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
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
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