

PE1438/F

NHS Lothian response to public petition Committee Petition PE1438

CONSIDERATION OF PETITION PE1438

Calling on the Scottish Parliament to urge the Scottish Government to provide improved mental health services for those people in hospital and that have been discharged after having a mental health problem, and to actively stop the stigma of mental ill-health to ensure that people with mental health problems do not feel ashamed of their feelings.

Our response

NHS Lothian welcomes the opportunity to comment on this public petition.

The petition highlights some of the key issues in relation to mental health which are indeed noted priorities for our mental health services nationally. We fully support the aims of the petition and our current Lothian Joint Strategy for Mental Health and Wellbeing 2010-2015 “A Sense of Belonging” aims to ensure that NHS Lothian and our partner agencies sets out a clear vision and commitments to improve the mental health and wellbeing of all of Lothian’s population. The Strategy’s commitments are focused on:

- Addressing health inequalities
- Building social and capital wellbeing
- Embedding recovery
- Improving services for people

Reducing stigma & discrimination

Stigma is the main cause of discrimination and exclusion. It affects people’s self esteem, helps to disrupt their family relationships, and limits their ability to socialise and get housing and jobs. NHS Lothian and partners have a positive record of working to address stigma and reduce discrimination. We wish to build on this over the next five years.

Projects such as *Equally Connected; Lothian* have used a number of innovative approaches to tackle stigma. It is important we build on the learning from this work.

Recent research²⁶ has indicated that people have improved recovery outcomes when they have an improved internal locus of control. Internalised stigma and passive acceptance of mental illness is associated with external locus of control and poor outcome. Insight into mental health problems and internal locus of control is associated with good recovery outcomes.

Our priorities for action are:

- Support our partner agencies to sign the ‘see me’ anti-stigma pledge

- Increase awareness of the impact of discrimination across all non-mental health services and agencies through targeted educational sessions. This will include using the recently produced service user led film “Living with Labels”¹
- Build on the learning of Equally Connected and use this to inform our approach
- Develop an action plan to deliver on the next national ‘see me’ action plan
- Raise awareness of the impact of hate crime against individuals and groups.

Care in hospitals

We support the call for improved mental health services and acknowledge that the need for improvements in inpatient care has been highlighted². In response to this and our own evaluation of our services we continue to develop inpatient services to provide high quality person centred care. In relation to improving hospital care:

- We have implemented the Health Improvement Scotland standards for integrated care pathways
- We are participating in the Scottish Patient Safety Programme which aims to improve the physical care and safety of inpatients
- We have undertaken a number of service improvement reviews which have identified the need for improvements in relation to opportunities for patients to participate in meaningful activities and the need for increased provision of psychological therapies during inpatient care. These needs are continuing to be addressed.
- We have audited our services against the Scottish Recovery Indicator² tool and continue to promote a recovery ethos and approach within our inpatient services.

Discussions with the Scottish Government’s Scottish Futures Trust and NHS Lothian Board Directors has now concluded and approval to progress with an enhanced phase one for the re-provisioning of the Royal Edinburgh Hospital has been agreed. This now includes:

- adult acute mental health inpatient service
- intensive psychiatric care service (IPCU) planned for phase 1, we should explore
- older people’s mental health assessment and treatment, rehabilitation for people with complex needs

Discharge from hospital and community services

We agree for the need to support those on discharge from hospital and ensure that they are afforded the range of opportunities and involvement in their communities that others do.

There is ongoing commitment to ensure that each locality area / community health partnership has the following components:

- Clear involvement of service users and carers in decisions on individual care and treatment

¹ The Film was conceived, directed and produced by service users supported by the Consultation Advocacy and Promotion Service (CAPS)

² Mental Welfare Commission, (2010) Report from our visits to people receiving mental health care and treatment in Scotland, January – May 2010, Mental Welfare Commission, Edinburgh

- Comprehensive community-based responses, 24 hour 7 days a week
- Comprehensive Community Mental Health Teams and local service networks
- Local crisis provision including local provision (which may have the capacity for overnight stay) where people can feel safe and supported and with the capacity to carry out assessments to determine future levels of care and support required
- Support for people in acute phases of illness
- Support for people with more chronic and enduring illnesses
- Support a range of specialist therapies and interventions for people with moderate mental distress issues
- Access to acute inpatient care and intensive psychiatric care
- Access to inpatient rehabilitation and continuing care inpatient provision

Waiting times

NHS Lothian and partners are committed to ensure that we improve access and waiting times for all interventions delivered by mental health services, including Psychological Therapies and Child and Adolescent Mental Health services in line with the Government's HEAT targets. We welcome the national focus on this.