

Consultation Questions

Improving Mental Health Outcomes:

The plan has 14 main outcomes. These are the things we want from the plan. We have been working towards these outcomes. However there are challenges.

The way we work:

We want to change the way people think about mental health
We want services to be centred on the individual
We want services to always be improving.

Tell us what you think:

The challenges:

It can be difficult for the Government to make a plan if it is for local areas. The government would need to support local areas to change.

Question 1: Do you think the Government could take action to help them make changes?

No

Yes - Tell us more about this

The Government knows it has to improve services. There may be a gap in services and things may need to change.

Question 2: Do you think change is needed?

No

Yes - Tell us more about this

Yes I think things need to change.
I think individuals need to have easy access to the appropriate specialists, and that there are nationally consistent standards of assessment and treatment of mental health conditions.

There are 14 outcomes that we want:

1. We will encourage people and communities to have good mental health which can help them prevent mental ill health
2. Action will be taken in childhood and the early years of people's lives to prevent mental ill health
3. To help people understand their mental health. If they are not well they should be able to get help.
4. On first contact mental health services will work well.
5. Suitable care and treatment will be available. This will be based on a persons needs.
6. Care and treatment is focused on the individual's needs.
7. The role of the family and carer is understood and this will be supported by professionals.
8. The amount and type of services should be correct to meet peoples needs.
9. All groups should be able to access services equally
10. Mental health services will work well with other services.
11. Health and Social Care staff should have the skills to do all their duties.
12. We will check local and national results. This will show how the mental health system is working.
13. We shall support the improvement of health and social care services.
14. We will ensure that people are supported and protected by the law.

Question 3: Do you think there are other things we can do to reduce self harm and suicide rates?

No

Yes - Tell us more about this

Yes - I think people need encouraged to get help sooner if they have mental health problems. I think there is a stigma attached to MIS and also raising awareness that people can go to their GP for these issues.

Question 4: Are there other things we can do to stop discrimination of people who have a mental illness?

No

Yes - Tell us more about this

Question 5: Can we develop the good work of the 'see me' campaign in reducing discrimination? (This is the Scottish Government's campaign against discrimination of mental health)

No

Yes - Tell us more about this

Question 6: Do you know of ways in which we can take action to promote good health and wellbeing?

No

Yes - Tell us more about this

Question 7: Can we improve access to services for children with mental health problems?

No

Yes - Tell us more about this

Question 8: Does the National Health Service (NHS) need more support to improve children and young people's mental health services?

No

Yes - Tell us more about this

Question 9: Are there ways in which we can help people to help themselves, which will improve their own mental health and wellbeing?

No

Yes - Tell us more about this

Question 10: Do you think there are ways we can encourage people to get advice when they need it?

No

Yes - Tell us more about this

YES – need to raise awareness that people can go to their GP for mental health issues as they do for a physical illness, as I think people are not as aware of this at present. Make people aware of the help that is available to them, I think people may not want to just be given 'pills' for a problem they have (e.g. for depression) they may not be aware of what other options for help are available. Also need to raise awareness of the symptoms of common mental health issues when people should seek help as I think people are unaware of this and may be a symptom of their mental health issue that they do not realise that something is wrong.

Question 11: Are there ways we can change services so they are quick to see if someone has mental ill health?

No

Yes - Tell us more about this

YES – People must be able to get quick and easy access to suitably experienced specialists in order that they can get an appropriate and consistent assessment of a mental health condition. I have had experience of difficulties in getting a thorough and appropriate assessment of adult ADHD. I was informed by a GP that they could only refer to a community mental health team and not the ADHD specialist. The community mental health team did not have suitably experienced staff in ADHD and did not carry out a thorough or nationally consistent standard of assessment for adult ADHD and said that they could not refer to an ADHD specialist. I think there is a role for community mental health teams but GP's should be able to refer people to appropriate specialists for mental health conditions that require specialist assessment and treatment.

Question 12: Are there ways we can support the NHS and their partners to collect information that will help improve services?

No

Yes - Tell us more about this

Question 13: Do we need to do other things to support the NHS and their partners to develop care plans?

No

Yes - Tell us more about this

Question 14: Are there ways the Scottish Government could work with partners to continue to develop good services?

No

Yes - Tell us more about this

Question 15: Do you think we need to have things in place to develop partnerships with service-users, families, carers and staff?

No

Yes - Tell us more about this

Question 16: Can more be done to have a person- centred process in mental health settings?

No

Yes - Tell us more about this

YES - People must be able to get quick and easy access to suitably experienced specialists in order that they can get an appropriate and consistent assessment of a mental health condition. GP's should be able to refer people to appropriate specialists for mental health conditions that require specialist assessment and treatment, and not just be able to refer to the community mental health team. There should also be nationally consistent standards of assessment for conditions such as ADHD so that people from all areas have the same recognised high standard of diagnosis and treatment.

Question 17: The Government has created a tool called the Scottish Recovery Indicator (SRI). This supports mental health services to focus on recovery. Do you think staff can and should be encouraged to use this?

No

Yes - Tell us more about this

Question 18: The Scottish Recovery Network is a group to make people aware of recovery from mental health problems. Do you think we can encourage professionals to use more recovery based processes?

No

Yes - Tell us more about this

Question 19: Can we support families and carers to be involved in care and treatment?

No

Yes - Tell us more about this

Question 20: Families and carers want to be involved in their relative's care. Can staff be supported to provide information for this to happen?

No

Yes - Tell us more about this

Question 21: Could the areas that have designed good services be a model to follow?

No

Yes - Tell us more about this

Q21

YES – I believe in the past that in Edinburgh, GP's could refer people and in particular adults directly to an ADHD specialist that allowed people quick and easy access to the appropriate specialists. This was a good model that should be followed. This has now been changed and GP's can only refer people to community mental health teams, this has made services worse and has made seeing the appropriate specialists longer, more NHS staff taken to do this and in my experience can't actually get access to appropriate specialists.

Question 22: We want to know who is using services and if they are accessible. Do you think the Scottish Government can make sure that this information is recorded?

No

Yes - Tell us more about this

Q22

YES – it should be recorded what services are required and if they are available.

Question 23: Is there a way that we can share information we learn about making services accessible?

No

Yes - Tell us more about this

Question 24: Do you think there are gaps in services?

No

Yes - Tell us more about this

Q24
YES – easy and quick access to suitable experience specialist in adult ADHD for everyone in Scotland and thorough and nationally consistent standards of assessment for adult ADHD.

Question 25: Do you think more could be done to support the NHS and their partners to provide person centred care?

No

Yes - Tell us more about this

Q25
YES – ensure easy and quick access to suitably experienced specialist in adult ADHD for everyone in Scotland and thorough and nationally consistent standards of assessment for adult ADHD.

Question 26: Do you think that there are ways to help those with mental ill health issues in other settings, like prison?

No

Yes - Tell us more about this.

Question 27: 'Promoting Excellence' is an outline for staff who work with people with dementia and their families. Are there ways we can support staff to use this to help those who need it?

No

Yes - Tell us more about this

Question 28: Could surveys be used to find out about staff experience?

No

Yes - Tell us more about this

Question 29: Do we need to support staff development?

No

Yes - Tell us more about this

Question 30: We want to find ways to maintain training for staff. This could increase access to services. Can we promote this training?

No

Yes - Tell us more about this

Q30

YES – staff should be made more aware of adult ADHD – the causes of it and the impacts it can have on peoples lives, and how it is assessed and treated.

Question 31: Are there ways we can build on the information we gather to develop mental health services?

No

Yes - Tell us more about this

Question 32: We want all local care services to record information on care delivery the same way. Do you know how can we support this?

No

Yes - Tell us more about this

Question 33: Is there any other support needed to improve services?

No

Yes - Tell us more about this

Question 34: Do you think we can bring together local and national work resulting in improved mental health services?

No

Yes - Tell us more about this

Yes - everyone in Scotland should have ~~access~~ easy & quick access to suitably experienced specialist they require for a mental health condition including adult ADHD for appropriate high standards of assessment and treatment even if the specialists are in different health boards. All GP's should know what & where specialists are available. There should be nationally consistent standards of assessment & treatment for mental health conditions.

Question 35: Do we need to support staff so that care and treatment services follow the law?

No

Yes - Tell us more about this