

Adult Mental Health Improvement Policy Landscape



A resource to support the planning and delivery of adult mental health improvement activity in Greater Glasgow and Clyde. Underpinned by the evidence-based Greater Glasgow and Clyde Healthy Minds Adult Mental Health Improvement Framework, it illustrates recommendations and links to key mental health policy drivers.

Frequently Asked Questions

We've put together some commonly asked questions to give you more information about the policy landscape. If you have a question that you can't find an answer to please contact ggc.mhead@nhs.scot

1. What is the adult mental health improvement policy landscape?

Adult mental health is a national priority area as evidenced by the numerous national strategy documents published over recent years. Navigating and keeping abreast of the national policy picture, however, can be overwhelming for practitioners, teams, and organisations. The policy landscape resource is a simple planning tool to help support the delivery of adult mental health improvement activity. It is underpinned by the evidence-based [Greater Glasgow and Clyde Adult Mental Health Improvement Prevention and Early Intervention Framework](#), a framework that illustrates the factors required for the promotion of good mental health for adults. The framework has been mapped against some of the key adult mental health national policy documents and illustrates how the themes of the framework correlate with the recommendations outlined in each of the policies.

2. Does the planning tool include all policies relevant to adult mental health?

No. There are an abundance of policies that link to adult mental health but the planning tool only includes some of the key policy drivers. These include; A Refresh of the Strategy for Mental Health Services in Greater Glasgow & Clyde: 2023 – 2028, the Scottish Government Mental Health and Wellbeing Strategy, Creating Hope Together Scotland's Suicide Prevention Strategy 2022-2032, Scotland's Self-harm Strategy and Action Plan 2023 to 2027. All are hyperlinked to take you directly to the strategy for further information.

3. Who is it for?

The resource can be used by individuals and teams from both statutory and non-statutory organisations who have a remit for adult mental health.

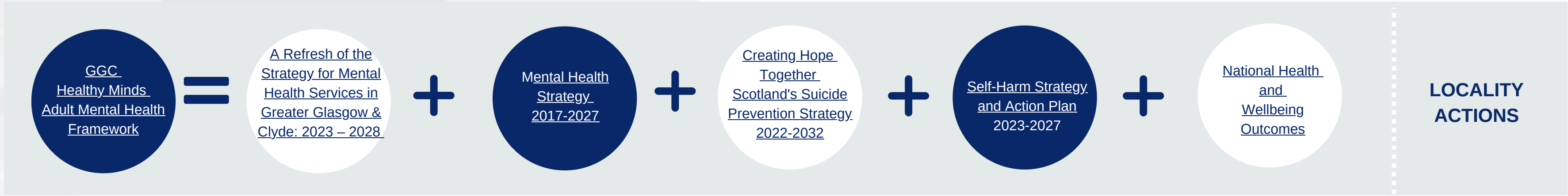
4. How can it be used?

The resource can be used to:

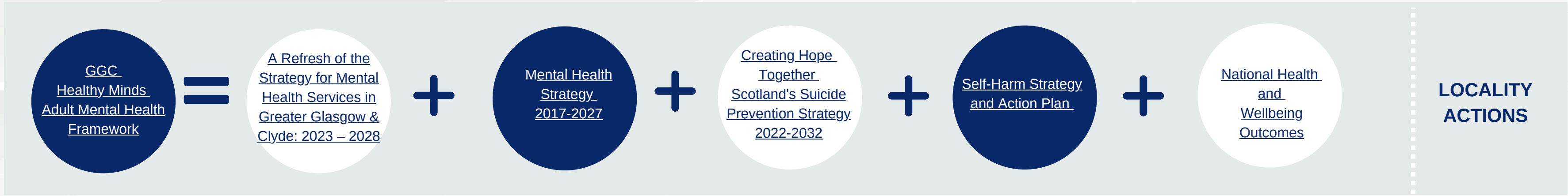
- Map adult mental health improvement activity against policy recommendations. This can show teams and organisations where they are translating national policy into local actions.
- Identify gaps in provision and areas for improvement to support adult mental health activity planning.

5. What are the benefits of using the policy landscape?

- Gives an overview of how your adult mental health improvement activity links to national priorities and recommendations. This information can help support funding applications and organisational reports.
- Highlights where strengths lie and can identify gaps. This can help plan work and prioritise the allocation of resources.



<p>Tackle Underlying Determinants and Promote Equity</p>	<p>Work with community planning partners to extend the development of community-based initiatives that build social connection, tackle isolation and help build skills, confidence and productive engagement, with particular attention to marginalised groups.</p> <p>Support community planning partners to develop and implement strategies to address child poverty within their area.</p>	<p>Prevention and early intervention.</p> <p>The physical wellbeing of people with mental health problems.</p>	<p>Outcome 1. The environment we live in promotes conditions which protect against risk - this includes our psychological, social, cultural, economic and physical environment.</p>	<p>Prevent mental health issues occurring or escalating and tackle underlying causes, adversities and inequalities wherever possible.</p>	<p>Outcome 5: Health and social care services contribute to reducing health inequalities.</p>	<p>LOCALITY ACTIONS</p>
<p>Promote Positive Attitudes, Challenge Stigma and Discrimination</p>	<p>Work with multiple partners to build awareness of practical steps to promoting Mental Wellbeing and challenging stigma and discrimination (linking to initiatives such as Walk a Mile, See Me and the Scottish Mental Health Arts Festival) – with a priority focus on groups with higher risk, marginalised and protected characteristics.</p>	<p>Prevention and early intervention.</p>	<p>Outcome 4. Our approach to suicide prevention is well planned and delivered, through close collaboration between national, local and sectoral partners. Our work is designed with lived experience insight, practice, data, research and intelligence. We improve our approach through regular monitoring, evaluation and review.</p>	<p>Priority 1: Continue to expand and deepen knowledge and embed compassionate understanding of self-harm and tackle stigma and discrimination.</p>	<p>Outcome 3. People who use health and social care services have positive experiences of those services, and have their dignity respected.</p> <p>Outcome 7. People using health and social care services are safe from harm.</p>	<p>LOCALITY ACTIONS</p>
<p>Promote Wellbeing and Resilience with People and Communities</p>	<p>Work with community planning partners to extend the development of community-based initiatives that build social connection, tackle isolation and help build skills, confidence and productive engagement, with particular attention to marginalised groups.</p>	<p>Prevention and early intervention.</p> <p>The physical wellbeing of people with mental health problems.</p> <p>Access to treatment and joined-up accessible services.</p>	<p>Outcome 2. Our communities have a clear understanding of suicide risk factors and its prevention - so that people and organisations are more able to respond in helpful and informed ways when they, or others, need support.</p>	<p>Promote positive mental health and wellbeing for the whole population, improving understanding and tackling stigma, inequality and discrimination.</p>	<p>Outcome 1. People are able to look after and improve their own health and wellbeing and live in good health for longer.</p> <p>Outcome 9. Resources are used effectively and efficiently in the provision of health and social care services.</p>	<p>LOCALITY ACTIONS</p>



<p>Promote Wellbeing and Resilience through Work</p>	<p>Continue to support initiatives to promote physical exercise and active transport amongst Partnership staff as well as the general population.</p>	<p>Work with employers on they can act to protect and improve mental health, and support employees experiencing poor mental health.</p>	<p>Outcome 1. The environment we live in promotes conditions which protect against risk - this includes our psychological, social, cultural, economic, and physical environment.</p>	<p>Promote positive mental health and wellbeing for the whole population, improving understanding and tackling stigma, inequality and discrimination.</p>	<p>Outcome 8. People who work in health and social care services feel engaged with the work they do and are supported to continuously improve the information, support, care and treatment they provide.</p>	
<p>Promote Wellbeing for People with Long Term Conditions</p>	<p>“Chronic” distress responses in collaboration with Primary Care for adults, relating to the Link worker role out and utilising social prescribing and allied methods.</p>	<p>The physical wellbeing of people with mental health problems. Access to treatment and joined up accessible services.</p>	<p>Outcome 1. The environment we live in promotes conditions which protect against risk - this includes our psychological, social, cultural, economic and physical environment.</p>	<p>Priority 2: Continue to build person-centred, support and services across Scotland to meet the needs of people affected by self-harm.</p>	<p>Outcome 2: People, including those with disabilities or long-term conditions, or who are frail, are able to live, as far as reasonably practicable, independently and at home or in a homely setting in their community. Outcome 4. Health and social care services are centred on helping to maintain or improve the quality of life of people who use those services. Outcome 6. People who provide unpaid care are supported to look after their own health and wellbeing, including to reduce any negative impact of their caring role on their own health and well-being.</p>	
<p>Respond Better to Distress</p>	<p>Significantly up-scale Mental Health training and support for all staff in Partnerships and related services (inc. trauma informed, ACE-aware, one good adult, mental health first aid). Coordinate and extend current Partnership work for the prevention of suicide through joint training, risk management and acute distress responses, including with primary care.</p>	<p>Prevention and early intervention. Access to treatment and joined-up accessible services.</p>	<p>Outcome 3. Everyone affected by suicide is able to access high quality, compassionate, appropriate and timely support - which promotes wellbeing and recovery. This applies to all children, young people and adults who experience suicidal thoughts and behaviour, anyone who cares for them, and anyone affected by suicide in other ways.</p>	<p>Priority 2: Continue to build person-centred, support and services across Scotland to meet the needs of people affected by self-harm. Provide mental health and wellbeing support and care, ensuring people and communities can access the right information, skills, services and opportunities in the right place at the right time, using a person-centred approach.</p>	<p>Outcome 3. People who use health and social care services have positive experiences of those services, and have their dignity respected. Outcome 7. People using health and social care services are safe from harm.</p>	