

New Script

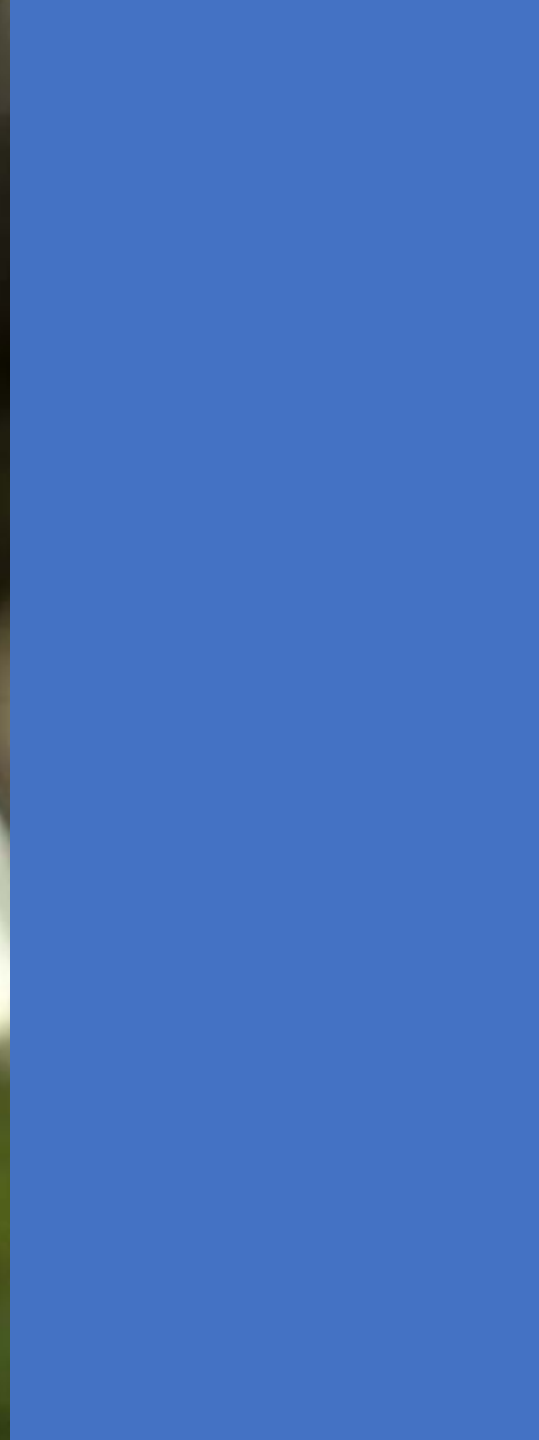
FOR MENTAL HEALTH



New Script for Mental Health: Community,
Compassion, Connection, Choice



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Evolution of the Mental Health Campaign

Sara Boyce PPR MH Campaign Organiser



New Script for Mental Health: Community Compassion, Connection, Choice



‘The crisis in mental health should be managed not as a crisis of individual conditions, but as a crisis of social obstacles which hinders individual rights. Mental health policies should address the “power imbalance” rather than “chemical imbalance’.

Professor Dainius Puras, UN Special Rapporteur on the Right to Health (2019)

Data – Talking Therapies

Waiting Times Jan-Sept 2022

- There is no target waiting time that Trusts are bound by.

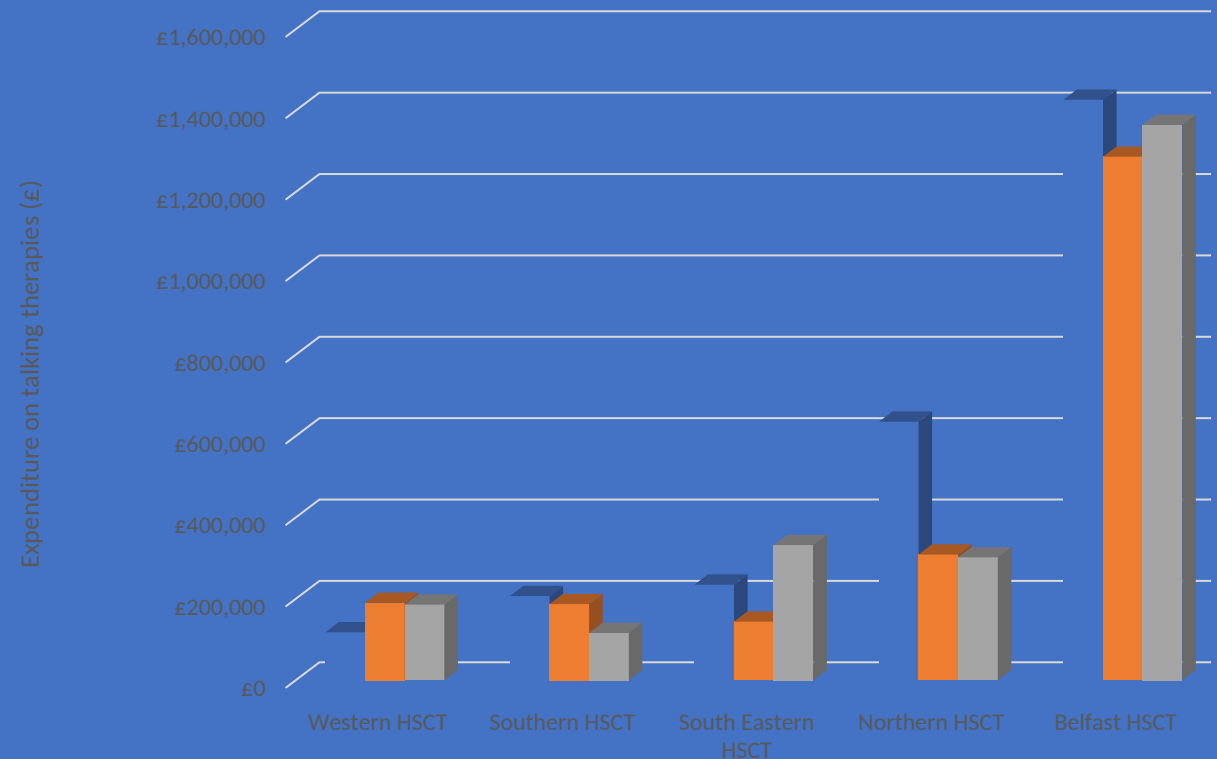
Western Trust

- Talking therapy hubs don't operate in Fermanagh and Omagh.

Southern Trust

- Only 1 person seen within a month
- 70 people waiting longer than a month
- They handed back £83,307.

Expenditure on Talking Therapies



Data: Antidepressant Prescribing

- The current budget across the five Trusts for *talking therapies* equates to **£1.9m**.
(Dept of Health Funding Plan for Mental Health Strategy)
- Approximately **£13m** a year is spent on *antidepressants*.

Council area	People	% of population
Fermanagh & Omagh	21,289	17.9%
Derry & Strabane	35,434	23.4%
Mid Ulster	24,729	16.2%
Overall	382,288	19.9%

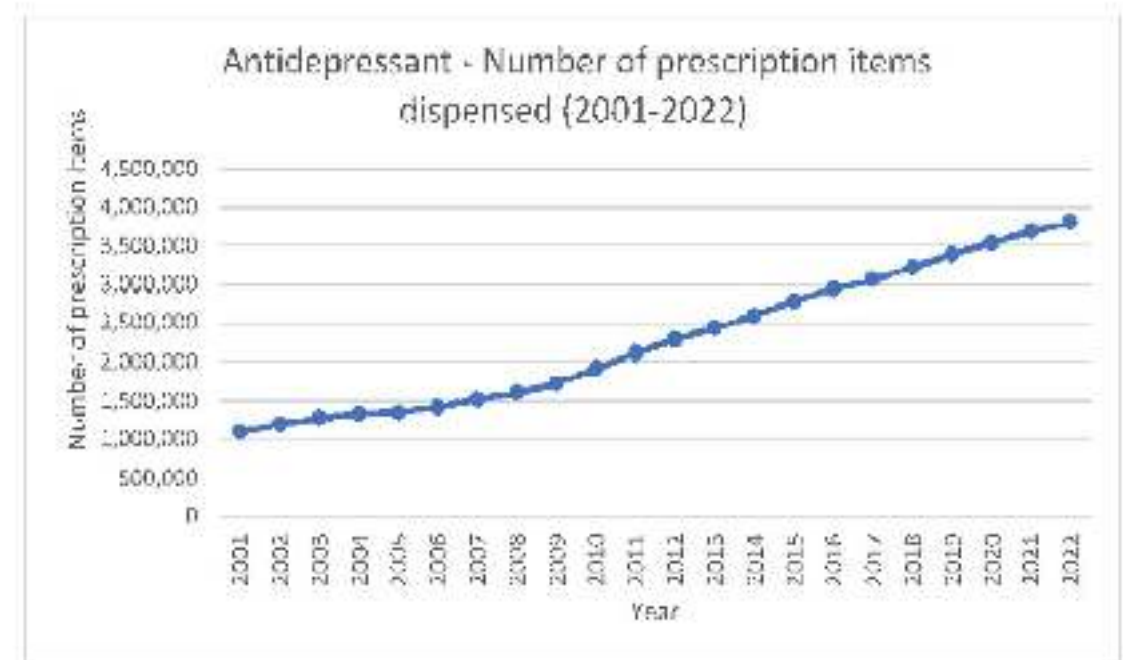


Figure 4: Number of antidepressant prescription items dispensed in Northern Ireland (2001-2022)

Data: Mental Ill Health, Suicide & Inequality

- The inequality gap has widened to over 3 times the rate of deaths in poor areas to wealthy areas
- The percentage of suicides in 2022 from Northern Ireland's most deprived areas (31.0 per cent) was over three times that of the least deprived areas (9.4per cent).

<https://www.nlb.ie/blog/2022-05-123gp-responds-to-publication-of-suicide-statistics-for-2020>

- Mental Illness any stats ????

Time for a #NewScript for Mental Health



Accountability



**"Curious Minds Will Find A Way"
Conversation Series**

Does Electroconvulsive Therapy have a place in 21st century, evidenced based medicine?

Join us for the unique opportunity to hear Professor John Fildes share the history of the controversial treatment Electroconvulsive Therapy (ECT), and what the research says about its effectiveness.

The session will cover the evidence of how the procedure is given, ECT resistance rates, evidence against current practice and the current health system and how ECT works, including light and more complex case management approaches.

John and I have co-authored a paper which found that public information on ECT in Northern Ireland, Scotland and Wales did not comply with the standards of safe informed consent.

7TH MARCH 2024 | 10:30-13:00
LANYON BUILDING/OG/074
QUEENS UNIVERSITY BELFAST

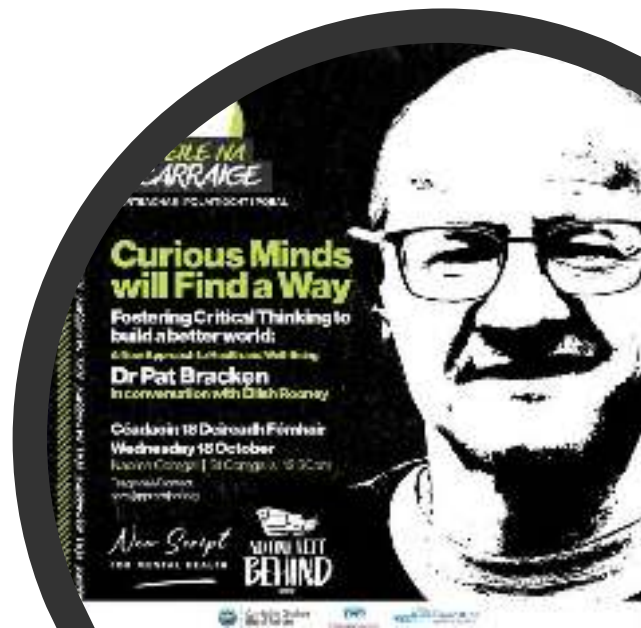
 

The above is for information only and does not constitute an offer of any financial product.





Alternatives: Creative, researched choices & new ways of understanding mental health!



Collective Care



New Script for Mental Health: Community, Compassion, Connection, Choice

New Scripts: Results of Community Consultation

Stormont Event September 2023



Purpose of Community Consultation

- It's time to have **an open conversation** about mental health.
- We are **creating opportunities** to have this conversation.
- We **all have ideas** from our own experiences and wisdom.
- This consultation is about **sharing those ideas**.
- **Collectively creating** a New Script for Mental Health.



Methodology

‘Think about what you believe is needed to address the causes and results of emotional pain and distress. Then write your New Script for Mental Health’

- Mix of consultation methods – online, video, workshops,
- Stall at health & well-being event for young people
- 127 New Scripts completed
- Responses anonymised
- Thematic analysis

The image shows a hand-drawn sketch of a form on a light-colored background. At the top left, there is a blue box with the white text 'NHS'. Below this, there is a square box with an 'X' inside, labeled 'Pharmacy Stamp'. To the right of the 'Pharmacy Stamp' box, there are two columns. The first column has 'Age:' followed by '74' and 'D.O.B:' followed by '05/07/1948'. The second column has 'Name:' followed by 'NHS'. Below these fields is a large, empty rectangular area. At the bottom of the form, there are two boxes: 'Signature:' on the left and 'Date:' on the right.

Key Themes

- Reform mental health services
- Wider options for people
- Individual and collective empowerment
- Address underlying causes of emotional pain and distress
- Underpinning values



1. Reform Mental Health Services

'Put talking therapy at the heart of the mental health framework. This means huge investment in making it acceptable to everyone, not just small increases in funding. A total refocusing is needed. There is a de-facto two-tier system of mental healthcare, where those who can pay £50-£60 per session of counselling have more options'.

'Counselling and psychiatric support available in a timely manner through GPs, including for children and young people'.

'Immediate access to counselling and for as long as needed'

'Fully informed consent around prescribing of psychoactive drugs to include risks of long-term use and difficulties of coming off'

'Provide early intervention, timely support for children and young people'



(a) Talking Therapies

End the post-code lottery

Invest in community-based counselling services

End the de facto 6 week cap on number of sessions

Provide counselling in schools

Make it affordable for new counsellors to practice

2. Wider Options for People

- Access to arts and creativity
- Access to nature
- Non-drug-based approaches e.g. The Rest of the Story & social prescribing
- Alternatives to ED for emotional distress
- Rehab services
- Community networks & support

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‘Recognise the role that nature, creativity and the arts have, and support this’


‘Greater availability of social prescribing for social, creative and active pursuits. People may have a one-hour appointment with a mental health professional once a fortnight, but what support do they have in between these appointments?’.

‘More community-based initiatives like The Rest of the Story storytelling programme, to empower people to frame their own experience, enabling them to support each other in the community’.

3. Individual *AND* Collective Empowerment

- A person, not a diagnosis
- Connect with others with similar experiences
- Empowered to tell your story
- Value lived experience
- Listen to activists & their solutions
- Communities empower themselves, collective agency
- Remove targets and focus on caring relationships
- Warm handover
- Whole systems approach
- Improved record keeping and communication between services
- Greater respect for mental health staff


“All services should be human rights informed. People using our Mental Health Services should not be treated as if they have no rights”



'There's really no such thing as the 'voiceless'. There are only the deliberately silenced, or the preferably unheard.'

Arundhati Roy

Author & Activist



ADVANCING JUSTICE
ASIAN LAW CENTRE

“Stand for something or you will fall for anything. Today’s mighty oak is yesterday’s nut that held its ground.”



Rosa Parks

February 4, 1913 – October 24, 2005

‘My new script for mental health involves power at the community level, redistribution of power downwards from those at the top to those at the bottom. This is crucial because too often those at the top want those at the bottom to blame themselves. For hunger, for illness, for substandard housing. In this way, redistribution of power promotes wellness’.

‘Trauma informed practise by all healthcare professionals and awareness of the impact of trauma.’

‘Additional funding for the community and voluntary sector and long-term funding for community-based peer support.’

‘Lobby for changes to our funding model so the Health Department can do multi-year funding.’

4. Address Underlying Causes of Emotional Pain & Distress

- More social and affordable housing
- Allow asylum seekers to work
- Universal Basic Income
- Address transport barriers
- Stop privatisation of NHS

‘Shelter, food, clothing, love and proper income to provide.....are essential to human existence’

‘More social housing. Waiting lists are a joke. Affordable housing. Rental market is so stressful’.

‘Asylum seekers come from countries torn by war and poverty. We come traumatised and we face more trauma here. Asylum seekers need to be able to work and have access to services so we can live in dignity’

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5. Underpinning Values

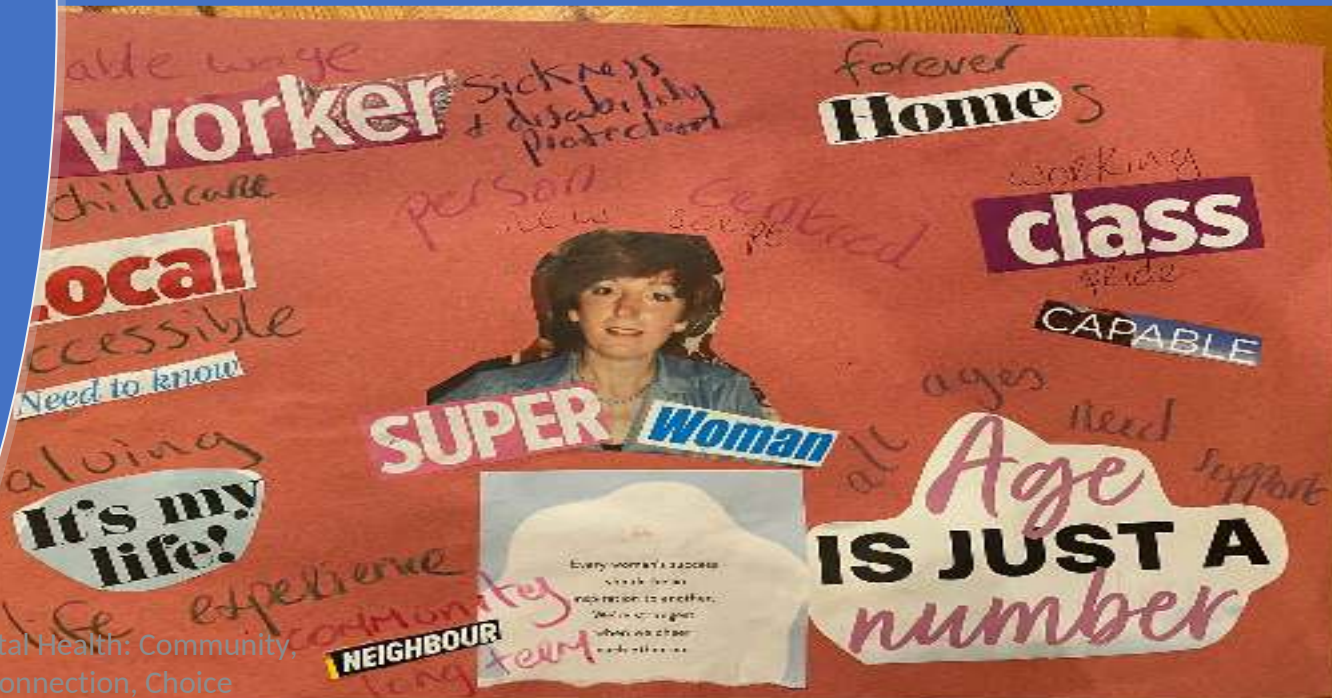
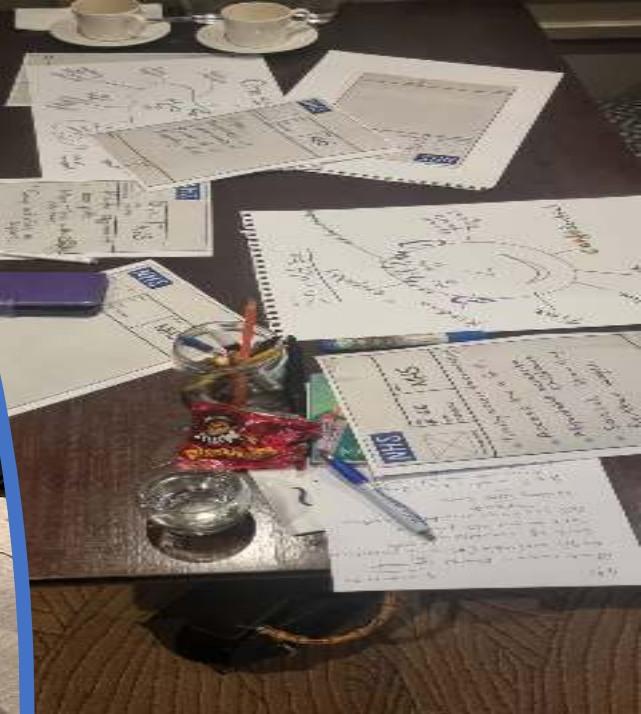
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Siobhan shares her #NewScript



Why I got involved: Caroline's Story

- How I got involved: Launch Event 1stFeb 2023
- Hearing people real experiences and having someone to talk to you and support
- Follow up, not drifting
- My prescription
- Creative, therapeutic writing
- Coming into community

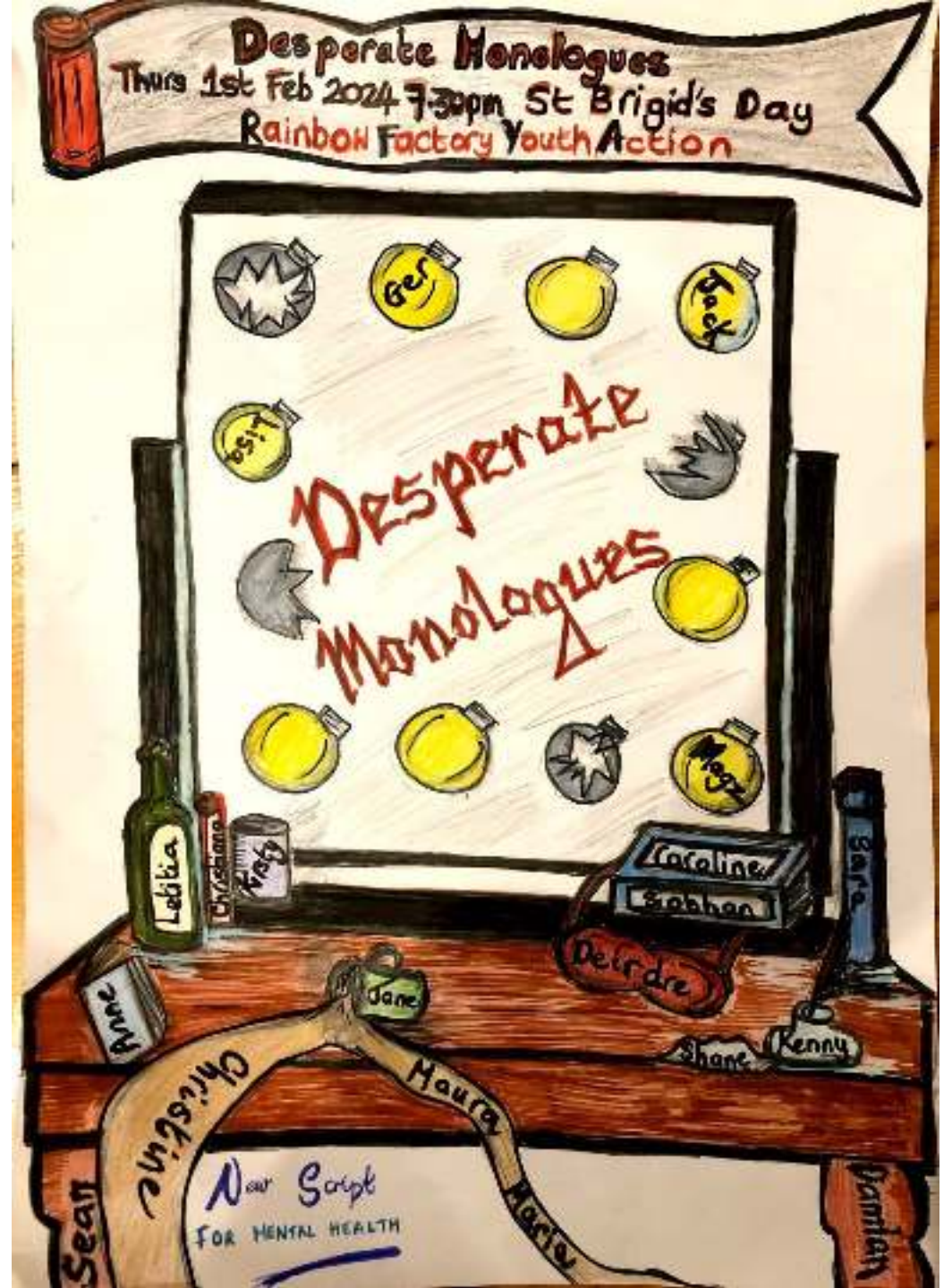


Why I got involved: Deirdre's Story

- How I got involved: Calligraphy writing
- What I did and how I felt
- Storytelling and art for healing and solidarity
- Desperate Monologues
- Poem: Nothing is ever in vain



“Not in Vain”



Kirsty shares her #NewScript



Jake shares his #NewScript







Thank You For
Joining Us Today!



New Script
FOR MENTAL HEALTH



Free Online Co-Produced Safety Planning site for anyone struggling or supporting someone who is suicidal www.stayingsafe.net

Contact Details and Resources

- For further information please contact Sara Boyce, PPR on sara@pprproject.org or 07864074235
- Website www.nlb.ie/campaigns/mental-health
- Twitter @PPR_Org
- Facebook https://www.facebook.com/pprproject/?locale=en_GB
- You can find lots more data on our website using this link <https://www.nlb.ie/blog/2023-10-ending-the-secrecy-around-mental-health-statistics>
- PPR blog: Inequality and Mental Health <https://www.nlb.ie/blog/2023-05-inequality-and-mental-health-joining-the-dots>
- International Institute for Psychiatric Drug Withdrawal (includes a video on safe withdrawal) <https://iipdw.org/>
- World Health Organisation and United Nations (2023) *Mental health, human rights and legislation: Guidance and Practice*. Geneva. World Health Organisation and United Nations. <https://iris.who.int/bitstream/handle/10665/373126/9789240080737-eng.pdf?sequence=1>

