Poverty, pathology and pills

15th-16th January 2019, London

Mental 'Health' and Wellbeing

'**Mental health is defined as a state of *well-being*** in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community. Where health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.*'* WHO 2005

'***Wellbeing* is a dynamic state**, in which the individual is able to develop their potential, work productively and creatively, build strong and positive relationships with others, and contribute to their community. It is enhanced when an individual is able to fulfil their personal and social goals and achieve a sense of purpose in society.' *Foresight Report on Mental Capital and Wellbeing (2008) Government Office for Science*

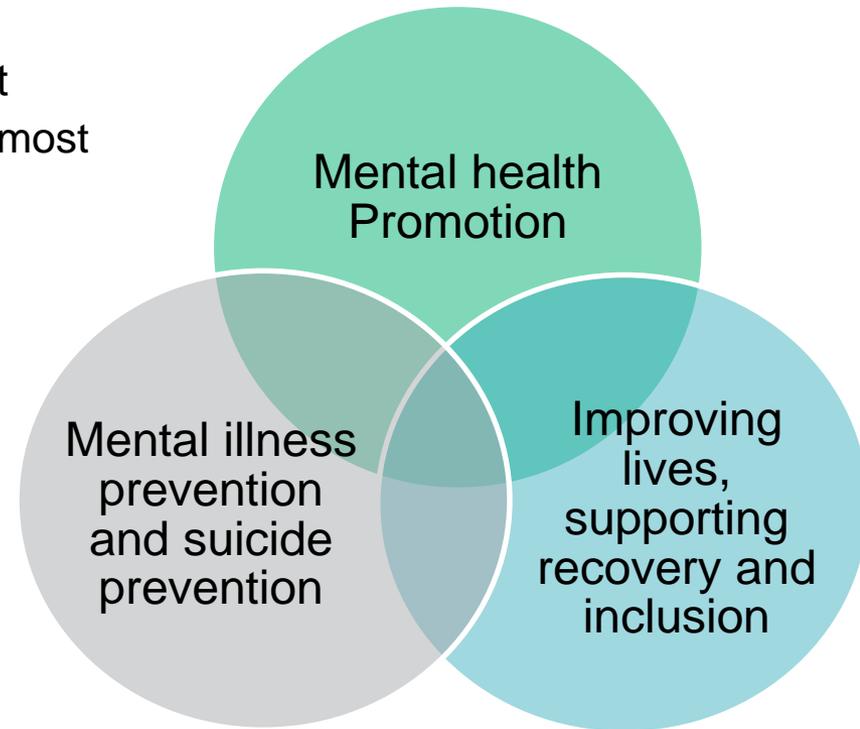'**Feeling Good and Functioning Well**' *FPH (2014)*

PHE's approach to mental health

Informed by the WHO approach to public mental health

Everyone, irrespective of where they live, has the opportunity to achieve good mental health and wellbeing…especially communities facing the greatest barriers and those people who have to overcome the most disadvantages. This includes those living with and recovering from mental illness.

Key themes:

- Reducing health inequalities

- Community centred approaches

- Embedding and integrating mental health

- Improving workforce capacity and competency

- Life course approach

Mental health Promotion

Mental illness prevention and suicide prevention

Improving lives, supporting recovery and inclusion

Going Beyond the Individual........

'.........levels of mental distress among communities need to be understood less in terms of individual pathology and more as a response to (poverty) relative deprivation and social injustice, which erode the emotional, spiritual and intellectual resources essential to psychological well-being'

Lynne Friedli, 'Mental Health, Resilience and Inequalities.' WHO 2009

Community Vitality

Studies identify community as one of most significant determinants of wellbeing for individuals & families (R Putnam, 1993)
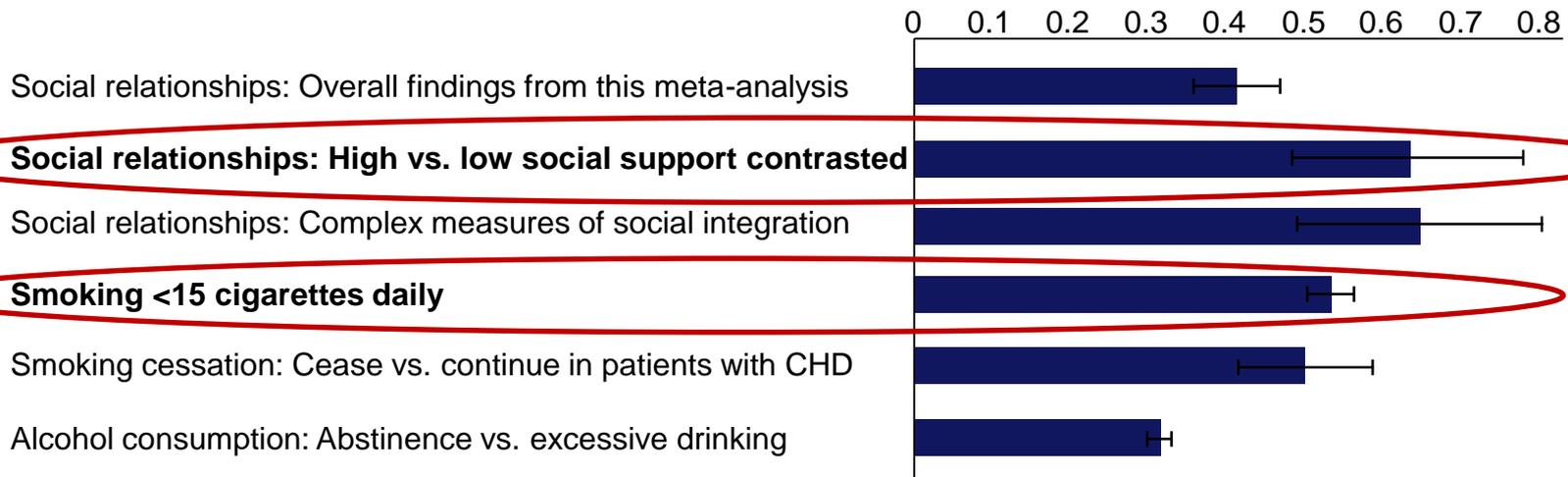
Those who feel sense of belonging lead happier, healthier lives & create more stable, supportive communities
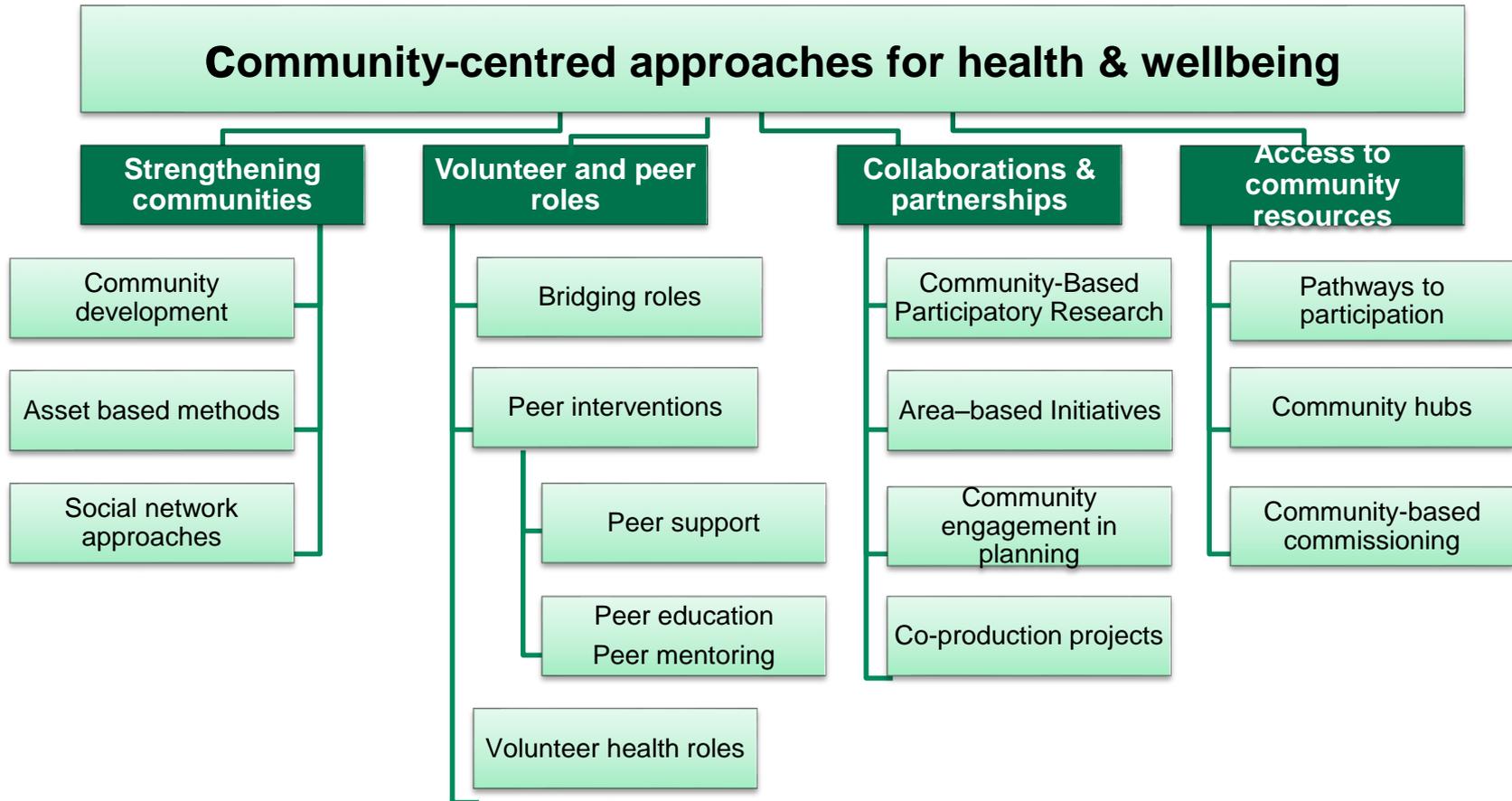
(J Helliwell, 2012)

Yet, we are seeing widening social inequalities, breakdown of social cohesion & trust ...

Social relationships have big impact: comparative odds of decreased mortality

Social relationships: Overall findings from this meta-analysis

Social relationships: High vs. low social support contrasted

Social relationships: Complex measures of social integration

Smoking <15 cigarettes daily

Smoking cessation: Cease vs. continue in patients with CHD

Alcohol consumption: Abstinence vs. excessive drinking

Social relationships have as great an impact on health outcomes as smoking cessation, and more than physical activity and issues to address obesity

Holt-Lunstad J et al. PLoS Med. 2010;7:e1000316

Building connected and empowered communities

Community-centred approaches for health & wellbeing

Strengthening communities
- Community development
- Asset based methods
- Social network approaches

Volunteer and peer roles
- Bridging roles
- Peer interventions
  - Peer support
  - Peer education / Peer mentoring
- Volunteer health roles

Collaborations & partnerships
- Community-Based Participatory Research
- Area–based Initiatives
- Community engagement in planning
- Co-production projects

Access to community resources
- Pathways to participation
- Community hubs
- Community-based commissioning

PHE & NHS England (2015) A guide to community-centred approaches for health and wellbeing: https://www.gov.uk/government/publications/health-and-wellbeing-a-guide-to-community-centred-approaches

Psycho-social determinants
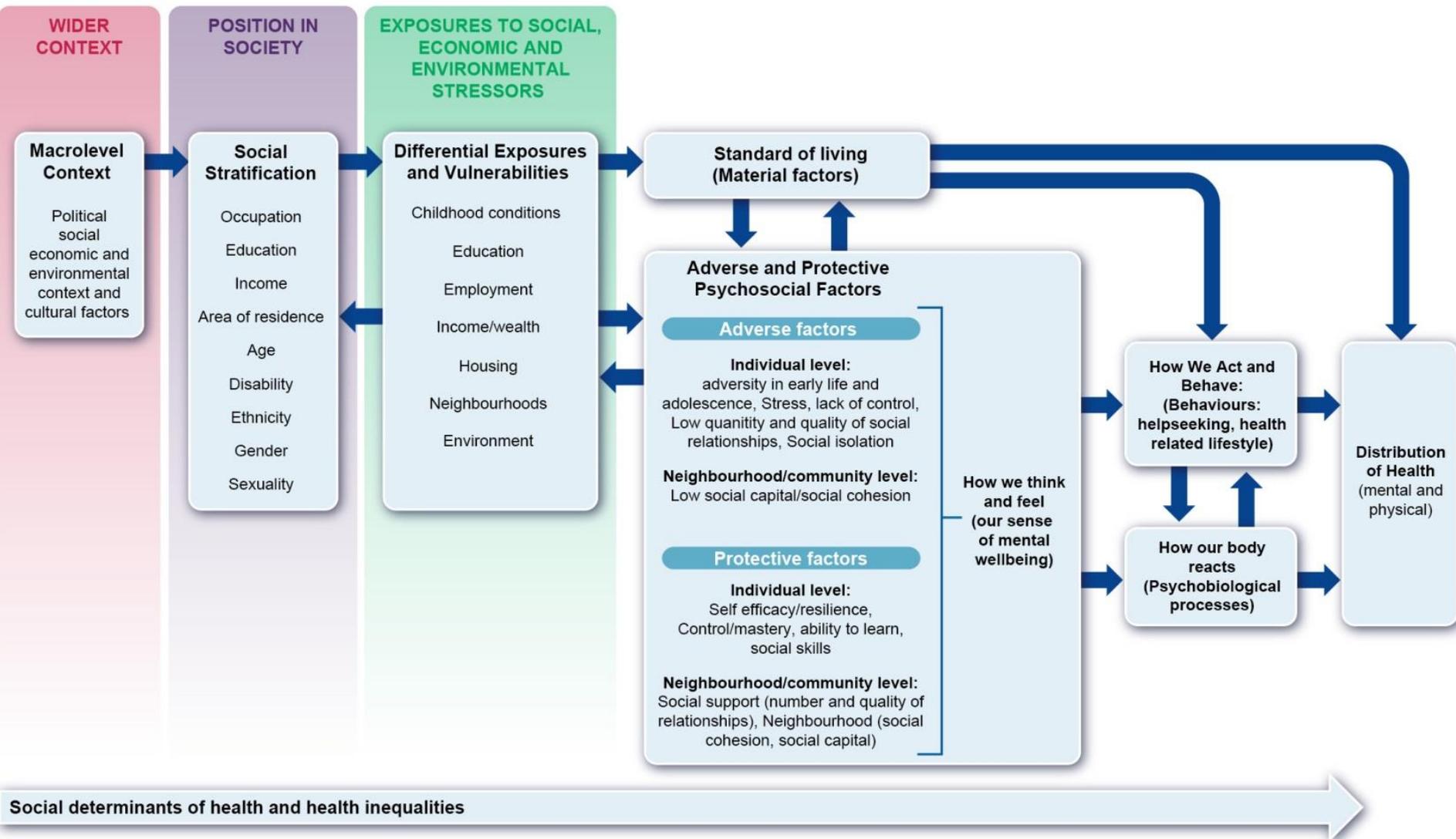
Approaches

Evidence based

Evidence Informed

Authorisation

Devolution of Decision making, Control and Power

MH Policy? To relieve and improve

MH Impact Assessment of all Policies (as part of Health Impact)

Joined up Overarching Policy – improving mh and wellbeing Outcomes

Key aspects:

- **Asset Based Needs assessments**
- **Community centred and empowered approaches**
- **Collaboration and Integration**
- **Transformative**
- **Stories, real life stories**

Thank you

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