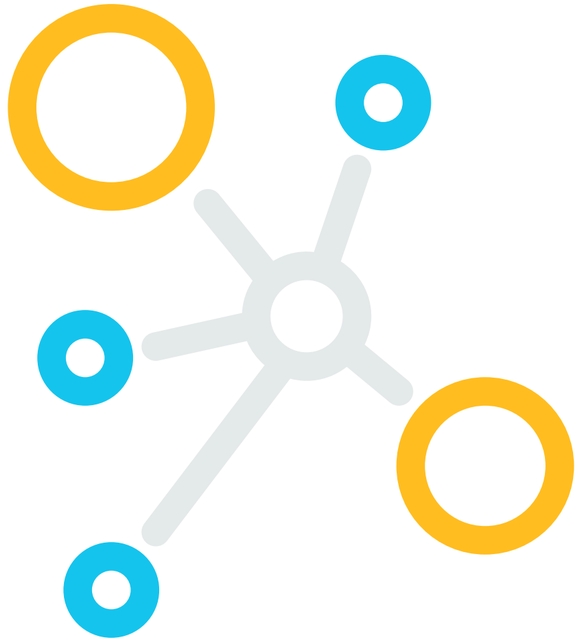
Adult Mental Health Improvement Policy Landscape

NHS Greater Glasgow and Clyde



A resource to support the planning and delivery of adult mental health improvement activity in Greater Glasgow and Clyde. Underpinned by the evidence-based Greater Glasgow and Clyde Healthy Minds Adult Mental Health Improvement Framework, it illustrates recommendations and links to key mental health policy drivers.

GGC Healthy Minds Adult Mental Health Framework = GGC Mental Health and Wellbeing Work Stream + Mental Health Strategy 2017-2027 + Creating Hope Together Scotland's Suicide Prevention Strategy 2022-2032 = National Health and Wellbeing Outcomes

LOCALITY ACTIONS

Tackle Underlying Determinants and Promote Equity	Work with community planning partners to extend the development of community-based initiatives that build social connection, tackle isolation and help build skills, confidence and productive engagement, with particular attention to marginalised groups. Support community planning partners to develop and implement strategies to address child poverty within their area.	Prevention and early intervention The physical wellbeing of people with mental health problems	**Outcome 1.** The environment we live in promotes conditions which protect against risk - this includes our psychological, social, cultural, economic and physical environment	**Outcome 5**: Health and social care services contribute to reducing health inequalities	
Promote Positive Attitudes, Challenge Stigma and Discrimination	Work with multiple partners to build awareness of practical steps to promoting Mental Wellbeing and challenging stigma and discrimination (linking to initiatives such as Walk a Mile, See Me and the Scottish Mental Health Arts Festival) – with a priority focus on groups with higher risk, marginalised and protected characteristics	Prevention and early intervention	**Outcome 4.** Our approach to suicide prevention is well planned and delivered, through close collaboration between national, local and sectoral partners. Our work is designed with lived experience insight, practice, data, research and intelligence. We improve our approach through regular monitoring, evaluation and review.	O**utcome 3**. People who use health and social care services have positive experiences of those services, and have their dignity respected **Outcome 7.** People using health and social care services are safe from harm	
Promote Wellbeing and Resilience with People and Communities	Work with community planning partners to extend the development of community-based initiatives that build social connection, tackle isolation and help build skills, confidence and productive engagement, with particular attention to marginalised groups	Prevention and early intervention The physical wellbeing of people with mental health problems Access to treatment and joined-up accessible services	**Outcome 2.** Our communities have a clear understanding of suicide risk factors and its prevention - so that people and organisations are more able to to respond in helpful and informed ways when they, or others, need support	**Outcome 1.** People are able to look after and improve their own health and wellbeing and live in good health for longer **Outcome 9.** Resources are used effectively and efficiently in the provision of health and social care services	

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LOCALITY ACTIONS

Promote Well being and Resilience through Work	Continue to support initiatives to promote physical exercise and active transport amongst Partnership staff as well as the general population	Work with employers on they can act to protect and improve mental health, and support employees experiencing poor mental health	**Outcome 1.** The environment we live in promotes conditions which protect against risk - this includes our psychological, social, cultural, economic and physical environment	**Outcome 8.** People who work in health and social care services feel engaged with the work they do and are supported to continuously improve the information, support, care and treatment they provide	
Promote Wellbeing for Peoplewith Long Term Conditions	"Chronic" distress responses in collaboration with Primary Care for adults, relating to the Link worker role out and utilising social prescribing and allied methods	The physical wellbeing of people with mental health problems Access to treatment and joined up accessible services	**Outcome 1.** The environment we live in promotes conditions which protect against risk - this includes our psychological, social, cultural, economic and physical environment	**Outcome 2:** People, including those with disabilities or long term conditions, or who are frail, are able to live, as far as reasonably practicable, independently and at home or in a homely setting in their community **Outcome 4.** Health and social care services are centred on helping to maintain or improve the quality of life of people who use those services **Outcome 6.** People who provide unpaid care are supported to look after their own health and wellbeing, including to reduce any negative impact of their caring role on their own health and well-being	
Respond Better to Distress	Significantly up-scale Mental Health training and support for all staff in Partnerships and related services (inc. trauma informed, ACE-aware, one good adult, mental health first aid) Coordinate and extend current Partnership work for the prevention of suicide through joint training, risk management and acute distress responses, including with primary care	Prevention and early intervention Access to treatment and joined-up accessible services	**Outcome 3.** Everyone affected by suicide is able to access high quality, compassionate, appropriate and timely support - which promotes wellbeing and recovery. This applies to all children, young people and adults who experience suicidal thoughts and behaviour, anyone who cares for them, and anyone affected by suicide in other ways	**Outcome 3.** People who use health and social care services have positive experiences of those services, and have their dignity respected **Outcome 7.** People using health and social care services are safe from harm	

Prepared by Michelle Guthrie on behalf of NHSGGC Mental Health Improvement Team January 2023