVE ACTION TO IMPROVE OUTCOMES
- BE ACTIVELY MONITORING THE MENTAL WELL-BEING OF THE POPULATION AND ARE USING THIS TO INFLUENCE POLICY, STRATEGY AND PROGRAMMES
- HAVE SUPPORTED PARTNERS IN PROMOTING MENTAL WELL-BEING AND RESILIENCE INCLUDING REDUCING THE IMPACT OF ACES / TRAUMA
- HAVE FACILITATED A TRAUMA AND RESILIENCE INFORMED WALES – AIMING TO BREAK GENERATIONAL CYCLES OF POOR MENTAL AND PHYSICAL HEALTH OUTCOMES

PUBLIC HEALTH WALES GOALS BY 2030: IMPROVING MENTAL WELL-BEING AND BUILDING RESILIENCE

WANT WALES TO HAVE:

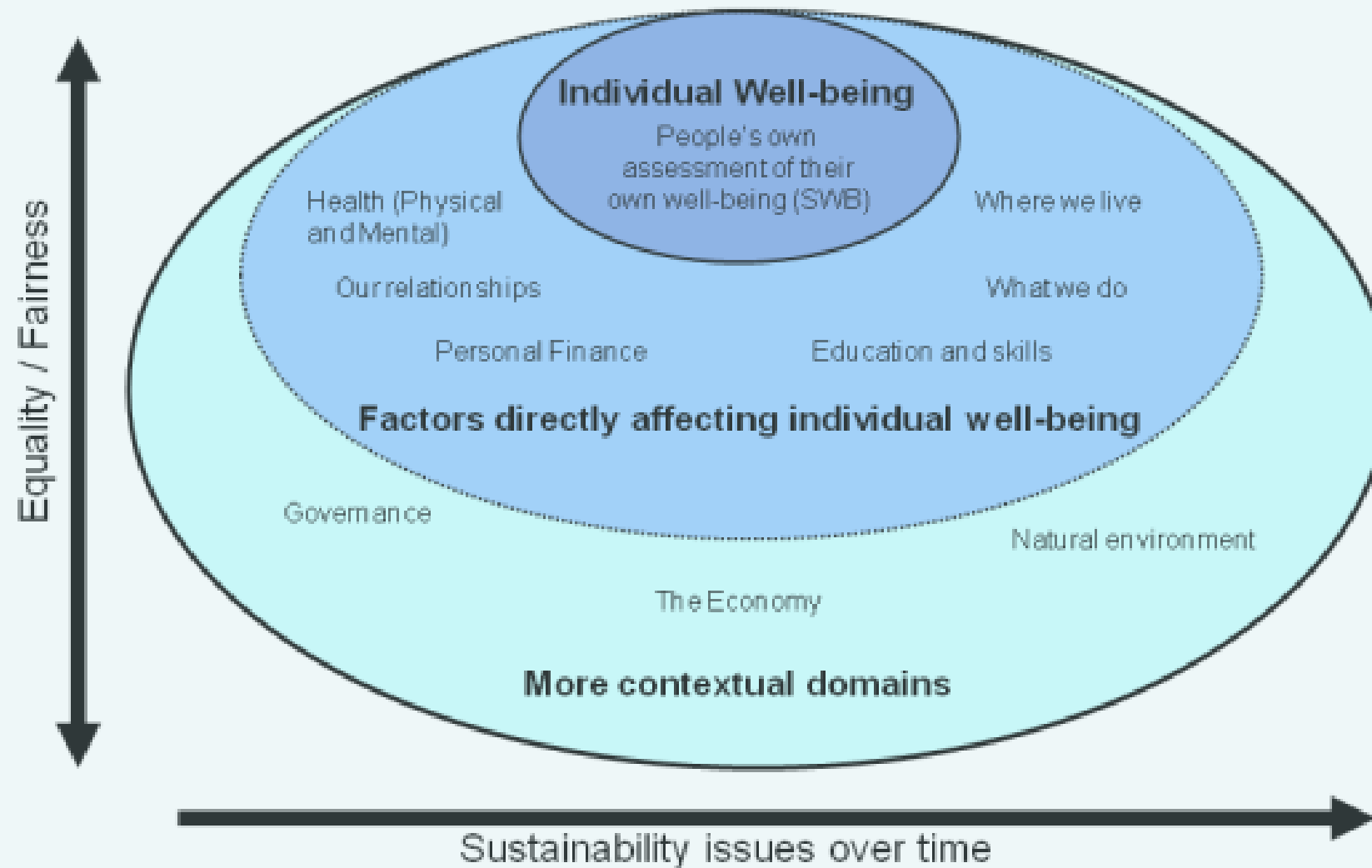
- A POPULATION THAT KNOWS HOW TO SUPPORT THEIR OWN AND THEIR FAMILIES' MENTAL WELL-BEING
- A SOCIETY THAT SUPPORTS EVERYONE TO BE MENTALLY HEALTHY
- CITIZENS WITH GREATER RESILIENCE
- A GREATER POPULATION LEVEL OF MENTAL WELL-BEING

THIS MEANS:

- BUILDING SELF-ESTEEM, SELF CONFIDENCE AND THE ABILITY TO UNDERSTAND AND MANAGE OUR EMOTIONS
- REDUCING THE IMPACT OF EMOTIONAL TRAUMA AND TOXIC STRESS (MITIGATING ACES)
- BUILDING SKILLS TO CREATE AND MAINTAIN HEALTHY RELATIONSHIPS ACROSS THE LIFE COURSE
- CONNECTING PEOPLE IN COMMUNITIES TO INCREASE A SENSE OF BELONGING AND SUPPORT (INCLUDING SPORT)

[HTTP://WWW.WALES.NHS.UK/SITESPLUS/888/PAGE/96946](http://www.wales.nhs.uk/sitesplus/888/page/96946)

National Well-being





The socio-ecological framework of public health

AFTER THE BREAK.....

- CONSULTATION: WELSH GOVERNMENT CONSULTATION ON TACKLING LONELINESS AND SOCIAL ISOLATION
- [HTTPS://GOV.WALES/ABOUT/CABINET/CABINETSTATEMENTS/2018/LONELINESSSOCIALISATION/?LANG=EN](https://gov.wales/about/cabinet/cabinetstatements/2018/lonelinesssocialisation/?lang=en)