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# Mental Health Strategy for Scotland: 2011-15

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A Consultation

November 2011

**Easy Read Version**

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ISBN: 978-1-78045-520-4

The Scottish Government  
St Andrew's House  
Edinburgh  
EH1 3DG

Produced for the Scottish Government by APS Group Scotland  
DPPAS12214 (11/11)

Published by the Scottish Government, November 2011

## **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**.



Because this is a Scottish Government consultation, we have to ask for some information about you.

GARNETHILL CENTRE LTD.  
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GLASGOW G3 6RE  
TEL: 0141 333 0730

Name \_\_\_\_\_

Address \_\_\_\_\_

1.1: Do you represent a group?

Yes  tell us the name of the group GARNETHILL CENTRE

No

1.2: Can we share your answers with the public?

Yes

No

1.3: Can we share your name with the public?

Yes

No

1.4: Can we share your address with the public?

Yes

No

1.5: Can we get in touch with you again if we want to talk to you about your answers?

Yes

No

## 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:

We want to change the way people think about mental health  
We want services to be centred on the individual  
We want services to always be improving.

### Tell us what you think:

*Is the term "Mental Health" as  
close to a stigma. Suggest  
Psychological Health - body, mind, social  
Social Health? & Spiritual.*

### 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

*Use of agencies such as NHS  
Established 1970. Professionally trained  
staff: counsellors, psychotherapists  
groups and dips.*

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

Our work is based on "Attachment theory"  
(Psychodynamic)  
Scotland is experiencing the dynamics of  
"DIS-ATTACHMENT" - LOOKING FOR A FUTURE  
- SOCIAL UPRAVEL  
- INDIVIDUAL DISLOCATION.

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

Suicide is anxiety - part the part of recovery by  
lost hope  
It is possible to "normalize" suicide  
We all lose hope at times. We need conscious  
awareness, education & therapy to help us to understand  
ourselves

**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

See page 3. Rename  
Psychological Health

**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

"See me - See you"  
MINDFUL IMAGE OF OTHERS IN CONFLICT

**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

*Further education, of attitudes / behavior / beliefs*

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

No

Yes - Tell us more about this

*More constructive and focused use of family education - family systems.  
Most children come from best / damaged parents.  
Children model what they see in parents.*

**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

*More education in primary schools by using TV personalities to talk about "emotional pain"  
Use of an centre to talk to school staff  
ie. educational awareness*



**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:

Normalise psychological health the same way we have normalised the range / alcohol conflict.  
It affects "normal" people - in a conflicted way.

**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:

A list of professional counselling agencies with their limits & strengths.

**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:

Appropriate use of some professional agencies where there is confidentiality, empathy & acceptance.

**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

*[Handwritten mark]*

**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

*[Handwritten mark]*

**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

*Scottish Gov needs to be aware of other agencies who provide professional services for adults.*

**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

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

No

Yes - Tell us more about this

*Gov. requires to know & understand  
different approaches for individuals.  
Long & short term clients -  
At the past 2 years so unless we can talk  
about it.*

**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

**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

*Educate of psychological words available for individuals.*

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

No

Yes - Tell us more about this

*Educate to understand what "mental health" is?  
Support of carers essential for themselves.*

**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

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

No

Yes - Tell us more about this

**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

*Requirement of good practice for recording  
information is essential*

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

No

Yes - Tell us more about this

*Yes. Important to share information  
on services*

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

No

Yes - Tell us more about this

**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

**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

*Professionals qualified to understand  
the individual's own needs &  
requirements*

**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

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

No

Yes - Tell us more about this

**Question 29: Do we need to support staff development?**

No

Yes - Tell us more about this

*Professional therapy & Supervision of staff essential.*

**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

*Provision of professional training essential.  
Our agency is well established  
training of professionals - history  
skills & communication*

**Question 31: Are there ways we can build on the information we gather to develop mental health services?**

No

Yes - Tell us more about this

**Question 32: We want all local care services to record information on care delivery the same way. Do you know how can we support this?**

No

Yes - Tell us more about this



**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

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

No

Yes - Tell us more about this

*Essential training & support as a  
prerequisite for all staff*

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

**Send your answers back by 31 January 2012**