

National Programme for  
Improving Mental Health  
and Well-Being

annual review

2003-2004

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Improving Mental Health  
and Well-Being

annual review  
2003-2004

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## Minister's Foreword

The Scottish Executive's National Programme for Improving Mental Health and Well-Being has two fundamental aims: to help improve the way in which people think and act about their own mental health and that of others; and to improve the quality of life, well-being and social inclusion of people who experience mental illness or mental health problems. These two aims are fundamentally linked and achieving them requires understanding, commitment and action from everyone in Scotland.

For too long, mental health issues have been misrepresented, misunderstood, ignored or delegated to others to deal with. This is no longer acceptable in modern Scotland. To be the country we want to be, we need to focus more on our emotional mental health and well-being, and on how we feel and think as a country, as organisations, as families and as individuals.

In September 2003, we launched the National Programme's three-year action plan. Much of the progress over the last 12 months is outlined in this document. A particular challenge is to help make better connections for mental health and mental well-being into a wider range of policy and action areas. For example, making more explicit the links to physical health and activity while improving health in workplaces, employment, schools, colleges and universities, in local neighbourhoods and communities, with families, with our children and young people and with our most marginalised and vulnerable communities. In short, we need to continue to take action on improving the mental health and well-being of everyone in Scotland, target work at the people who need it most, and make wider connections to improvements in our overall health.

The most important ingredient in any programme of activity in public policy, public health and health improvement is people. Without their energy, commitment and enthusiasm the work you will read about in this annual review would not exist. So I encourage you to join with us in taking this work forward in Scotland and to making your contribution to a more mentally aware and more mentally healthy Scotland.

A handwritten signature in black ink that reads "Rhona Brankin". The signature is written in a cursive, flowing style.

**Rhona Brankin MSP**  
**Deputy Minister for Health and Community Care**  
**Chair, National Advisory Group**

## National Programme Structure

Since its launch in October 2001, the National Programme for Improving Mental Health and Well-Being has been working nationally and locally to support action in mental health improvement and public mental health. Its work forms a vital part of the Scottish Executive's aims of improving health and achieving social justice in Scotland.

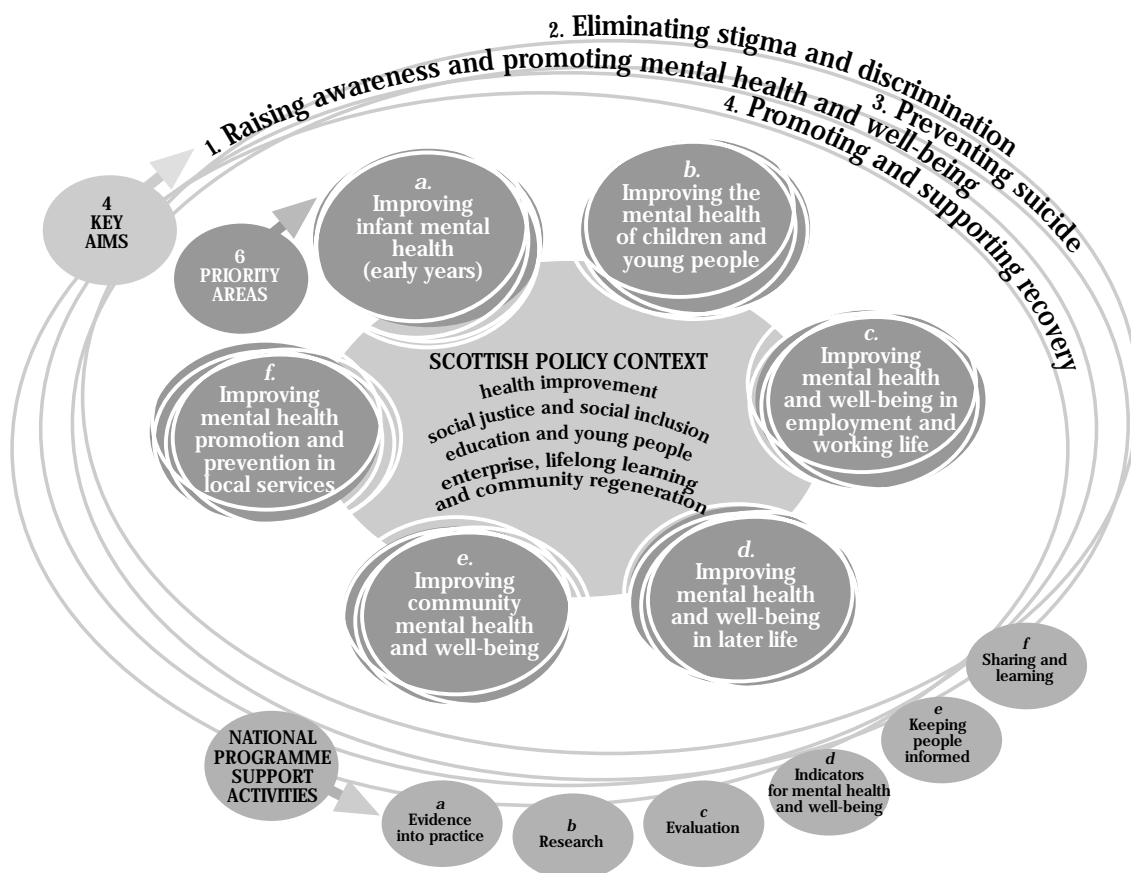
This annual review sets out progress so far in taking forward the key aims and priorities for action.

The diagram below illustrates how the work of the National Programme is structured within the context of Scottish policies on health improvement, social justice and social inclusion, education and young people, enterprise and life-long learning and equalities.

The National Programme's four key aims and six priority areas are also identified, together with supporting activities undertaken by the National Programme.

**The vision is to help improve positive mental health for everyone in Scotland and the quality of life for people with mental health problems.**

National Programme Action Plan 2003-2006





## Director's Introduction

Good mental health and well-being is fundamental to how we lead our lives: it impacts on the decisions we make, the quality of relationships we form, our levels of self-awareness, confidence and self-esteem and ultimately gives us control over every aspect of our lives. This is why the National Programme is such an important part of the Scottish Executive's work on improving Scotland's health.

With improvements in mental health, the Scottish people can achieve much more, leading to an improved quality of life, better opportunities, improved economic success and more fulfilling community life. It is also vitally important to ensure that those who experience mental health problems have the same rights and opportunities as everyone else.

A lot needs to be done to achieve these ambitions and the National Programme has a big part to play in helping to make a difference. Other Scottish Executive departments, outside organisations and national agencies are also playing a significant part in supporting improvements in mental health. For example, work on physical activity, arts and culture, employment, communities, social inclusion, children and young people. All of these contribute to improved health, both physical and mental.

Some excellent work is already underway both nationally and locally and we must keep this momentum going in what is a complex and challenging agenda for all of us.

This annual review is aimed at outlining some of the work that is now underway to improve the nation's mental health and well-being, and to indicate some key actions for the next 12 months. It's impossible, however, to provide an overview of all the work that is underway – there is simply too much – but if you would like more information on any aspect of the National Programme, please do not hesitate to get in touch.

I hope that you will also continue to ask what you can do to improve your own mental health and that of others, and to improve the quality of life and social inclusion of those who experience mental health problems.

**Gregor Henderson**  
**National Programme Director**

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## KEY AIMS

### 1 Raising Awareness and Promoting Mental Health and Well-Being

The National Programme aims to raise awareness about the need for good mental health and well-being amongst the general public. This includes improving people's understanding of mental health, promoting positive mental health, and improving awareness of both mental health and mental illness.

## Progress

#### MENTAL HEALTH FIRST AID

NHS Health Scotland, with project support from the Scottish Development Centre for Mental Health (SDC), has developed a Scottish Mental Health First Aid (MHFA) training course, a comprehensive introduction to mental health and common mental health problems. The course helps people to recognise mental illness, to respond to people who may be developing or may have a mental health problem, to engage and support them, and to provide information and guidance on sources of help.

Aimed at key front-line public sector workers and agencies, community groups, voluntary organisations and a range of public services, the Scottish MHFA course is based on a successful MHFA programme pioneered in Australia. The pilot, in which over 900 people took part over the last year, was enthusiastically received and results of an independent evaluation are now being used to further develop the Scottish MHFA course which will be launched nationally in April 2005.

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#### MENTAL HEALTH PROMOTION TRAINING

A training pack on mental health promotion is being developed by NHS Health Scotland aimed at a broad target audience of mental health promotion, public health and community workers. The pack aims to achieve greater understanding of mental health promotion and its practical applications across a range of topics including parenting, education, employment, arts and culture, physical activity and community work.

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### **NHS HEALTH SCOTLAND COMMUNICATIONS WORK**

NHS Health Scotland's work on information and communications explores new ways of conveying messages on mental health and well-being to the general public. A website and updated leaflets on a range of topics including post natal depression, eating disorders and schizophrenia are currently being developed. Public campaigning work on mental health and well-being continues, and NHS Health Scotland also sponsors a number of national events aimed at effectively disseminating key messages to the many target audiences.

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## Action in 2005

- Building on the success of the MHFA pilot by supporting the roll-out of the Scottish MHFA programme across Scotland in 2005
- Evaluating and further developing the mental health promotion training course
- Updating and improving Scotland's information materials on mental health aimed at the general public
- Making mental health and well-being a priority area for NHS Health Scotland over the next five years

## 2 Eliminating Stigma and Discrimination

Promoting and ensuring equality of opportunity, equal rights and the social inclusion of people with mental health problems is fundamental. By eliminating stigma and discrimination, the National Programme aims to promote people's rights and ensure that everyone receives proper access to the support and services they need, and encourage people to seek help early for any mental health problems.

### Progress

#### THE 'SEE ME' NATIONAL ANTI-STIGMA CAMPAIGN\*

- **Campaign success:** Launched in October 2002, the 'see me' campaign has enjoyed a number of successes including raising public awareness of the stigma surrounding mental ill-health using effective TV and outdoor advertising, substantial press coverage and the development of resource materials. The campaign won both the Mental Health Media Award 2003 and the Best Integrated Campaign 2002 from the Institute of Practitioners in Advertising.
- **Local Involvement:** A key strand of the 'see me' campaign is to ensure that media portrayals of people with mental health problems are balanced, accurate and fair. The first phase of 'Stigma Stop Watch' encourages the public to document and take action against stigmatising language or behaviour in the media via the 'see me' website.
- **Responsible Media Reporting:** To publicly acknowledge newspapers which promote the greatest understanding of mental health, 'see me' sponsored a special category in the *Scottish Newspaper of the Year Awards*. A pool of over 40 'see me' media volunteers have also been recruited to talk publicly in the press and media about their own experiences of stigma.
- **Local alliances:** Community groups, councils and health boards around Scotland have also worked with 'see me' to develop locally tailored campaigns.
- **Further campaigning:** A campaign to address stigma and discrimination around mental ill-health in the workplace was launched earlier this year and new strands of activity addressing stigma and discrimination around children and young people's mental health will be launched in 2005.

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\*The 'see me' campaign is run by an alliance of five mental health organisations, Highland Users Group, National Schizophrenia Fellowship (Scotland), Penumbra, the Royal College of Psychiatrists and the Scottish Association for Mental Health. [www.seemescotland.org](http://www.seemescotland.org)

### EXEMPLAR PROJECT ON STIGMA AND COMMUNICATIONS

The communications project established by the Highland Users Group (HUG) is funded by the National Programme to develop work aimed at extending the anti-stigma message throughout the Highlands. Targeting children and young people, a drama production entitled *Stigma* was developed in partnership with Eden Court Theatre and Lochaber Youth Minds. The production is being rolled-out to all secondary schools in the Highland region to help give young people accurate insights into mental health issues.

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### ALZHEIMER SCOTLAND – DEMENTIA AWARENESS CAMPAIGN

Alzheimer Scotland aims to promote greater public understanding of dementia. The National Programme funded a dementia awareness campaign across Scotland in 2004 giving positive messages about the illness, what people can do to help and where to source information. This campaign was very well received.

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### INEQUALITY AND MENTAL HEALTH

The National Programme has funded initial work to identify and understand how mental health issues impact on inequalities including gender, age, ethnicity, other/multiple disability, religion or beliefs and sexual orientation. This work entitled 'Equal Minds' will help influence work on inequalities in health, mental health and the wider issues of equality.

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## Action in 2005

- Continuing to develop the 'see me' campaign to eliminate stigma and discrimination among the general public
- Developing additional targeted 'see me' campaign strands aimed at the workplace, children and young people
- Building on the success of the dementia awareness campaign and undertaking further campaigning activities
- Ensuring that work on inequalities and mental health is taken forward as part of general work on inequalities in health, and wider work on equality

## 3 Preventing Suicide

Scotland has a high rate of suicide compared to other parts of the UK, particularly among young men. The rates of self-harm are also high and give cause for concern, especially among teenage girls and younger women.

Published in December 2002, 'Choose Life' is the Scottish Executive's National Strategy and Action Plan to Prevent Suicide in Scotland. The National Programme's other main focus in suicide prevention is supporting 'Breathing Space', a confidential telephone advice line for people suffering from low mood or depression.

### Progress

#### 'CHOOSE LIFE' – THE NATIONAL STRATEGY AND ACTION PLAN FOR PREVENTING SUICIDE IN SCOTLAND

- **Action plans:** £3million per annum has been allocated to every local authority area in Scotland to develop a local 'Choose Life' suicide prevention action plan in conjunction with community planning partners. Plans are now being implemented and will be independently evaluated for effectiveness.
- **Improving the evidence base:** A survey has been completed of international researchers who specialise in suicide and suicidal behaviour. Five reviews were recommended which will help inform the development of a suicide prevention policy in Scotland. [www.scotland.gov.uk/socialresearch](http://www.scotland.gov.uk/socialresearch)
- **National Implementation Support Team:** Caroline Farquhar was appointed head of implementation for 'Choose Life' in January 2004 and a further three members of staff have now been appointed.
- **National Training Strategy:** A national training strategy for suicide prevention is being developed in partnership with Prof Richard Ramsay and Dr Brian Tanney, consultants to the United Nations and the World Health Organisation. The Applied Suicide Intervention Skills (ASIST) training course, first developed in Canada, has been introduced to Scotland and 95 trainers are now available throughout the country.
- **Partnership Working:** Partnerships to ensure long-term sustainable infrastructures for suicide prevention are being developed both nationally and locally. Examples of national partnerships include work with the Samaritans in Scotland, ChildLine Scotland and the Scottish Prison Service.

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### **BREATHING SPACE**

Supported by the National Programme and now managed by NHS 24, the 'Breathing Space' telephone advice line specifically targets young adult men suffering from low mood and depression. The aim of this skilled, early intervention service is to stop callers' problems escalating by putting them in touch with appropriate local services. Since February 2004, the line has been receiving an average of 40 calls per night, the majority of which are from men.

Started in the west of Scotland in 2002, the service has now extended to the North of Scotland and will achieve full national rollout by the end of 2004.

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## Action in 2005

- Evaluating progress on the implementation and delivery of 'Choose Life'
- Supporting the implementation of the 32 local action plans
- Developing a national network and communications for the 32 local area co-ordinators
- Establishing the effectiveness of the National Implementation Support Team
- Continuing to support other complementary national initiatives to achieve 'Choose Life' aims and objectives
- Implementing the 'Choose Life' suicide prevention training strategy
- Continuing to raise awareness of 'Breathing Space' and achieving successful national coverage
- Reviewing and monitoring the 'Breathing Space' service to ensure best practice and quality provision

## 4 Promoting and Supporting Recovery

Social and personal support, access to good housing, help in finding and keeping a job, and maintaining and developing relationships are all factors that significantly aid people's recovery from mental ill-health. To help promote and support recovery for people with mental health problems, and to gain a wider understanding and awareness of what helps people recover, the National Programme supports the development of the Scottish Recovery Network (SRN).

Recovery is a deeply personal process but experience in other countries shows that developing an expectation of recovery across all communities can have a positive impact.

The Scottish Recovery Network has three main aims:

- To raise awareness of recovery and what it means for individuals, families, public services and policy
- To help build the infrastructure of values and principles required to promote recovery among individuals, families, service providers and decision makers
- To build capacity by sharing information, experience and evidence

## Progress

### THE SCOTTISH RECOVERY NETWORK

Simon Bradstreet was appointed SRN director earlier this year. Work is now underway on researching the international evidence, and a survey of key stakeholders' needs and aspirations has been completed. Plans have been developed to progress an ambitious project to gather people's personal stories of recovery. The SRN has been officially launched through a series of events, media promotion and information materials, including electronic updates and discussion papers. A database of key supporters and interested individuals has been extensively developed, as have links with a range of stakeholder groups at local and national level.

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## Action in 2005

- Undertaking extensive research project to gather people's stories of recovery, considering what helps and hinders on the road to recovery
- Collating and disseminating other evidence on what works to support recovery
- Supporting local, regional and national efforts to promote and support recovery
- Continuing to prepare and disseminate helpful materials and resources on recovery
- Working to make evaluated training and awareness-raising tools available
- Further developing and extending the SRN membership and database

## PRIORITY AREAS

### A. Improving Infant Mental Health (early years)

Research has shown that risk factors and vulnerabilities in infancy and early childhood are associated with mental health problems in children and young people, and a heightened risk of mental illness in adult life. The ability to improve mental health and well-being in the early years is therefore a vital area for action.

At a strategic level, the Scottish Executive's forthcoming Integrated Early Years Strategy provides a framework for early years action and focuses on measures to encourage the health, social care, education and other sectors to work together to provide integrated, accessible and high quality support services for families and young children in the early years. One of the key outcomes is to improve children's cognitive, social and emotional development, notably self-esteem, confidence, resilience and independence.

In addition, ensuring the best possible start for children in their early years, promoting the mental health and well-being of parents, and working to prevent and reduce the impact of mental health problems for parents are also key areas for action. This includes work to promote awareness of post-natal depression, early prevention and intervention, and support for recovery from post-natal depression.

## Progress

### THE 'STARTING WELL' DEMONSTRATION PROJECT

Funded by the Scottish Executive, 'Starting Well' is a national demonstration project which has a particular emphasis on improving mental health and well-being in the early years in the Greater Easterhouse, Gorbals, Govanhill and Toryglen areas of Glasgow.

The project includes providing care and support to vulnerable children, their parents and carers. Support is provided by health visitors, nursery nurses and bi-lingual workers, and additional community and family-led initiatives are also provided.

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### SUPPORTING PARENTS

There is a range of programmes and initiatives designed to support parents, which ensure that the mental and emotional aspects of parenting form a key part of their work. One such example is the Aberlour Childcare Trust which runs a variety of programmes in various parts of Scotland aimed at improving the mental health and well-being of young children and their parents, and helping to identify effective interventions for supporting children.

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## Action in 2005

- Supporting the implementation of the Scottish Executive's Integrated Early Years Strategy
- Continuing to support the 'Starting Well' demonstration project, including targeting support at women from black and ethnic minority communities
- Further development of appropriate parenting support programmes
- Developing new initiatives aimed at improving prevention, identification and early intervention for post-natal depression

## B. Children and Young People

Developing improved emotional, social and mental health and well-being amongst our children and young people and supporting them through the many transitions they face is vital to their health and development. Promoting mental and emotional health, and preventing and reducing mental health problems among parents, children and young people requires action at home, in schools, colleges, universities, local neighbourhoods and other settings.

A key priority for the National Programme is to support the Scottish Executive's wider work on children and young people, including the work being taken forward by the Child Health Support Group in implementing recommendations made in the Scottish Needs Assessment Programme (SNAP) report on *Child and Adolescent Mental Health in Scotland*. Integrated work encompassing promotion, prevention and care is vital for success in this area.

### Progress

#### SUPPORTING SCHOOLS

In September 2004, the Health Promoting Schools Unit appointed a lead person, Jo Paterson, for supporting the development of emotional, mental health and well-being in schools. This work is funded by the National Programme to support primary and secondary schools across Scotland to address emotional, mental health and well-being as a key component in becoming a health-promoting school.

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The National Programme is also supporting pilot projects in schools, including the development of 'The Place 2 Be' in ten primary schools across Edinburgh, which aims to support young children's emotional mental health and well-being in school.

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West Lothian is piloting an integrated approach to children and young people's mental health, supported by the National Programme, which involves mental health link workers based in schools.

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### **NATIONAL CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH PROJECT**

Anne Clarke was appointed director of this national project in May 2004 and a template to guide and support local integrated action for children and young people's mental health was launched in November 2004.

Funded by the National Programme, the project has been established to support the implementation of the SNAP report across Scotland, with the focus on achieving an integrated approach to promotion, prevention, care and treatment for children and young people.

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As part of this national project, a range of national events was held in 2004 involving children and young people, and further initiatives on improving the involvement of children and young people are now being taken forward.

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## Action in 2005

- Developing and extending emotional, mental health and well-being across primary and secondary schools across Scotland as part of establishing health promoting schools
- Supporting the implementation of an integrated framework for promotion, prevention and care for children and young people
- Developing and supporting imaginative and effective ways of involving children and young people in mental health and well-being

## C. Employment and Working Life

Improving the promotion of mental health and well-being where people work and reducing the time people are off work with emotional, stress-related and mental health problems are important actions for people of working age. In any one year, at least three out of every ten employees will be off work with a mental health problem, leading to significant financial costs to employers.

Being able to respond to mental health problems and mental illness in the workplace, working to eliminate employment discrimination on the grounds of mental ill-health, helping to improve the retention of staff who develop mental health problems, being able to support people back to, and into, employment and to achieving an improved work-life balance are all major mental health improvement goals.

Supporting people to be involved in meaningful activity and to gaining worthwhile employment is fundamental to good mental health and well-being. People who do not have meaningful work can be missing an important support for their mental health and well being. Furthermore, we know from research that people with mental health problems have the highest unemployment rates of all disability groups.

### Progress

#### SCOTLAND'S HEALTH AT WORK

Scotland's Health at Work (SHAW) is a national award programme which supports employers committed to improving the health and ultimately the performance of their workforce. More than 50 SHAW advisors are based in the 15 NHS areas across Scotland.

The National Programme has funded SHAW to establish a mental health programme as a core part of its work. A national mental health development officer, Nina Goodlad, has been appointed to work with local SHAW teams and others to promote workplace mental health initiatives; encourage people with mental health problems to retain their jobs or return to work; and increase recruitment of people with mental health problems.

The SHAW Commendation Award for Mental Health and Well-Being was launched in October 2004 and complements the existing bronze, silver and gold workplace awards. A training programme on employment and mental health is currently being piloted in a number of areas in Scotland and will be rolled out in 2005.

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### **NHS HEALTH SCOTLAND'S WORKPLACE PROGRAMME**

NHS Health Scotland's Workplace Programme has published three major research projects on mental health and well-being in the workplace which have been a major influence on the workplace mental health agenda in Scotland.

This includes addressing stress in the workplace through the 'Work Positive' programmes.

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### **HEALTHY WORKING LIVES**

Launched in August 2004, the Scottish Executive's 'Healthy Working Lives' strategy aims to support improved health in the workplace. The strategy takes an integrated approach to employability, health and safety, occupational health and health promotion in the workplace. Improving mental health and well-being in the workplace is a core aim of 'Healthy Working Lives' as part of this integrated approach.

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### **JOB RETENTION PILOT IN FIFE**

Among the National Programme's exemplar projects is a job retention pilot in Fife. Started in October 2004, the programme will help people with mental health problems retain their jobs or find work.

It has two main strands: the first is a confidential service to help people retain their jobs in the statutory sector through a case management approach. The second strand is a vocational rehabilitation service which aims to support people to get jobs in the statutory sector.

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### **EMPLOYABILITY**

As part of the Scottish Executive's wider approach to employability (getting people into and sustaining work) the National Programme is providing support to help mainstream employability services and supports for people with mental health problems. This includes building on an early employability and mental health policy document and identifying examples of good practice.

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### MENTAL HEALTH IN THE WORKPLACE TRAINING PROGRAMME

The Mental Health in the Workplace Training Programme has been developed in partnership between the Scottish Development Centre for Mental Health (SDC), Scotland's Health at Work (SHAW) and NHS Health Scotland, with funding from the European Equal Programme and the support of the Scottish Executive.

Pilot training has already been successfully rolled out in Aberdeen, Fife and Glasgow with another programme underway in Tayside and plans for a further programme to be initiated in the Highlands. Funding is available until May 2005 by which time the training teams for each area should be well established and funded by local employers seeking to increase their mental health knowledge, both from a practical and legal perspective.

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## Action in 2005

- Disseminating further evidence of what helps to improve mental health and well-being in the workplace
- Supporting employers through the SHAW award scheme to attain the SHAW commendation award on mental health and well-being in the workplace
- National rollout of the SHAW, SDCMH and NHS Health Scotland's 'Mental Health in the Workplace' training programme
- Disseminating early findings of the job retention pilot in Fife
- Ensuring that mental health and well-being remains a core element of the 'Healthy Working Lives' strategy
- Supporting the employability framework in its aim of providing support for people to secure and sustain work, including those with mental health problems

## D. Improving Mental Health and Well-Being in Later Life

Older adulthood can be a time of considerable change, some positive – more leisure time, travel opportunities, and some negative – loss of work, bereavement, lower income, reduced social contacts, increased social isolation, poorer health, ageism, fear of violence and increased risk of depression.

Instead of assuming that old age is inevitably linked with failing health, poverty and dependency, the aim of public, private and voluntary action should be to support older people to make an active contribution for as long as they wish (or are able) and to support their continuing connectedness with their families, friends, neighbourhoods and communities.

Action is needed both in local communities and in residential and nursing home settings to support actions that enable older people to achieve a life that is satisfying and rewarding. Promoting mental health and well-being, preventing mental ill-health and responding early in dealing with mental health problems in later life is therefore an important area for action.

### Progress

#### MENTAL HEALTH AND WELL-BEING IN LATER LIFE

##### NATIONAL SUPPORT PROGRAMME

NHS Health Scotland's 'Health in Later Life' programme with financial support from the National Programme and support from the Scottish Executive's Older People's Unit, is taking forward a collaborative programme of action to improve mental health in later life.

A national 'Mental Health in Later Life' steering group meets regularly to support the delivery of this collaborative programme which includes:

- Promoting, sharing and learning between older people, their carers, practitioners, academics and policy-makers
- A research project, 'Older women and domestic violence in Scotland', which highlights the issue of domestic violence among older women
- The development of a Small Project Awards Scheme to enable groups or local initiatives to support the development of positive mental health and well-being in later life

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## Action in 2005

- Continuing to share findings from the national support programme and associated research
- Developing recommendations for action in dealing with domestic violence among older women
- Continuing to support a range of projects across Scotland through the Small Project Award Scheme and providing information on progress
- Producing a range of helpful resources to help organisations and agencies respond to the mental health needs of older people
- Exploring additional ways of highlighting and developing further work in this field

## E. Improving Community Mental Health and Well-Being

A whole community response is required to maximise the mental health potential of all community members. This will involve the development of mentally healthy public policy, creating supportive environments, improving access to services and supports (particularly for marginalised and disadvantaged groups, including people from black and minority ethnic communities), strengthening community action, supporting community-led mental health initiatives, developing and consolidating local community partnerships and enhancing the role and contribution of community development and community education and learning.

Being able to provide the basic building blocks of a good quality of life in local communities is an essential part of improving mental health and well-being. This involves the provision of good quality housing, quality built environments, environmental policies that have communities' well-being at the core of their actions, good transport infrastructure, safe parks, recreational areas and facilities, cultural activities, play areas, clean streets and responsive policing to tackle speeding and drug dealing.

Action must also be concentrated on building improved connectedness in local communities, on supporting and encouraging greater involvement of local communities, and on supporting and enabling local communities to support themselves.

### Progress

#### **BUILDING COMMUNITY WELL-BEING**

Following the publication of the report, 'Building Community Well-Being', in June 2003, four areas – East Renfrewshire New Community Schools Cluster, Badenoch and Strathspey in Highland, the East End of Glasgow and West Lothian – are taking forward local work on improving community mental health and well-being and, with support funding from the National Programme, building on the findings of the report.

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**ABERDEEN FOYER**

The Aberdeen Foyer's project, 'Sorted, not Screwed Up', is being funded to take forward work relating to the mental health needs of young people in the communities of Aberdeen and Aberdeenshire. This work focuses on a key part of the health improvement challenge in taking health improvement work forward in local communities.

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**NATIONAL RESOURCE CENTRE FOR ETHNIC MINORITY HEALTH**

The National Programme is funding the National Resource Centre for Ethnic Minority Health (NRCEMH) to take forward a programme of work to help support improved promotion and prevention of mental health issues among the black and ethnic minority communities across Scotland.

A National Programme manager, Salma Siddique, has been appointed to lead and co-ordinate the work. A Scottish trans-cultural mental health network is being established and a series of seminars aimed at highlighting black and ethnic minority health issues have been held throughout Scotland.

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**LGBT COMMUNITIES AND THEIR MENTAL HEALTH NEEDS**

During the past year the National Programme has supported the needs of LGBT (Lesbian, Gay, Bi-Sexual, Transgender) people through articles in *Well?* magazine, a contribution towards the ongoing Scottish Transgender Survey and providing places to LGBT organisations on the ASIST suicide prevention training.

A LGBT Mental Health Research and Information Working Group has recently been established as part of the Health Department's LGBT Health Discussion Forum to identify key challenges and priorities in improving LGBT people's mental health and well-being and ensuring mental health services are LGBT accessible and appropriate. Representatives from local NHS mental health services, the 'Choose Life' initiative and LGBT organisations identified a range of actions, including ways of sharing good LGBT mental health practice, gathering and disseminating existing research, and establishing better links between acute services and the LGBT community.

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**ARTS, CULTURE AND MENTAL HEALTH**

The National Programme is providing support funding to the Scottish Arts Council for an arts and mental health initiative. A national arts and mental health worker has been appointed to help develop the programme. The aim is to raise awareness of mental health issues through arts and culture activities and events, and support people's recovery from mental ill-health through engaging with the arts.

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**VOLUNTEERING FOR MENTAL HEALTH**

Volunteer Development Scotland (VDS) is being funded by the National Programme to help encourage greater awareness of the benefits of volunteering for improving mental health and well-being, and supporting improved opportunities for people with mental health problems to become volunteers.

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**MONEY ADVICE FOR MENTAL HEALTH AND WELL-BEING**

In January 2004, the Scottish Executive announced a programme of demonstration projects on money advice. These look at how money and debt advice services could be better provided to a range of vulnerable groups of people, including those with mental health problems. Supported by the National Programme, North Lanarkshire Council is instigating this project in conjunction with the Scottish Association for Mental Health. The project will look at how a wide range of service providers within North Lanarkshire can work together to provide money advice services, which meet the specific needs of those with mental ill-health.

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## Action in 2005

- Sharing the learning that is emerging from the 'Building Community Well-Being' projects
- Launching the Scottish trans-cultural mental health network and identifying ways in which mental health and well-being in ethnic minority communities in Scotland can be improved
- Encouraging action in local areas to support LGBT mental health and well-being
- Establishing the arts and culture mental health programme within the Scottish Arts Council
- Achieving a year-on-year rise in the number of people becoming volunteers (including those with mental health problems)
- Establishing the money advice demonstration project in North Lanarkshire
- Continuing to support work across the Scottish Executive, in particular with Communities Scotland, NHS Health Scotland and CoSLA.
- Mainstreaming of work on improving mental health and well-being within local communities

## F. Improving Local Services

Mental health services and other health and social care services provided by the NHS, local government, and the voluntary and private sectors have a role to play in improving mental health and well-being. As well as providing support, care and treatment, services need to be able to respond to people's housing, employment, leisure, cultural and wider social needs to help enhance their capacity to engage with and sustain the social connections and supports which they value. Supporting people to recover their mental health is an important role for services to perform.

Supporting services to promote mental health, prevent mental ill-health and support recovery is a key priority area for the National Programme.

## Progress

### **THE MENTAL HEALTH (CARE AND TREATMENT) (SCOTLAND) ACT 2003**

The Mental Health (Care and Treatment) (Scotland) Act 2003 comes into force in 2005. Sections 25-27 of the new Act lay a duty on local authorities (and their agency partners, including health boards) to provide services for people with a mental illness that are designed to promote their well-being and social development. These include:

- social, cultural and recreational activities
- training for people who are over school age
- assistance for people over school age in obtaining and sustaining employment

This section of the Act is extremely important as it helps ensure that people with a mental illness are given the appropriate opportunities to engage in mainstream and specialist training. It also helps people achieve their social, training and employment aspirations. The National Programme is working to identify how local authorities and their partner agencies can support the implementation of these sections of the Act. This will involve working across a number of local authority areas of responsibility.

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### **DOING WELL BY PEOPLE WITH DEPRESSION**

The National Programme is supporting the Scottish Executive's Centre for Change and Innovation (CCI) and its 'Doing Well By People with Depression' programme.

The work aims to improve access to appropriate services for people suffering from depression. Seven NHS boards are involved and a national network to share national information and learning has been established. The aim is to achieve improvements in services.

National Programme funding is helping to support additional work on raising public awareness and promoting access to self-help tools and techniques.

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**MENTAL HEALTH PROMOTION AND PREVENTION IN PRIMARY CARE**

Community Health Partnerships encourage close and integrated working between health services at primary care level, local authority services and the voluntary sector. Community Health Partnerships have a key role to play in promoting good mental health in preventing mental illness and its effects at primary care level.

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## Action in 2005

- Identifying effective ways to support the implementation of the Mental Health (Care and Treatment) (Scotland) Act 2003
- Encouraging integrated and multi-level approaches to improve local responses to depression covering promotion, awareness raising, prevention, self-help activities and improved service responses
- Providing helpful guidance resources and support to those working at primary care level on mental health promotion and prevention

## National Programme Support Activities

The National Programme must monitor how its activities and initiatives are delivering change for the people of Scotland. It is also important that reliable and up-to-date research evidence is available and accessible to inform service development, and that the state of mental health and well-being in Scotland is monitored over time.

A range of activities to support national and local agencies has been planned and resourced from the earliest stages of the National Programme and includes:

- The ongoing collection and dissemination of the **evidence base** for mental health improvement and the production of helpful guidance and support to assist in the use of the evidence base in local practice.
- Developing, commissioning and disseminating a programme of **national research** to improve our knowledge of what works in improving mental health and well-being and preventing suicide and suicidal behaviour.
- Developing an evaluation strategy, and commissioning and managing **independent evaluations** of the National Programme and key components of its work.
- The development of a **core set of public mental health (mental health and well-being) indicators** to measure and track progress nationally.
- An effective **communications strategy** to keep people in touch with work and practice across Scotland on improving mental health and well-being.
- Establishing and supporting **learning networks** and other opportunities to foster the exchange of experience, skills and ideas across Scotland through a **range of events**, seminars, conferences, workshops and other **training and development opportunities**.

## Progress

### THE EVIDENCE BASE

Supported by the National Programme, NHS Health Scotland has started a programme to collect and share the evidence base in mental health improvement and to support practice development.

Work so far has included:

- Establishing a reference group to oversee the development of the work programme
- Commissioning the delivery of three national workshops and a series of 'Evidence into Practice' workshops in every health board area
- Commissioning an impact assessment of the 'Evidence into Practice' workshops
- Commissioning the development of a series of mental health improvement evaluation guides
- Commissioning work to identify and develop case studies of mental health improvement practice in Scotland
- Commissioning an appraisal of Scottish Policy with respect to mental health improvement

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### RESEARCH AND EVALUATION

A researcher within the Scottish Executive works closely with NHS Health Scotland and other key partners in a range of activities to support the National Programme. A research and evaluation strategy, published on the National Programme's website, explains the programme's remit and priorities for action.

Work to date includes commissioning and managing:

- Two national surveys of public attitudes to mental health, well-being and mental health problems (carried out in 2002 and 2004)
- An independent evaluation of 'Choose Life' (the National Strategy and Action Plan to Prevent Suicide in Scotland)
- A scoping study to establish the territory and focus for a series of research reviews to co-ordinate the evidence base on suicide and suicide-related behaviour

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## **INDICATORS FOR PUBLIC MENTAL HEALTH/ MENTAL HEALTH AND WELL-BEING**

A three-year project located in NHS Health Scotland began in December 2003 to devise a sustainable set of mental health indicators for Scotland. These will provide a measure of the state of mental health and well-being of the Scottish population and enable monitoring of changes over time.

Work to date includes:

- Review of relevant data currently available in Scotland
- Establishment of links with others in Scotland and wider who have developed, or are developing, indicators in areas of relevance to the measurement of mental health and well-being, including areas such as commodity development, social capital and quality of life
- Work to compile a first working draft of possible indicators

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## **EFFECTIVE COMMUNICATIONS**

Communicating effectively with a wide range of partners both nationally and locally is an important part of the National Programme's role. The 5th issue of *Well?* magazine was published in October 2004 and will continue to be produced twice a year.

The web site ([www.wellontheweb.net](http://www.wellontheweb.net)) is aimed at communicating the work of the National Programme to a wide range of professionals and practitioners and is an up-to-date information portal with links to other sites nationally and internationally.

The National Programme is a key part of the Scottish Executive's broader Health Improvement work and is therefore part of the Scottish Executive's 'Healthy Living' campaign. A logo for mental health and well-being has been developed as part of this brand and is available for use on all appropriate communications and materials nationally and locally.

The Scottish Executive's Media and Communications Department is actively involved in disseminating information on the National Programme to the press and media throughout Scotland and the UK, and opportunities to place key mental health and well-being messages in key target media are continually identified.

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### LEARNING NETWORKS, EVENTS, TRAINING AND DEVELOPMENT

The National Programme has supported a range of learning, training and teaching seminars at local, regional and national level which highlight and take forward the key aims of the National Programme.

Support is available for events which benefit the key aims and priority areas of the National Programme. These events must be accessible to people with mental health problems and their carers, and a report of each event produced.

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## Action in 2005

- Increasing and supporting capacity to understand and translate the evidence for mental health improvement into local and national practice
- Commissioning further research and evaluation in support of National Programme aims and priority areas
- Launching a competition for small research projects able to demonstrate a contribution to advancing the agenda of the National Programme
- Further improving National Programme communications activities
- Further support for local, regional and national events that share experience, skills and ideas across Scotland

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