Joint Commissioning Panel
for Mental Health
www.jcpmh.info

Centre for Sustainable Healthcare
www.sustainablehealthcare.org.uk

Guidance for commissioners of

# financially, environmentally, and socially sustainable mental health services

(future proofing services)


## Daniel Maughan

Royal College of Psychiatrists Sustainability Fellow


#futureproofmentalhealth

# Current context

Health care is talked about in these terms:

- Individuals
- Illness
- Interventions
- Cost-effectiveness

BLINKERED APPROACH

*Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.*

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# What is mental health?

Genetics, neurotransmitters, receptors……

| | |
|---|---|
| What we do | How we live |
| How we think | What we receive |
| Who we see | What we give |

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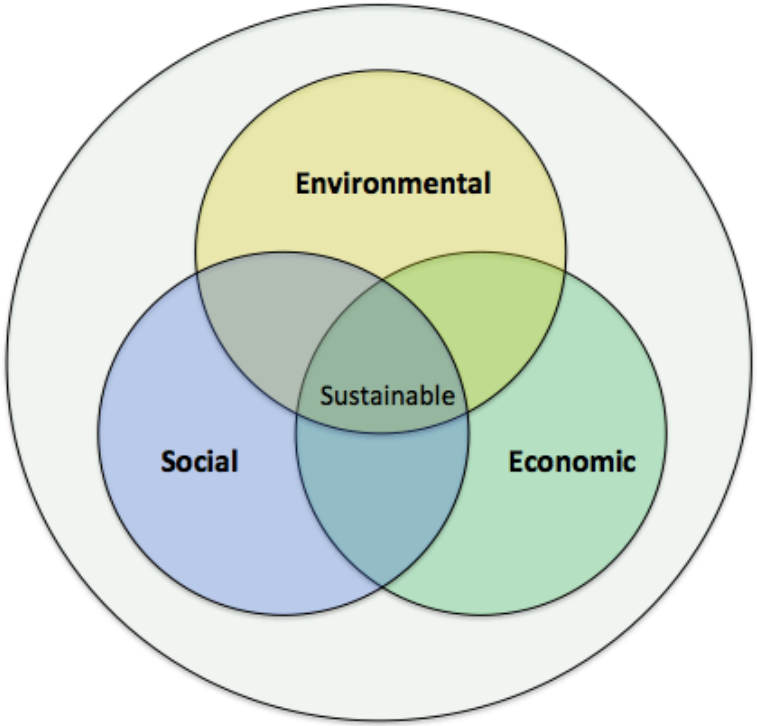
HEALTHCARE

# Engaging with the future

We need to start using these terms

- Health
- Resilience
- Community structures
- Society
- Natural environment

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# Economic sustainability

- Providing the most cost-effective improvement to the mental health of the whole community

- The impact that mental health services have on the economy

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# Social Sustainability

*Restoring the social capital in the community that is lost because of mental illness*

Social capital (located in the community):

- housing
- employment & educational opportunities
- community connectedness

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# Social Sustainability

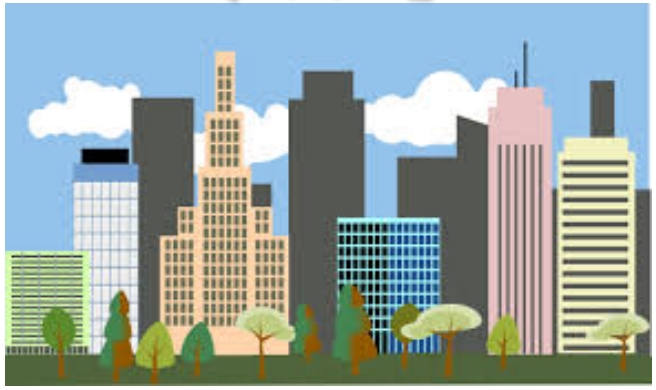
~~**BIOPSYCHOSOCIAL**~~

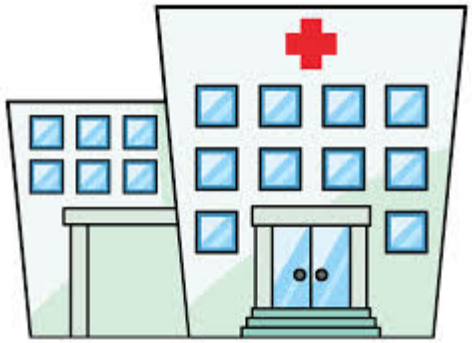
**Recovery:**

Hope ✔

Agency ✔

Opportunity ✔





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# Environmental sustainability

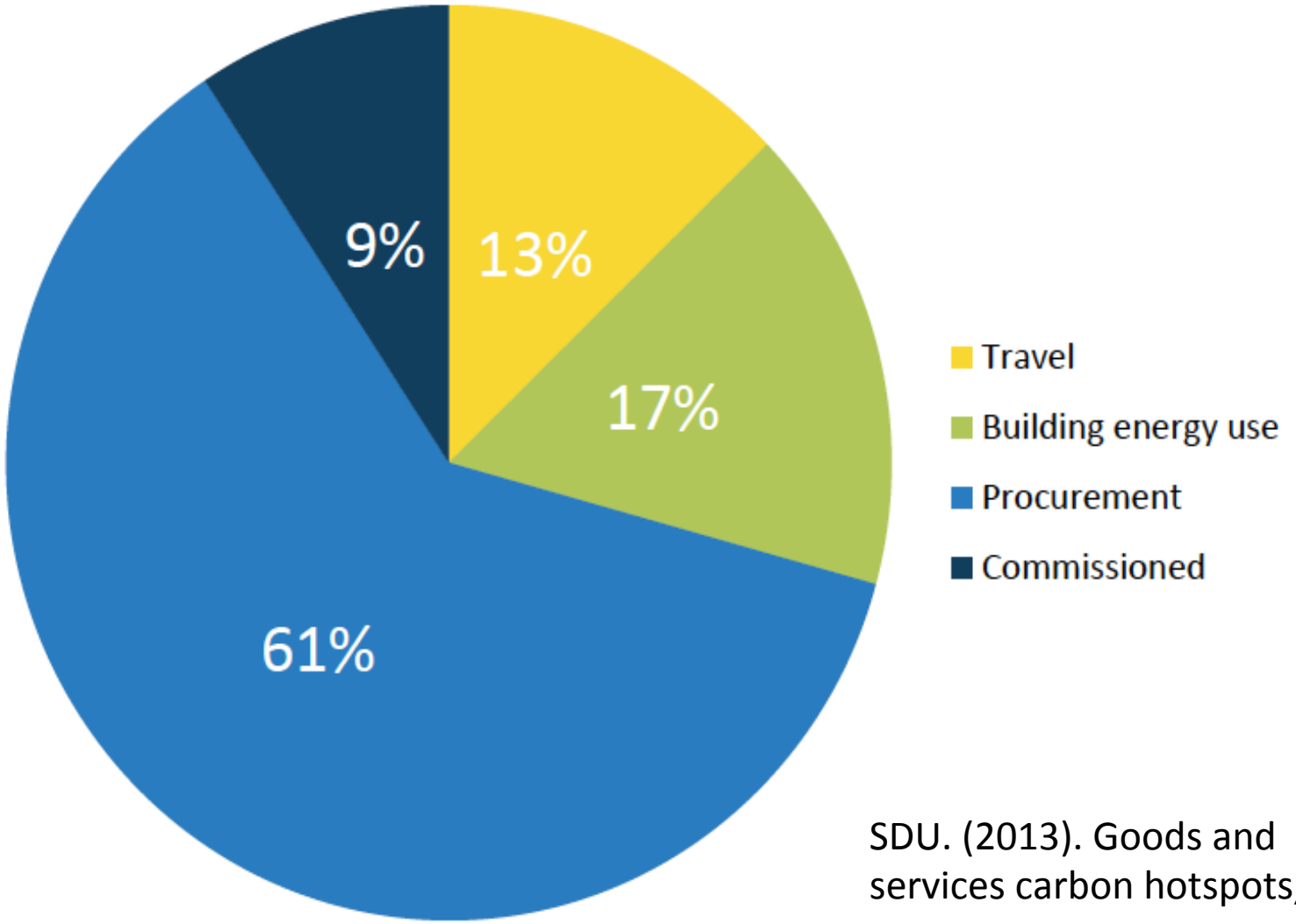
- What is the MORAL imperative?

- The WHO and the Lancet Commission both state that climate change is the largest threat to human health in the 21st Century

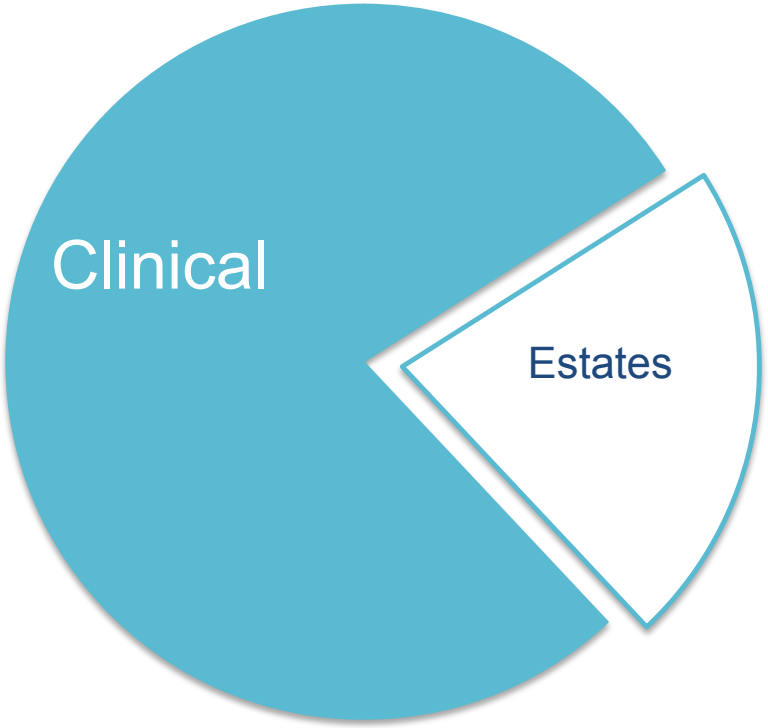
- Evidence that floods, heat waves, drought and cyclones all impact on mental health

- The contribution from health care is significant

# NHS carbon footprint breakdown 2012



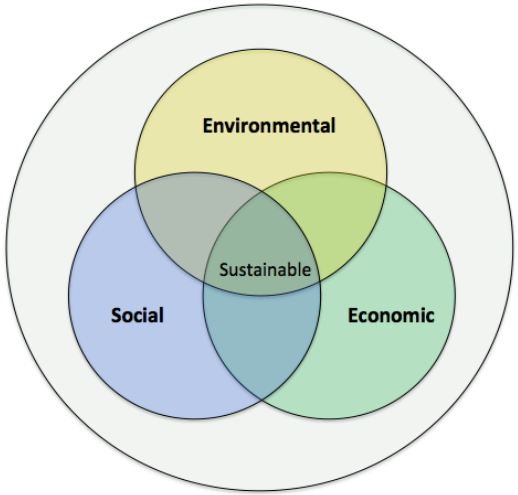

SDU. (2013). Goods and services carbon hotspots,

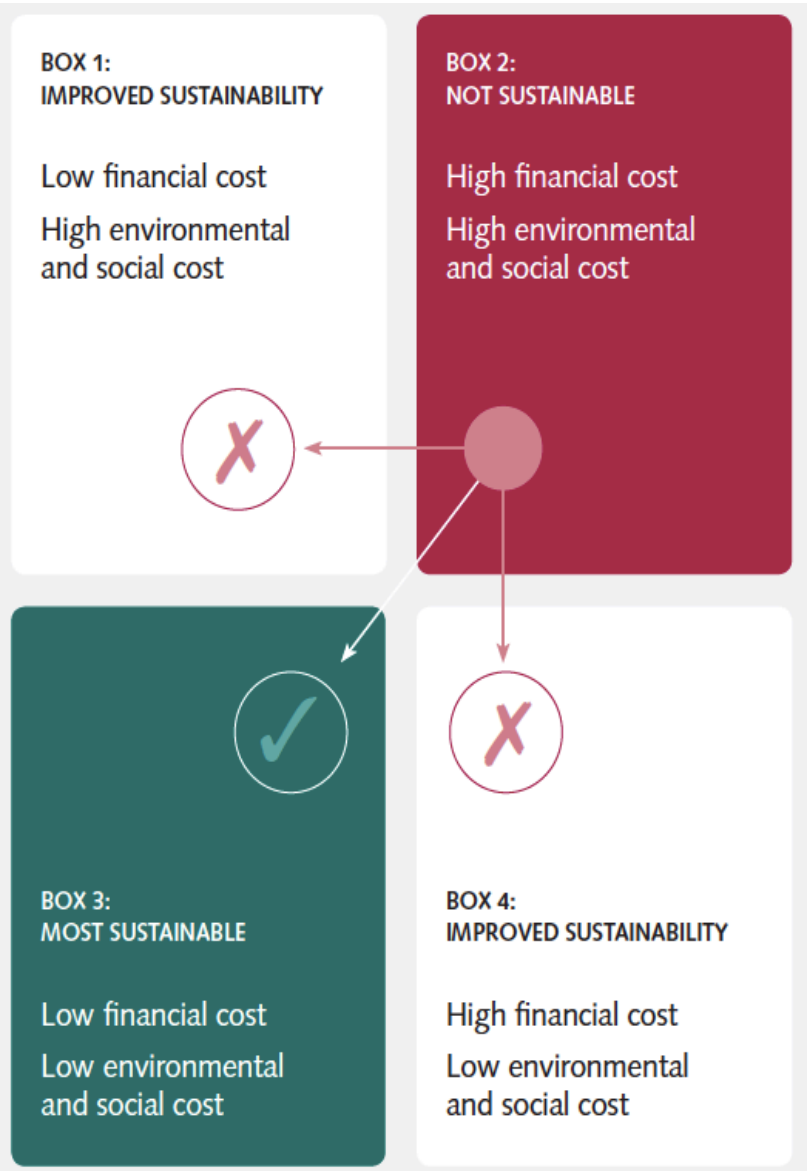

Clinical
Estates

PRINCIPLES

- Prevent
- Empower
- Improve value
- Consider carbon

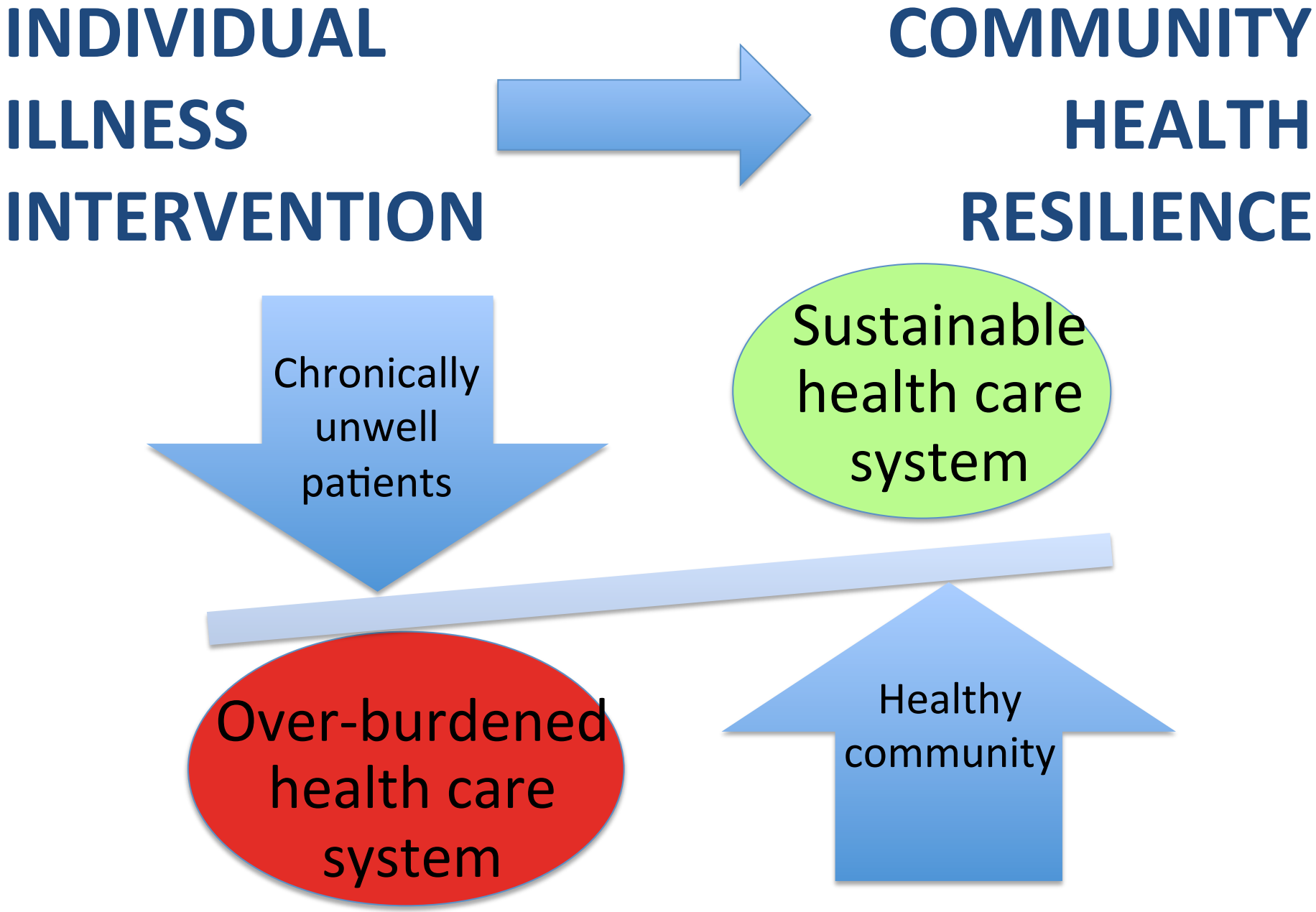
# MODELS OF CARE





$$\text{Value} = \frac{\text{Patient outcomes}}{\text{Costs}}$$

**Economic**
**Environmental**
**Social**

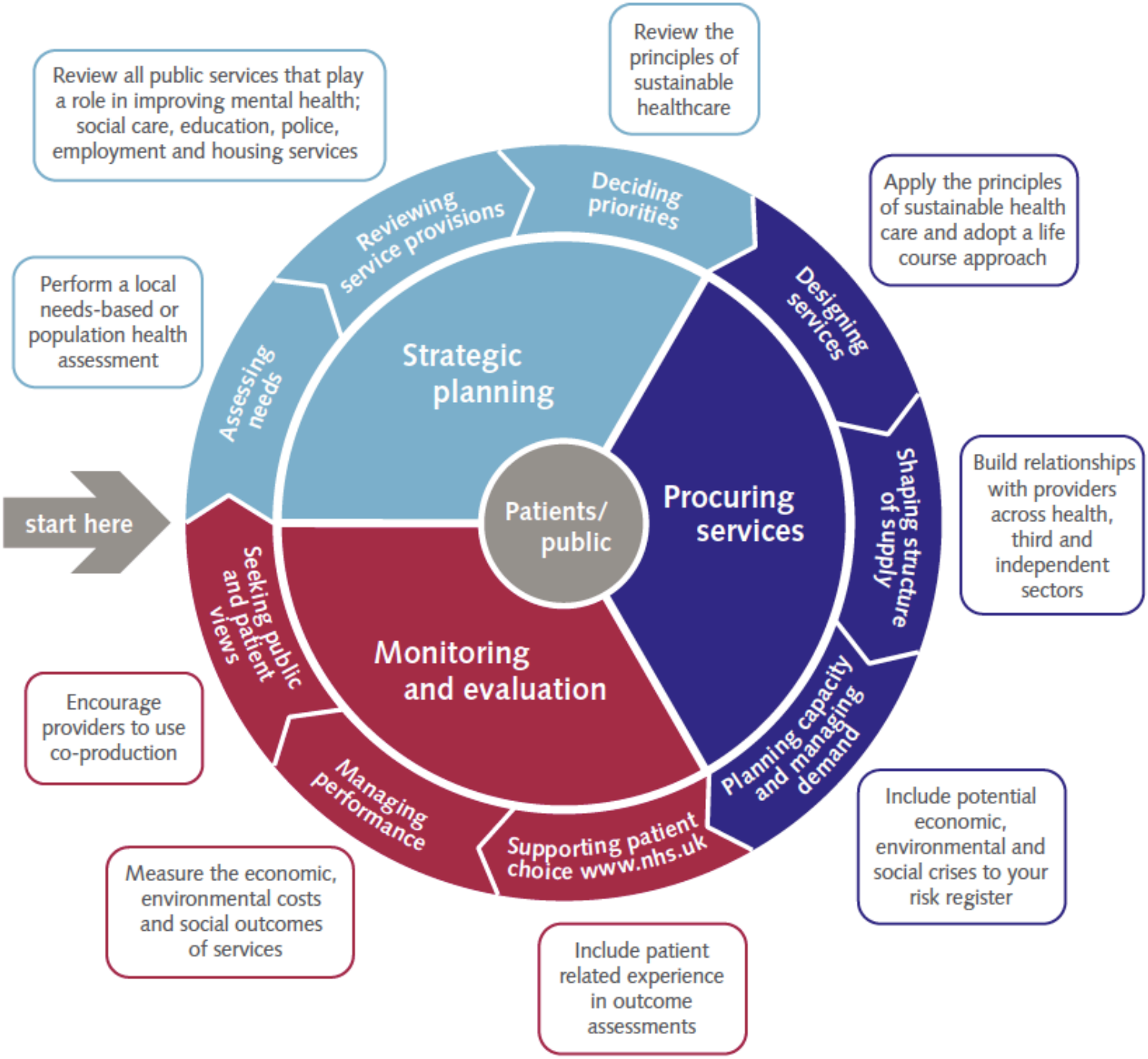

INDIVIDUAL ILLNESS INTERVENTION
COMMUNITY HEALTH RESILIENCE
Chronically unwell patients
Sustainable health care system
Over-burdened health care system
Healthy community

面向农村
为五亿农民服务

# The Guide is Practical

It provides….

- Ten practical actions for commissioners to take to improve sustainability
- Key questions that commissioners can ask their commissioning group and service providers
- An example of a sustainable CQUIN from City and Hackney CCG
- Other examples of sustainable quality targets


Review all public services that play a role in improving mental health; social care, education, police, employment and housing services
Review the principles of sustainable healthcare
Apply the principles of sustainable health care and adopt a life course approach
Build relationships with providers across health, third and independent sectors
Include potential economic, environmental and social crises to your risk register
Include patient related experience in outcome assessments
Measure the economic, environmental costs and social outcomes of services
Encourage providers to use co-production
Perform a local needs-based or population health assessment
start here
Strategic planning
Deciding priorities
Designing services
Procuring services
Shaping structure of supply
Planning capacity and managing demand
Supporting patient choice www.nhs.uk
Managing performance
Seeking public and patient views
Assessing needs
Reviewing service provisions
Patients/ public
Monitoring and evaluation

# A Life Course Approach

**Pregnancy**
- Perinatal services

**Child and adolescent services**
- Parental training
- Mental health promotion in schools
- Early intervention services

**Adult services**
- Peer support services
- Online self-care resources
- Vocational skills and employment opportunities
- Physical health prevention and promotion
- Improving inpatient care
- Therapeutic communities
- Recovery colleges
- Social prescribing services
- Reducing non-attendance
- Ecotherapy
- Reduce medications wastage
- Liaison psychiatry in primary care

**Older adult services**
- Liaison psychiatry in hospitals
- Integrate older adult services
- Improve social networks

SEVEN CAPITALS MATRIX
Economic
Staff
Service users
Community
Staff networks
Infra-structure
Natural

# Legal requirements

- The 2012 Public Services or Social Value Act

*All commissioners of public services are required to consider economic, social and environmental value, not just price, when procuring services*.

- The 2004 Civil Contingencies Act

*Organisations within the NHS are required to prepare for adverse events such as those associated with financial crises and climate change*

- The Climate Change Act

*Mandates an 80% reduction in the carbon footprint by 2050.*

# RCPsych Sustainability Scholars

Suhana Ahmed
Oliver Bashford
Mike Pearce

for
SUSTAINABLE
HEALTHCARE

# Thank you

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