Parity of Esteem
Issue 2, November 2014

Reports

Mental health services: achieving better access by 2020
Department of Health, October 2014

This report shows what action the government is taking to provide better access to care in mental health services within the next year, including national waiting time standards for the first time. It also sets out its vision for further progress by 2020.

From April 2015, the following will be guaranteed:

- Treatment within 6 weeks for 75% of people referred to the Improving Access to Psychological Therapies programme, with 95% of people being treated within 18 weeks
- Treatment within 2 weeks for more than 50% of people experiencing a first episode of psychosis
- Targeted investment will also help people in crisis to get effective support in more acute hospitals.

This plan will start to ensure that mental and physical health services are given equal priority by 2020.

Click here to access the full report.

Speech - Providing better help and support for mental health services

*Department of Health, 10 October 2014*

The Secretary of State for Health, The Rt Hon Jeremy Hunt MP, spoke to the Royal College of Psychiatrists on 10 October 2014 about the government's plan for improving mental health.

[Click here](#) to view the full transcript of the speech.

Prioritising Mental Health Research, Our Manifesto

*Centre for Mental Health, October 2014*

This publication from the Centre for Mental Health sets out what political parties can do to make mental health research a priority during the General Election 2015 and in government. *General Election 2015: Prioritising Mental Health Research* sets out three priorities:

1. Championing mental health research funding in General Election manifestos. The next Government should redress the current imbalance in research funding.

2. Removing blockages to mental health research. We cannot improve mental health and wellbeing without better quality data and information, improved coordination of data sharing between government departments and more mental health knowledge among the wider public service workforce.

3. Giving priority to research that will make the biggest difference to people's lives including research into children's mental health, prevention and promotion of mental wellbeing and the links between mental and physical health. Setting research priorities should begin with the knowledge and experience of people with mental health problems.

[Click here](#) to access the full report.
Annual report of the Chief Medical Officer 2013: public mental health priorities

Department of Health, September 2014

The annual report of the Chief Medical Officer looks at the epidemiology of public mental health, the quality of evidence, possible future innovations in science and technology, and the economic case for good mental health. It also outlines the importance of both treating mental health as equal to physical health and of focusing on the needs and safety of people with mental illness.

Highlights from the report include:

- Mental health is just as important as physical health, mental health services need to be valued and the scale of the burden of disease caused by mental illness needs to be acknowledged

- More needs to be done to help people with mental illness stay in work, as since 2009, the number of working days lost to ‘stress, depression and anxiety’ has increased by 24% and the number lost to serious mental illness has doubled

- There have been some very interesting technological innovations in mental healthcare and our understanding of the causes and development of mental illness is increasing through techniques such as neuroimaging, neuropsychology, genetics and blood-based biomarkers.

Click here to view the full report.

Progress on premature deaths of people with learning disabilities

Department of Health, September 2014

This report shows progress to-date against the 18 recommendations made in the Confidential Inquiry into premature deaths of people with learning disabilities both locally and nationally. It outlines the action being taken to improve the experience of people with learning disabilities in hospital and reduce premature deaths.

The report recognises that more needs to be done including all local areas, specifically:

- participating fully in the Self-Assessment Framework and act on its results
- securing the provision of named care co-ordinators
- ensuring reasonable adjustments are made and audited

Click here for more information and to access the full report.
Making Parity a Reality: six asks for the next Government to improve the nation’s mental health

Royal College of Psychiatrists, September 2014

This report sets out a wish list to all government parties to commit to ensuring that all people who experience mental health problems receive the treatment and care they deserve.

The manifesto has six key asks:

• Everyone who requires a mental health bed should be able to access one in their local NHS Trust area, unless they need specialist care and treatment. If specialist care is required, then this should be provided within a reasonable distance of where the patient lives.

• No-one should wait longer than 18 weeks to receive treatment for a mental health problem, if the treatment has been recommended by NICE guidelines and the patient’s doctor.

• Everyone experiencing a mental health crisis, including children and young people, should have safe and speedy access to quality care, 24 hours a day, 7 days a week. The use of police cells as ‘places of safety’ for children should be eliminated by 2016, and by the end of the next Parliament occur only in exceptional circumstances for adults.

• Every acute hospital should have a liaison psychiatry service which is available seven days a week, for at least 12 hours per day. This service should be available to patients across all ages. Emergency referrals should be seen within one hour, and urgent referrals within five working hours.

• A minimum price for alcohol of 50p per unit should be introduced. This will reduce the physical, psychological and social harm associated with problem drinking, and will only have a negligible impact on those who drink in moderation.

• There should be national investment in evidence-based parenting programmes, in order to improve the life chances of children and the well-being of families.

Click here to view the full report.
News articles

Public mental health spending in England too low, says Mind
BBC News, 28 October 2014
Local authorities in England spend an "unacceptably low" amount of money on public mental health, according to the charity Mind.
A report by the charity says on average just 1.4% of public health budgets is spent on mental health...
Please [click here](#) to view the full text.

New mental health ratings welcomed
NHS England, 10 October 2014
NHS England has welcomed the announcement that easy to access ratings for mental health hospitals will be published on MyNHS from today. Dr Geraldine Strathdee, NHS England National Clinical Director for Mental Health, said it was "excellent news the public would now be able to see key information on their local service in a central place."
Please [click here](#) to view the full text.

£120million investment in tackling mental health
NHS England, 9 October 2014
The NHS in England is to invest a further £120million over the next two years on improving mental health services. The investment and the new standards for mental health services have been announced today by NHS England Chief Executive Simon Stevens and Deputy Prime Minister Nick Clegg as part of a five-year ambition that will see new waiting times standards and early intervention services introduced, helping to put mental health on an equal footing with physical health services...
Please [click here](#) to view the full text.

Lib Dems plan to make mental health and social issues part of curriculum
The Guardian, 3 October 2014
Schoolchildren would learn about the risks of sexting, cyber bullying and pro-anorexia websites under Liberal Democrat plans to educate young people about the realities of mental illness...
Please [click here](#) to view the full text.

Treat mental and physical health during diagnosis
BMA, 24 September 2014
Medical students need to understand the importance of taking a ‘whole-person’ approach to treating patients, a Labour party conference fringe event has heard. BMA board of science chair Baroness Sheila Hollins (pictured right) said it was vital that mental health was considered alongside physical health in diagnosis and treatment options and for this to be taught at medical school....
Please [click here](#) to view the full text.
News articles

The integration of mental and physical health care
*The Lancet, 20 September 2014*
Comment from The Lancet on the Chief Medical Officer’s Annual Report 2014 (see the report section for more details of this report) and the viability of integration of mental and physical health care.
Please click here to view the full text.

Thousands attempt suicide while on NHS waiting list for psychological help
*The Independent, 16 September 2014*
Thousands of people have attempted suicide while on an NHS waiting list for psychological treatment, according to a comprehensive new study of mental health services in England…
Please click here to view the full text.

Chief medical officer: Make mental health bigger priority
*BBC News, 9 September 2014*
Mental health needs to be more of a priority, with targets for waiting times and more protection for funding, says England’s chief medical officer….
Please click here to view the full text.

Analysis reveals mental health trust funding cuts
*Health Service Journal, 14 August 2014*
NHS mental health providers have slashed beds and staff levels as they cope with real term funding cuts and the soaring cost of sending patients hundreds of miles away for treatment…
Please click here to view the full text.

Two-thirds of Britons with depression get no treatment
*The Guardian, 13 August 2014*
Less than a third of people with common mental health problems get any treatment at all – a situation the nation would not tolerate if they had cancer, according to the incoming president of the Royal College of Psychiatrists…
Please click here to view the full text.

Clegg: Mental health research ‘needs boost’
*BBC News, 7 August 2014*
The Deputy Prime Minister said his party’s next election manifesto would include a pledge to raise annual research spending in England by £50m by 2020….
Please click here to view the full text.
News articles

Clinical commissioning groups' ‘postcode lottery’ spending on mental health criticised
Mental Health Today, 28 July 2014
Spending on mental health services by clinical commissioning groups (CCGs) is a postcode lottery, with spending on it varying from area to area – and not necessarily based on prevalence, a Freedom of Information (FoI) has revealed…
Please click here to view the full text.

Statement on Clinical Commissioning Groups’ spending on NHS mental health service
Royal College of Psychiatrists, 25 July 2014
Professor Sir Simon Wessely comments on levels of spending on mental health services across different CCGs.
…‘Although many CCGs are certainly getting it right, there are those who need to urgently reconsider whether they are giving mental health parity of esteem with physical health, as their patients rightly deserve’…
Please click here to view the full text.

Why 'parity of esteem' for mental health is every hospital doctor's concern
British Journal of Hospital Medicine, May 2014, vol./is. 75/5(277-280), 1750-8460
This article illustrates current gaps which reflect the poor status of mental health within medicine, and efforts to address these by delivering 'parity of esteem' for mental health. It suggests ways in which hospital doctors can play a part in achieving parity...

Please click here to view the full text. You will need to sign in using your Athens password to view this article. All Lancashire Care staff are able to register for an Athens password. Please click here to apply for an Athens password.
The government’s mandate for achieving parity of esteem between physical and mental health has put the spotlight on mental health provision. In London, meeting the mental health needs of the large and diverse population poses major challenges, and the London Health Board has identified improving the mental wellbeing of Londoners as a priority. But so far, there has been little consideration of what is required to meet the future mental health needs of London’s population and how this can be achieved.

This report describes a vision for the future of mental health provision in London, generated through a process of engagement with key stakeholders in the capital.

The vision is based on a collaborative, integrated approach towards mental health that is relevant in London and elsewhere. A number of key steps have been identified to support systemic implementation of this vision:

- developing a process of collaborative commissioning to facilitate change
- driving change through collective systems leadership
- ensuring that service users and clinicians are at the core of provision
- using contracting systems to support integration
- building a public health approach to mental wellbeing
- developing pan-London solutions to increase impact
- improving the availability of meaningful outcomes data
- utilising London’s academic infrastructure to disseminate best practice
- creating a new narrative for mental health.

These steps reflect the strengths of individual stakeholder groups but also the importance of working collaboratively and adopting a shared agenda.

Click here for more information and to download the report.
North-West regional activity

**LCFT Physical Health Care in Mental Health Intranet Site**

The recent English Mental Health Strategy ‘No Health without Mental Health’ has made a commitment to ‘Parity of Esteem’ between mental and physical health services, and has a clear objective to improve the physical health of those with a mental health problem.

Parity between physical health and mental health care is long overdue and in order to address this, Lancashire Care NHS Foundation Trust have developed a physical health implementation plan to improve physical health care within LCFT’s Mental Health services. The plan includes the delivery of physical health skills training, competency assessments and bespoke training in physical health conditions and interventions.

In order to support staff an intranet site has been developed were you will find, documents relating to the physical health skills training, competency assessments and current information on physical health care in mental health. You will also be able to access the latest national guidance and information relating to physical health care within mental health.

The site can be found within the Quality and Governance directorate page on the Trust’s intranet, please click here.

For any further information please contact Lorna McGlynn, Physical Health Care Lead for Mental Health Services.