

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 same campaigns made a difference in challenging the stigma of mental health but there is still a long way to go.
It is essential that all mental health services are client focussed, recovery focussed in value base.

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

Each local area has its own unique demographics so it is essential that the Government guide local authorities as well as support them to facilitate change, deliver services

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

Continually!

Improved crisis response.

More positive, hopeful recovery focused work by all services

Better MAP working.

Clients to be at the centre of all decision-making

Choice ^{with} ~~control~~ ^{the} ~~clients~~

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

Improvement in how staff talk to people who feel suicidal
Better crisis support
More resources for men specifically
ASIST training as a MUST for all staff
Improved knowledge understanding & therefore attitude towards self harm.

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

Legislation
Education
Advertising campaigns

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

Absolutely. Continue & expand on it.
Start from school age.

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

Funding and support for WRAP, Recovery in Practice and Peer Support.

More front line staff in voluntary sector.

Work on link between physical & mental health.

Access & support to fitness, food co-ops, exercise, etc.

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

No

Yes - Tell us more about this

Simplify procedure to access services.

Make known what services are available.

Develop equivalent of voluntary sector support for children.

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

Yes.

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

Promote of WRAP
Choice and inclusion
Recovery focussed, person centred planning.

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

Variety of mediums to make contact with
support services
services to be open and responsive to
people who may seek help

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

More resources to respond quicker
Better understanding of people in
crisis and what they need

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

Training.

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

Filter down to local councils rather than to local services the National strategies and standards.
Put money behind mental health services.
Safeguard funding. Support recovery + WRAP

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

Training of staff to ensure they are inclusive of everybody's views

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

No

Yes - Tell us more about this

Yes, more of a shift towards this model is essential.

Training is vital to ensure definition of and standardisation of what person-centred working is.

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

Yes, it shows how recovery focused staff & a team are and produces an action plan to follow

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

YES! This seems very obvious but shouldn't recovery be the focus of all the work we do in mental health.

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

No

Yes - Tell us more about this

Yes, they are essential to how we support people. Choice and inclusion are vital and it shows respect for individuals

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

Yes

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

No

Yes - Tell us more about this

Absolutely, they should be involved in writing or writing guidelines and models for others to follow

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

Yes, but also ensure confidentiality

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

No

Yes - Tell us more about this

all information should be shared, we should all be working together for the good of service users

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

No

Yes - Tell us more about this

Respite
Crisis response

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

Yes

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

Yes

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

Yes

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

No

Yes - Tell us more about this

Yes

Question 29: Do we need to support staff development?

No

Yes - Tell us more about this

continued personal development should be an essential requirement for contract.

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

yes.

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

always, especially if it includes the
voices of service users being heard

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

Funding.

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, local outcomes should be linked to national strategies + vice versa

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

No

Yes - Tell us more about this

Yes, information accessible in summary form that is direct, easy to understand.