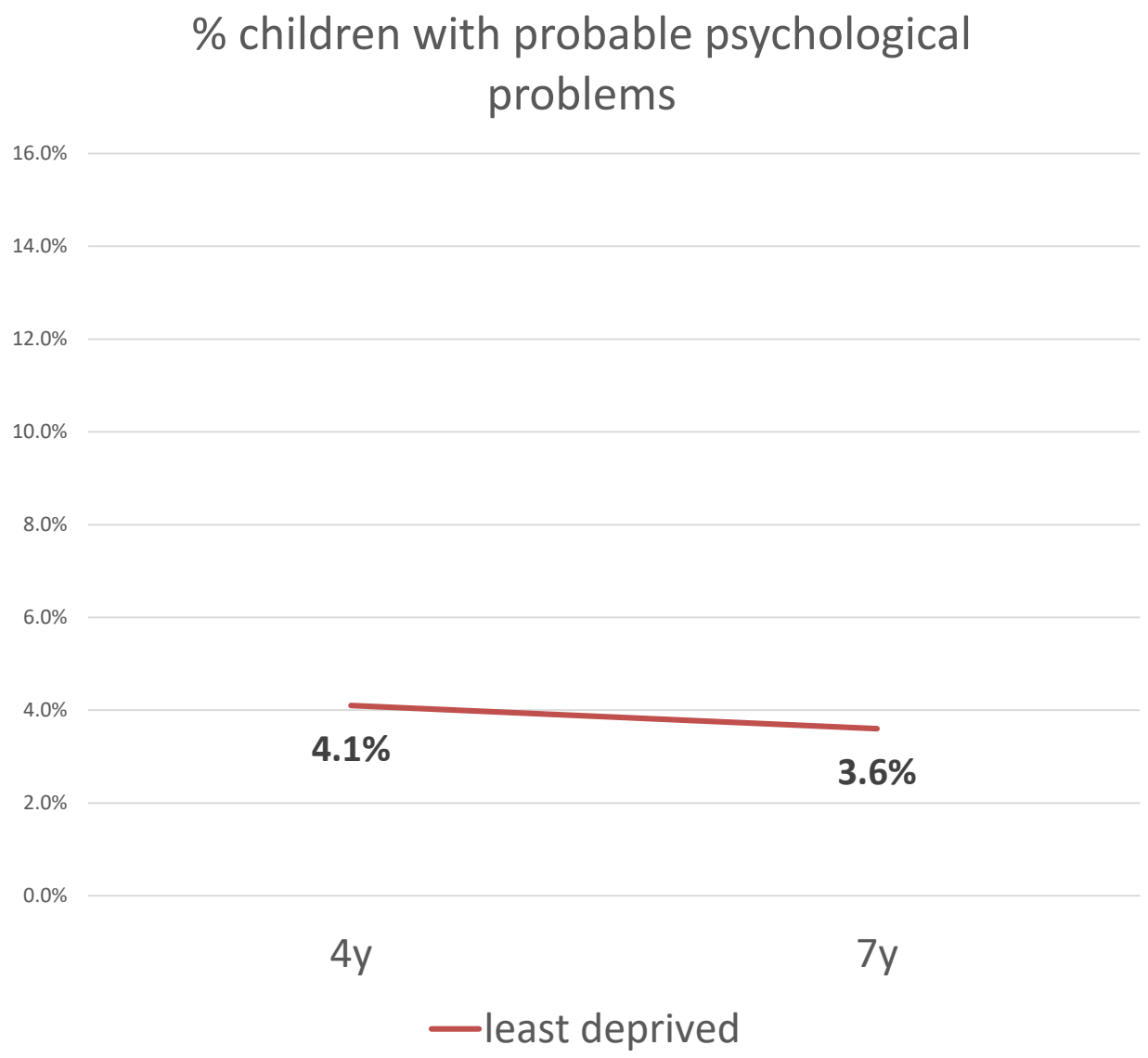
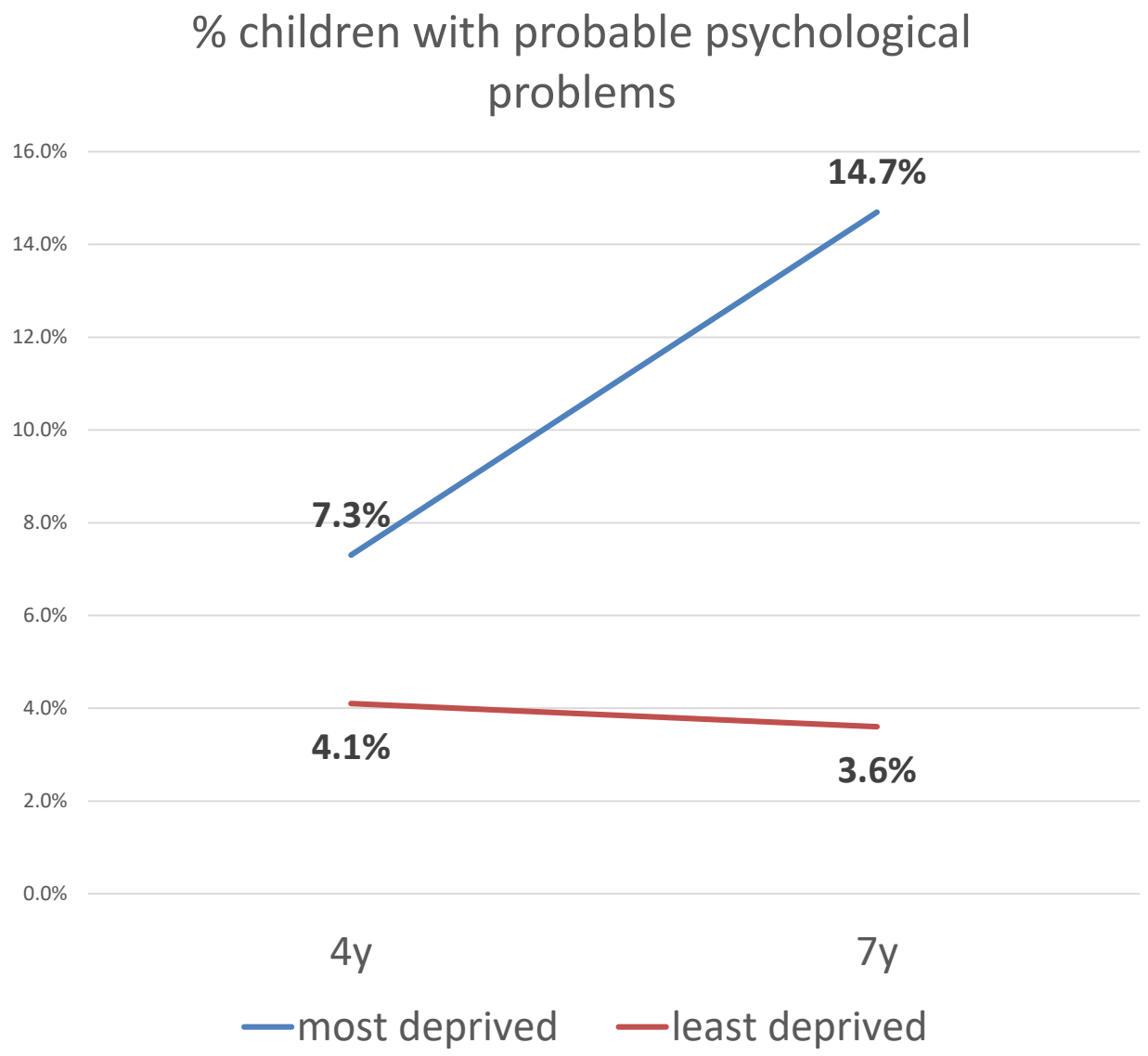
Capabilities and inclusion: foundations of good mental health

Dr Michael Smith,
Associate Medical Director, MH Services,
NHS Greater Glasgow & Clyde

- Socio-economic influences on MH
- Tackling causes: preventing what?
- Capabilities approach
- Successes in Scotland – and a challenge

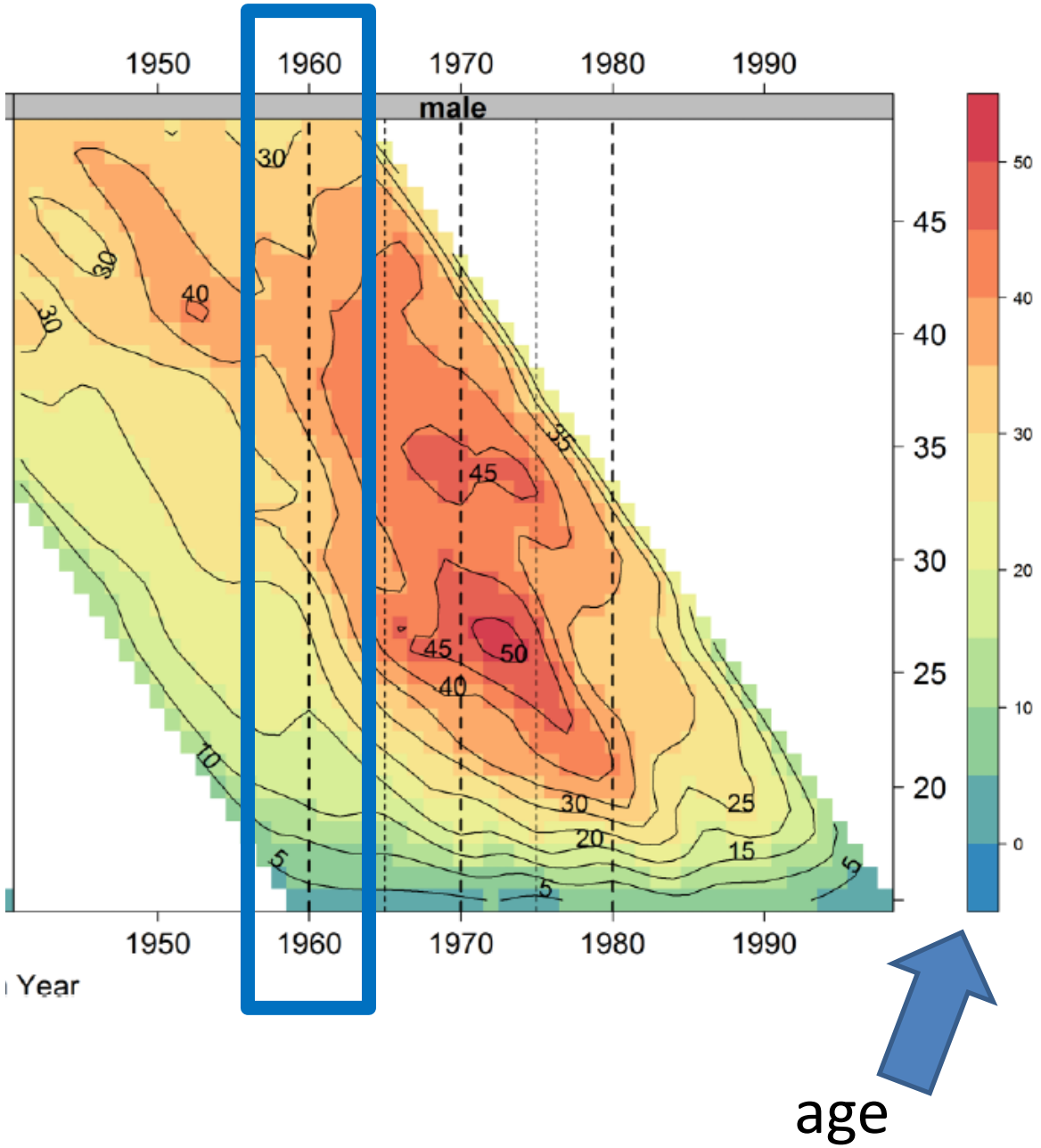


Marryat L, et al. J Epidemiol Community Health 2017



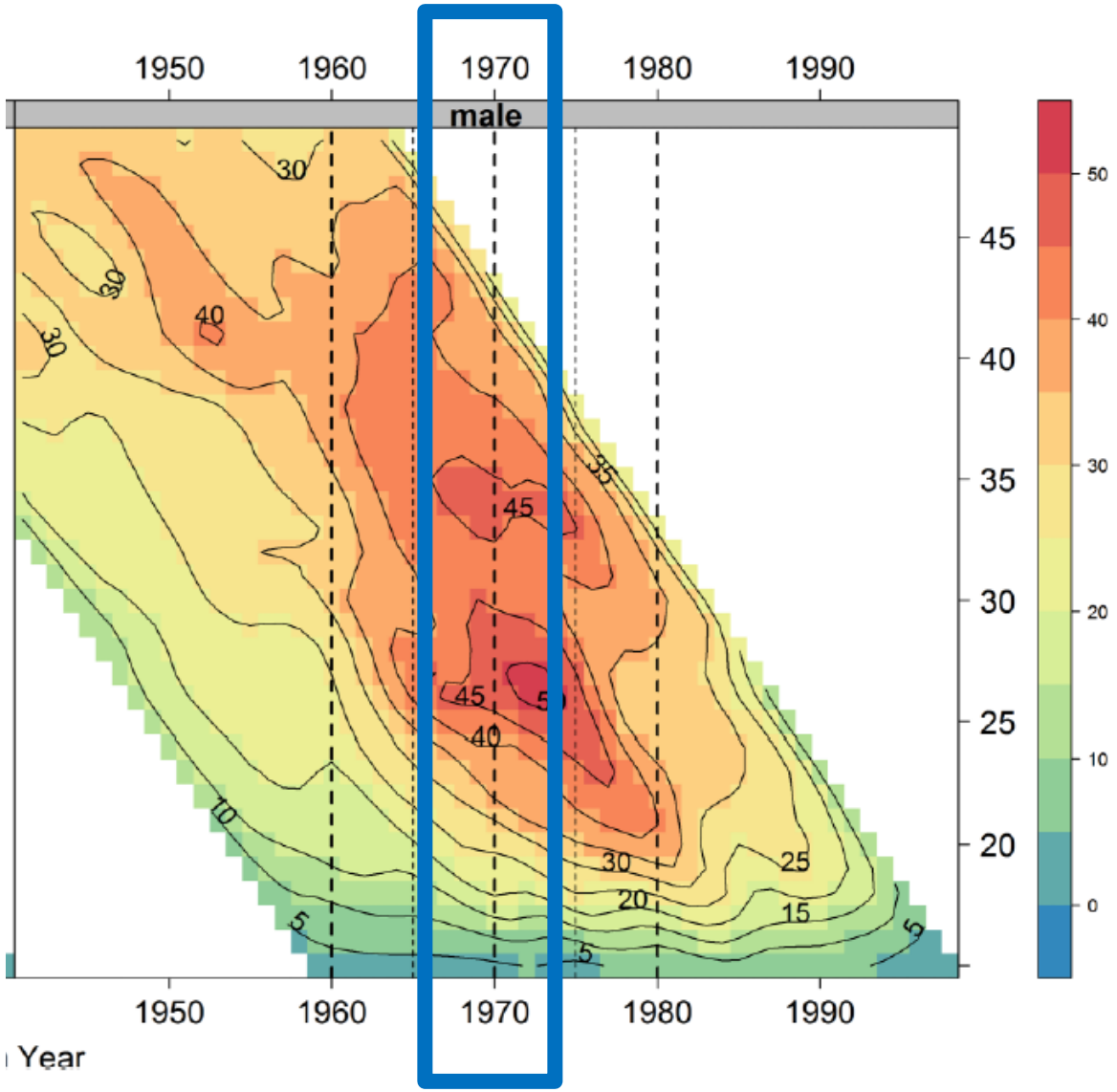
Marryat L, et al. J Epidemiol Community Health 2017

Suicide risk for men in Scotland living in deprived areas

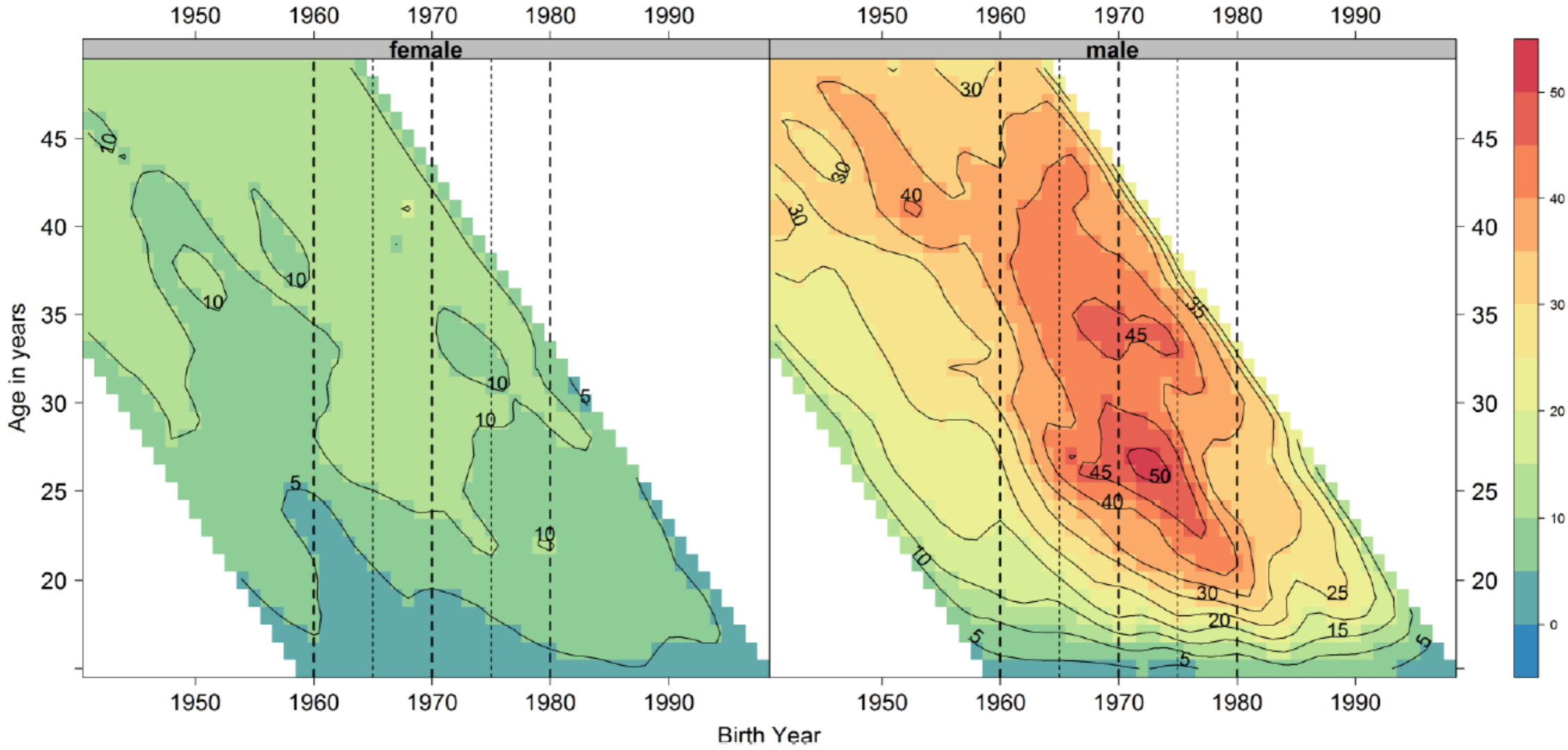


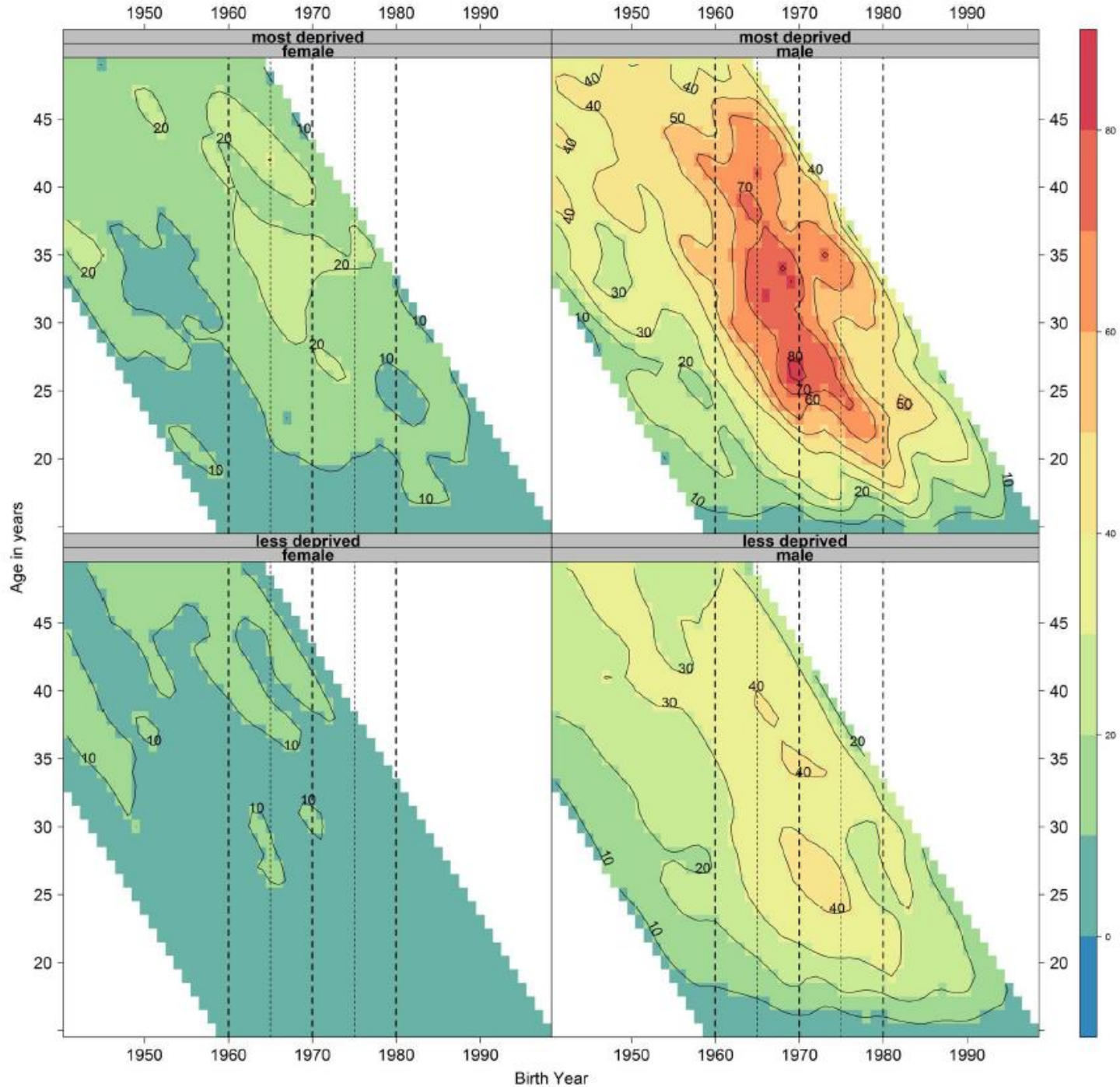
Parkinson et al., JECH 2017;71:194-200

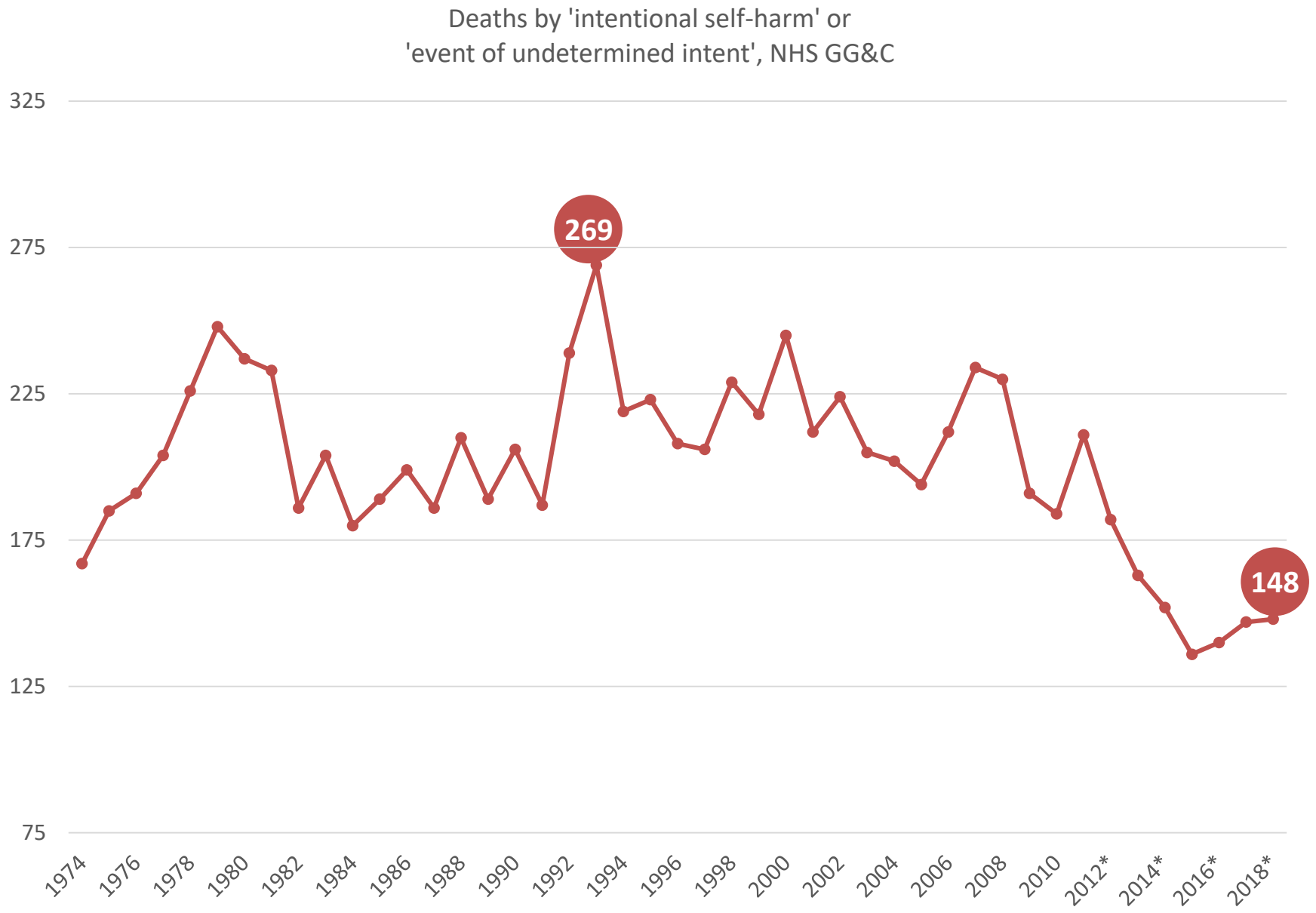
Suicide risk for men in Scotland living in deprived areas

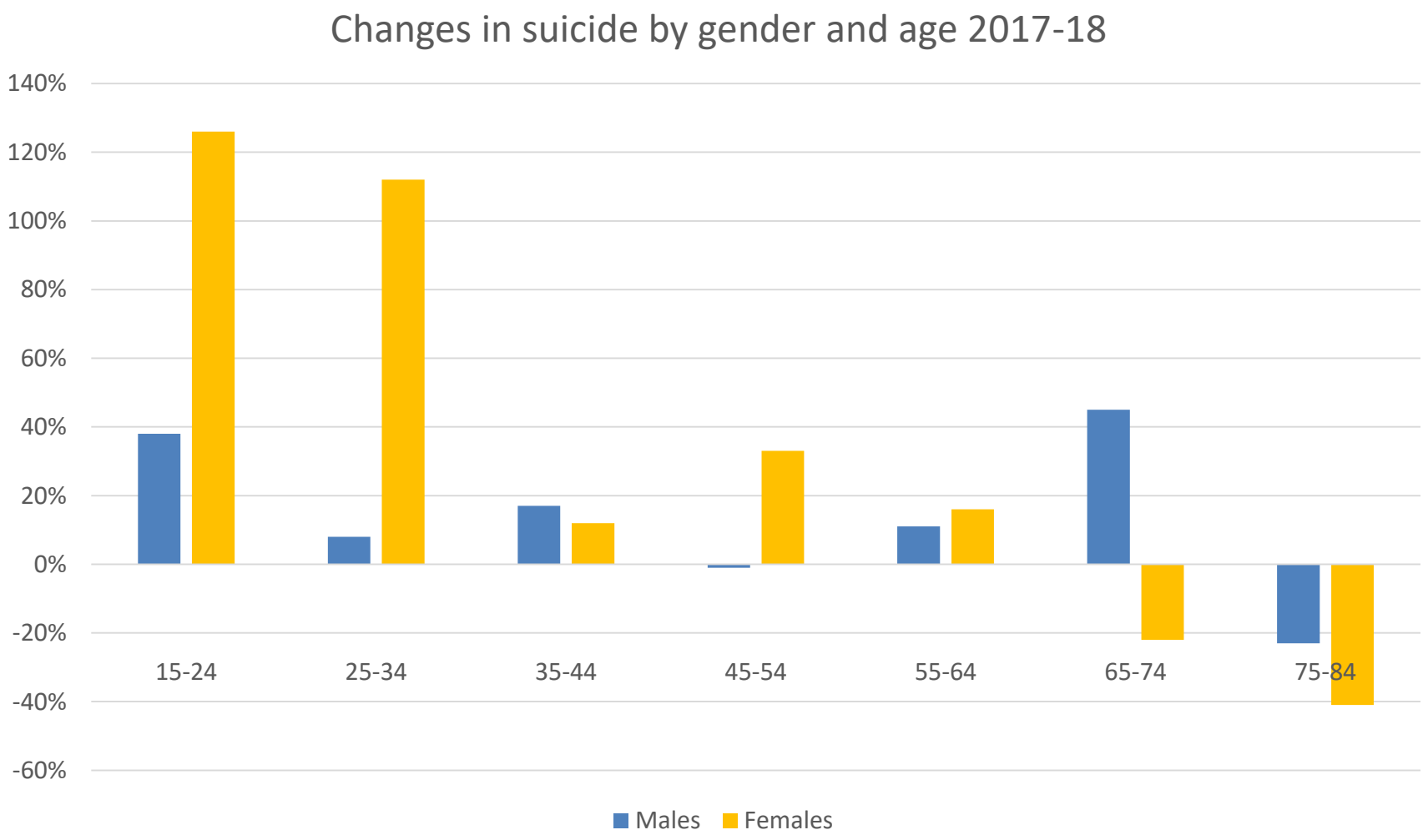


Parkinson et al., JECH 2017;71:194-200

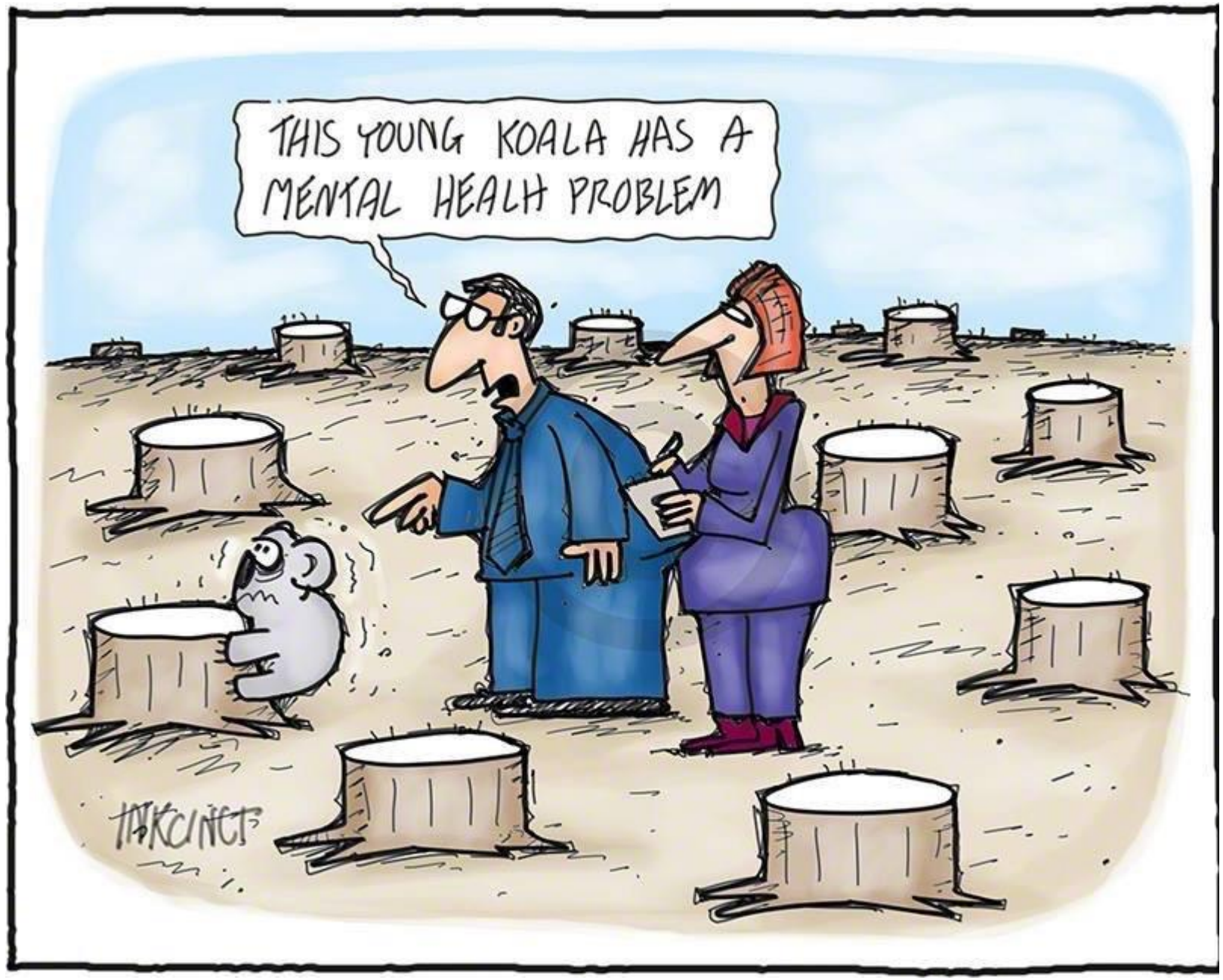

female
male
1950
1960
1970
1980
1990
Age in years
20
25
30
35
40
45
Birth Year
0
10
20
30
40
50


most deprived
female
most deprived
male
less deprived
female
less deprived
male
Age in years
Birth Year
1950
1960
1970
1980
1990
20
25
30
35
40
45
0
20
40
60
80


Deaths by 'intentional self-harm' or
'event of undetermined intent', NHS GG&C
325
275
225
175
125
75
269
148
1974
1976
1978
1980
1982
1984
1986
1988
1990
1992
1994
1996
1998
2000
2002
2004
2006
2008
2010
2012*
2014*
2016*
2018*


Changes in suicide by gender and age 2017-18
140%
120%
100%
80%
60%
40%
20%
0%
-20%
-40%
-60%
15-24
25-34
35-44
45-54
55-64
65-74
75-84
Males
Females

Causes of the causes: preventing what?


THIS YOUNG KOALA HAS A MENTAL HEALTH PROBLEM

10 most commonly measured Adverse Childhood Experiences (ACEs)

ABUSE

Physical

Verbal

Sexual

NEGLECT

Physical

Emotional

HOUSEHOLD ADVERSITIES

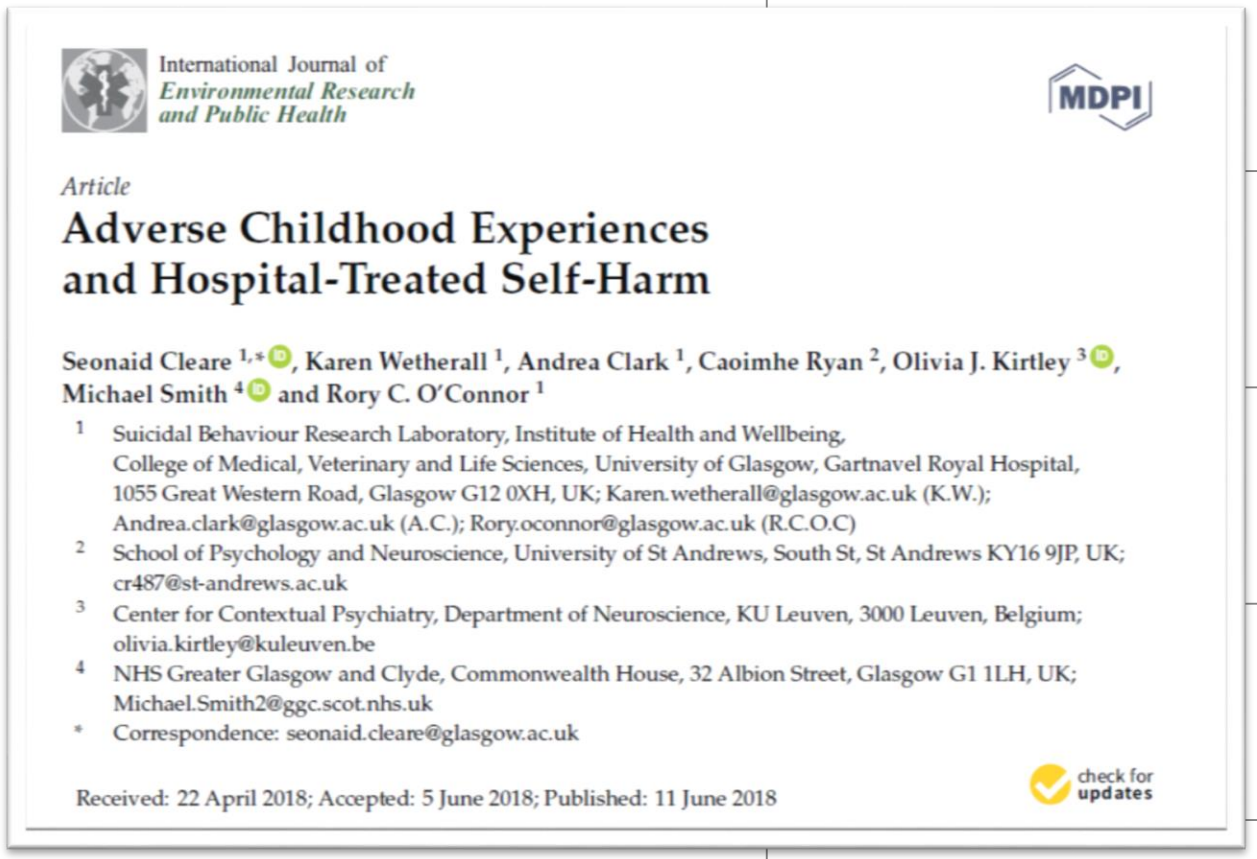
Mental Illness

Incarcerated relative

Domestic violence

Parental Separation

Substance abuse



International Journal of
Environmental Research and Public Health

MDPI

Article

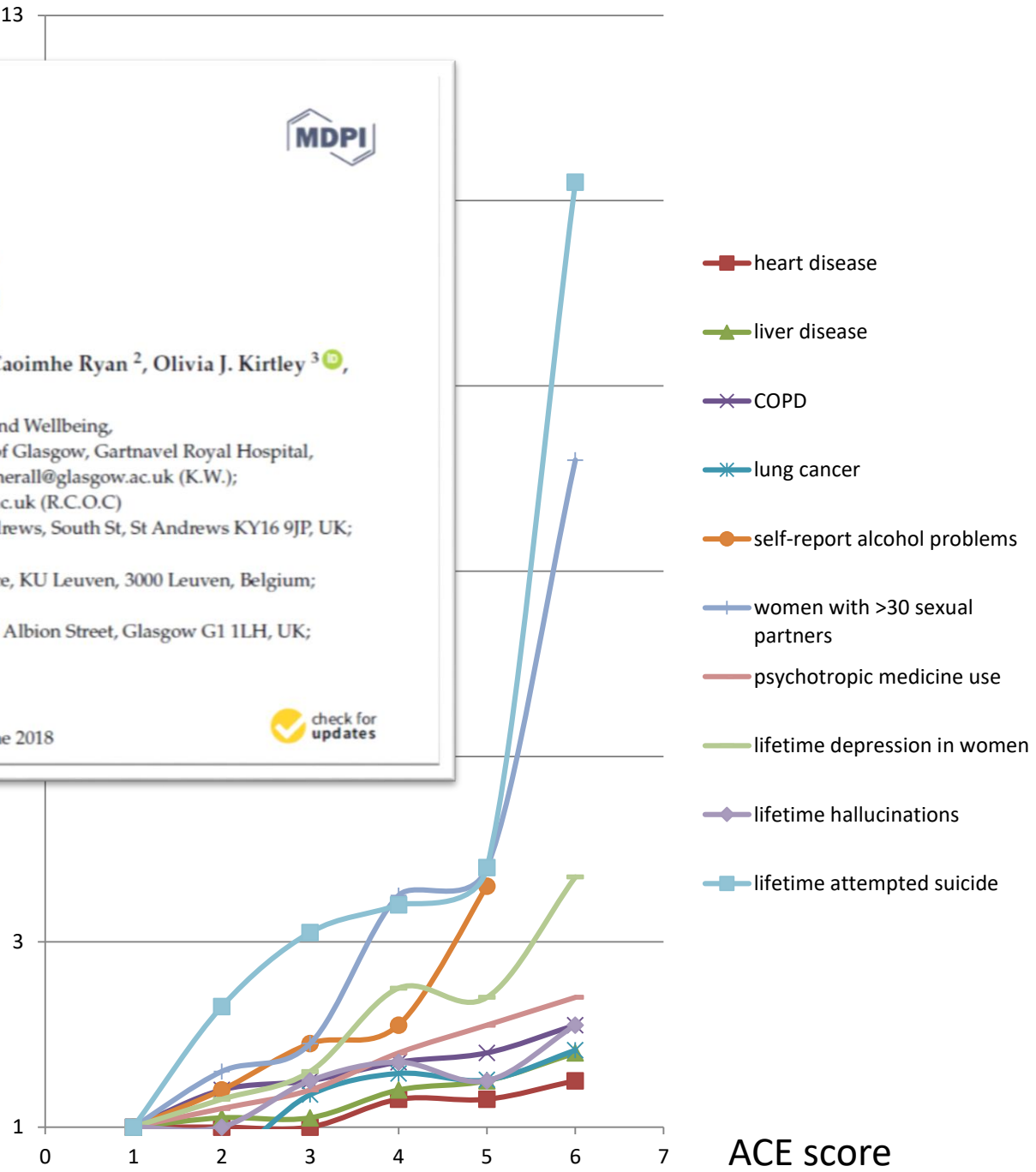
Adverse Childhood Experiences and Hospital-Treated Self-Harm

Seonaid Cleare [1,*], Karen Wetherall [1], Andrea Clark [1], Caoimhe Ryan [2], Olivia J. Kirtley [3], Michael Smith [4] and Rory C. O'Connor [1]

1 Suicidal Behaviour Research Laboratory, Institute of Health and Wellbeing, College of Medical, Veterinary and Life Sciences, University of Glasgow, Gartnavel Royal Hospital, 1055 Great Western Road, Glasgow G12 0XH, UK; Karen.wetherall@glasgow.ac.uk (K.W.); Andrea.clark@glasgow.ac.uk (A.C.); Rory.oconnor@glasgow.ac.uk (R.C.O.C)
2 School of Psychology and Neuroscience, University of St Andrews, South St, St Andrews KY16 9JP, UK; cr487@st-andrews.ac.uk
3 Center for Contextual Psychiatry, Department of Neuroscience, KU Leuven, 3000 Leuven, Belgium; olivia.kirtley@kuleuven.be
4 NHS Greater Glasgow and Clyde, Commonwealth House, 32 Albion Street, Glasgow G1 1LH, UK; Michael.Smith2@ggc.scot.nhs.uk
* Correspondence: seonaid.cleare@glasgow.ac.uk

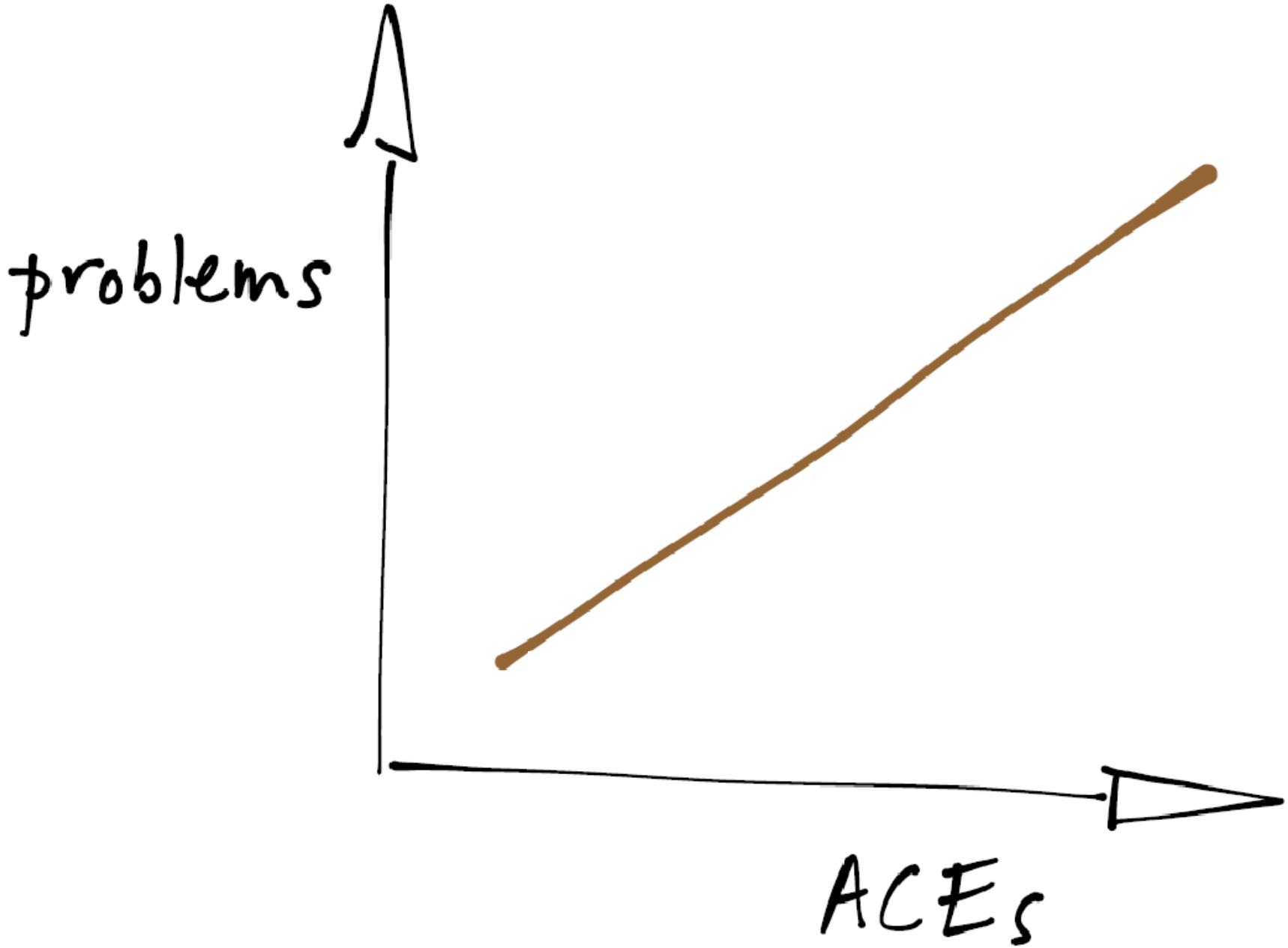
Received: 22 April 2018; Accepted: 5 June 2018; Published: 11 June 2018

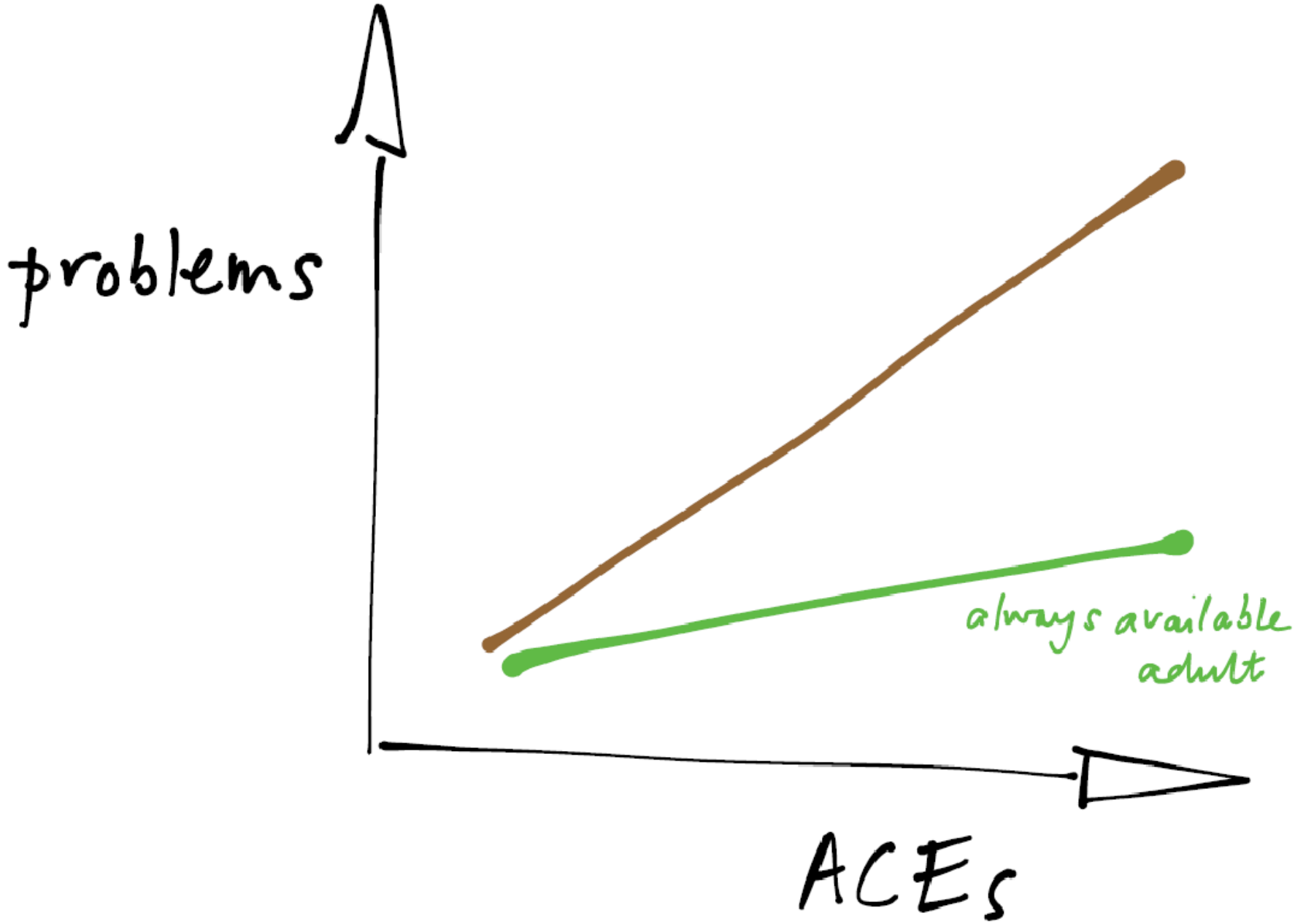
check for updates

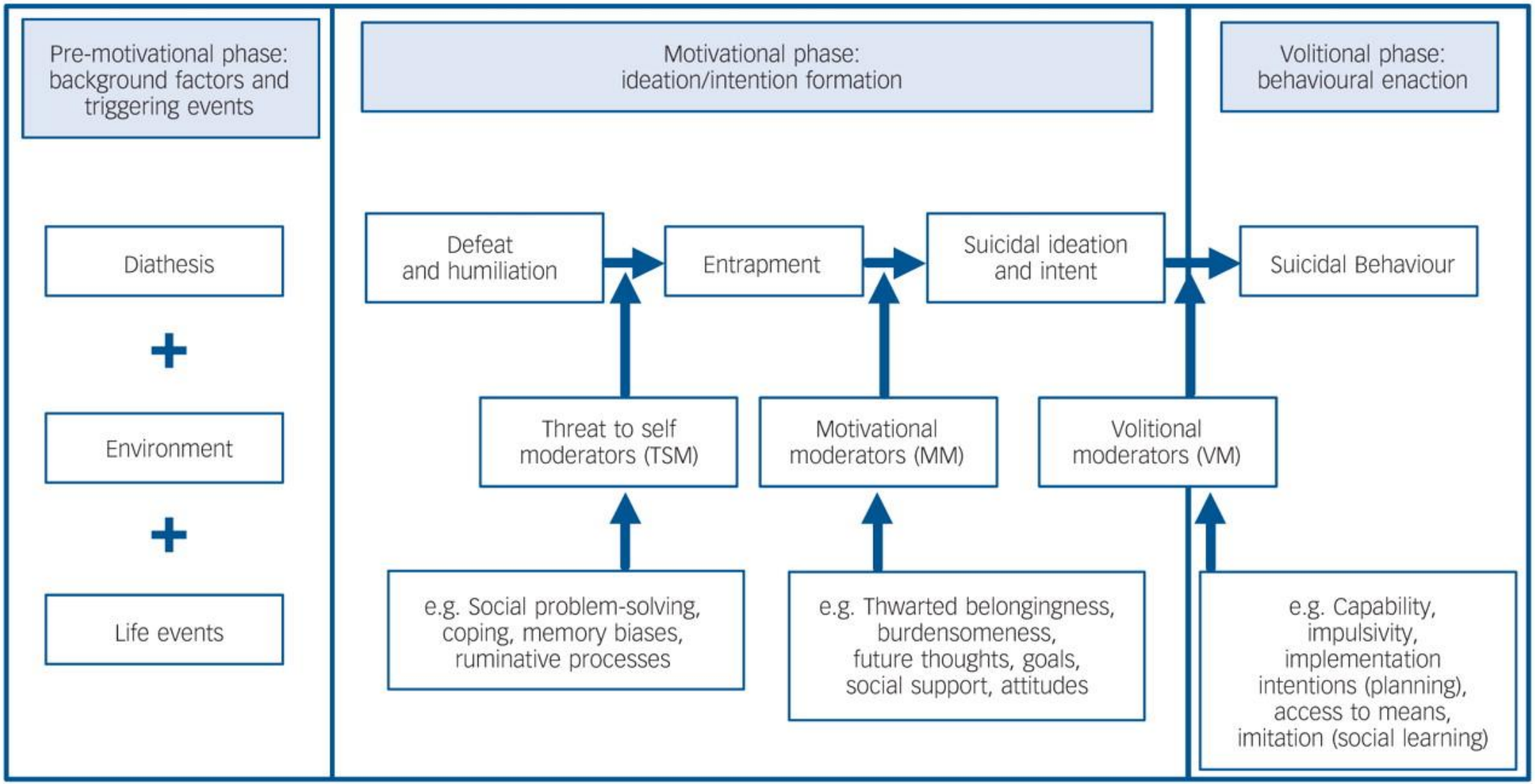


Extended ACEs…

- Bullying
- Racism
- Bereavement
- Witnessing violence
- Neighbourhood safety
- Frequent money problems
- Food insecurity
- Homelessness
- Prolonged parental absence
- No good friends

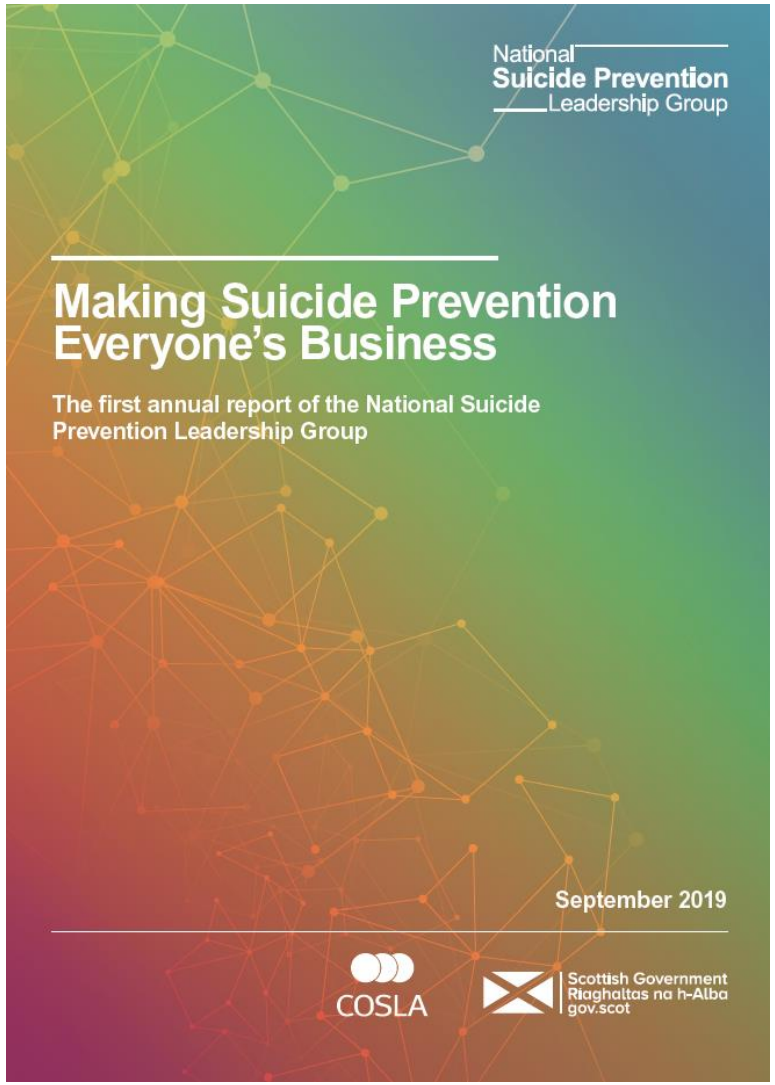

problems
ACEs


problems
always available adult
ACEs



O'Connor, 2012, 2018:
"Integrated Motivational-Volitional" model of suicidal behaviour

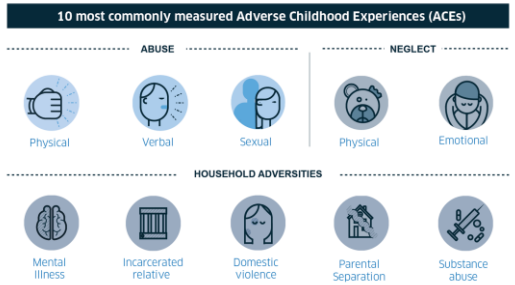
defeat
humiliation
entrapment



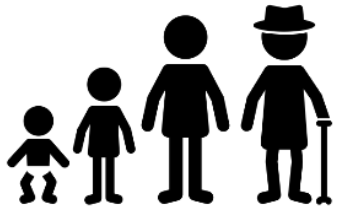
causes of the causes

- original ACEs (household)
- extended ACEs (community)
- resilience AAA (always available adult)
- IMV risks for suicide

Capabilities



Capabilities



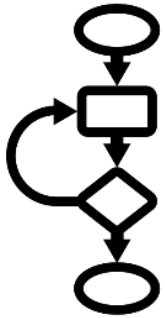
life

health

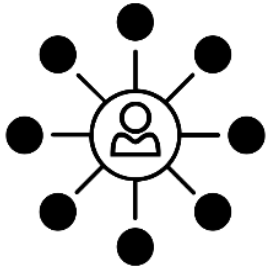
bodily integrity

senses, imagination and thought

emotions



practical reason



affiliation

nature & other species

play

control

Nussbaum, *Creating Capabilities* 2011

Capabilities

"… to be secure against violent assault, including sexual assault and domestic violence"

bodily integrity

senses, imagination and thought

emotions

nature & other species

play

control

practical reason

affiliation

Capabilities

“To be able to love, to grieve, to experience longing, gratitude, and justified anger”

emotions

practical reason

affiliation

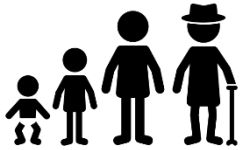
nature & other species

play

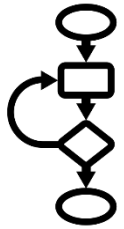
control

Capabilities

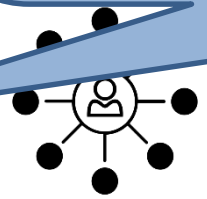
"… to imagine, think, and reason in a truly human way, including literacy, numeracy, science & creative arts"



life



practical reason



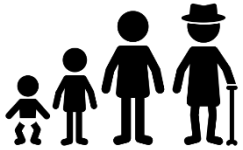
affiliation

nature & other species

play

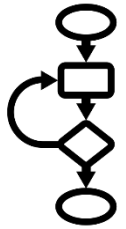
control

Capabilities

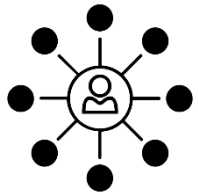


life

health



practical reason



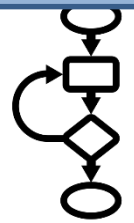
affiliation

ot

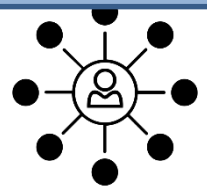
"… being able to live with and toward others… to engage in various forms of social interaction; to be able to imagine the situation of another"

Capabilities

"The right to political expression, participation and choices"



practical reason



affiliation

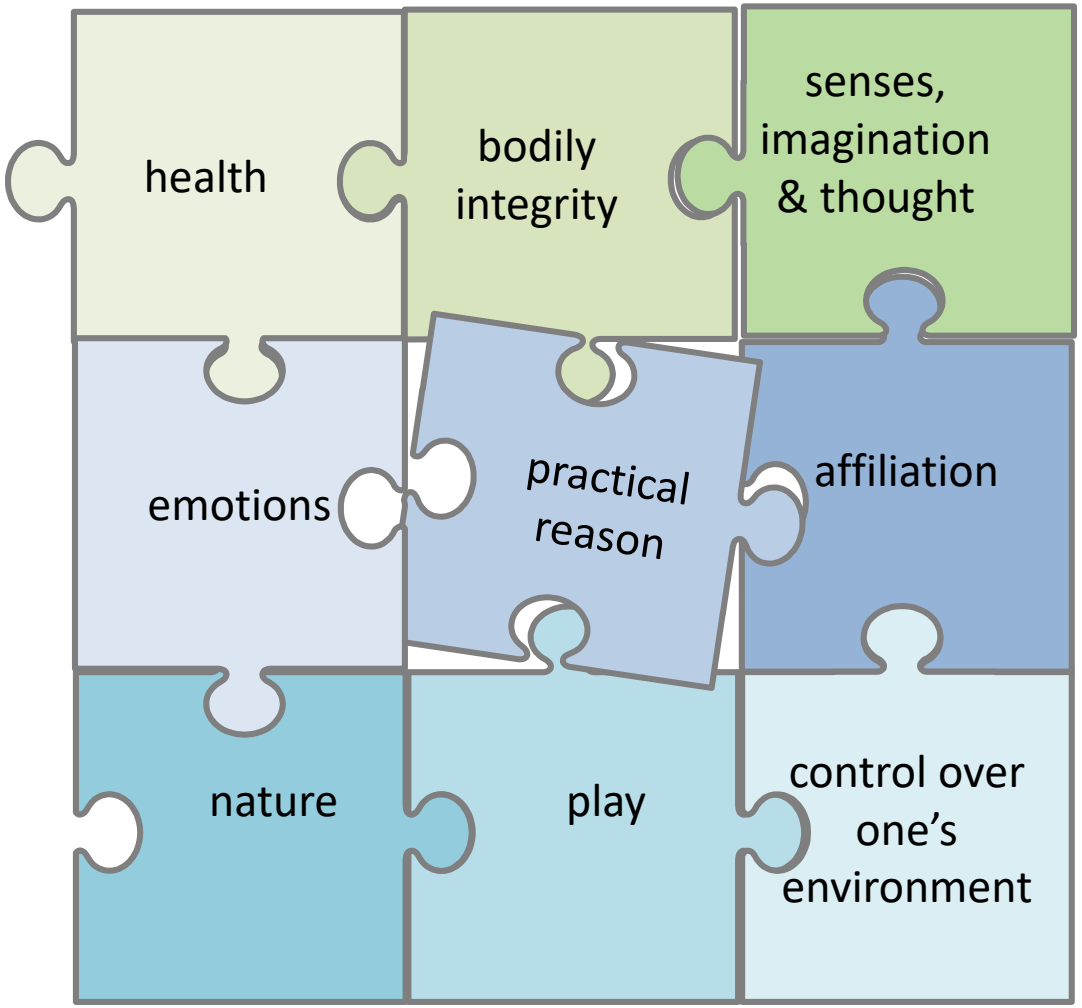
nature & other species

play

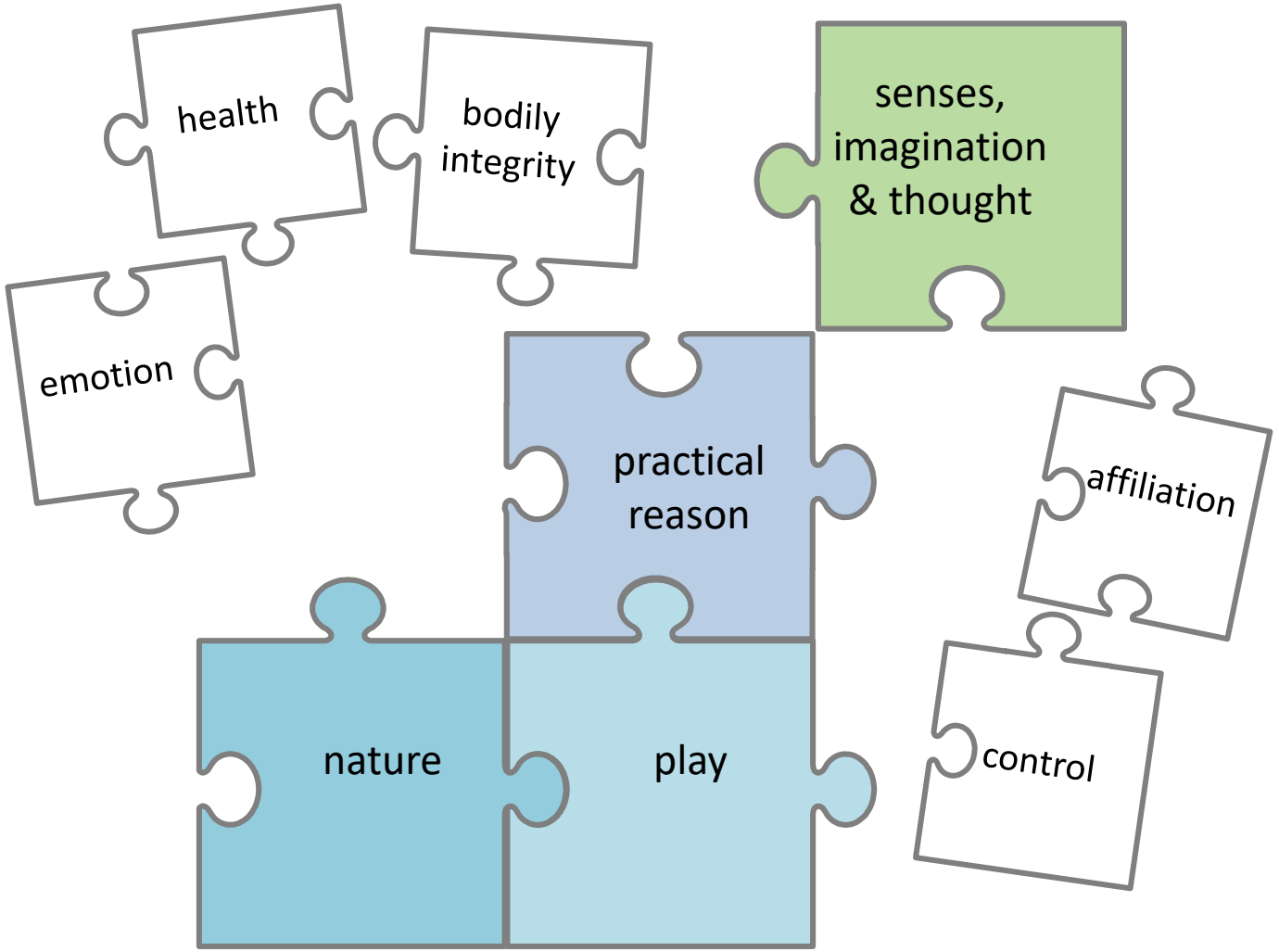
control

emotions

capabilities



ACEs impair capabilities



Capabilities

life

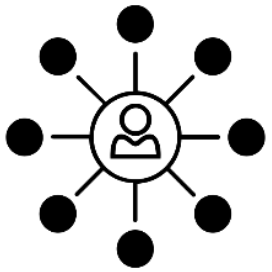
health

bodily integrity

senses, imagination and thought

emotions

practical reason



affiliation

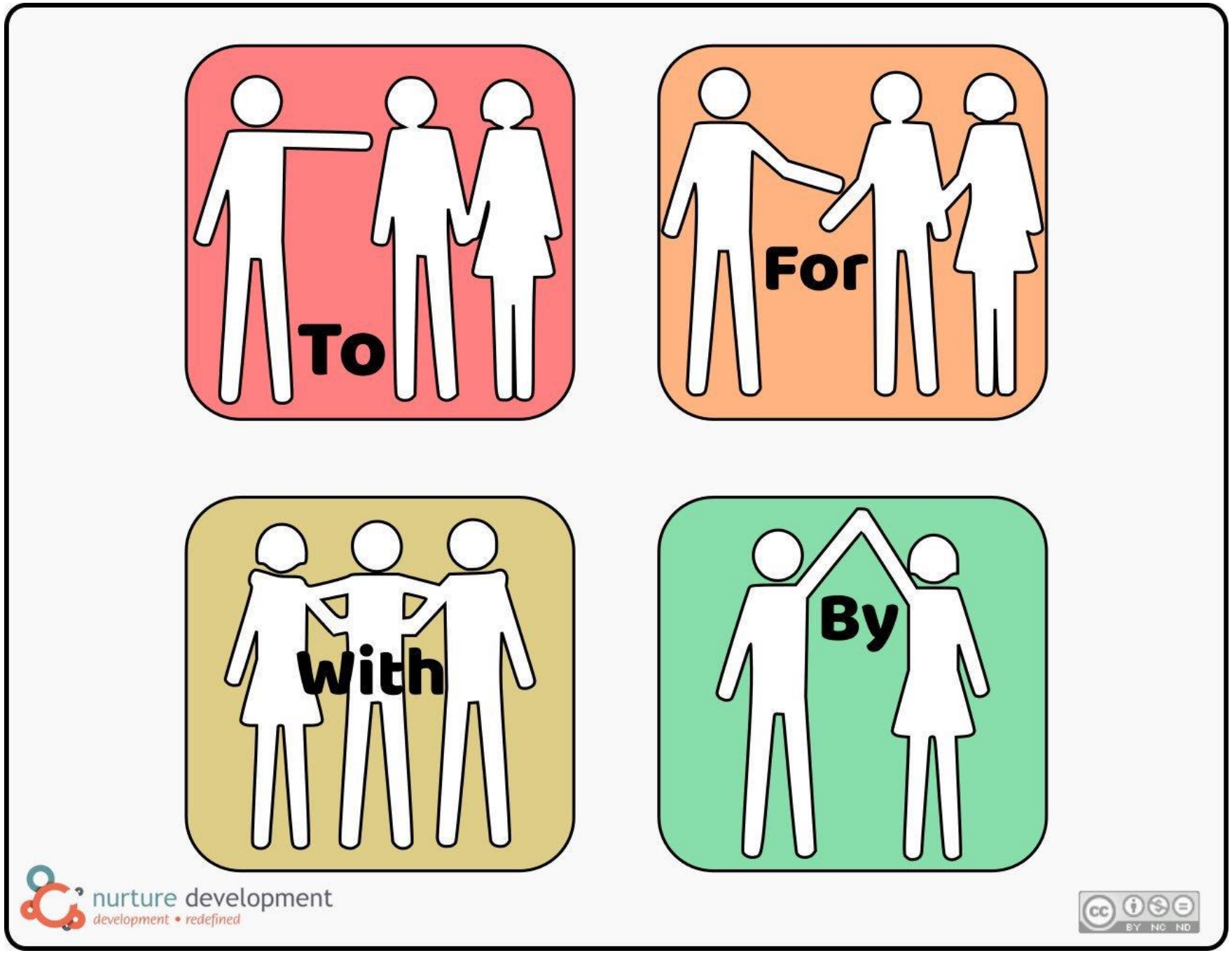
nature & other species

play

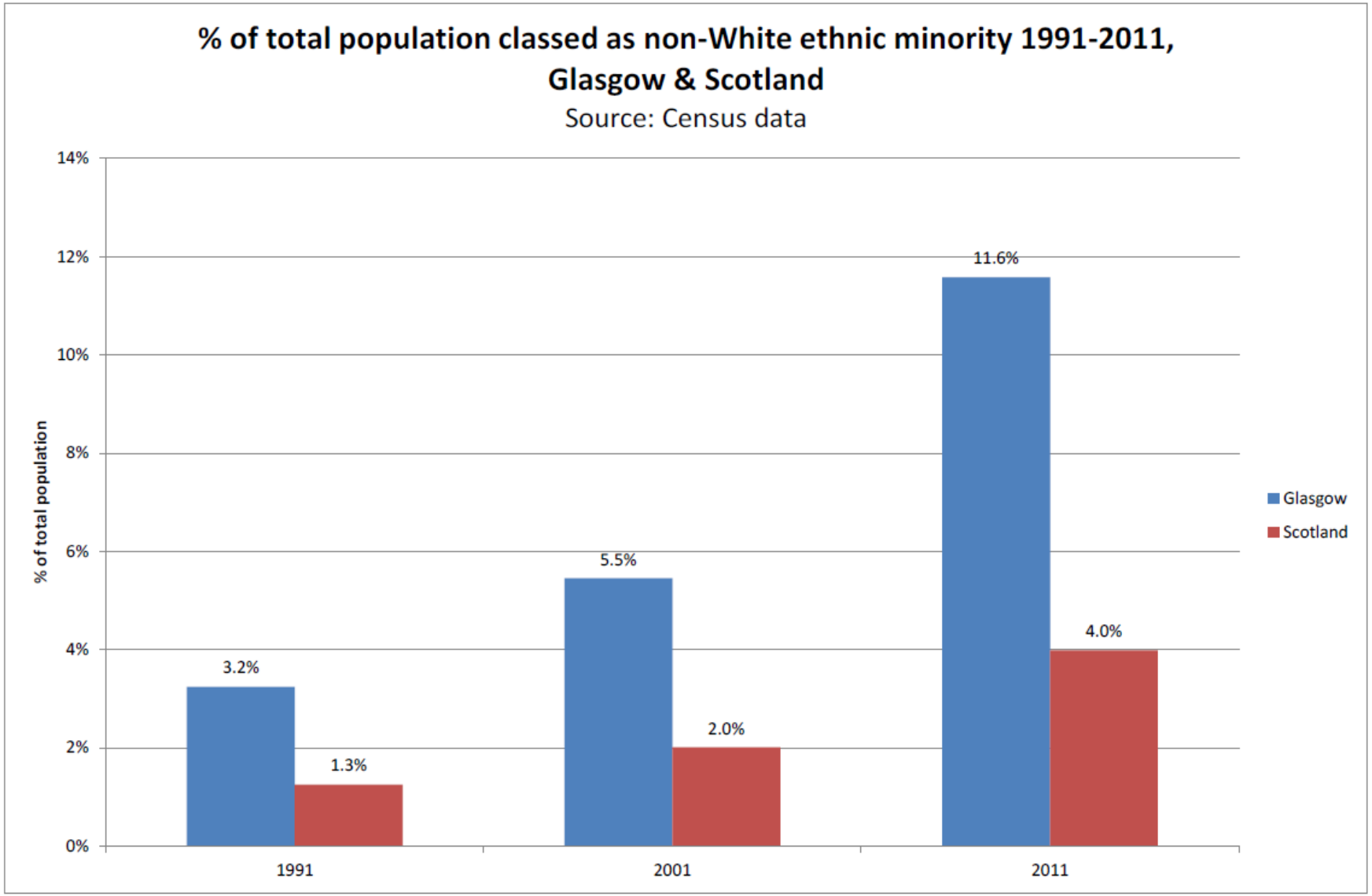
control

Nussbaum, *Creating Capabilities* 2011

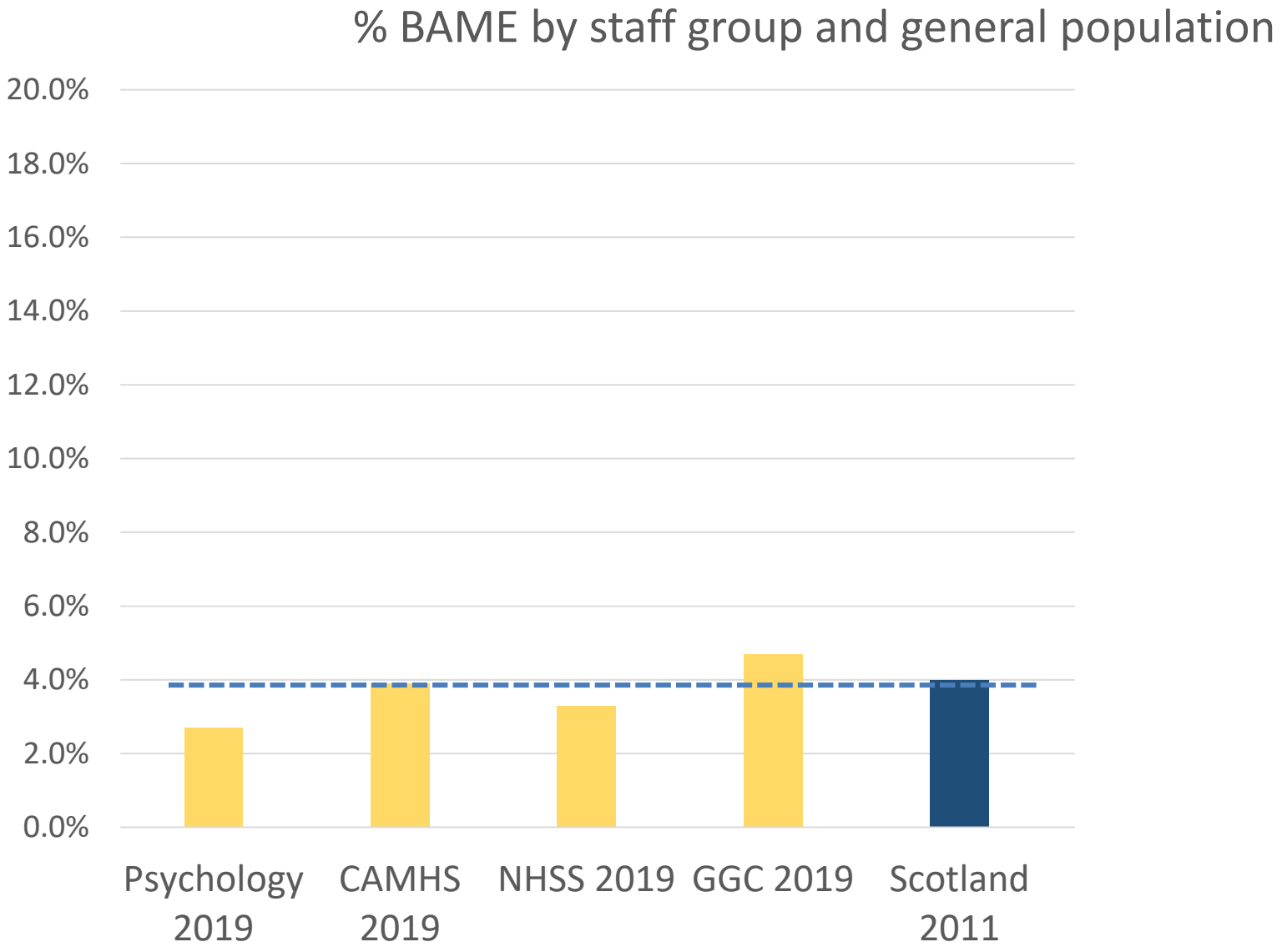
Friends
Contains: Social Contacts

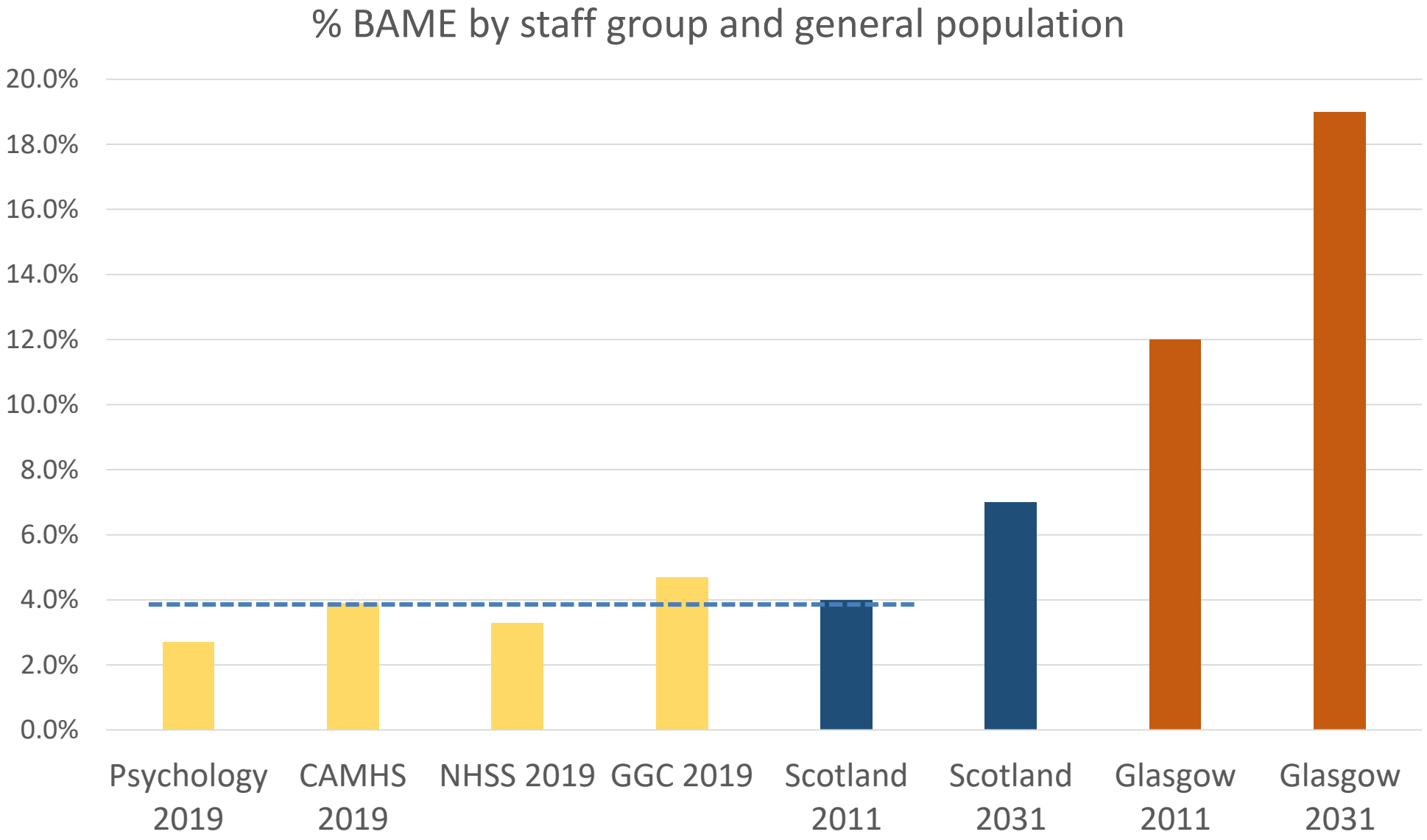

To
For
With
By
nurture development
development • redefined

- Violence Reduction Unit
- Nurture Groups in Glasgow schools
- Navigators in EDs
- Peer-led recovery hubs
- GAMH Young Carers project
- Camerados
- Childrens' neighbourhoods
- Thriving Places



Walsh, GCPH 2017: Changing ethnic profiles of Glasgow & Scotland


% BAME by staff group and general population
20.0%
18.0%
16.0%
14.0%
12.0%
10.0%
8.0%
6.0%
4.0%
2.0%
0.0%
Psychology 2019
CAMHS 2019
NHSS 2019
GGC 2019
Scotland 2011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2.0%
0.0%
Psychology 2019
CAMHS 2019
NHSS 2019
GGC 2019
Scotland 2011
Scotland 2031
Glasgow 2011
Glasgow 2031

via @CormackRussell

Are we ready to change?