



The Psychological Professions Network

*Working with Health Education North West
to promote excellence in psychological health and wellbeing*

Counsellors working in the NHS Network PPN Update

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www.nwppn.nhs.uk

The Psychological Professions Network

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NORTH WEST



Psychological
Professions Network

PROMOTING EXCELLENCE IN PSYCHOLOGICAL HEALTH & WELL-BEING

NHS England

Parity of Esteem Programme

www.england.nhs.uk/ourwork/qual-clin-lead/pe/

Valuing Mental Health Equally with Physical Health

“My family and I have access to services which enable us to maintain both our mental and physical wellbeing.”

“If I become unwell I use services which assess and treat mental health disorders or conditions on a par with physical health illnesses.”

Why Is It Important?

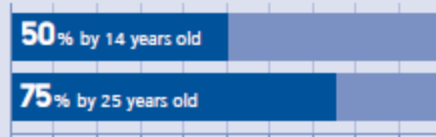
- Among people under 65, nearly half of all ill health is mental illness
- Yet, only a quarter of all those with mental illness such as depression are in treatment
- We tend to view physical and mental health treatment in separate silos in health services
- People with poor physical health are at higher risk of experiencing mental health problems...and people with poor mental health are more likely to have poor physical

01. Mental health problems develop at a young age.

1 in 5 children have a mental health problem in any given year.⁸

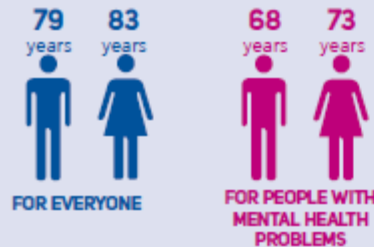


First experience of mental health problems in those suffering lifetime mental health problems.⁹



04. Mental health impacts on life expectancy.

Average life expectancy in England and Wales for people with mental health problems is 60 years behind the national average.¹²



02. Mental health is widespread & common.

Every year 1 in 4 adults experience at least one mental disorder.¹⁰

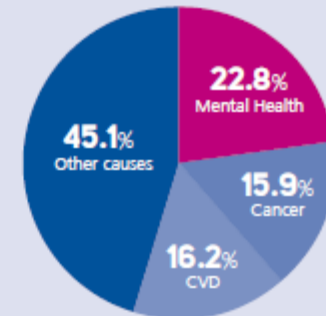


05. People with mental health problems have worse physical outcomes.

People with mental illness are at increased risk of the top five health killers, including heart disease, stroke, liver and respiratory diseases and some cancers.

03. Mental health is a significant burden.

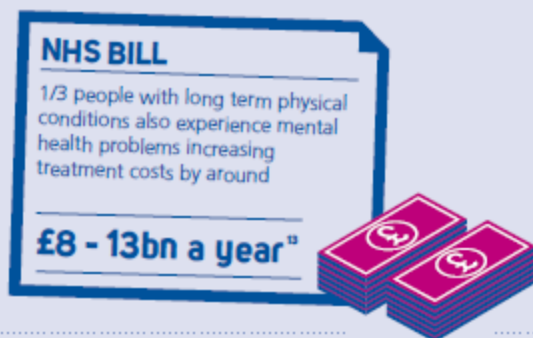
Mental ill health is the single largest cause of disability in the UK.¹¹



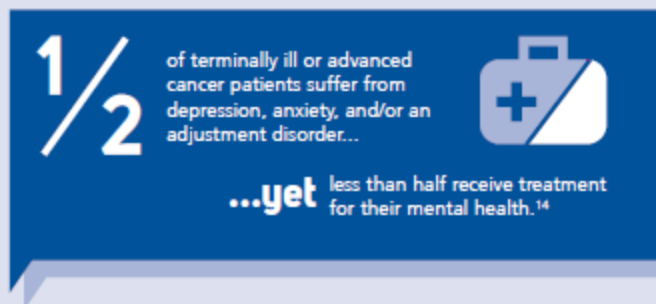
PEOPLE WITH SCHIZOPHRENIA ARE:

- 2 x** more likely to die from cardiovascular disease,
- 3 x** more likely to die from respiratory disease.

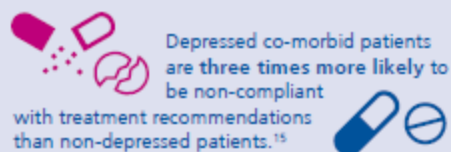
06. When people with LTCs also have mental health issues the cost of treatment can rise significantly



07. The mental health of people with serious physical health problems is often overlooked.



08. Mental health problems affect the likelihood that people will be compliant with their treatment.



09. There are often long waits for mental health services.

1 in 10 people wait over a year for access to talking therapies¹⁶



10. There is a wider economic impact of mental health.

The full costs of mental illness in England have been estimated to be £105.2 billion a year.¹⁷



Poor physical health and poor mental health can be highly connected



% of people affected by depression

Diabetes 27%

Hypertension 29%

Stroke 31%

Cancer 33%

HIV / AIDS 44%

Mental illness effect on life expectancy

- **7 to 10 years:** in people with depression
- **10 to 15 years:** in those with schizophrenia
- **Almost 15 years:** in those who misuse drugs or alcohol

A Call To:

- Tackle mental health conditions with the same energy and priority as we have physical illnesses.
- Equity of funding, commissioning and training
- End to stigma and prejudice within the NHS which stops people with serious mental health problems getting treated with the same vigour as if they had a physical illness such as diabetes.

If you fall down and break your hip, an ambulance will be with you in eight minutes to give emergency care at the scene before taking you to A&E. If, however, you suffer an acute psychotic episode in the street, you are just as likely to be attended by a police car and taken to a cell.

Parity of Esteem - 3 Initial Priorities 2013-14

- IAPT
- Diagnosis and support for people with dementia
- Improving awareness of the mental capacity act

HEE Mandate – 2015-16

Chapter 4 - Mental Health Headlines

- Dementia awareness and skills
- Implementation of access and waiting time standards
- A&E and liaison psychiatry
- Improving Access to Psychological Therapies
- Learning disability – with a particular focus on autism
- Perinatal Mental Health, Children and Young People's Services and Eating Disorders Services
- Criminal justice liaison and diversion services
- Exposure of doctors in training and GPs with specialist interest in mental health

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Other News

- Funded training available in all four IAPT Choice modalities - CfD (UCLan) / DIT / IPT / Couple NSCAP, Leeds details will be coming out soon via PPN details available from www.nwppn.nhs.uk/index.php/our-work/education-and-life-long-learning/iapt/courses
- EMDR Training commissioned by HENW – call for expressions of interest – see PPN news 28th May 2015
- Date for your diary - PPN conference Tuesday 10th November 2015 - Wellbeing of the Workforce

Discussion

- Examples of innovation and good practice linked to priorities – contact clare to discuss how we promote through the network & HENW case studies?
- How can the network support the further development and profile of the counselling SIG?

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