

Introduction

A strategy is a plan. We want to develop a four year plan for mental health.

We will look at three areas we think are the most important:

- The plan has been broken down into 14 outcomes and if these are the right outcomes
- If there are any gaps in these results
- What more we could do to get the right result

We have already decided on four important areas we wish to focus on:

- Access to therapy
- A plan for people who have dementia
- Community based services and their role
- Preventing suicide

Each of these is helping us look at different ways to improve mental health, wellbeing and services.

Completing the consultation

The Scottish Government want to know what you think about this plan. They will use your answers to help develop the plan.

You might want to have someone to help you read this and fill it in.

You can tell the Scottish Government what you think by answering the questions at the end and sending them by email to:

MHStrategy@scotland.gsi.gov.uk

Or by post to:

**Katherine Christie
Scottish Government Health Directorate
Reshaping Care and Mental Health Division
Mental Health Service Delivery Unit
3ER, St Andrew's House
Regent Road Edinburgh EH1 3DG**

If you need more information call **Katherine Christie** on **0131 244 5207**.

Please send your answers back by 31 January 2012.

Consultation Questions

Improving Mental Health Outcomes:

The plan has 14 main outcomes. These are the things we want from the plan. We have been working towards these outcomes. However there are challenges.

The way we work:

- a/ We want to change the way people think about mental health
- b/ We want services to be centred on the individual
- c/ We want services to always be improving.

Tell us what you think:

- a/ It would be good not to separate it from "Physical Health"
- b/ Centred yes, but the dynamic of group therapy (including Maggie Kerrigan) needs to be included.
- c/ Naturally, all assistant staff would consult with each other and attend courses that involve with all of the latest methods.

The challenges:

It can be difficult for the Government to make a plan if it is for local areas. The government would need to support local areas to change.

Question 1: Do you think the Government could take action to help them make changes?

No

Yes - Tell us more about this

By helping carers provide the same services consistently for all areas using remote inspectorate or giving carers enough time to share knowledge of activities with adjacent areas.

The Government knows it has to improve services. There may be a gap in services and things may need to change.

Question 2: Do you think change is needed?

No

Yes - Tell us more about this

Less waiting time from GP referral to actually seeing a psychiatrist/psychologist.

Inclusiveness of such therapies as: Money, Coaric - Social E-P-T, group (dynamic) therapy.

Access to Resource (day) centres to partake in Art, Drama, Movement + Manufactures and therapy.

Access to rest (day) centres + overnight centres for bed phases.

There are 14 outcomes that we want:

1. We will encourage people and communities to have good mental health which can help them prevent mental ill health
2. Action will be taken in childhood and the early years of people's lives to prevent mental ill health
3. To help people understand their mental health. If they are not well they should be able to get help.
4. On first contact mental health services will work well.
5. Suitable care and treatment will be available. This will be based on a persons needs.
6. Care and treatment is focused on the individual's needs.
7. The role of the family and carer is understood and this will be supported by professionals.
8. The amount and type of services should be correct to meet peoples needs.
9. All groups should be able to access services equally
10. Mental health services will work well with other services.
11. Health and Social Care staff should have the skills to do all their duties.
12. We will check local and national results. This will show how the mental health system is working.
13. We shall support the improvement of health and social care services.
14. We will ensure that people are supported and protected by the law.

Question 3: Do you think there are other things we can do to reduce self harm and suicide rates?

No

Yes - Tell us more about this

Emergency phone nos. on cards - to be kept in wallet.
There could be nos. of hospital clinics where treatment is taking place so that worried ones can speak to someone they know.

Question 4: Are there other things we can do to stop discrimination of people who have a mental illness?

No

Yes - Tell us more about this

Encourage ('little & often') social links with people who have no mental health issues.

Question 5: Can we develop the good work of the 'see me' campaign in reducing discrimination? (This is the Scottish Government's campaign against discrimination of mental health)

No

Yes - Tell us more about this

Many mental health sufferers are chatty sociable folk who appear to be getting seen, but more detection by carers is required to check if the REMHE is being SEEN.

Question 6: Do you know of ways in which we can take action to promote good health and wellbeing?

No

Yes - Tell us more about this

Encourage physical activity ^{+ yoga} - gently at 1st to build confidence. Encourage artistic activities painting, music, dance, pottery etc. [I'd like to see a centre for anxiety sufferers in the Riverside Centre at Elgin ...]

Question 7: Can we improve access to services for children with mental health problems?

No

Yes - Tell us more about this

~~UNSURE~~
see qn. 6

Question 8: Does the National Health Service (NHS) need more support to improve children and young people's mental health services?

No

Yes - Tell us more about this

~~UNSURE~~
E.G. from *!

Question 9: Are there ways in which we can help people to help themselves, which will improve their own mental health and wellbeing?

No

Yes - Tell us more about this

ray - Hydro-therapy pool

Question 10: Do you think there are ways we can encourage people to get advice when they need it?

No

Yes - Tell us more about this

As per q11. 9

Question 11: Are there ways we can change services so they are quick to see if someone has mental ill health?

No

Yes - Tell us more about this

GP's check regularly (annually) re blood pressure/cholesterol/diabetes etc. Suppose there must be ways (simple questionnaire?) to check on Mental Health at same time?

Question 12: Are there ways we can support the NHS and their partners to collect information that will help improve services?

No

Yes - Tell us more about this

By collecting info ^{rose or} re all the complementary therapies in the area + by embracing them as NHS treatments.

Question 13: Do we need to do other things to support the NHS and their partners to develop care plans?

No

Yes - Tell us more about this

In review training.

Question 14: Are there ways the Scottish Government could work with partners to continue to develop good services?

No

Yes - Tell us more about this

By checking definition of 'good services' in England, Wales, & Ireland

Question 15: Do you think we need to have things in place to develop partnerships with service users, families, carers and staff?

No

Yes - Tell us more about this

Bring families/carers into contact (meetings) with staff to articulate more clearly the challenges the service user faces.

Question 16: Can more be done to have a person-centred process in mental health settings?

No

Yes - Tell us more about this

More staff to get processes into action earlier (shorter waiting lists).

Question 17: The Government has created a tool called the Scottish Recovery Indicator (SRI). This supports mental health services to focus on recovery. Do you think staff can and should be encouraged to use this?

No

Yes - Tell us more about this

Probably; not sure what a SRI is!

Question 18: The Scottish Recovery Network is a group to make people aware of recovery from mental health problems. Do you think we can encourage professionals to use more recovery based processes?

No

Yes - Tell us more about this

see qn. 12. Many processes could be used!
such as exercise, music/art/therapies/reflexology/
meditation etc. etc.

Question 19: Can we support families and carers to be involved in care and treatment?

No

Yes - Tell us more about this

see qn. 15.

Question 20: Families and carers want to be involved in their relative's care. Can staff be supported to provide information for this to happen?

No

Yes - Tell us more about this

If the challenges of the review were addressed up
with families/carers recovery could be quicker.

Question 21: Could the areas that have designed good services be a model to follow?

No

Yes - Tell us more about this

Maybe ~~England~~, English, Welsh, N. Irish
Processes need to be examined to see the
nature of these 'good services'.

Question 22: We want to know who is using services and if they are accessible. Do you think the Scottish Government can make sure that this information is recorded?

No

Yes - Tell us more about this

+ will more variety.
But services at a distance (say Inverness
& Aberdeen) & in bigger communities could be
used more if service users are prepared to
travel.

Question 23: Is there a way that we can share information we learn about making services accessible?

No

Yes - Tell us more about this

Reckon I've already explained this.

Question 24: Do you think there are gaps in services?

No

Yes - Tell us more about this

see qn. 23 + 12.

Question 25: Do you think more could be done to support the NHS and their partners to provide person centred care?

No

Yes - Tell us more about this

by providing more funds!

Question 26: Do you think that there are ways to help those with mental ill health issues in other settings, like prison?

No

Yes - Tell us more about this

group therapy is relatively inexpensive

Question 27: 'Promoting Excellence' is an outline for staff who work with people with dementia and their families. Are there ways we can support staff to use this to help those who need it?

No

~~Yes~~ - Tell us more about this

By positivity + praise + by raising esteem of staff through meetings + clinical environment (P Lurcanon ^{live grand floor is MISERABLE!})

Question 28: Could surveys be used to find out about staff experience?

No

~~Yes~~ - Tell us more about this

More staff meetings - if they have time - can provide a more lateral approach,

Question 33: Is there any other support needed to improve services?

No ✓

Yes - Tell us more about this

Question 34: Do you think we can bring together local and national work resulting in improved mental health services?

No

Yes - Tell us more about this

see qn. 21

Question 35: Do we need to support staff so that care and treatment services follow the law?

No ✓

Yes - Tell us more about this

*Have their training (& in-service training)
is sufficient.*

Question 30: We want to find ways to maintain training for staff. This could increase access to services. Can we promote this training?

No

Yes - Tell us more about this

Access to a greater variety of services
(see qn. 18.) by bringing in, say a
reflexology expert to talk about their
subject can be included in training.