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Faculty of Public Health webinar

Taking a Public Mental Health approach

Judi Kidger and Fiona Duncan

10th April 2024
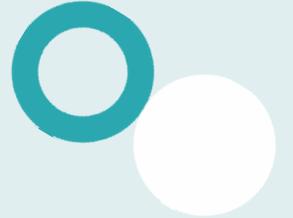
Introduction to SPHR's Public Mental Health Programme

https://sphr.nihr.ac.uk/category/research/public-mental-health-2022/

Established in April 2012, the NIHR School for Public Health Research (SPHR) is a partnership between nine leading centres of academic public health research excellence across England.

University of BRISTOL

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fuse

Imperial College London

LiLaC

LONDON SCHOOL of HYGIENE &TROPICAL MEDICINE

PHRESH (Public Health RESearch for Health) Consortium

The University Of Sheffield.

Children, young people & families

Health inequalities

Public mental health

Healthy places, healthy planet

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Why Public Mental Health?

- 1 in 6 of those aged 16-74 years old in the UK have a common mental disorder in any given week (McManus, 2014)
- Strongly linked to physical health
- Stark inequalities: lower income, black and minority ethnic groups, those with a disability, LGBTQ+ people
- Annual cost to the UK of £117.9 billion; much due to loss of productivity
- "Broken" mental health system: lack of funding, not enough trained staff, lack of integration, increased need post first Covid-19 lockdown
- We need to address social determinants: poverty, racism, early trauma, neighbourhoods

Overarching aim

To identify effective and cost-effective ways to create settings in which people live, learn, and work, that support good mental health and wellbeing, prevent poor mental health outcomes, and reduce mental health inequalities across the life course.
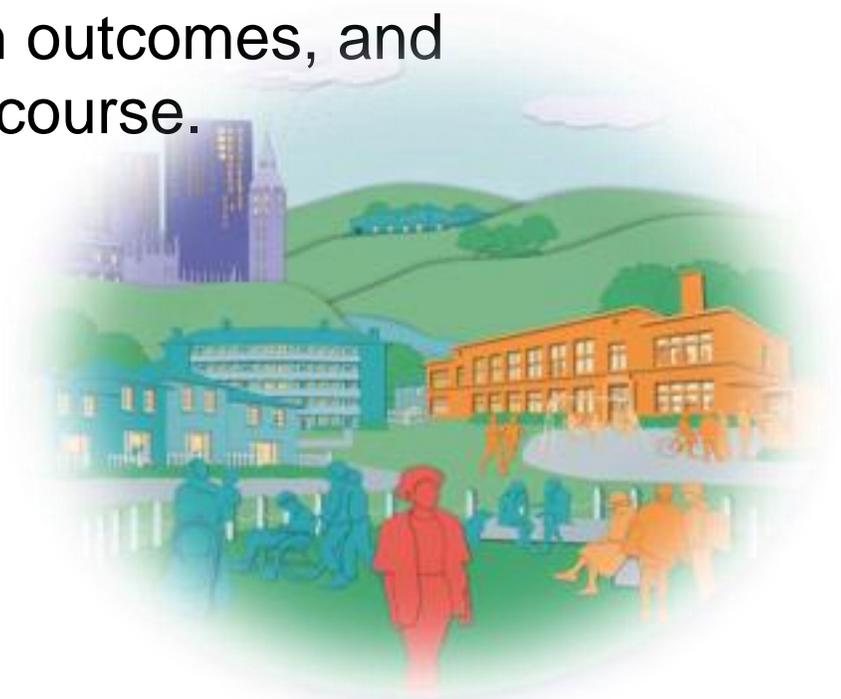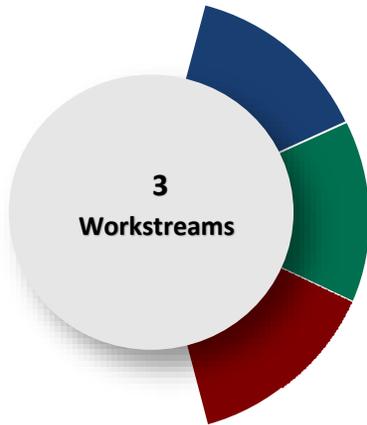
3 Workstreams

Workstream 1

Harnessing community assets to improve mental health and reduce inequalities

➤ Focus on people and place-based assets and resources that are supportive of mental health for different age groups.

Workstream 2

Strengthening systems to support groups at risk of poor mental health

➤ Focus on populations at risk of the worst mental health outcomes.

Workstream 3

Improving mental health in schools and families

➤ Focus on schools and families as settings for public mental health support.

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PMH conceptual framework
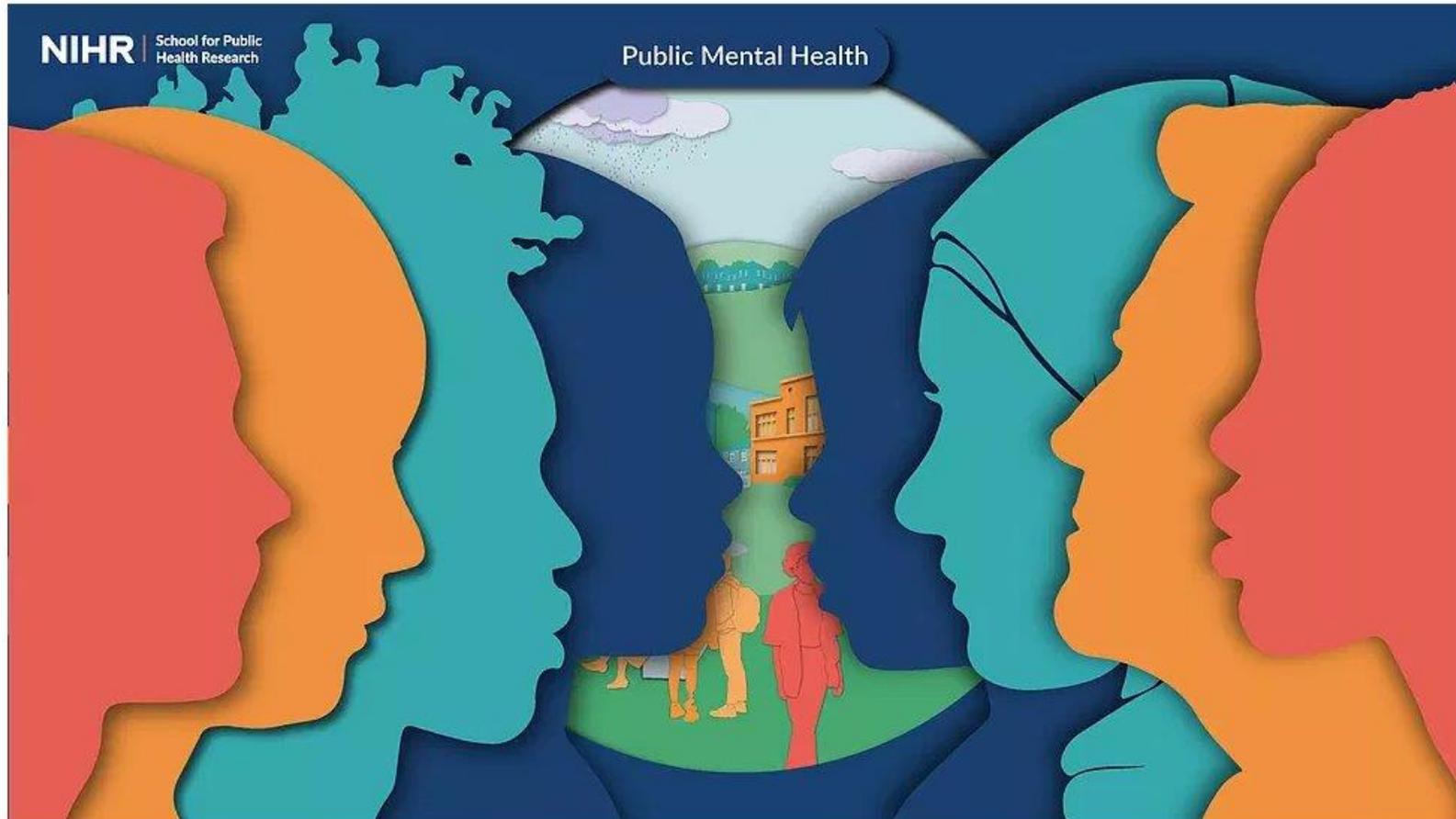
Dykxhoorn, J. *et al.* Conceptualising public mental health: development of a conceptual framework for public mental health. *BMC Public Health* **22**, 1407 (2022).
https://doi.org/10.1186/s12889-022-13775-9

https://www.publicmentalhealth.co.uk

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Individual

Family

Community

Structural

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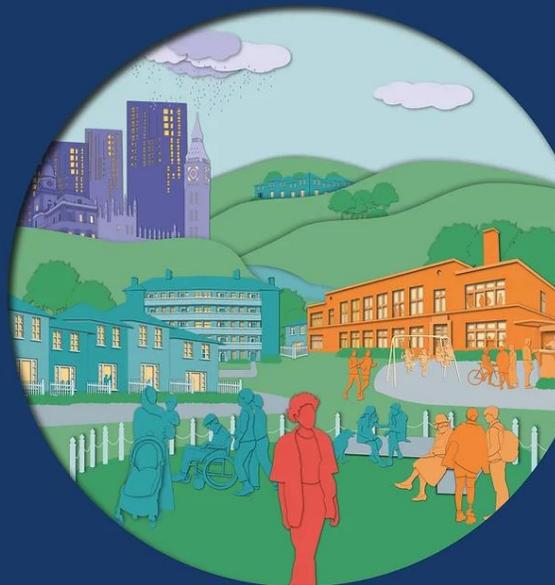
Climate Change   (Risk)

Climate change refers to the long-term changes in climate systems as a result of warming from greenhouse gas emissions (1). Associated consequences are ocean warming, rising sea levels, land use change, as well as increased frequency and intensity of natural disasters (2). Natural disasters are also referenced within Adulthood Trauma.

Key Literature/Interventions

- Ecological Disasters and Mental Health: Causes, Consequences, and Interventions – Morganstein & Ursano 2020
- Health Equity in England: The Marmot Review 10 Years On

Helpful Resources

- https://www.themix.org.uk/travel-and-lifestyle/activism-and-campaigning/how-can-i-make-my-voice-heard-on-climate-change-37695.html
- https://www.theccc.org.uk/contact-us/useful-resources/
- https://theconversation.com/im-up-late-at-night-worrying-about-global-warming-please-can-you-put-my-mind-at-rest-124940

Lived Experience

What is 24/7 access to news about climate events doing to young people's mental health? – Sarah Niblock

How to turn climate anxiety into action – Renée Lertzman

Connected Determinants

Determinants of public mental health are interconnected.

Suggested links to Climate Change:

Global Politics & Events

Political Structures & Climate

Built & Natural Environment

Government Policies & Legislation

Adulthood Trauma

Adverse Childhood Experiences

Structural / Broad Factors / Climate Change

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Study examples:

1) Community interventions for improving adult mental health: mapping local policy and practice in England.

Duncan F, Baskin C, McGrath M, Coker JF, Lee C, Dykxhoorn J, Adams EA, Gnani S, Lafortune L, Kirkbride JB, Kaner E, Jones O, Samuel G, Walters K, Osborn D, Oliver EJ. Community interventions for improving adult mental health: mapping local policy and practice in England. BMC Public Health. 2021 Sep 16;21(1):1691. DOI: 10.1186/s12889-021-11741-5

2) How co-locating public mental health interventions in community settings impacts mental health and health inequalities: a multi-site realist evaluation.

Baskin, C., Duncan, F., Adams, E.A. *et al.* How co-locating public mental health interventions in community settings impacts mental health and health inequalities: a multi-site realist evaluation. *BMC Public Health* **23**, 2445 (2023). https://doi.org/10.1186/s12889-023-17404-x

Mapping Study

- Aimed to identify the range of community-based interventions for improving mental health and wellbeing.

- Community based intervention – any non-clinical programme, service or policy that explicitly sought to promote the mental health of adult residents.

- Selected five study localities:

 - Blackburn with Darwen (Northwest England)

 - Cambridgeshire and Peterborough (East of England)

 - Camden and Islington (London)

 - Hammersmith and Fulham (London)

 - Redcar and Cleveland (Northeast of England)

Types of Interventions Identified

Social activities and/or befriending (n = 182, 44.7%)

Signposting, information referral and advice services (n = 141, 34.6%)

Peer support and mentoring (n = 109, 26.8%)

Education, training and workshops to expand skillsets (n = 97, 23.8%)

Education, training and workshops for mental health awareness, prevention and recovery (n = 73, 17.9%)

Policies, strategies, funding and networks (n = 52, 12.8%)

Risk or protective factors identified

Social isolation and loneliness
(n = 156, 38.3%)

Financial stress
(n = 60, 14.7%)

Mental health stigma, knowledge and awareness (n = 53, 13%)

Stigma, discrimination and marginalisation due to ethnicity and migration status (n = 51, 12.5%)

Mood, confidence and self-esteem (n = 49, 12%)

Community safety and cohesion (n = 43, 10.6%)

Community-based interventions impact on public mental health

- Lack of comprehensive evaluation

- Therefore, unable to collect data on effectiveness and outcomes

- Conceptual framework:

 - small number of determinants of public mental health are addressed

 - mostly focused on individual and social factors

 - did not identify interventions aimed at structural and environmental determinants

Co-locating services and public mental health

- Co-location – distinct services being delivered in the same physical space

- Within health system – legal or welfare advice being delivered within primary care.

- This study aimed to:

 - understand mechanisms for how community-based co-located services can improve public mental health outcomes and reduce inequalities

- Used realist evaluation methodology

- Qualitative interviews with service providers (n = 32) and users of services (n = 32) across six case study sites:

How co-locating services in community settings can impact public mental health – 5 high level theories.

1) Provision of holistic and person-centred support
2) Reducing stigma toward mental health and public mental health services
3) Delivery of services in psychologically safe environments
4) Overcoming barriers to accessibility
5) Enhancing the sustainability of services

Conclusions

- Community-based co-located services reduce mental health inequalities by improving *access* to services

- They provide solutions for some hidden obstacles to service access (proximity of services, warmth, friendliness, empathy and trust)

- Very important that these characteristics are maintained to build resilient communities.

Thank you for listening!

Climate change and mental health are deeply interconnected

Climate change is a risk multiplier

Climate action is an opportunity multiplier

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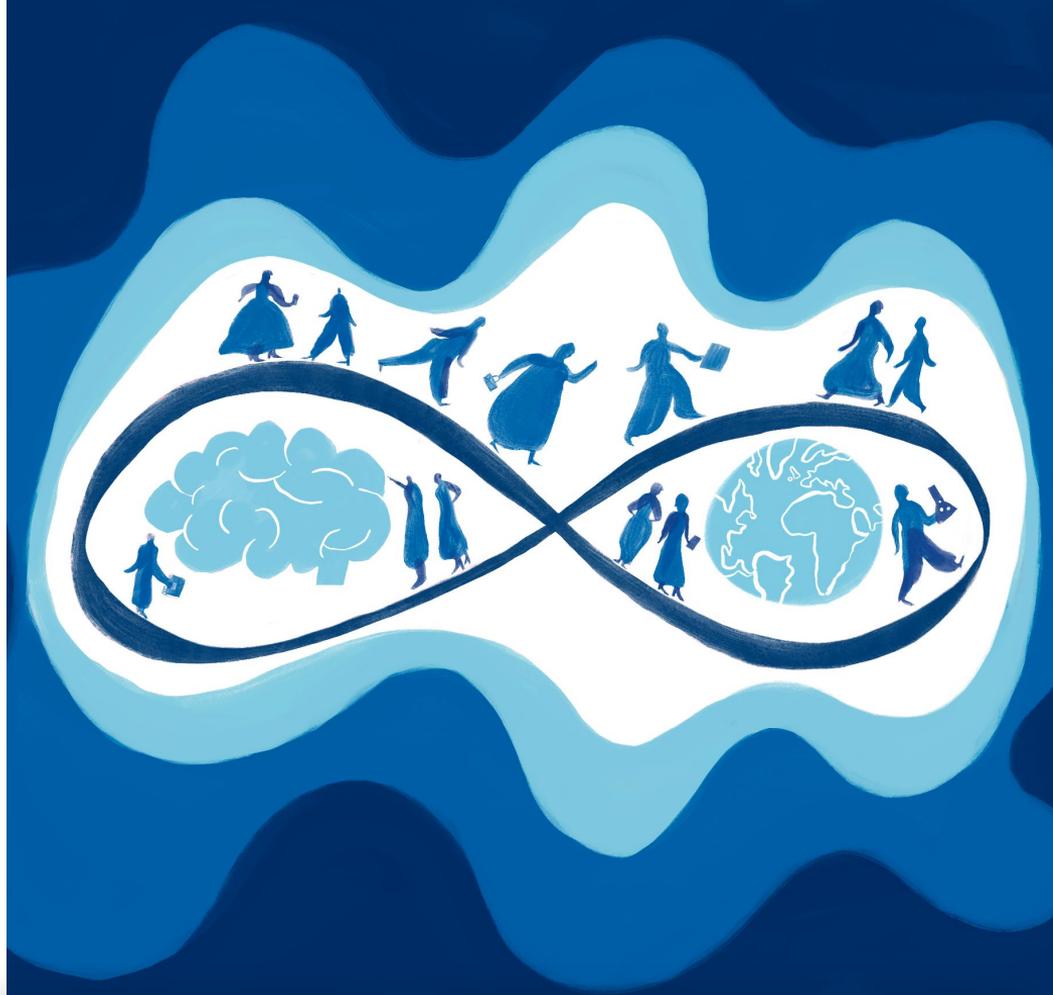
What needs are we hearing?

Source: Financial Times

Source: National Geographic

THE EARTH IS IN A CRITICAL CONDITION

GOVERNMENT INACTION IS KILLING THE EARTH

extinction rebellion

"We cannot close our ears or turn our eyes away from all the pain."

Christiana Figueres & Tom Rivett-Carnac

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Current **Vicious** Cycle

The climate emergency is also a **mental health emergency**, both **directly and indirectly** impacting mental health outcomes...

Climate Crisis

Mental Health Crisis
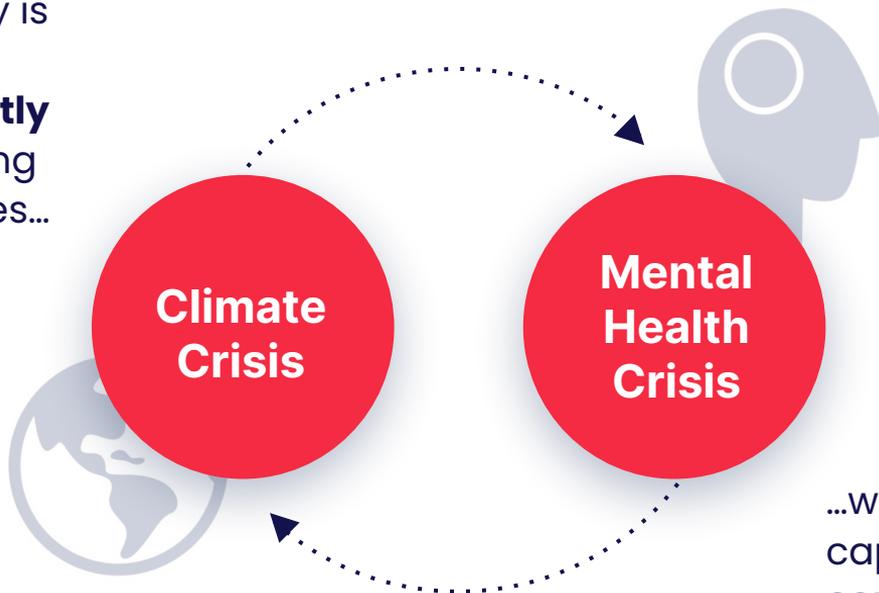
...which in turn limit the capacity of **individuals, communities and systems** to cope with and act on climate change.

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Climate change impacts → Community impacts → Mental health impacts

Communities **directly** affected by climate impacts ←——————————————→ Communities **indirectly** affected by climate impacts

| Loss and damage of homes and property | Crop and livestock damage | Loss of habitats | Community breakdown | | Witnessing or learning about climate and ecological impacts |
| Experiencing extreme high temperatures | Forced migration | Changes to livelihoods | Health systems disrupted | Witnessing changes to homelands | |

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Climate change impacts → **Community impacts** → **Mental health impacts**

Increased cases of **suicidal thoughts** and deaths by suicide

Increased symptoms and new cases of diagnosable mental illness

Increased susceptibility to **physical ill-health or death** for those with diagnosable mental illness

Worsened population mental health

Mental and emotional **distress**

Estimated increased mental health burden from climate hazards, air pollution and lack of green space will **cost $US 47 billion by 2030,** and accelerate to **over $500 billion by 2050.**

Kumar et al 2023

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Direct Impacts:
Temperature

By 2050, there will be an estimated **22,000 extra suicides** in the **USA and Mexico** alone due to higher temperatures if climate change is not addressed

(Burke et al 2018)

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Direct Impacts:
Extreme Weather Events

Psychological impacts from any form of disaster **can exceed physical injury by 40–1**

(Hayes et al 2018)
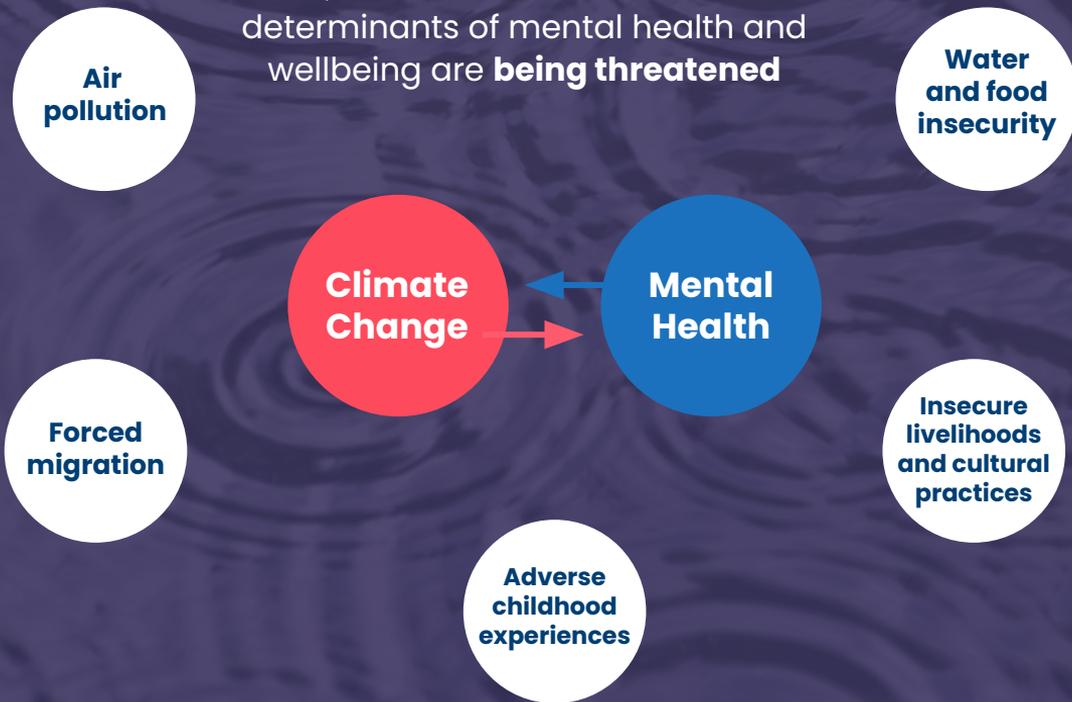
Psychological responses to climate awareness are a risk to mental health but can drive action

Range of emotional responses

Range of emotional and psychological responses including **anger, fear, guilt, hope, grief.** *(Pikhala 2022)*

Can worsen mental health and wellbeing

'Negative' climate emotions linked to **poorer mental wellbeing and insomnia.**
(Ogunbode 2021, 2022)

Distress can be adaptive and drive action

Distress linked to **taking action.** *(Ogunbode 2022)*

High distress & wellbeing linked to **meaning, hope and agency.** *(Zawadzki et al 2020, Chukwuorji 2020)*

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Who are the **most vulnerable?**

Children and Young People

In 2000, **88% of the increased burden of global disease** attributable to climate change fell on children.

(Sheffield and Landrigan 2011)

People working in climate-related careers

Indigenous Communities

People with **pre-existing mental illnesses**

2-3 times more likely to die in a heatwave.

(Thompson et al 2018, Page et al 2012)

People experiencing more **direct climate impacts** and those with **limited capacity to adapt**

People whose livelihoods and cultures are **strongly connected to the land**

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Potential for a **Virtuous** Cycle

Our state of mind also **impacts** the state of our world.

The climate and ecological crises are fundamentally attributable to **human behaviours and psychology.**

State of world

State of mind
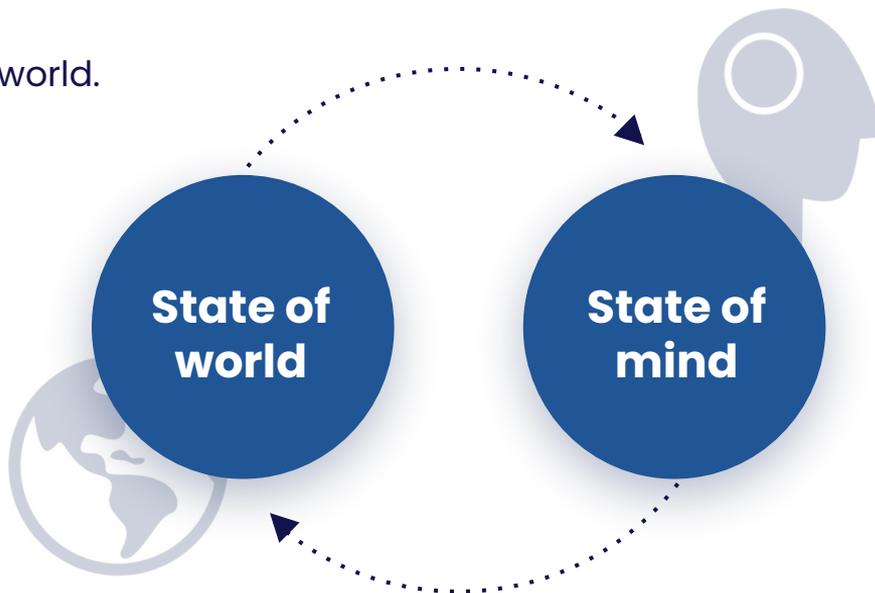
Generating individual and system change requires an awareness of the **interaction between our psychological response to crises and taking action.**

Source: SustyVibes

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What is **possible?**

"Climate change is the greatest global health threat facing the world, but it is also **the greatest opportunity to redefine the social and environmental determinants of health**"

The Lancet Countdown

"A vision is needed that **the world is worth fighting for.** We need to rethink the way the world works now.

So how do we change minds? **A change in feelings changes minds**"

Brian Eno 2022

Psychological resilience and mental health support can enable sustained climate action

"Adaptation is often organized around resilience as bouncing back... more broadly [it also describes] the capacity for transformation

"more effective and sustainable adaptation outcomes ...include meaningful participation of the most vulnerable and marginalised groups

(*IPCC ARG6 WGII summary for policymakers, 2022*)

"Participatory approaches, as well as place-based and culturally relevant strategies, **can help people cope with these (eco-) emotions**"

(Ojala)

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State of play

Mental health impacts of climate change have received **growing attention in recent years,** reaching the highest levels of policy.

MENTAL HEALTH AND CLIMATE CHANGE: POLICY BRIEF

In the 5 decades between 1970 and 2020, climate-related hazards have increased, with 50% of all events occurring since 2003 and nearly 5 billion people in total affected *(1)*

World Health Organization

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Grantham Institute
Climate Change and the Environment
An Institute of Imperial College London

Grantham Institute
Briefing paper No 36
May 2021

The impact of climate change on mental health and emotional wellbeing: current evidence and implications for policy and practice
DR EMMA LAWRANCE, RHIANNON THOMPSON, GIANLUCA FONTANA, DR NEIL JENNINGS

COP27
SHARM EL-SHEIKH
EGYPT 2022

ipcc
Climate Change 2022
Impacts, Adaptation and Vulnerability

ipcc
Climate Change 2022
Mitigation of Climate Change

Sixth Assessment Report
Synthesis Report

connecting climate minds

*Connecting global **climate change** and **mental health research***

connectingclimateminds.org
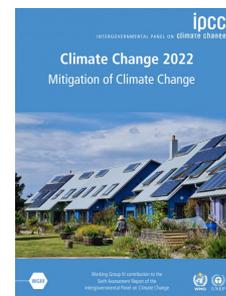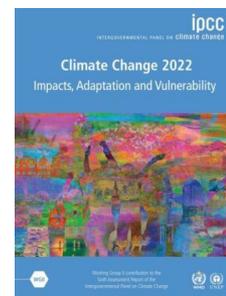
The climate change and mental health field is rapidly growing, but progress is held back by **critical gaps**

Currently the field is...

Disconnected
Sectors, disciplines, methodologies, terminologies and regions.

Great interventions **not identified or scaled-up or connected** across **Global South with Global North**

(Xue et al 2023)

Unequal
Focus across topics and regions.

77% of studies carried out **in high-income countries**

(Charlson et al 2021)

Siloed
Policy making and funding, slowing implementation and action.

9/95 countries include mental health **and psychosocial support** in national health and climate change plans

(WHO 2021)

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Aims

POLICY, PRACTICE AND GLOBAL OVERSIGHT

Inclusive **research** agenda

Connected **communities of practice**

Actionable **resources**

LIVED EXPERIENCE AND GRASSROOTS ORGANISATIONS

Globally fostered and connected by an **Online Hub**
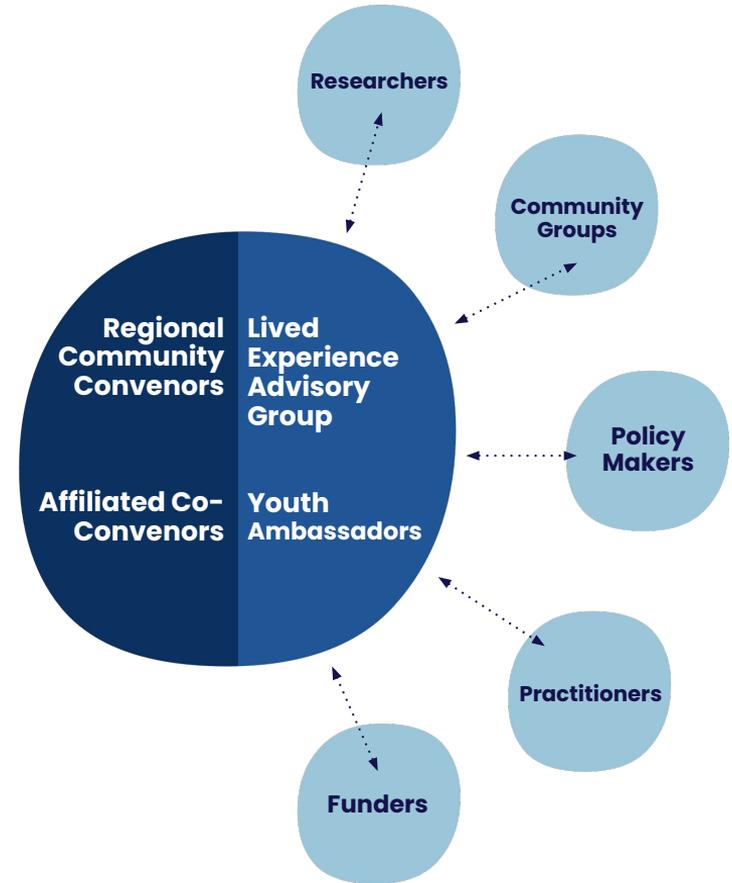
CCM outputs

14 virtual regional dialogues
- 1. **What:** Understanding needs and generating research themes
- 2. **How:** to best conduct this research, and how to translate evidence into policy and practice

3 virtual and 4 in person dialogues for young people, Indigenous communities, small farmers and fisher people in Nigeria, India, Cameroon and Peru.

870
Participants

> 80
countries

10
Regional & Thematic Agendas

25
Case Studies

35
Lived Experience Stories

connecting climate minds

Connecting global climate change and mental health research
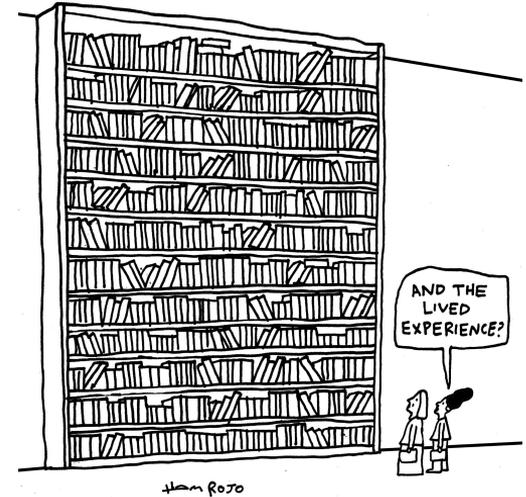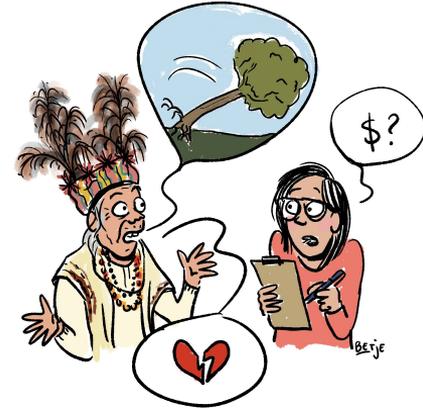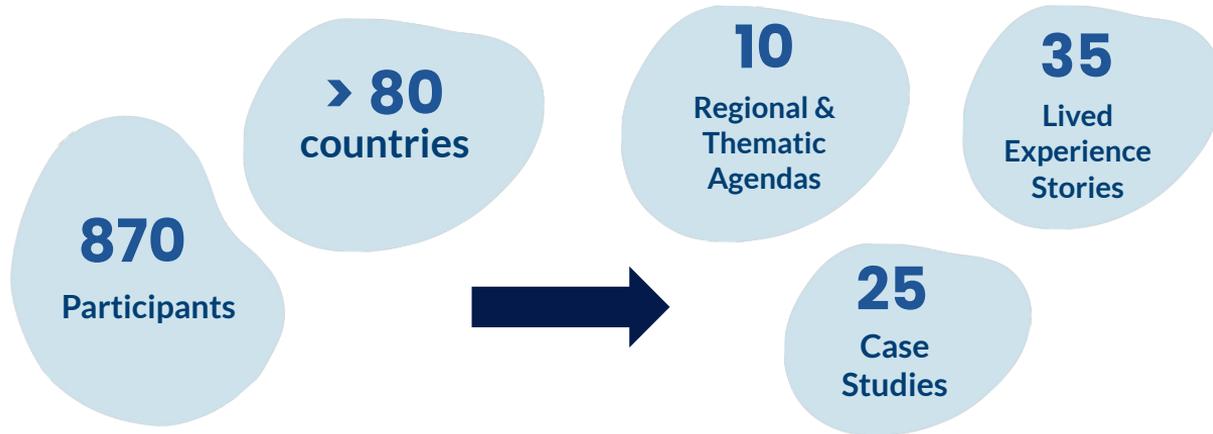
Welcome to the Connecting Climate Minds Hub, where the worlds of mental health and climate change research and policy unite.

We are dedicated to catalysing and fostering a connected global community, all driven by a common goal: understanding and addressing the intricate relationship between our planet's changing climate and our mental wellbeing.

Create an Account

Your collaborative space for ideas, dialogue, and connection.

Whether you're delving into in-depth research and policy documents, seeking inspiration and understanding from personal experiences and stories, or looking to join our gowing global community, this hub is for you.

How to use the Hub

Cutting edge research and policy

View more

Explore our rich repository of co-created agendas, reports, case studies and tools, all designed to support collaboration between disciplines and provide focus for the emerging field of climate change and mental health

Global Agenda

Thematic Agendas

Regional Agendas

Stories of grief, resilience and hope

Explore Library

We believe that lived experience is essential to navigating the unprecedented comonding crises of mental health and climate change. Browse our library of personal stories from people across the globe, providing invaluable insights into impacts and solutions.

VIDEO
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VIDEO
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Toolkits: Community created practical guides

Our toolkits offer comprehensive guidance on various aspects and challenges of climate change and mental health research and policy. Each toolkit has been carefully crafted by a diverse team to provide practical advice, strategies, and resources, helping you to navigate these complex fields with greater clarity and effectiveness, whether they're conducting research, shaping policies, or implementing projects on the ground.

Involvement of lived experience in research
Lead by the Lived Experience Group

Research advice for policy and practice
Led by the Red Cross Climate Centre

101 for researchers in the MM&CC field
Led by the Climate Cares Centre

Global Research and Action Agenda

Research Agenda

What priority research is needed at a global level to **fill critical gaps in knowledge and drive action**?

Action Agenda

How can we **enact this priority research and ensure it is translating into policy and practice?**

Example

- Identifying and understanding the pathways and mechanisms for how mental health is impacted by climate-related breakdown of **interpersonal relationships** and **community cohesion**.

- Identifying how existing mental health solutions and support are/will be **impacted by climate change** and are being/need **to be adapted** (including access to care, workforce capacity).

Example

- **Transdisciplinary and multisectoral approaches**
- **Research infrastructure, capacity, methods, data and terminology**
- **Inclusive, non-extractive and participatory approaches**
- **Political and policymaking environments**
- **Awareness, attitudes and beliefs around climate change and mental health**
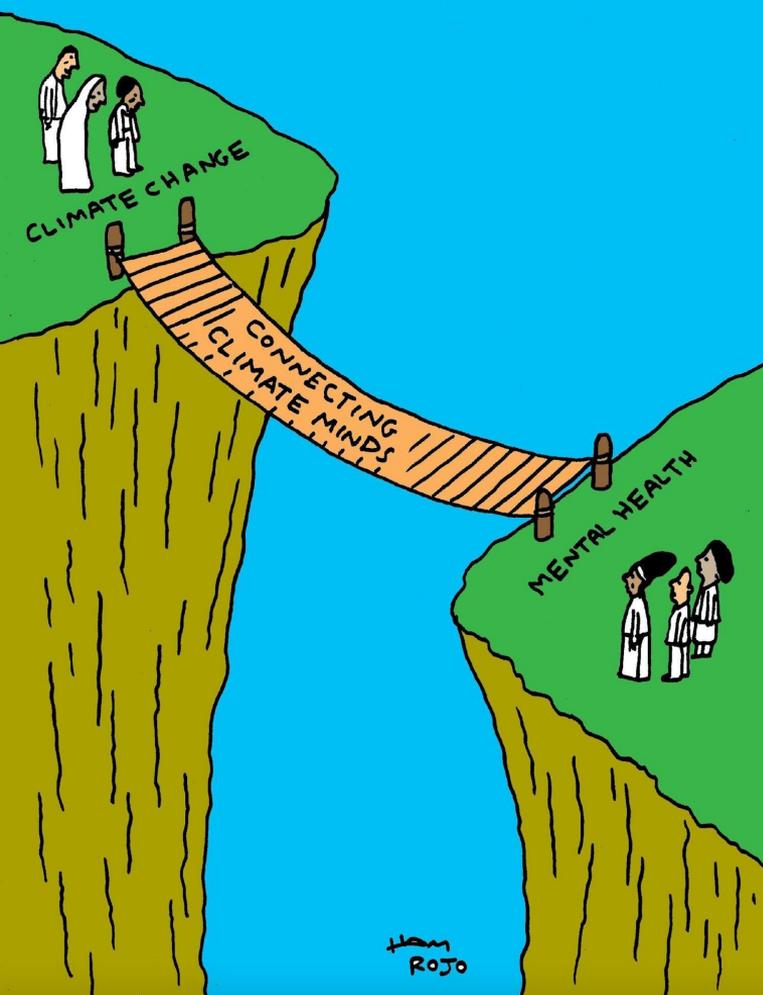
Thank You!

Find out more about our work...

Visit our website: **climatecares.co.uk**

Find out about our project to build a global research and action agenda: **connectingclimateminds.org**

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Resources shared in the webinar

- https://www.imperial.ac.uk/climate-cares/
- Connectingclimateminds.org
- hub.connectingclimateminds.org
- https://www.nature.com/articles/d41586-024-00998-6
- https://pubmed.ncbi.nlm.nih.gov/36165756/
- https://www.imperial.ac.uk/grantham/publications/all-publications/the-impact-of-climate-change-on-mental-health-and-emotional-wellbeing-current-evidence-and-implications-for-policy-and-practice.php
- https://psycnet.apa.org/record/2023-06349-004
- https://www.thelancet.com/journals/lanplh/article/PIIS2542-5196(22)00172-3/fulltext
- https://journals.plos.org/globalpublichealth/article?id=10.1371/journal.pgph.0001938
- https://www.nature.com/articles/s44220-023-00197-8
- https://www.nature.com/articles/s44184-024-00054-1
- https://www.thelancet.com/journals/lanplh/article/PIIS2542-5196(23)00104-3/fulltext
- https://www.science.org/content/article/schizophrenia-pinpointed-key-factor-heat-deaths
- https://www.nature.com/articles/s44220-023-00196-9
- https://apolitical.co/microcourses/en/imperial-college-london-climate-change-and-mental-health/
- D4-Mental-Health-and-wellbeing-Eng-final.pdf
- https://pubmed.ncbi.nlm.nih.gov/37107845/
- https://pubmed.ncbi.nlm.nih.gov/27974062/
- https://www.fph.org.uk/policy-advocacy/special-interest-groups/public-mental-health-special-interest-group/
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- https://www.futuregenerations.wales/wp-content/uploads/2021/02/Swansea-case-study-Eng.pdf