



**MENTAL HEALTH PROBLEMS
ACCOUNT FOR 23% OF ALL
ILLNESS BUT ONLY 13% OF
NHS SPENDING.**

We're finding ways to make
services better for people *and*
better value for money.

ANNUAL REVIEW 2013-14

30 YEARS OF IMPROVING MENTAL HEALTH

Centre for Mental Health wants people facing or living with mental ill health to have a fairer chance in life. We find new ways of realising change by putting high quality research into policy and practice.

Mental ill health affects millions of us every day. Too many find their chances in life are damaged, not by their illness, but through a lack of effective support and understanding. We are working to find innovative and practical ways of putting that right.

It has been an exciting year for the Centre. We have demonstrated that offering specialist care for people with complex physical and mental health needs both improves health and saves money. We have shown how to divert people with mental health problems into support which improves their lives after contact with the criminal justice system. And we have helped more mental health services to adopt effective approaches to employment support, education and welfare advice.

The Centre's mission remains critical. As we enter our 30th year of finding ways to make services better for people, we are still pushing the boundaries of what is known and what is thought possible. We are finding new ways to help armed forces veterans and offenders with mental health problems to get and keep work; we are exploring mental health support for women during and after pregnancy; and we are researching ways of helping young people involved in gangs.

As an independent charity, grants and donations are crucial to help us to pursue our work. We would like to thank all those who have generously supported our work this year and those who have pledged to do so in the future.

Lady Elizabeth Vallance, Chairman
Professor Sean Duggan, Chief Executive



A handwritten signature in black ink, appearing to read 'Elizabeth Vallance', written in a cursive style.



A handwritten signature in black ink, appearing to read 'S. C. Duggan', written in a cursive style.

@SeanDugganCMH

SUPPORTING PEOPLE IN THE CRIMINAL JUSTICE SYSTEM

Liaison and diversion

Too many young people with mental health problems get imprisoned for lack of timely treatment and support. We designed and piloted a new kind of service that screens people for mental health problems in police stations and courts in order to provide them with better support. This screening has now become part of the Government's national programme.

Our latest work, *Keys to Diversion*, finds that successful diversion services also offer immediate help with people's basic needs, such as housing and benefits, as well as with their mental health problems. We are working to ensure that clinical commissioning groups across England offer coherent and effective support for people with mental health problems who are diverted from police stations and courts.

The Bradley Commission

Five years since the Bradley Report set out a vision for improved support for people with mental health problems or learning disabilities in the criminal justice system, our independent commission has learned that significant progress has been made in some areas. But our report warns of the need to invest in community mental health services for people who are diverted from custody and called for national standards for prison mental health services.

As a result of our Bradley briefing on Black and Minority Ethnic communities, NHS England has initiated a review of their national liaison and diversion programme in relation to these and other equality issues.

"I chaired a committee on mental health and policing. It was a fight with the police to make them realise the ramifications of the difficulties of policing offenders with mental health problems. Thank goodness for the Bradley report and your up to date briefings."

~ from the Centre's impact survey

HELPING FAMILIES WITH CHILDREN'S BEHAVIOUR

Children with severe behavioural problems are at risk of a lifetime of disadvantage and poor health. Yet there is a range of effective parenting programmes that can help families manage children's behaviour. These programmes are good value for money but are often poorly implemented and fail to reach many families who would benefit.

Centre for Mental Health has produced a detailed report for commissioners on the case for early intervention for children with behavioural problems, a series of short briefings for professionals and a video for parents who are seeking help.

Since we began our work in this area, it has been referenced in the Government's mental health implementation strategy, guidance from the Department for Education on mental health and behaviour in schools and in Home Office guidance on mental health and gangs. The Centre's material has also informed NHS Scotland's recent rollout of early years parenting programmes.

»» Liah

Liah had a difficult childhood as her mother was strict and emotionally unreliable. She lived on the streets at 16, had a history of substance misuse and was on medication for anxiety. By the age of 21, she lived with her partner, had a four year old son and was pregnant with her second child. There were concerns about domestic violence and her son had been placed on a child protection plan. His behaviour was getting more and more difficult to manage.

Liah attended a local parenting support group where she picked up very practical skills which quickly made a difference to her son's behaviour. The group also made her reflect on her own parenting and volatile relationship. Liah's mental health improved greatly and her children were removed from child protection plans.

HELPING PEOPLE TO RECOVER

Recovery is about helping people with severe mental illness find ways of living meaningful lives with or without the symptoms of ill health. It means designing and operating mental health services very differently.

We are working alongside the NHS Confederation Mental Health Network to support mental health services across the UK and Ireland to refocus on recovery. Our joint Implementing Recovery through Organisational Change (ImROC) programme has already helped services in over half of England change the way they work.



“The recovery briefings are excellent for offering best practice examples in pursuing recovery in mental health services. It’s part of my job to keep recovery in my colleagues’ minds and the briefings have been important to get them thinking outside their perceptions.”

~ from the Centre’s impact survey

As a result, many more services now employ peer support workers to help people gain a sense of hope and opportunity for the future. There are more than 20 Recovery Colleges opening across the country and action to make inpatient wards safer without the use of restraint and seclusion is a priority in many NHS trusts.

PROVIDING WELFARE ADVICE

People with mental ill health face a high risk of welfare problems, including debt, homelessness and poverty. In turn these difficulties can be major triggers for a relapse of severe mental illness, putting people’s health at risk, greatly adding to the service costs and perpetuating the cycle of poverty and ill health.



Research by Centre for Mental Health suggests that high quality welfare advice offered to people using mental health services provides excellent value for money. We looked at a Citizens Advice Bureau in a mental health trust in Sheffield and found that there are a number of ways in which advice can generate cost savings.

Since we launched this report, several NHS trusts have got in touch with us about making the business case for providing welfare advice. We hope that in future we can help trusts across the country embed welfare advice as a vital part of their recovery-focused mental health service.

IMPROVING MENTAL AND PHYSICAL HEALTH

In 2013, Centre for Mental Health evaluated a pioneering service in Hackney for people with complex health problems such as medically unexplained symptoms who are not well served by existing services.

The service offers a range of psychological therapies and advises GPs in supporting people with complex mental and physical needs. We found that the service brings about substantial improvements in health and wellbeing as well as reducing costs through reduced visits to GPs and hospitals. Our report aims to raise awareness of the importance of investing in services of this kind across the country.

In general hospitals

We have demonstrated that the availability of mental health support in general hospitals can improve outcomes for many patients and reduce care costs. This has led to a marked increase in the number of hospitals with liaison psychiatry teams, meaning that more people than ever before get the help they need, especially in a crisis. We are striving to make sure that this high quality service is provided in every hospital.

>> Mrs A

Mrs A was referred because of her difficulty in coping with her multiple health problems, including diabetes, high blood pressure and multiple pains. She also struggled with helping mentally ill family members.

Mrs A attended 13 sessions of Brief Dynamic Therapy during which she identified how her anxiety contributed to the deterioration of her physical health. She was able to find ways to deal with this anxiety and reduced her social isolation by joining a carer support group.

As a result, her GP attendances fell from 34 in the year before treatment to none in the year after. Her depression and anxiety scores also fell to below clinical thresholds.

SUPPORTING PEOPLE WHO WANT TO WORK

We want everyone who wants help to find work to be able to access high-quality supported employment services. We have already helped NHS trusts across the country to get more people into employment through IPS (Individual Placement and Support). Last year, a trust in North West London helped 200 people into work. By comparison, the Department for Work and Pensions' national scheme for disabled people, Work Choice, got just 58 people into employment across the country.

We train practitioners too. In 2013-14, we delivered 18 courses to more than 220 people across Britain.

Thanks to funding from the J Paul Getty Jr Charitable Trust and the Henry Smith Charity, we have also begun a ground-breaking three year study to see if IPS can be used to help offenders leaving prison get and maintain work and improve their mental health at the same time.

“Your IPS project was fundamental in ensuring that we started the right way, recruited the right people, and worked in line with the fidelity requirements. You have been a great critical friend, challenging us when things weren’t going as well as they could.”

~ from the Centre’s impact survey

CHAMPIONING LOCAL MENTAL HEALTH

The Mental Health Challenge for local authorities is a new initiative from the Centre and seven partners to build and support a new group of leaders for mental health in councils across England.

We are asking every local authority to appoint a ‘member champion’ to advocate for mental health in all areas of the council’s business. In return, we are offering them support and advice and a network to share ideas and experiences. We now have 37 champions and are recruiting more every month. For more information, visit www.mentalhealthchallenge.org.uk.



We're in!

The mental health challenge

Local councils championing mental health

WHAT'S NEXT

The key to our work has always been identifying gaps in mental health care and future trends and developing evidence-based insights that create the most impact. Here is some of our plans and current priorities.

- We are seeking to further extend the availability of Individual Placement and Support so that no one who could benefit is denied support to get into work. The next phase is to connect IPS employment services to IAPT therapy services for people with common mental health problems such as depression and anxiety.
- We are working on the first ever economic analysis of the costs of maternal mental health problems. Commissioned by the Maternal Mental Health Alliance and carried out with the LSE, the findings will be published in October 2014.
- We are supporting the Government's review of sections 135 and 136 of the Mental Health Act. These sections cover removal of a person to a place of safety and we have consulted practitioners, police, service users and families to get their views on how it could be done better.
- In the longer term, we want to broaden our work on children's mental health, responding to the all-too-often unrecognised needs with the aim of helping them now and in the long run.

TRAINING MANAGERS TO HELP EMPLOYEES

Mental ill health is the biggest single cause of sickness absence and health-related productivity losses in UK organisations.

At any one time, one worker in six will be experiencing depression, anxiety or problems related to stress, yet fewer than a quarter seek and receive treatment.

It has been shown that improving the management of mental ill health in the workplace can generate savings to businesses of £1,800 each year for every worker with a mental health condition.

How we can help

Centre for Mental Health workplace training offers a three-hour face to face programme to train managers to spot common mental health problems such as depression and anxiety at work. Managers who have been trained have more confidence to pick up signs and symptoms and to support staff in seeking professional help.

For more information or to book your training, please contact Jan or David on 020 7827 8300 or email training@centreformentalhealth.org.uk.
www.centreformentalhealth.org.uk/training/

“Between 2004 and 2007, Royal Mail reduced absence rates by 25% by improving its policies on employee health, wellbeing and absence monitoring. In total, this saved the group £227m.”

“Mental health should not be viewed in isolation but as part of general employee wellbeing. If people feel good then they will perform better at work.”

Dr Su Wang, former Group Head of Health, Royal Mail

INCOME & EXPENDITURE

	UNRESTRICTED 2013/14 £1000s	RESTRICTED 2013/14 £1000s	TOTAL 2013/14 £1000s	TOTAL 2012/13 £1000s
>> INCOME				
Voluntary income	899	-	899	1,152
Charitable activities (including grants, fees, publications and other income)	487	558	1,045	589
TOTAL	1,386	558	1,944	1,741
>> EXPENDITURE				
Charitable activities (including research, projects and communications)	1,301	138	1,439	1,513
Governance costs	40	-	40	13
Fundraising	165	-	165	68
TOTAL	1,506	138	1,645	1,595
Gross transfers between funds	(4)	4	-	-
Net surplus or (deficit)	(124)	424	300	146

The financial information on this page is an extract of the full audited accounts of Centre for Mental Health for the year ended 5 April 2014. The full accounts were signed by the trustees on 17 July 2014, received an unqualified audit report from the auditors Sayer Vincent LLP, and have been filed both with Companies House and the Charity Commission.

In order to gain a full understanding of the financial affairs of the charity, the full audited financial statements, annual report of the trustees and auditors' report should be consulted. A full set of financial statements may be obtained from the Centre for Mental Health finance department.

HOW WE USE OUR FUNDING

We know that the lives of people with mental health conditions are:

HARDER: A child with severe behavioural problems faces a higher risk of every adult mental health problem through a lifetime of disadvantage and poor health, including being about 20 times more likely to be imprisoned before the age of 30.

POORER: Only one person in 12 with a severe and enduring mental illness is in employment.

SHORTER: People with severe and enduring mental health conditions die on average 20 years earlier than those without.

We must make things better.

We are an independent charity at the forefront of research in mental health. Our high-quality, economically-sound research changes government policies and improves health services, local authorities, schools and businesses. We seek out new challenges and design innovative models that put the needs of people with mental health problems first.

A modest investment in the Centre's work can have a significant nationwide impact to the lives of people struggling with the challenges that life with a mental health condition currently presents.

» If you would like to help us give people with mental ill health a fairer chance in life, please contact Kaya Comer-Schwartz on 020 7827 8322 or email kaya@centreformentalhealth.org.uk.

OUR MISSION

Centre for Mental Health is an independent national mental health charity. We aim to inspire hope, opportunity and a fair chance in life for people of all ages with or at risk of mental ill health. We act as a bridge between the worlds of research, policy and service provision and believe strongly in the importance of high-quality evidence and analysis.

We encourage innovation and advocate for change in policy and practice through focused research, development and training. We work collaboratively with others to promote more positive attitudes in society towards mental health conditions and those who live with them.

OUR FUNDERS IN 2013-14

The Centre would like to thank everyone who has supported us this year. In particular we thank those who have funded our work, including:

Baring Foundation
Department of Health
Esmée Fairbairn Foundation
Forces in Mind Trust
Gatsby Charitable Foundation
The Henry Smith Charity
J Paul Getty Jnr Charitable Trust
LankellyChase Foundation
NHS Confederation
St Andrew's
Wates Foundation

CHIEF EXECUTIVE

Professor Sean Duggan

TRUSTEES

Dr Elizabeth Vallance (The Lady Vallance) JP
Professor Dame Sue Bailey OBE FRCPsych
Rt Hon Lord Bradley PC
Professor Clair Chilvers DSc (until Jan 2014)
Sophie Corlett
Sir Andrew Dillon CBE
Richard Fass
Dr Ian McPherson OBE

AMBASSADORS

Millie Banerjee CBE
Martin Barrow
Damon Segal

VICE PRESIDENTS

Lord Carlile
Baroness Neuberger
Lord Ramsbotham

Centre for Mental Health,
Maya House, 134-138 Borough High Street,
London SE1 1LB

Tel: 020 7827 8300

Fax: 020 7827 8369

www.centreformentalhealth.org.uk

@CentreforMH

Charity registration no. 1091156.

A Company limited by guarantee registered
in England and Wales no. 4373019.