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Faculty of Public Health webinar

Taking a Public Mental Health approach

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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.

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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.

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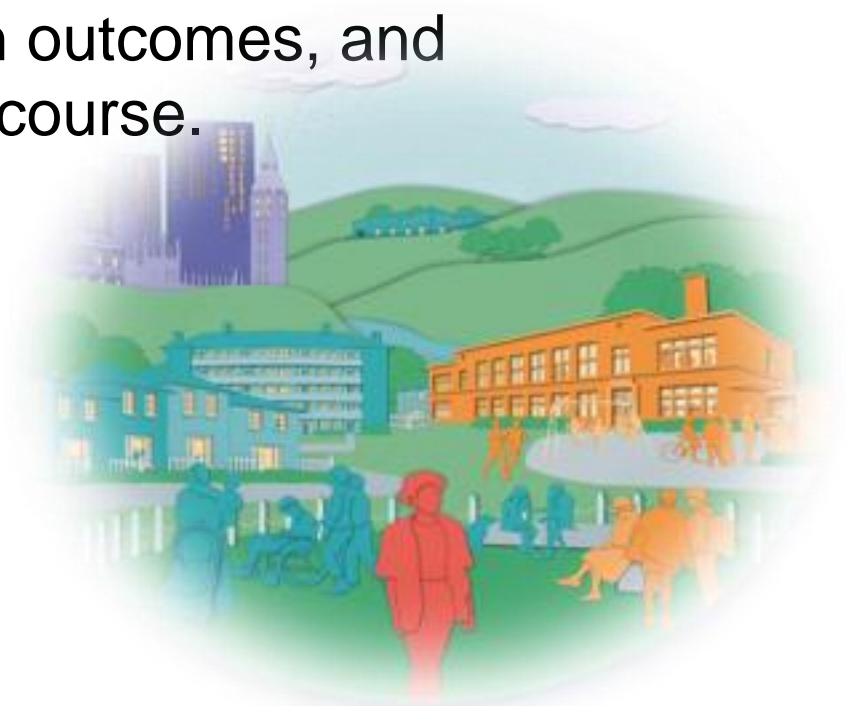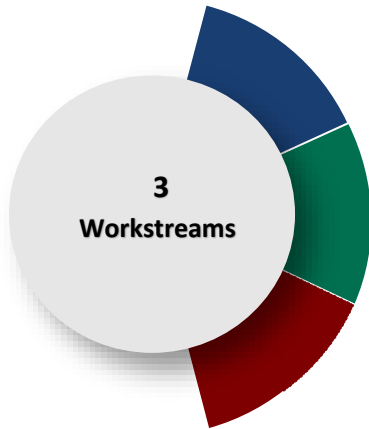
3 Workstreams

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

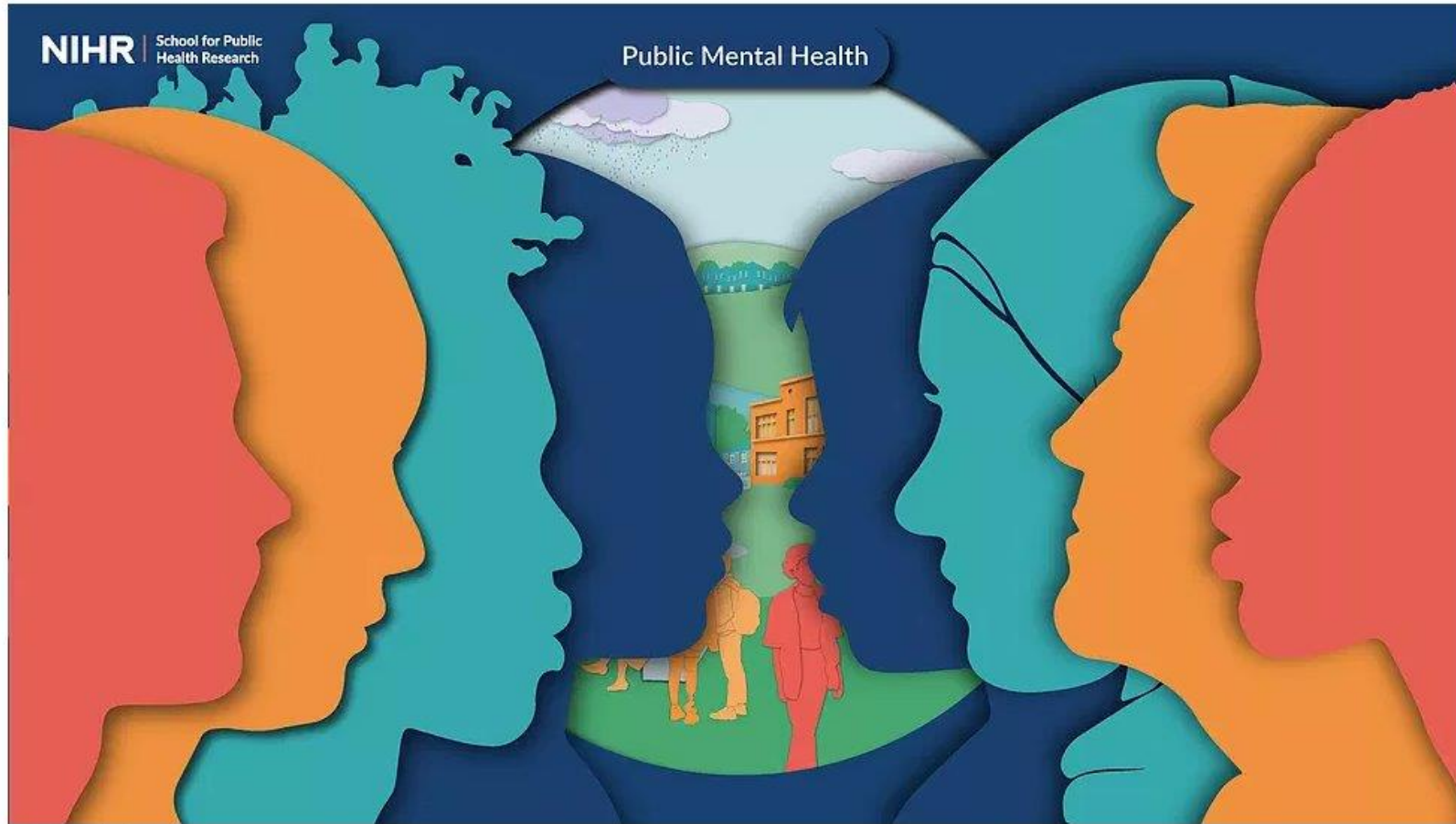**Strengthening systems to support groups at risk of poor mental health**

➢ 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

Individual

Family

Community

Structural

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

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)

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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%)

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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.

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/
- https://www.futuregenerations.wales/wp-content/uploads/2021/02/Swansea-case-study-Eng.pdf
- https://www.futuregenerations.wales/wp-content/uploads/2021/02/Swansea-case-study-Eng.pdf