



Mental Health and Wellbeing in Scotland

David L Pattison

Head of International Development

NHS Health Scotland

Slovenia August 2011

Towards a Mentally Flourishing Scotland:

Policy and Action Plan

2009 – 11



An Overview

- Introduce Towards a Mentally Flourishing Scotland
- Consider Health Scotland's contribution towards implementation of the policy and action plan
- Reflect on the progress made towards delivering the policy commitments
- Identify the challenges for the agenda and our approach
- Consider future development priorities

TAMFS Approach

- Signals ongoing commitment to MHI
- Builds on the work of the National Programme 2002 – 2008
- National support for locally determined solutions
- Not comprehensive – six priorities (but also... not exclusive...)
- 22 national commitments focused on change and support to support local delivery

Policy Context



Our Focus

- Promote wellbeing
- Reduce the likelihood of common mental health problems, suicide and self harm
- Support those experiencing mental health problems
- Improve the outcomes and quality of life for those with mental illness

The Priorities

Six priorities

- Early Years, Children and young people
- Communities
- Later life
- Employment and Working Life
- Reducing suicide, self harm and mental health problems
- Improving the quality of life
- Support for change

Expectations of Government

- Work in new ways to support implementation of TAMFS at local level
- Support collaborative action across Community Planning Partnerships
- Define mental health improvement - what it means in the context of TAMFS
- Support a focus on outcomes – connecting to single outcome agreements
- Support implementation of the evidence base

Monitoring of mental health In Scotland

Context

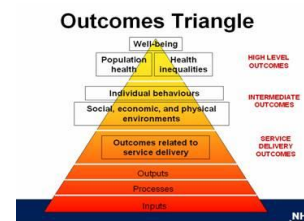
- **There is now an outcomes focused environment**
- **National performance framework created by Scottish Government which contains national (high level) outcomes for Scotland**
- **Scottish Government tasked NHS Health Scotland with creating resources (outcomes frameworks) to link local activities to national outcomes**

Purpose

- To develop an outcomes framework to guide, inform and evaluate mental health improvement policy and practice
- Link activities with outcomes
- Simplify without making it simple

Components of the framework

Outcomes triangle



Logic models

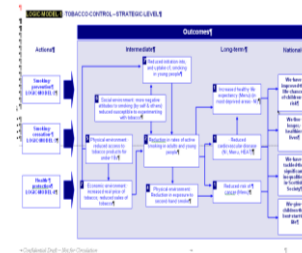


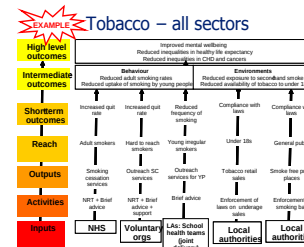
Table 1. Evidence for increasing understanding of smoking related risks from and increasing more negative attitudes towards smoking (COPD path)

The theory of change associated with providing young people with training to use tobacco safely with increased their knowledge of the danger of tobacco use and reduce the likelihood that young people will use tobacco. The theory of change is based on the assumption that young people will use tobacco safely if they have the knowledge and skills to do so. The theory of change is based on the assumption that young people will use tobacco safely if they have the knowledge and skills to do so.

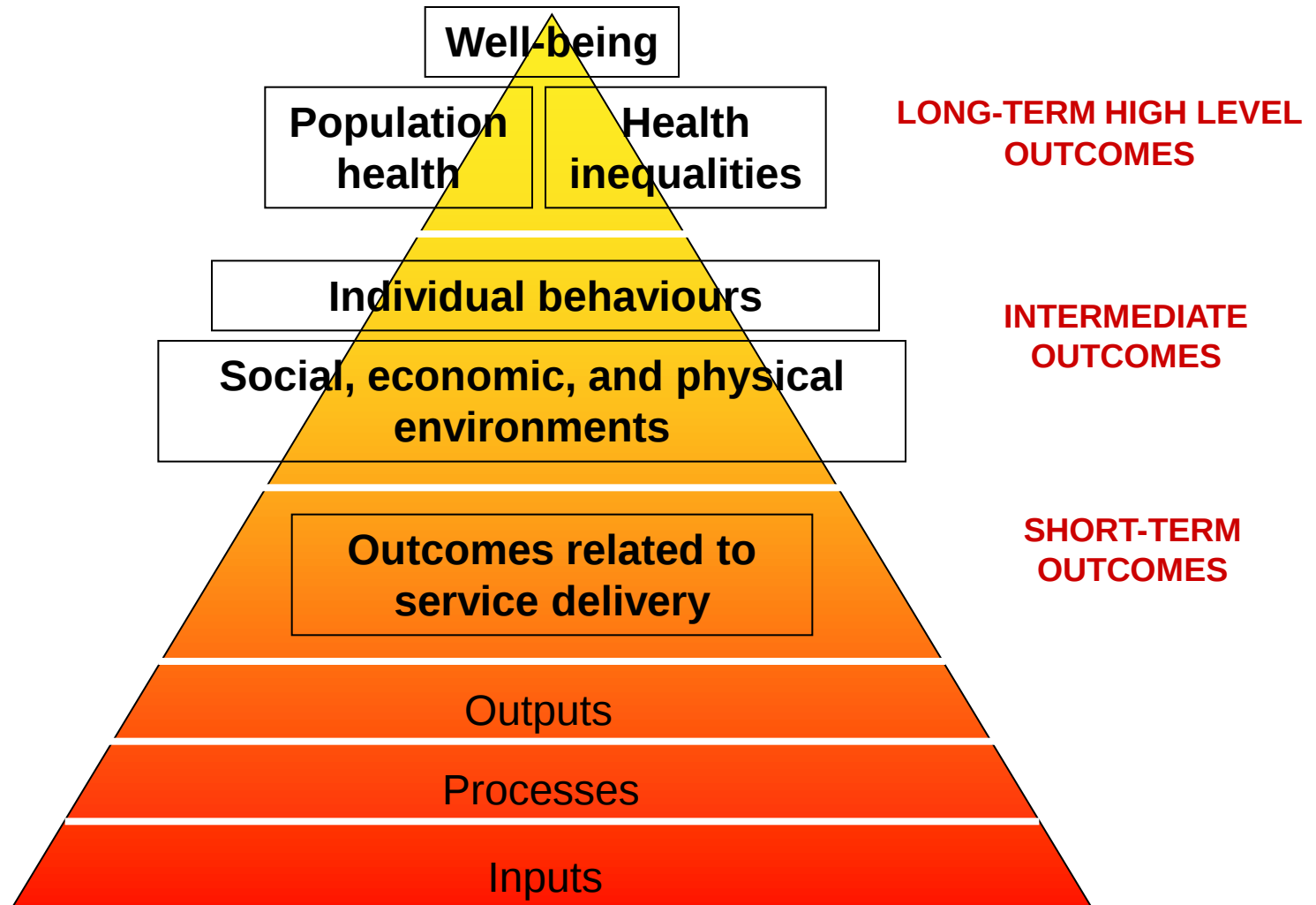
Table 2. Evidence for increasing understanding of smoking related risks from and increasing more negative attitudes towards smoking (COPD path)

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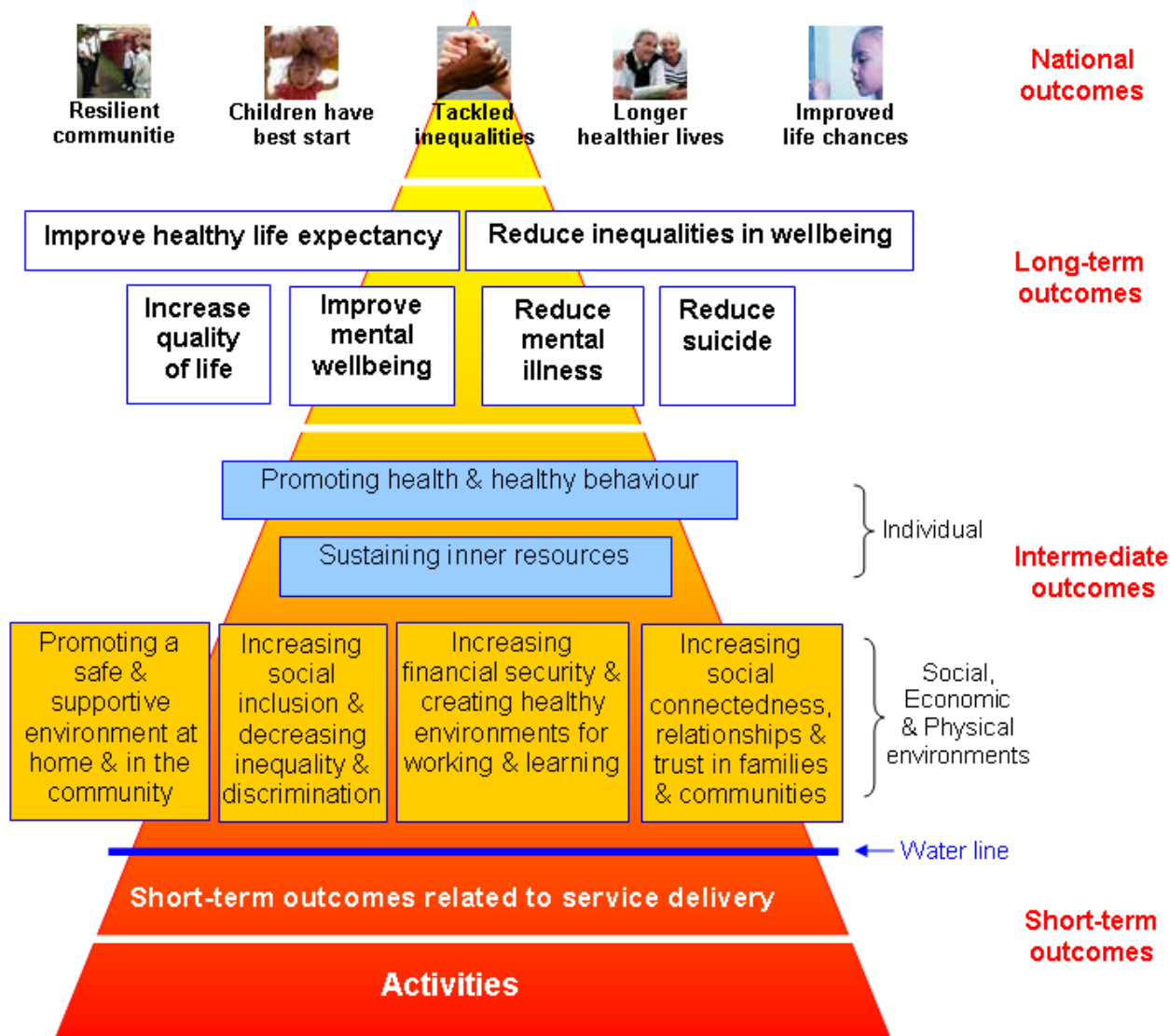
Multiple results chains



Generic Outcomes Triangle



MHI Outcomes triangle

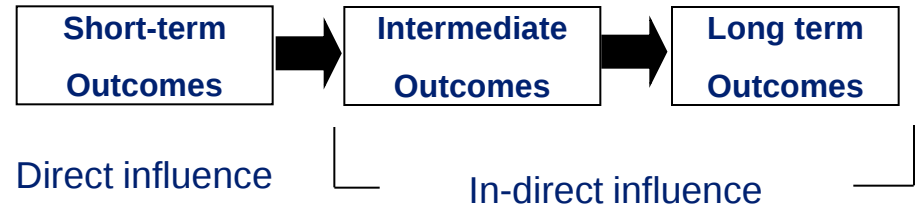


Logic models

What you do



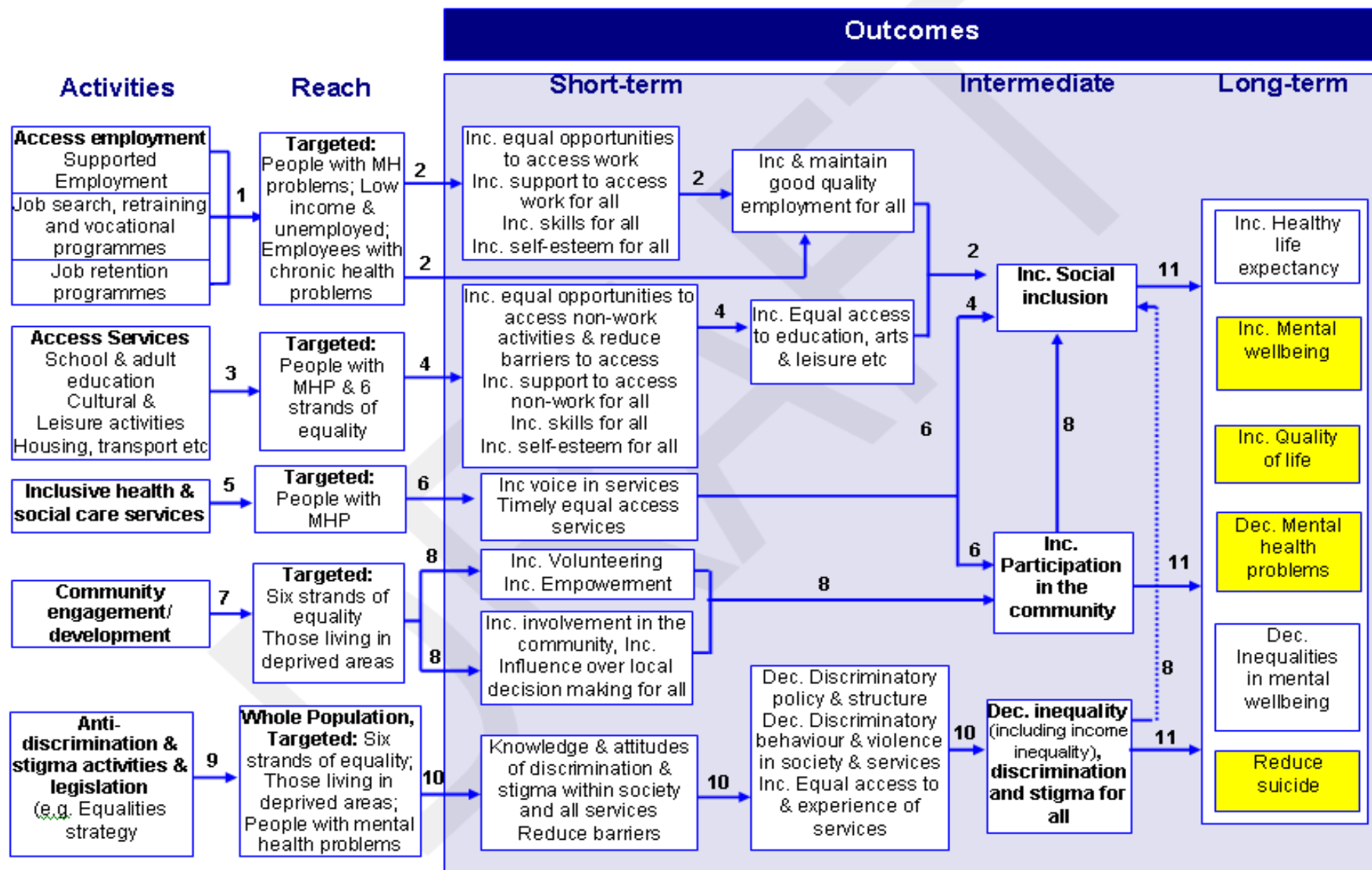
What you want to achieve



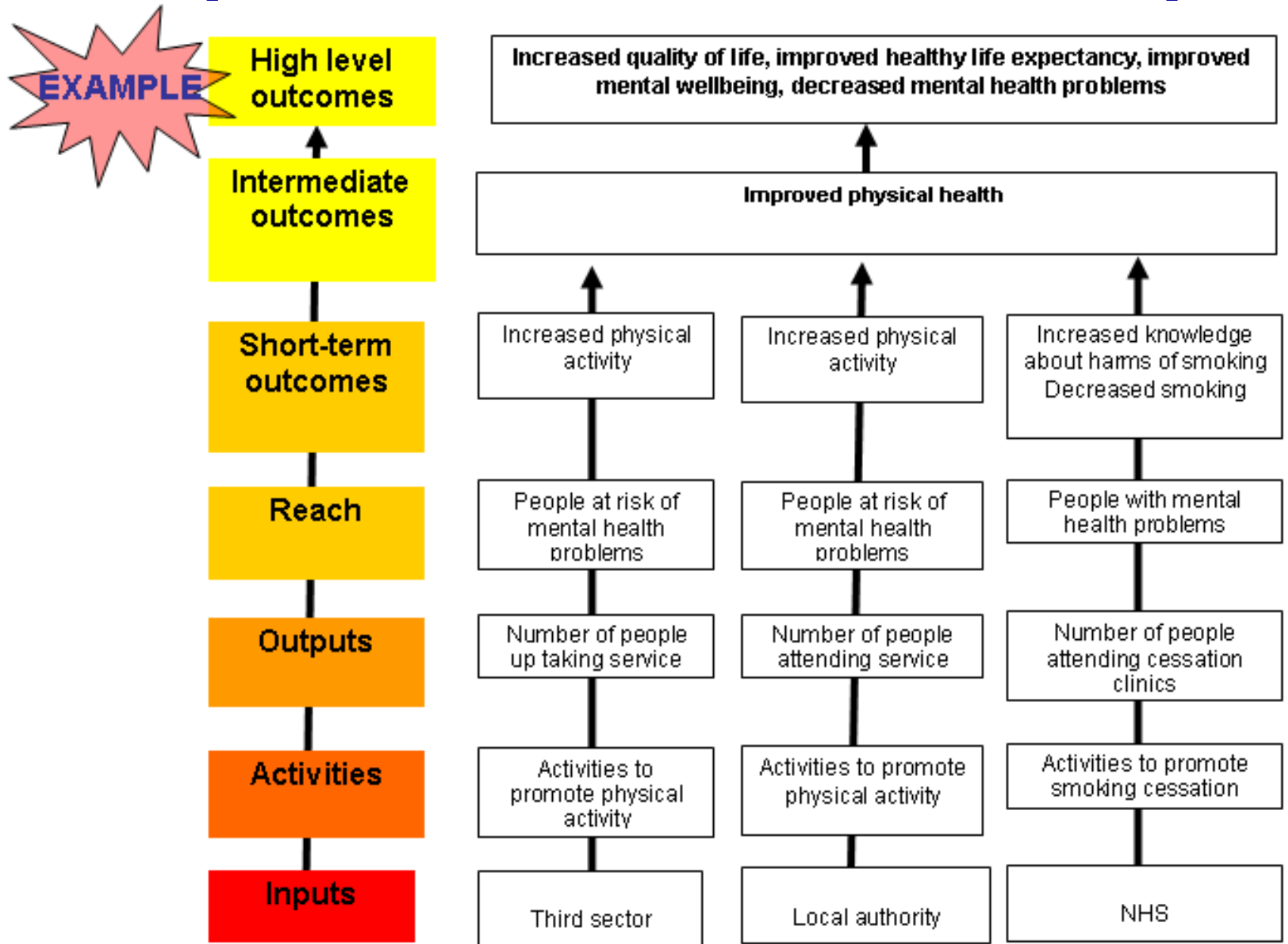
Logic models – example

(don't focus on the details at this stage)

Model 4: Increasing social Inclusion & decreasing inequality & discrimination



Multiple results chains - example



Process of developing Outcomes Framework

- **Strategic group – oversaw the development**
- **Reference group – key collaborators**
- **Core group – produced the materials**
- **Peer reviewers – critiqued draft framework**

Process of developing Outcomes Framework

- **Mental Health Indicators for Adults in Scotland was used as the basis for selecting the key intermediate outcomes**
- **6 broad themes were identified by members of the reference group**

6 broad areas

6. Promoting a safe and supportive environment at home and in the community

5. Increasing financial security & creating mentally healthy environments for working & learning

1. Promoting health & healthy behaviour

2. Sustaining inner resources

3. Increasing social connectedness, relationships & trust in families & communities

4. Increasing social inclusion & decreasing inequality & discrimination

Six broad areas

6. Promoting a safe & supportive environment at home & in the community

- Physical environment
- Safety
- Violence

5. Increasing financial security & creating mentally healthy environments for working & learning

- Financial security
- Learning & skills development
- Mentally healthy schools
- Mentally healthy workplaces

1. Promoting health & healthy behaviour

- Physical health
- Healthy living/behaviour

2. Sustaining inner resources

- Meaning & Purpose, optimism & hope
- Resilience
- Individual mental health

3. Increasing social connectedness, relationships & trust in families & communities

- Social networks
- Social support
- Trust
- Relationships (including family relations & peer relationships)

4. Increasing social inclusion & decreasing inequality & discrimination

- Social inclusion
- Participation
- Equality
- Discrimination
- Stigma

Summary of outcomes approach

- Resources to support local areas identify key outcomes which they feel are important**
- Specify who they need to target**
- Identify which activities to undertake**

Challenges

- Diversity of local areas
- Leadership for MHI
- Partnership delivery
- MHI as an aspect of local planning infrastructure
- Integration of MHI and suicide prevention
- Economic downturn - public sector reforms
- Measuring and monitoring progress and outcomes (So what?)
- Shifting priorities
- Beyond TAMFS ?

Welcome to Scotland's health improvement agency

Our website provides information and resources to support health improvement practitioners and organisations working with us to improve Scotland's health and reduce inequalities.

Visit the About section to find out about [what we do](#), [our board](#), [procurement](#), and [vacancies](#).



Adult and young people cycling



Your Health

For information and advice on your health, please visit the [NHS 24 website](#) (external website).

You can also check out our [public-facing websites](#), including [Immunisation Scotland](#) (external website).



Scotland's Health

All about our work to increase understanding of Scotland's public health including [evidence](#), [evaluation](#), [research publications](#) and [population health information](#).



Health Topics

Find information about health improvement delivery programmes, including [immunisation](#), [child healthy weight](#), [tobacco](#), [suicide prevention](#), [wellbeing in sexual health](#), [alcohol](#) and a [Resource for Community Health Partnerships](#).



Equalities

Our Equality, People and Performance Directorate offers advice and support to NHS Scotland on delivering equality and diversity, eliminating discrimination and reducing health inequalities.



Learning

[Information and development opportunities](#) for the health improvement workforce including training support for HEAT targets and other initiatives.



Resources

Access our online [publications](#), our [Research Information and Guidance](#), our public health [Library Service](#), [Freedom of Information](#) and links to [Health Scotland websites](#). You will also find links to [key partners'](#) websites such as SHOW, NHS 24 and ScotPHO.

**The Cervical Screening Test
Put it on your list**

[Find out more
about screening
in Scotland](#)



This presentation was provided by the following colleagues
in NHS Health Scotland

Wendy Halliday Programme Manager: Mental Health Improvement

Wendy.halliday@nhs.net

Heather Williams: heather.williams3@nhs.net

Wendy Macdonald: wendymacdonald@nhs.net

(Garth Reid, Neil Craig, Wendy Halliday, Emma Hogg, Monica Merson,
Jane Parkinson, Joanna Teuton)

Thank you

David L Pattison MSc, BA, FFPH

david.pattison@nhs.net