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# The Idle Valley Ecominds project and commissioning experience

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# The Wildlife Trusts



47 independent charities covering the UK



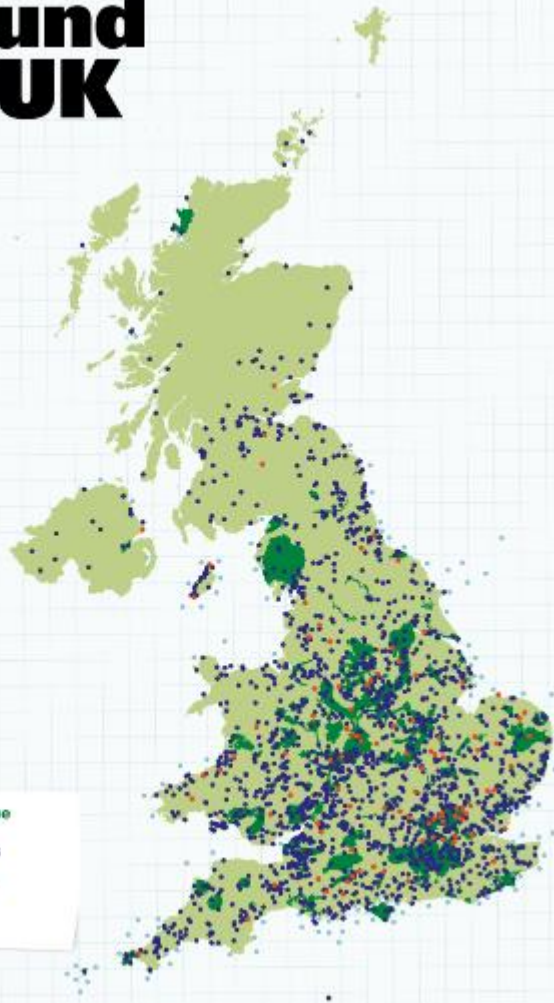
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## The Wildlife Trusts



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### Around the UK



- ~100,00ha of nature reserves
- 150 coastal and marine reserves
- 150 living landscape schemes
  
- 13,000 events held last year
- 780,000 people directly engaged
- 8,200,000 visits to WT reserves
  
- 820,000 members
- incl. 150,000 junior members
- 45,000 volunteers
- 2,600 staff (2,120 full time equiv)
- 600 trustees



Published peer-reviewed and grey literature, contact with nature can provide multiple benefits including:

- Reductions in stress & anxiety;
- Increased positive mood;
- Self-esteem;
- Resilience



Analysis of the direct contributions of Wildlife Trusts found impacts on the long-term unemployed, young offenders & recovering alcoholics amongst others, for example:

- Mental health – 48 participants increased their wellbeing score from 38.5-45.9
- 93%; increased confidence,
- self-esteem 86%
- better emotional well-being – 78%



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30 Days Wild has been proven to positively affect health, happiness and pro-nature behaviours, through our Impact Study with University of Derby



# My Wild Life



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We're Mind...

We won't give up until everyone  
experiencing a mental health  
problem gets both support and  
respect.



We provide advice and support to empower anyone experiencing a mental health problem.

- Through our network of 145 local Minds, we reach over 400,000 people each year
- Our online peer support network has over 10,000 users
- Over 6.5 million visits to our website
- Our helplines respond to 50,000 calls annually





# We campaign to improve services, raise awareness and promote understanding.



**"1 in 4 people, like me, have a mental health problem. Many more people have a problem with that."**

*Stephen Fry has experienced mental health problems for much of his life. This is what he said in 2011 when he was finally diagnosed with bipolar disorder.*

*"When you read the mental health law for the first time I had a shudder that explains the massive high and miserable low I've lived with all my life"*

*Having worked for the advertising "the tower of hell" the States, Stephen Fry says he had no idea that there were a hundred of these in England in the UK.*

*It was when he started to do research on mental health that he realised how much more people are affected by mental health problems than he realised. It was when he realised that there were people like him in the UK.*

*Stephen Fry says that his experience is a warning to help people break the silence about mental illness.*

*"Now the responsibility is there, it's not all laid up and you're not a victim of society, what is the state of the population and what are we as a society doing to help them?"*

You can help. Find out how at [www.time-to-change.org.uk](http://www.time-to-change.org.uk)

**time to change**  
It's end mental health discrimination

Mental Health Matters    **CMHC RELIEF**



**time to change**

**let's end mental health discrimination**



# Ecominds

- £10 million investment from the Big Lottery in 130 projects across England
- Reached over 12,000 people
- Funded five types of projects: 1. Environmental conservation 2. Care Farming 3. Social and Therapeutic Horticulture 4. Nature Arts and Crafts 5. Facilitated Green Exercise
- Independently evaluated by the University of Essex
- Campaign and conference – Autumn 2013

Ecominds



For better  
mental health



LOTTERY FUNDED

# RecoVERY Project at Idle Valley



- Aimed to work with people with a mental health issue (diagnosis) using access to nature to aid with recovery – “ecotherapy”.
- Funding:
  - Ecominds – 4 years,
  - Bassetlaw CCG – 2 years
  - Self-funded – 2 years annual.
- Very successful and award winning provision.
- Initiated our dementia work.



# Ecominds findings



of people experienced significant increases in mental wellbeing after attending an Ecominds project.



of people thought their overall health was better by the time they left an Ecominds project.



Five people with mental health problems saved the state more than £35,000 in one year through lower welfare benefits and healthcare spending.



Ecominds helped 254 people find full-time employment with potential savings to the state of £1.46 million through reductions in welfare payments and income from tax and National Insurance.



of people got more involved in community activities by the time they left an Ecominds project.



of people with mental health problems felt more positive about their lives by the time they left the Ecominds project.



said they felt they did not belong to their immediate community when they started at an Ecominds project; but by the end, 60% said they felt they did belong to their community.



of people attending Ecominds were men – ecotherapy is a great way to get men involved in wellbeing services.

# Evidence



We had evidence, but not the right sort:

- New Economics Foundation evaluation in 2013 found that the financial benefit for one service user in one year was over £4,000.

Table 3: Summary of annual economic benefits from Wayne and Idle Valley

Benefits	Value (£)
Avoided prescription costs	258.27
Avoided medical consultation costs	408.92
Reduced number of visits from the community psychiatric nurse	3,484.00
<b>TOTAL</b>	<b>4,151.19</b>

- Wayne has continued to volunteer with the Trust since 2013 and the cumulative saving to the NHS is now over £20,000.



# Where has it gone wrong?



- The NEF evaluation was great but we couldn't evaluate the direct financial benefit of our service.
- We didn't get sufficient GPs engaged with our provision.
- We didn't operate in the expected way of commissioned services:
  - e.g. you get 10 weeks support and move on
  - Some of our service users were with us for two years – the aim is to build a sustainable recovery and reduce the revolving door effect



# Where has it gone wrong?



- Sustainability - this is the key issue!
- Identifying sources of funding to be able to maintain a “professional” led Ecotherapy provision.
- At the moment, unless you have sufficient core funds, this funding will need to come from the health and social care sector.
- As a movement we have not yet convinced the health and social care sector of the financial value of Ecotherapy.



# The current state of mental health

## Mental health problems in the population:

**One in ten children** between the ages of 5 to 16 has a diagnosable mental health problem.

**One in five mothers** has depression, anxiety or in some cases psychosis during pregnancy or in the first year after childbirth.

**One in four adults** experiences at least one diagnosable mental health problem in any given year.

**One in five older people** living in the community and 40 per cent of older people living in care homes are affected by depression.

## Experiences of mental health care:

It is estimated that up to three quarters of people with mental health problems receive no support at all.

People with severe mental illness are at risk of dying 15 - 20 years earlier than other people.

Suicide rates in England have increased steadily in recent years, peaking at 4,882 deaths in 2014.

In a crisis, only 14% of adults surveyed felt they were provided with the right response.

*"The NHS needs a far more proactive and preventative approach to reduce the long term impact for people experiencing mental health problems and for their families, and to reduce costs for the NHS and emergency services".*



# Five Year Forward View for Mental Health



**Simon Stevens:** “Putting mental and physical health on an equal footing will require major improvements in 7 day mental health crisis care, a large increase in psychological treatments, and a more integrated approach to how services are delivered. That’s what today’s taskforce report calls for, and it’s what the NHS is now committed to pursuing.”

**Prime Minister:** “The Taskforce has set out how we can work towards putting mental and physical healthcare on an equal footing and I am committed to making sure that happens.”

## The report in a nutshell:

- 20,000+ people engaged
- Designed for and with the NHS Arms’ Length Bodies
- All ages (building on Future in Mind)
- Three key themes:
  - High quality 7-day services for people in crisis
  - Integration of physical and mental health care
  - Prevention
- Plus ‘hard wiring the system’ to support good mental health care across the NHS wherever people need it
- Focus on targeting inequalities
- 58 recommendations for the NHS and system partners
- £1bn additional NHS investment by 2020/21 to help an extra 1 million people of all ages
- Recommendations for NHS accepted in full and endorsed by government

# People's priorities for change



- 20,000 responses to online survey
- 250 participants in engagement events hosted by Mind and Rethink Mental Illness
- 60 people engaged who were detained in secure mental health services
- 25 expert organisations submitted written responses
- 20 written submissions from individual members of the public

The themes identified through the engagement process informed the four priorities that shape the full set of recommendations...

# Funding and spend transparency

NHS England is investing additional funding in mental health - growing to £1 billion by 2020/21 - to deliver the priority recommendations for the NHS in the strategy.

This is additional to the £280m annual funding announced for children, young people, and perinatal care in 2014/15.

The funding will help an extra 1 million children, young people and adults to receive high-quality support when they need it by 2020/21.

CCGs should be increasing overall mental health spending over and above the growth in their total baseline allocation to improve the quality of mental health care in line with the strategy, and re-invest any resulting efficiencies in the provision of that care.

**Transparency:** Through implementing the Taskforce recommendations, by 2020/21 we will be clearer about where money is spent on providing high quality mental health care across the NHS to facilitate improvement in outcomes and greater accountability, both locally and nationally.

# What questions do we want the delegates to answer

- How can initiatives like the Recovery Project become part of a sustainable care pathway?
- Whose role is it to measure the resultant cost savings?



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