

Mental Health Strategy 2017-27

Third Annual Progress Report

March 2021



Scottish Government
Riaghaltas na h-Alba
gov.scot

Mental Health Strategy 2017-27 Third Annual Progress Report

Foreword



Much has changed since the Second Annual Progress Report¹ on the Mental Health Strategy 2017-27. In 2020, Scotland, along with the rest of the world, was faced with an unprecedented public health crisis in the COVID-19 pandemic. The mental health impacts of this have been significant, with people across the country affected every day. Underlying inequalities have meant that those mental health impacts have not been felt equally. This Government continues to focus on mental health as an absolute priority, and it has never been so critical that we do so.

The impacts of the pandemic at a societal level have meant that mental health has been brought to the fore like never before. We've continued to chart our path through the pandemic with the vision that we laid out in our Mental Health Transition & Recovery Plan, which is of **“a Scotland where people can get the right help at the right time, expect recovery, and fully enjoy their rights, free from discrimination and stigma.”**

Now, with the vaccination programme well underway, and we are able to think about the gradual easing of restrictions, it will be ever more important that we continue to ensure we have the right mental health support in place.

The events of the past year have been traumatic and challenging, and we continue to see emerging and changing effects on mental health and wellbeing. This means that we are clearly operating in a different context than that of November 2019, when we published the previous progress report on the Mental Health Strategy 2017-27.

Therefore, this annual report on the Strategy focuses on the specific progress we have made over the past year. It also seeks to provide a wider picture of where we find ourselves now, and the work we are taking forward to improve the mental health of the people of Scotland.

Clare Haughey

Clare Haughey
Minister for Mental Health

¹ [Mental health strategy 2017-2027: second progress report - gov.scot \(www.gov.scot\)](https://www.gov.scot/publications/mental-health-strategy-2017-27/second-progress-report/pages/1-100.aspx)

Pandemic Prioritisation

Following the onset of the pandemic in March 2020, we took the decision to prioritise our work around a series of key themes. These reflected the immediate demands of our emergency pandemic response:

- **Mental Health Services**
- **Vulnerable Groups**
- **Restricted Patients**
- **Additional Mental Health Support**
- **Mental Health Law**
- **Workforce Wellbeing**

Work continued on a limited number of essential pre-existing commitments. The Mental Health Strategy actions that we continued to prioritise were:

- **Action 11:** Distress Brief Interventions.
- **Action 15:** The recruitment of 800 additional mental health workers.
- **Action 19:** Publication of protocol for admissions of young people to adult wards.
- **Action 22:** Support for young people with eating disorders.
- **Action 26:** Early intervention in psychosis.

An update on the progress towards each of these continuing priority actions is included at **Annex A** of this report.

Addressing Mental Health Challenges

Transition and Recovery Plan²

Our Mental Health Transition and Recovery Plan was published in October 2020. It lays out key areas of mental health need that have arisen as a result of Covid-19 and lockdown, and the actions that the Scottish Government will take to respond. The plan is evidence-based and was developed in consultation with a wide range of stakeholders. It places Mental Health Services as a priority within NHS remobilisation, and covers eighteen key areas of focus. The Plan contains 107 actions, and we have identified an initial set of 12 key commitments that we are taking forward at pace.

All of the actions in the Mental Health Strategy that were paused at the onset of the pandemic are included in the Transition & Recovery Plan as areas of key focus. The way we need to deliver those commitments has clearly fundamentally changed, and that means the wording of some commitments has needed to change too. **Annex B** of this report provides an overview of how actions that were previously part of the Mental health Strategy have been updated and reflected in the Transition And Recovery Plan.

Recovery and Renewal Fund

In February 2021, we announced £120 million for a Mental Health Recovery and Renewal Fund. This is the single largest investment in mental health in the history of devolution.

² [Coronavirus \(COVID-19\): mental health - transition and recovery plan - gov.scot \(www.gov.scot\)](https://www.gov.scot/publications/transition-and-recovery-plan/pages/2.aspx)

The Recovery & Renewal Fund will ensure the delivery of the Mental Health Transition & Recovery Plan. It will prioritise our ongoing work to improve specialist CAMHS services, address long waiting times, and clear waiting list backlogs.

Nearly £10 million will also be allocated to clearing backlogs in Psychological Therapies waiting lists for adults.

We will provide significant additional support for mental health in primary care settings. We also recognise the need to focus on supporting people at the earliest possible stage. So we will invest in enhanced community support.

Investing In The Right Mental Health Support

Over the course of the pandemic we have invested a further £18 million of dedicated funding to ensure our mental health response is robust, wide-ranging and reflective of our changed circumstances.

Amongst other work, we have expanded the NHS24 Mental Health Hub so that it is available 24 hours a day, seven days a week. We have also increased the capacity of the Breathing Space telephone helpline and web support service.

We have created extra capacity for Computerised Cognitive Behavioural Therapy (CCBT). Our Distress Brief Intervention programme has also been rolled out on a national basis, providing rapid, accessible and focussed one-to-one support for people in distress.

We have also invested in supporting children and young people, providing funding to local authorities to support the mental wellbeing 5-24 year olds in their communities and to address the impact of the pandemic on children and young people.

Programme for Government 2020/21

Our 2020-21 Programme for Government recognises that loneliness, isolation, grief and psychological trauma have taken a toll on our mental health, particularly amongst the young and those who already experienced mental health issues before COVID-19. It committed us to publish the Mental Health Transition and Recovery Plan, considering everything that influences our mental health and wellbeing, considering the needs of different groups, and seeking to reduce inequalities across the Scottish population.

Our Next Steps

Action 40 of the Mental Health Strategy commits to reviewing the Strategy in 2022 at its halfway point. Due to the fundamentally changed context in which we are all operating, we are considering an earlier review over the course of 2021. This would be an opportunity to formally outline how the Strategy, and the Transition and Recovery Plan, intersect, and to outline our core set of mental health commitments going forward.

ANNEX A: Update on the Progress of Continuing Mental Health Strategy Actions

ACTION	UPDATE
<p>Action 11: Distress Brief Interventions.</p>	<p>We continue to work with the DBI Programme Manager and wider DBI partners to support this work - and on the commitment to embed the principles of DBI in all NHS Boards by 2024.</p> <p>The new NHS24 Covid pathway continues to build; we now have 3 Associate Sites live, in addition to the 4 original pilot sites. Further Associate Sites are expected to go live later in 2021. These will be key building blocks towards the 2024 commitment.</p> <p>The final report of the independent evaluation of the DBI programme will help inform detail of how we work towards this commitment and the commitment to embed the principles of DBI in all NHS Boards by 2024.</p> <p>The final report was expected to be submitted by the contractors by 31 March 2021. Due to a number of unforeseen issues, including Covid and problems with accessing some of the referral data, the preparation of the report has been delayed and is now expected to be submitted later in Spring 2021.</p>
<p>Action 15: The recruitment of 800 additional mental health workers.</p>	<p>As at 1 July 2020, an additional 485.60 whole time equivalent (WTE) mental health roles have been filled using Action 15 funding. This equates to 60.7% of the overall target.</p> <p>We are currently collating recruitment data up until 1 January 2021.</p> <p>We have made over £51 million available to date since 2018-19 to deliver Action 15, and we will continue to invest next year as necessary to ensure we meet the commitment.</p>

ACTION	UPDATE
Action 19: Publication of a protocol for admissions of young people to adult wards.	We published the Children in Adult Wards Protocol ³ on 26th June 2020. The action is now complete.
Action 22: Support for young people with eating disorders.	The CARED site won the Alliance Scotland Self-Management Resource of the Year 2018. Ongoing promotion of online peer support via videos shared on social media and the CARED Scotland website. It has met the annual recruitment targets of 15 parents and carers and 45 young people to receive the service. The action is now complete.
Action 26: Early intervention in psychosis.	<p>The Early Intervention in Psychosis Improvement Network has been taking forward the actions within 'Our Vision to Improve Early Intervention in Psychosis in Scotland' which was published in 2019.</p> <p>The Network is due to present a report on the first stage of improvement work to the Scottish Government in the coming weeks.</p>

³ [Admission to adult mental health wards for under 18's - adaptation for Scotland: guidance - gov.scot \(www.gov.scot\)](http://www.gov.scot)

ANNEX B: Mental Health Strategy Actions Incorporated Into Transition and Recovery Plan

Action	Mental Health Strategy Action	Transition and Recovery Plan Section
Prevention and early intervention		
2	Roll out improved mental health training for those who support young people in educational settings	Children, Young People and Families
4	Complete the rollout of national implementation support for targeted parenting programmes for parents of 3- and 4-year olds with conduct disorder by 2019-20.	Children, Young People and Families
5	Ensure the care pathway includes mental and emotional health and wellbeing, for young people on the edges of, and in, secure care.	Children, Young People and Families
6	Determine and implement the additional support needed for practitioners assessing and managing complex needs among children who present a high risk to themselves or others.	Children, Young People and Families
7	Support an increase in support for the mental health needs of young offenders, including on issues such as trauma and bereavement.	Forensic Mental Health Services
8	Work with partners to develop systems and multi-agency pathways that work in a co-ordinated way to support children's mental health and wellbeing.	Children, Young People and Families
9	Support the further development of "Think Positive" to ensure consistent support for students across Scotland.	Children, Young People and Families
10	Support efforts through a refreshed Justice Strategy to help improve mental health outcomes for those in the justice system.	Forensic Mental Health Services
11	Complete an evaluation of the Distress Brief Intervention by 2021 and work to implement the findings from that evaluation.	Distress Interventions
13	Ensure unscheduled care takes full account of the needs of people with mental health problems and addresses the longer waits experienced by them.	Mental Health Services
14	Work with NHS 24 to develop its unscheduled mental health services to complement locally-based services.	Mental Health Services

Action	Mental Health Strategy Action	Transition and Recovery Plan Section
Access to treatment and joined-up, accessible services		
15	Increase the workforce to give access to dedicated mental health professionals to all A&Es, all GP practices, every police station custody suite, and to our prisons. Over the next five years increasing additional investment to £35 million for 800 additional mental health workers in those key settings.	Mental Health Services
17	Fund improved provision of services to treat child and adolescent mental health problems.	Children, Young People and Families
19	Commission Lead Clinicians in CAMHS to help develop a protocol for admissions to non-specialist wards for young people with mental health problems.	Children, Young People and Families
24	Fund work to improve provision of psychological therapy services and help meet set treatment targets.	Mental Health Services
26	Ensure the propagation of best practice for early interventions for first episode psychosis, according to clinical guidelines.	Mental Health Services
The physical wellbeing of people with mental health problems		
27	Test and learn from better assessment and referral arrangements in a range of settings for dual diagnosis for people with problem substance use and mental health diagnosis.	Mental Health Services
28	Offer opportunities to pilot improved arrangements for dual diagnosis for people with problem substance use and mental health diagnosis.	Mental Health Services
30	Ensure equitable provision of screening programmes, so that the take up of physical health screening amongst people with a mental illness diagnosis is as good as the take up by people without a mental illness diagnosis.	Mental Health Services
Rights, information use, and planning		
32	Use a rights-based approach in the statutory guidance on the use of mental health legislation.	Mental Health Law
33	Commission a review of whether the provisions in the Mental Health (Care and Treatment) (Scotland) Act 2003 Act fulfil the needs of people with learning disability and	Mental Health Law

Action	Mental Health Strategy Action	Transition and Recovery Plan Section
	autism, taking forward new legislative measures if necessary.	
34	Reform Adults With Incapacity (AWI) legislation.	Mental Health Law
35	Work with key stakeholders to better understand Mental Health Officer capacity and demand, and to consider how pressures might be alleviated.	Mental Health Services
36	Work with employers on how they can act to protect and improve mental health, and support employees experiencing poor mental health.	Employment



Scottish Government
Riaghaltas na h-Alba
gov.scot

© Crown copyright 2021

OGL

This publication is licensed under the terms of the Open Government Licence v3.0 except where otherwise stated. To view this licence, visit nationalarchives.gov.uk/doc/open-government-licence/version/3 or write to the Information Policy Team, The National Archives, Kew, London TW9 4DU, or email: psi@nationalarchives.gsi.gov.uk.

Where we have identified any third party copyright information you will need to obtain permission from the copyright holders concerned.

This publication is available at www.gov.scot

Any enquiries regarding this publication should be sent to us at

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

ISBN: 978-1-80004-792-1 (web only)

Published by The Scottish Government, March 2021

Produced for The Scottish Government by APS Group Scotland, 21 Tennant Street, Edinburgh EH6 5NA
PPDAS841506 (03/21)

W W W . g o v . s c o t