The role of mental health and wellbeing in tackling health inequalities

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Haringey 'Health: Everyone's Business'

25th October 2010

'Everyone in every part of the borough has the best chance of an enjoyable, long and healthy life'

Summary

Institutions have reached their problem solving limits
                                                    John McKnight

- **Theory:** what mental health can contribute to *understanding inequalities*

- **Practice:** what promoting mental health and wellbeing can contribute to *reducing inequalities*

- **Resources:** promoting mental wellbeing in a recession

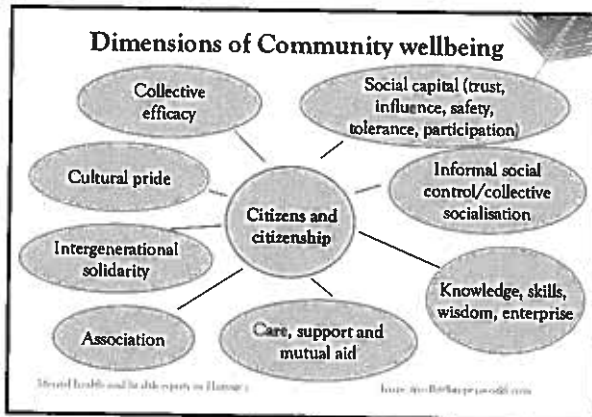Mental health and health equity in Haringey   lynne.friedli@btopenworld.com

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New Horizons
A shared vision for mental health

The London Health Inequalities Strategy

Fair Society, Healthy Lives

rethink

What's in a name.....

mental health

quality of life

positive mental health

happiness

mental capital

emotional wellbeing

resilience

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Dimensions of mental health

If I am not for myself, who will be for me?
And if I am only for myself, what am I? If not now, when?

Mental health / Mental capital / Resilience

How we feel... coping style, moods, emotions

How we think... learning style, knowledge, flexibility, innovation, creativity

Relationships with others... listening, communicating, co-operating, empathy, tolerance

Meaning and purpose... parenting, employment, volunteering, spirituality

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Dimensions of Community wellbeing

- Collective efficacy
- Social capital (trust, influence, safety, tolerance, participation)
- Cultural pride
- Informal social control/collective socialisation
- Citizens and citizenship
- Intergenerational solidarity
- Knowledge, skills, wisdom, enterprise
- Association
- Care, support and mutual aid

Why mental health matters

'It's better to be roughly right than precisely wrong'

- Mental wellbeing influences wide range of outcomes

- Improving mental wellbeing saves (a lot of) money

- Improving mwb delivers social (as well as economic) returns

- Improving mental health reduces health inequalities

Mental health as a determinant?

Can mental health help to explain outcomes that cannot be wholly accounted for by other factors?

- Contribution mental health and mental illness make to wide range of outcomes
- The 'unexplained excess' – classical risk factors do not account for level of variation in outcomes
- Presence as well as absence...
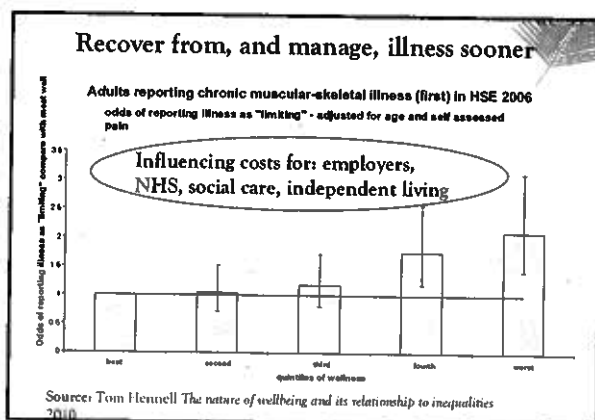- Key element of resilience

(Friedli 2009)

Outcomes associated with positive mental health

A worthwhile goal in itself _and_ leads to better outcomes:

- reduces prevalence of mental illness
- physical health: mortality/morbidity
- health behaviour
- employability, productivity, earnings
- educational performance
- crime / violence reduction
- pro-social behaviour/social integration/relationships
- quality of life

Recover from, and manage, illness sooner

Adults reporting chronic muscular-skeletal illness (first) in HSE 2006
odds of reporting illness as "limiting" – adjusted for age and self assessed pain

Influencing costs for: employers, NHS, social care, independent living

Source: Tom Hennell *The nature of wellbeing and its relationship to inequalities* 2010

Contribution of mental health to inequalities

Key domains: education/employment/behaviour /health/ consequences of illness /services

(*Whitehead & Dahlgren 2006*)

Mental health is a significant determinant in each case, influencing:

- readiness for school/learning
- employability
- capacity, motivation and rationale for healthy behaviours
- risk for physical health (e.g. coronary heart disease),
- chronic disease outcomes (e.g. diabetes)
- relationship to health services, including uptake/treatment

Mental wellbeing is a core asset...

"It gets so lonely around here that I phone myself seven or eight times a day, just to see how I am"

Phantom Tolbooth)

- Resilient places

- Resilient communities

- Resilient individuals

"extent to which communities are able to exercise informal social controls or come together to tackle common problems"

"mostly about the quality of human relationships"

What influences mental health?

Ageing is like climbing a mountain: you get out of breath but you have a magnificent view   Ingmar Bergman
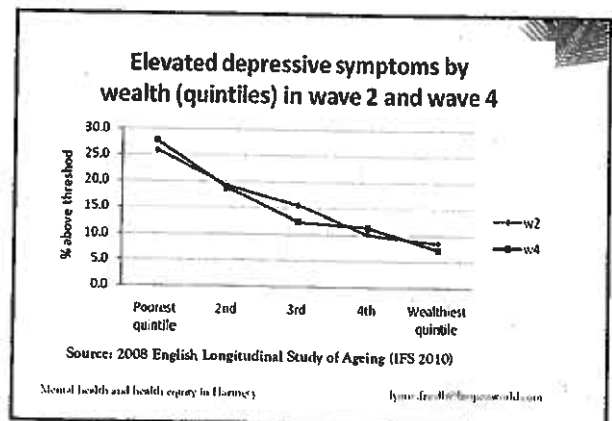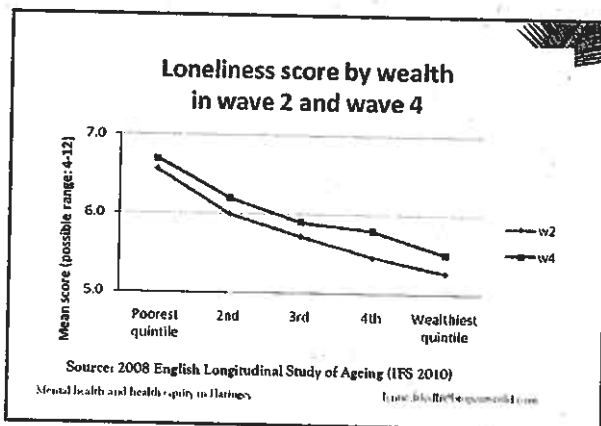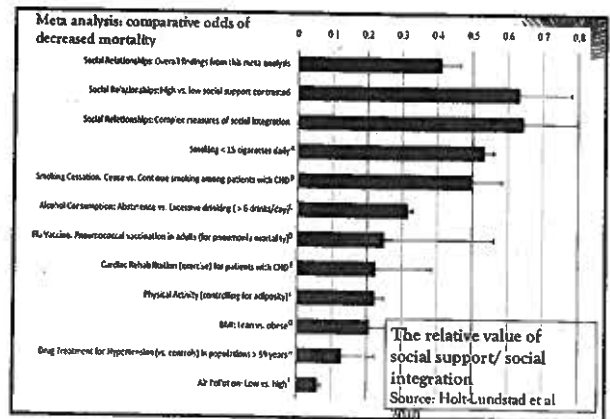

(the ecology of)Relationships matter

We do not have to be a Gandhi, or a Martin Luther King, or a Nelson Mandela or a Desmond Tutu or an Aung San Suu Kyi, to recognise that we can have aims or priorities that differ from the single minded pursuit of our own well being only.

Amartya Sen

- Mental health is produced socially

- Quality of social relationships is key factor in resilience

- Social integration buffers other risk factors

- Social support is unevenly distributed

Meta analysis: comparative odds of decreased mortality

The relative value of social support/ social integration
Source: Holt-Lundstad et al

Loneliness score by wealth in wave 2 and wave 4

Source: 2008 English Longitudinal Study of Ageing (IFS 2010)

Elevated depressive symptoms by wealth (quintiles) in wave 2 and wave 4

Source: 2008 English Longitudinal Study of Ageing (IFS 2010)

Slide 1

**Evidence based action:
'what and how'**

While there are multiple barriers to economic growth, the growth of human potential is unlimited

Coote and Franklin 2010

Slide 2

Scope of public mental health

Resources, relationships, meaning, respect

Material resources
Increasing equitable access to assets that support mental wellbeing

Relationships
Increasing social support as a buffer against adversity

Interventions to promote mental wellbeing

Meaningful activity
Opportunities to contribute

Inner resources
Strengthening psycho-social, life skills and resilience

Slide 3

Focus of interventions

Policy responses that enhance connections and collectivity
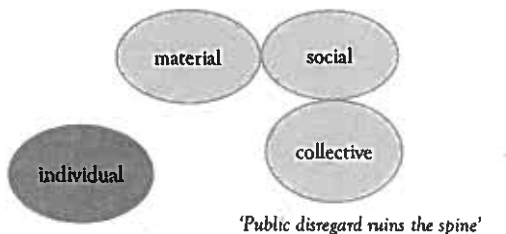
material

social

individual

collective

'Public disregard ruins the spine'

Brecht

Slide 4

'best buys'

- Supporting parents and early years: **parenting skills/ pre-school education/home learning environment/reading**

- Supporting lifelong learning: **health promoting schools and continuing education**

- Improving work: **employment/ workplace**

- Mental health assets **(diet, exercise, sensible drinking) and social support/integration**

- Supporting communities: **environmental improvements /environmental justice**
  Befriending, volunteering, timebanks, community development

Slide 5

Cost benefits: scale of return

Parenting programmes: £8 return per £1 invested

Health promoting schools (life skills, social skills):
- $25 - $45 return per dollar invested

The **Place2Be** individual and group school counselling services:
- £6 return per £1 invested

Adult learning: increase education of women to basic qualifications:
£230m per year saving in cost of depression

Access to **green open spaces** ≈ 50% reduction in health gap (all cause and circulatory disease mortality)

Education Maintenance Allowance: 1 less burglary conviction per 1,000 pupils in EMA areas relative to other LEAs

Reading Recovery: £17 per £1 invested (KPMG 2006)

US DHHS 2007; Chevalier & Feinstein 2006; Mitchell & Popham 2008; Feinstein & Sabates 2005)

Slide 6

Figure 3.2: Impact of the Home Learning Environment, relative to the impact of socio-economic status and mother's education, on children's achievement at different ages[1]
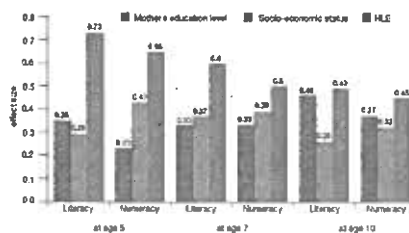
Equalities Review 2007 Crown Copyright

Slide 1

Exposure to green space: reducing the health gap

A All cause mortality

B Deaths from circulatory disease
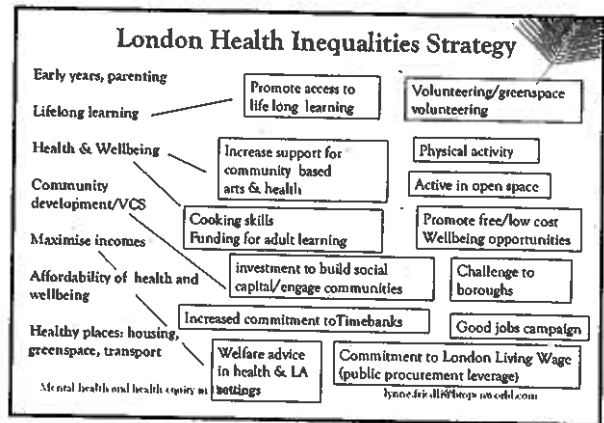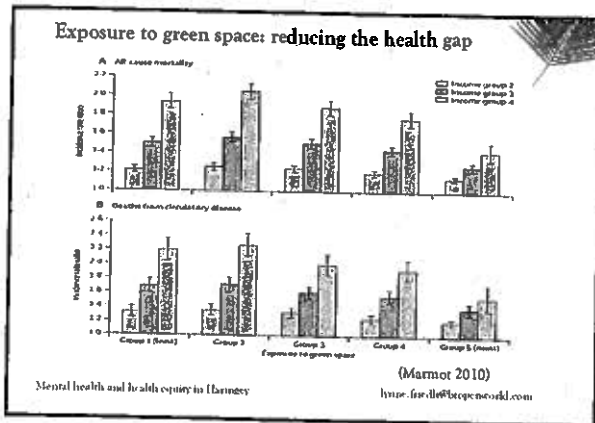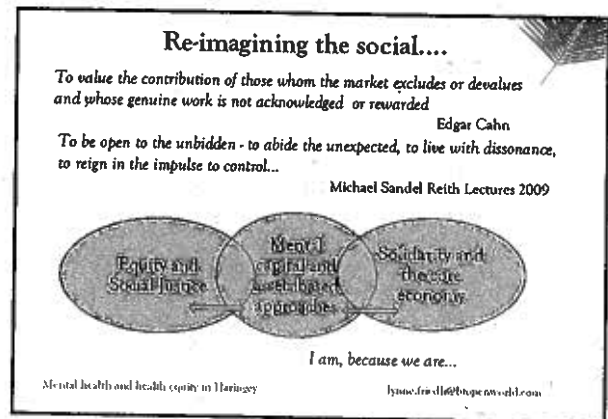
Income group 2
Income group 3
Income group 4

Group 1 (least)   Group 2   Group 3   Group 4   Group 5 (most)
Exposure to green space

(Marmot 2010)

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Slide 2

London Health Inequalities Strategy

Early years, parenting

Lifelong learning

Health & Wellbeing

Community development/VCS

Maximise incomes

Affordability of health and wellbeing

Healthy places: housing, greenspace, transport

- Promote access to life long learning
- Increase support for community based arts & health
- Cooking skills Funding for adult learning
- investment to build social capital/engage communities
- Increased commitment to Timebanks
- Welfare advice in health & LA settings

- Volunteering/greenspace volunteering
- Physical activity
- Active in open space
- Promote free/low cost Wellbeing opportunities
- Challenge to boroughs
- Good jobs campaign
- Commitment to London Living Wage (public procurement leverage)

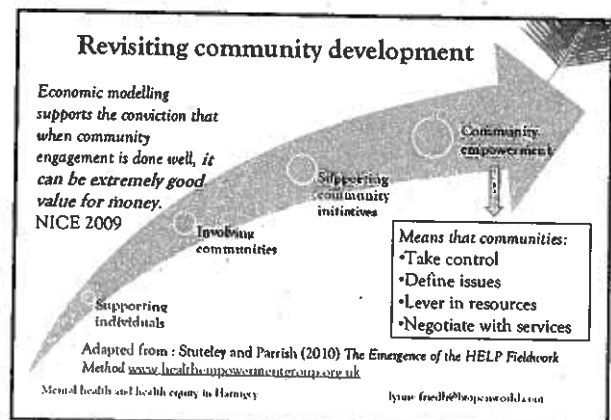Mental health and health equity in Haringey   lynne.friedli@btopenworld.com

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Promoting mental health supports wider goals

- Empowering Haringey's People and Communities
- Enabling Best Start in Life
- Primary and Social Care Equity
- Health, Work and Wellbeing
- Maintaining Healthy and Sustainable Places
- Preventing Ill-Health and Supporting Lifestyle Changes

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Re-imagining the social....

To value the contribution of those whom the market excludes or devalues and whose genuine work is not acknowledged or rewarded

Edgar Cahn

To be open to the unbidden - to abide the unexpected, to live with dissonance, to reign in the impulse to control...

Michael Sandel Reith Lectures 2009

Equity and Social Justice   Mental capital and asset-based approaches   Solidarity and the core economy

I am, because we are...

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Slide 5

Towards an index of multiple assets/JSAA

"too often the price of receiving support is exclusion from the life of citizenship
Simon Duffy

- Map assets/build on assets: appreciative inquiry
- Commission for social value/ SROI: *How can each £1 spent on delivery also produce wider community benefit?*
- Co-production: redefining 'need' and 'provider'
- Start from existing passions/enthusiasms
- Focus on addressing barriers to community action

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Revisiting community development

Economic modelling supports the conviction that when community engagement is done well, it can be extremely good value for money.
NICE 2009

Community empowerment

Supporting community initiatives

Involving communities

Supporting individuals

Means that communities:
- Take control
- Define issues
- Lever in resources
- Negotiate with services

Adapted from : Stuteley and Parrish (2010) *The Emergence of the HELP Fieldwork Method* www.healthempowermentgroup.org.uk

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Community assets that influence wellbeing

- Collective action to tackle problems
- Social capital (trust, influence, safety, participation)
- Cultural heritage and local traditions
- Green open spaces/natural environment
- Shared public spaces/stop & chat
- **Determinants of wellness**
- Valued services (shops, transport, doctor, hospital, chemist, pubs)
- Sport and recreation
- Schools, libraries, colleges, places of worship

Mad Culture and Community

madpride.org.uk

Mad Pride
Mad Unity

The Mad Hatters of Bath

bathmadhatters@hotmail.co.uk
tel. 01225337787/07816133285

BACK TO WORK? NO CHANCE! HANDS OFF OUR BENEFITS !

Source: The Survivors' History Group *Pageant of Survivor History*
http://studymore.org.uk/mpu.htm