Parity of Esteem

Issue 3, April 2015

Reports

Parity in Progress? The All Party Parliamentary Group on Mental Health's inquiry into parity of esteem for mental health

All Party Parliamentary Group on Mental Health, March 2015

The All Party Parliamentary Group on Mental Health, chaired by Conservative MP James Morris, held a year-long inquiry that found ‘unacceptably poor’ provision of mental health care which the group said would not be tolerated in the rest of the NHS.

The APPG’s report found that there were key areas where the lack of equality between mental and physical health services was most evident and made recommendations for targeting these areas.

The group has called for the next Government to accelerate its efforts to bring mental health services up to the standard of physical health services.

Click here to view the full report.
Achieving parity of esteem between mental and physical health in care standards and public attitudes has been attempted for decades. This note outlines the history of these efforts, the various ways in which parity is defined and measured, the challenges of achieving this ideal and the strategies that may be employed to that end.

Click here to view the note.

Psychological therapies and parity of esteem: from commitment to reality

*British Association for Counselling and Psychotherapy, December 2014*

This report by the British Association for Counselling and Psychotherapy (BACP) looks at how to make parity of esteem a reality in relation to NHS psychological therapy services. It includes the views of service users in need of, or in receipt of, psychological therapy, as well as the practitioners and organisations involved in its delivery.

Click here to view the full report.

Frontline First Turning back the clock? RCN report on mental health services in the UK

*Royal College of Nursing, November 2014*

This special report shows that mental health services are now under unprecedented strain, experiencing a steep fall in nurse numbers and available beds despite rising demand. The report shows that a disproportionate number of more experienced nurses have been lost and highlights the serious implications that the loss of these skills has for both patients and nurses alike.

The report also takes a look at each of the countries in the UK, outlining specific policy commitments and the current challenges facing mental health services in the different health and social care landscapes.

Click here to view the full report.
NHS Mandate 2015 to 2016

Department of Health, December 2014

The NHS mandate for 2015 to 2016 carries forward all existing objectives from the mandate for 2014 to 2015. There are two important updates to existing objectives where NHS England is expected to make further progress:

- to join up health and social care services through the Better Care Fund
- to introduce access and waiting time standards in important areas of mental health services by March 2016, as part of its wider objective to work towards parity of esteem between mental and physical health.

The NHS Mandate is structured around 5 main areas where the government expects NHS England to make improvements:

- preventing people from dying prematurely
- enhancing quality of life for people with long-term conditions
- helping people to recover from episodes of ill health or following injury
- ensuring that people have a positive experience of care
- treating and caring for people in a safe environment and protecting them from avoidable harm

The mandate reaffirms the government’s commitment to an NHS that remains available to all, based on clinical need and not ability to pay – and that is able to meet patients’ needs and expectations now and in the future.

Click here to view the full report.

Political Parties launch their 2015 election manifestos

Royal College of Psychiatrists, April 2015

This briefing from the RCPsych provides a concise overview of all the parties’ mental health manifesto commitments.

Click here to view the document.
Guidance to support the introduction of access & waiting time standards for mental health services in 2015/16

NHS England, 13 February 2015

NHS England has set out guidance for how new access and waiting time standards for mental health services are to be introduced.

In October NHS England and the Department of Health announced the measures in ‘Improving better access to mental health services by 2020’.

This guidance explains the case for change in four areas and sets out the expectations of local commissioners for delivery during the year ahead working with providers and other partners. It sets out how commissioners and providers can begin to prepare for implementation of the new early intervention in psychosis and liaison mental health standards. It outlines that plans need to be submitted regarding how local commissioners will meet the new IAPT standard for people with depression and anxiety disorders. It also updates on funding for eating disorders services.

Click here to download the guidance.

Mental health choice guidance published

NHS England, 19 December 2014

NHS England has published updated guidance to help commissioners, GPs and providers support mental health patients exercising their legal rights to choose who provides their care and treatment.

In April 2014 the Government established for people with mental health conditions the same legal right to choice of provider as has existed for several years in physical health, representing a major step towards realising parity between physical and mental health. NHS England published interim guidance in May 2014 and consulted widely on this.

In response to the feedback received, the guidance has been updated to ensure that it provides the clarity that commissioners, GPs and providers need. In addition a set of clinical scenarios to illustrate how mental health patients’ legal rights should work in practice have been published.

Click here to download the guidance.
News articles

Children's mental health: a mother's campaign to be by her daughter's side
*The Guardian, 9 April 2015*
It is a 118-mile round trip between Sally Burke’s home in Hull and the mental health unit in Sheffield where her 13-year-old daughter, Maisie, has been staying for the past four months…

[Click here](#) to read the full article.

Lib Dems pledge £2bn extra funding for mental health
*The Guardian, 31 March 2015*
The Liberal Democrats have pledged more than £2bn of extra funding for mental health over the next parliament on top of what has already been announced in the coalition budget…

[Click here](#) to read the full article.

Child mental health faces 'complex and severe' problems
*BBC News, 20 February 2015*
Child mental health services in England must be prioritised more to tackle the complex and severe problems they face, a leaked draft taskforce report says…

[Click here](#) to read the full article.

Concern over projected fall in NHS mental health nurse vacancies
*Nursing Times, 19 December 2014*
A forecasted reduction in the number of NHS mental health nursing jobs over the coming years could threaten the government’s ambition to see it put on an equal footing with physical treatment, it has been claimed…

[Click here](#) to read the full article.

Nurses warn of mental health services strain
*BBC News, 23 November 2014*
Staff cuts and bed shortages are leaving mental health services "under unprecedented strain", says the nurses' union…

[Click here](#) to read the full article.
Norfolk and Suffolk mental health patients in beds miles from home
BBC News, 15 November 2014
Up to 50 mental health patients in Norfolk and Suffolk had to be sent to other parts of England last week because of a shortage of beds and a shortfall in funding…

Click here to read the full article.

Parity of esteem for mental and physical health is a red herring
BMJ Letters, 16 December 2014
Millard and Wessely acknowledge how hard it is to know what “parity of esteem” between mental health and physical health really means. However, they avoid direct engagement with evidence that the problem with mental health services is also to do with the services themselves…

Click here to access the full article. You will need to login with your Athens account to view this article.

Parity of esteem between mental and physical health
BMJ, 14 November 2014
Although parity of esteem between mental and physical health has been a high profile political issue in the UK since 2011, debates about the relative esteem and provision for mental and physical health are long standing…. 

Click here to access the full article. You will need to login with your Athens account to view this article.
Regional activity

CPFT pledges support for new mental health declaration

Cambridgeshire and Peterborough NHS Foundation Trust, November 2014

The chair of Cambridgeshire and Peterborough NHS Foundation Trust has given her backing to a declaration setting out how organisations will work together to support people experiencing mental health crisis…

Click here to view this item.

House of Commons Hansard Debates – Oral Answers to Questions 25 November 2014

The Secretary of State was asked by Andrew Bridgen (North West Leicestershire) (Con): What steps he is taking to deliver parity of esteem for mental health services. [906218]

Click here to view this item.

Experts call for equal treatment of mental health

Worcester Observer, 30 October 2014

A range of experts spoke at a parity of esteem event organised by Worcestershire Health and Care NHS Trust on October 24, which focused on how physical and mental health could be put on a par….

Click here to read the full article.
North-West regional activity

Presentations from the NESCN Parity of Esteem Event
Northern England Strategic Clinical Networks, October 2014
Click here to access the presentations delivered at the Northern England Strategic Clinical Networks Parity of Esteem event held on 15 October 2014.

Click here for further information.

LIVERPOOL PRIMARY MENTAL HEALTH CARE STRATEGY FOR ADULTS 2013 – 2016
Liverpool CCG, December 2014
Click here to view this document.

Liverpool CCG, 2014
Click here to view this document.

Information
If there is any further information you would like or have a topic you would like to see covered in a future information bulletin, please contact:

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