Positive Mental Attitudes: tackling inequalities within mental health services in East Glasgow

Neil Quinn

Mental Health Improvement Lead

Positive Mental Attitudes Programme in East Glasgow

- A 10 year mental health improvement and inequalities initiative with over 20 established programmes of work
- Based within NHS Community Health Partnership Mental Health Services
- Based on community development principles with a high degree of service user involvement
- Strong links with community planning partners
- Working with key target groups and settings
- Programmes taken up nationally
- Developed international reputation
- Evidence on programmes published in international journals

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Tackling inequalities within services

- PMA has led a partnership with GCPH, SDC Primary Care Development Programme and CHP Mental Health Services to develop a programme to address inequalities within statutory mental health services
- Buy in from CHP mental health services management
- Deliver a series of workshops to practitioners aiming to:
  - Develop awareness of inequalities in mental health amongst practitioners
  - Identify how to address these inequalities
  - Identify the role of mental health service in addressing these inequalities
  - Produce a policy for addressing inequalities in mental health services in East Glasgow

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What we did

- Deliver workshops attended by 25 mental health practitioners, voluntary sector and service user reps
- Workshops addressed 3 questions:
  - What inequalities exist in East Glasgow?
  - What needs to change for inequalities in mental health to be addressed?
  - How might we as practitioners contribute to these changes?
- Undertook community consultation looking at how we can promote mental health and well-being within local communities

Issues arising from workshops

- Good understanding of the range of inequalities in mental health but a recognition that this often doesn't filter through to influence practice

- Addressing inequalities in mental health needs action at multiple levels

- Practitioners have a clear role to play in tackling inequalities

- Action needed to change attitudes of front line staff and systems/policies within statutory services

What next?

- Further workshops planned to address issues identified
- Developing further work with mental health and addictions around suicide prevention
- Support from mental health management team to develop an inequalities policy for mental health services locally
- Develop a series of initiatives to implement actions within the inequalities policy

Drivers and barriers to change

- Commitment from management

- Engagement by staff

- Interface with community planning partners

But.............

- Needs support from national policy to enable long term change to occur

Building the Evidence Base

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