

Care not containment: Setting a radical vision for transforming mental health support

This paper has been put together by a wide range of stakeholders all of whom are passionate about ensuring that those with mental health difficulties receive the best care available to them within the resources that are on offer. The NHS Long term Plan emphasises the importance of mental health services and this paper offers support to those delivering services by identifying 5 key proposals to help in the transformation of mental health services.

1. Community services need to expand, supporting a community recovery model that emphasises and makes use of both individual and community assets; optimising the power of digital; maximising all Mental Health promotion and prevention opportunities and local affirmative action for an NHS workforce with local government leadership (and resourcing)
2. The therapeutic potential of inpatient stays, when necessary, needs to be enabled by delivering 85% occupancy across all sites. This needs to be achieved by providing a greater range and capacity within out of hospital provision; ensuring that contact between community and inpatient work is not lost during an admission; and eradicating delayed transfers of care by providing a proper and timely array of supported community placements. This would also ensure that Mental Health inpatient beds are always available for those who need them, whether they be in the community or in an Emergency Department, and significantly reduce Length of stay.
3. Specialist Mental Health services in the NHS need to tackle the major variation within and between services; support more early intervention and rehabilitation, and develop sustainable pathways for people with psychoses, personality disorders, and neurodevelopment conditions such as ADHD and ASD to eradicate current gaps in service provision. They must outreach into community institutions like prisons, the criminal justice system, children's homes etc :
4. User and Carer leadership needs to become a fundamental component of delivery at all levels in the NHS.
5. National bodies need to now develop economic modelling solutions to the highest value interventions available, optimising outcomes, reversing the lack of parity in NHS spend on Mental Health

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