

RESPONDENT INFORMATION FORM

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Title: Towards a Mentally Flourishing Scotland

- **What shared objectives and actions for local delivery should be made for 2008-11 that would be deliverable, measurable and valuable?**

All the objectives were considered to be appropriate and we looked at the examples of expected local actions. We wish to raise the following specific points:

In relation to Suicide and self-harm, the “evidence base” needs to be sensitive to local factors (our local experience of suicide varies significantly from the national picture).

In relation to the prevention of mental illness, there needs to be clear action points relating to leadership, community planning and issues around role flexibility and capacity, taking particular account of the multi-tasking that may be necessary within smaller teams.

In relation to Action 9.4, we felt that there needed to be provision for longer-term resourcing within Community Planning approaches. It was strongly felt that common systems for measuring progress that could be used across all agencies should be developed and that the Warwick- Edinburgh scale could usefully be promoted.

In relation to the 3rd action under para 9.5, it was felt that “people experiencing mental illness” could be expanded by adding “and those at risk of experiencing mental illness or affected by mental illness”.

A further general point made during our consultation event was that the mental health needs of people with learning disabilities needs much more explicit emphasis, as it is not always obvious that this is included in general statements about “disability”.

- **What national supports would help you to meet these objectives and actions?**
 - 1. Support for promoting mental health literacy to key local decision makers**
 - 2. Support for introducing Mental Health Impact Assessments to be applied to all major local policy decisions and initiatives.**
 - 3. Guidance on how to use Mental Health Indicators for useful work locally that can be used comparatively nationally.**
 - 4. A national Mental Health Services manual based on the National Aids Manual.**
 - 5. National coordination of local initiatives to include a database of initiatives along the lines of previous work carried out by NHS Health Scotland.**
 - 6. Improved “joined up” working at National level between work streams that impact on mental health and well-being, to help with local level community planning.**

- 7. More direct contact with local areas with regular visits to local implementation groups etc**
- 8. Negotiate longer term funding, particularly for Choose Life. Create more robust accountability processes between local areas and the Scottish Government.**
- 9. Study resilience factors as well as risk factors ie Why is young male suicide almost unknown in Orkney but at high levels in Shetland?**
- 10. Produce a framework to enable suicide statistics to capture contributory factors, to assist in planning prevention work.**

- **How can progress be tracked and performance assessed?**

- 1. Develop tools based on the Warwick- Edinburgh scale and mental health indicators.**
- 2. If suggestions about National Supports are taken up, this will provide processes and guidelines that can be monitored through their implementation at local level.**