

New Horizons
a shared vision for mental health



Flourishing People, Connected Communities

A framework for developing well-being



The story so far...

New Horizons is the new national vision for mental health and well-being in England for 2010 and beyond.

This shared vision encompasses the ideas and aspirations of a wide range of organisations and individuals with diverse experience of mental health issues.

Building on the achievements of the National Service Framework over the last ten years, New Horizons will enable the country's strategic health

authorities to deliver their regional plans for mental health. It will help to increase awareness and strengthen commitment across government departments, local authorities and the private and voluntary sectors, as well as employers, education services and other agencies.

In addition to supporting the continued transformation of specialist services, New Horizons heralds a dynamic new approach to whole-population mental health and well-being. The framework outlined in this handout is central to this approach.

The vision: Towards flourishing people and connected communities through the promotion of well-being and resilience and the reduction of inequalities.

This approach aims to enhance the connections between mental and physical health in order to improve overall well-being; the connections between people to improve resilience and reduce inequalities; and the connections between communities and their environment to ensure a sustainable future.

Wider benefits

of promoting increased mental well-being

- Improved educational attainment and outcomes
- Reduced levels of mental illness
- Safer communities with less crime
- Increased quality of life and overall well-being
- Reduced sickness absence
- Improved productivity and employment retention
- Reduced health inequalities related to both physical and mental health, and lower utilisation of healthcare.

The importance of mental health

Good mental health is the foundation for well-being and the effective functioning of individuals and communities. It is often said that there is no health without mental health.

This page outlines some of the many reasons why the active promotion of whole-population mental health and well-being is so important in ensuring good quality of life for all.

Impact of mental illness

Common: One in four people will experience a mental health problem at some point in their lives, and 10% of children are known to have a mental health problem.

Debilitating: Mental illness accounts for 26% of disability-adjusted life years, far more than cardiovascular disease (17.2%) and cancer (15.5%). By 2030, that figure is set to rise to 31%.

Cost

To individuals and society: Poor mental health is linked to poor educational attainment, lower productivity, and increased substance misuse, anti-social behaviour and crime.

To the economy: Mental health problems are estimated to cost the nation around £77 billion a year (5.3% of gross domestic product in 2007, predicted to be 10.1% in 2026).

To the health service: Mental health disorders represent the single largest cost to the NHS, some 14% of overall annual spend.

There is growing evidence that mental health promotion programmes are cost effective, with savings achieved mainly through reduced welfare and criminal justice costs and higher earnings.

Inequalities in health

Mental and physical health:

The two are interconnected. Mental distress doubles the risk of stroke, for example, while coronary heart disease is associated with a five-fold increased risk of depression. On average, the life expectancy of a person with schizophrenia is 25 years shorter compared with the general population.

Wider health inequalities:

People with mental health problems are more likely to engage in behaviours detrimental to overall health, such as poor diet, heavy smoking and drug and alcohol misuse.

Socio-economic inequalities:

Discrimination and stigma reduce employment opportunities and weaken supportive social networks.

Change, insecurity and uncertainty

Ageing population: An increase in the percentage of older people is predicted, accompanied by a 61% increase in dementia cases by 2026.

Economic downturn:

Increases in debt, unemployment, homelessness and fuel poverty all impact negatively on mental health, with the potential to make the economic situation worse.

Impact of climate change:

Flooding is associated with a four-fold increased risk of depression; the development of well-being needs to be linked to our ability to become more resilient in the face of climate change.



Key interventions for promoting well-being

There is growing evidence that early intervention, prevention and the promotion of better mental health and well-being across the entire population is vital for a healthy society. Interventions should include measures for the wider population, with more intensive interventions targeted at specific high-risk groups.

Ensure a positive start in life +

- **Promote good parental mental health** – identify and treat poor maternal mental health and relevant risk factors both antenatally and in later years with universal and targeted approaches
- **Promote good parenting skills** – universally as well as targeting high-risk families with more intensive interventions
- **Develop social and emotional skills** – for example, via mental health promotion in schools (universal) and targeted skills development in high-risk children
- **Intervene early with conduct and emotional disorders** – with parenting programmes, school behaviour approaches, cognitive behavioural therapy and wilderness programmes

Build resilience and a safe, secure base +

- **Develop violence and abuse prevention skills** – universal programmes in schools and colleges and target high-risk young people
- **Poverty reduction** – interventions to assist people back into employment and address fuel poverty, for example
- **Insulate homes** – to improve affordable warmth and reduce depression
- **Enhance urban green space** – to make communities safer and reduce the risk of floods

Flourishing People, Connected Communities

A framework for developing well-being

The framework provides a suggested structure to facilitate partnership working that will enable communities to promote well-being across their populations.

The framework identifies root causes of poor mental health and provides cost-effective interventions and approaches to promote well-being that may be adapted to suit

different settings. It draws on established public health, ecological and psychological principles for the creation of well-being.

Everyone has a role in promoting well-being and the framework helps to illustrate how everyone can contribute, for example through Local Area Agreement mechanisms, sustainable community strategies and established partnerships.

Key determinants that contribute to inequalities in mental health

Adverse childhood experiences – such as violence and abuse – poor education, unemployment and the environment in which we live are among the many factors that impact on our well-being and increase the risk of developing mental health problems. This is a summary of the key risk factors where there is a fourfold or more increased risk for poor mental health.

Ensure a positive start in life -

- **Poor parental mental health**
 - 5-fold increase in onset of emotional/conduct disorder in childhood (10% of mothers experience postnatal depression)
- **Parent becomes unemployed**
 - 4-fold increase in onset of emotional/conduct disorder in childhood (10% of children have mental health problems and 17% (1.8 million) children live in a workless household)
- **Poor parenting skills, for example grounding**
 - 5.6-fold increase in onset of conduct disorder in childhood
- **Childhood abuse**
 - 15.5-fold increase in rate of minor depression as a child
 - 8.7-fold increase in suicidal thoughts
 - 8.1-fold increase in anxiety
 - 7-fold increase in rate of recurrent depression as an adult

- 9.9-fold increase in post-traumatic stress disorder as an adult
- 5.4-fold increase in substance misuse (20% of children in UK report experiencing forms of child abuse)
- **Four or more adverse childhood experiences** (child abuse, parental depression, domestic abuse, substance abuse or offending)
 - 12.2-fold increase in attempted suicide as an adult
 - 10.3-fold increase in injecting drug use
 - 7.4-fold increase in alcoholism
 - 4.6-fold increase in depression (15% of females and 9% of males experience four or more adverse childhood experiences – US study)
- **Adolescent dating violence**
 - 8.6-fold increase in attempted suicide (10% of 16 to 19-year-olds sexually assaulted each year)

Integrate physical and mental health and well-being +

- **Target those with mental health problems** – for health improvement programmes, for example promoting physical activity, healthy eating and sexual health; tackling smoking, drug and alcohol misuse; and physical health checks
- **Identify and treat mental health problems** – in those presenting with chronic physical illnesses/coronary heart disease

Develop sustainable, connected communities +

- **Use community participative approaches to develop safe, green community spaces** – which tackle stigma, promote inclusion of marginalised groups and build social capital, for example by targeting areas of urban deprivation/discriminated groups, with inter-generational and cross-cultural components

Promote meaning and purpose +

- **Create community and organisational values** – to aid inclusion and bring people together with a common sense of purpose, for example in schools or workplaces
- **Promote creativity** – such as arts and music
- **Develop purpose and fulfilment** – such as volunteering
- **Improve access to psychological therapies** – to assist in developing meaning from adversity

Build resilience and a safe, secure base -

- **Economically inactive adults**
 - 5.6-fold increased risk of developing a mental health disorder (33% of adults economically inactive)
- **Being homeless**
 - 5.3-fold increased risk of developing a mental health disorder (1% of families are homeless)
- **Home being flooded**
 - 4-fold increased risk of depression
- **A cold home/fuel poverty**
 - 4-fold increased risk of depression or anxiety (Over 6% of people in fuel poverty in 2007, around 2.9 million)

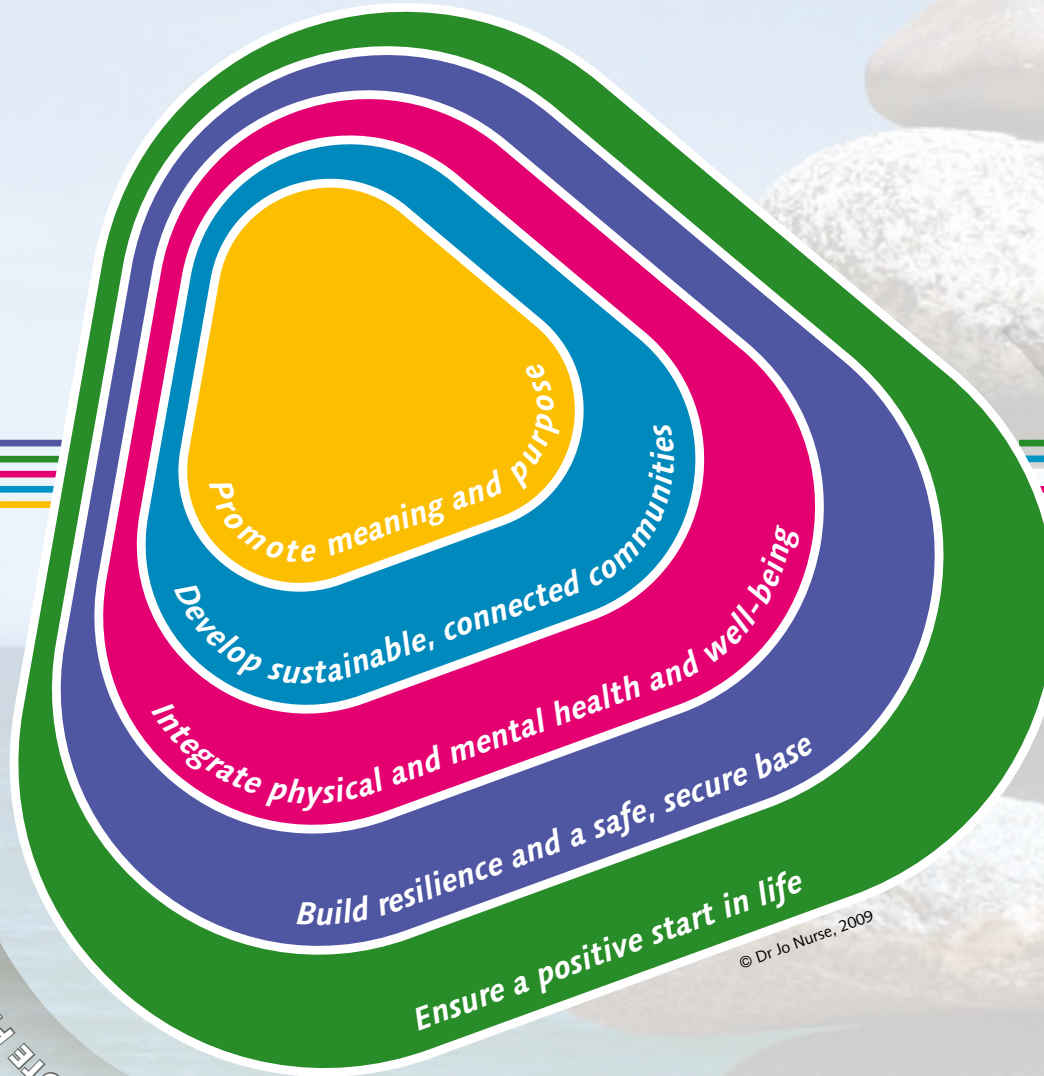
Integrate physical and mental health and well-being -

- **High level use of cannabis or cannabis use under age of 15**
 - 6.7-fold increased risk of developing schizophrenia (0.5% of population with schizophrenia)
- **An anxious person is more at risk of dying from coronary heart disease**
 - 5-fold increase in relative risk (11% of women and 7.5% of men have mixed depression/anxiety disorder)
- **A person with two or more physical illnesses**
 - 6.4-fold increased risk of mental health problems (17% of adults have two or more physical illnesses)

Develop sustainable, connected communities -

- **High-risk groups: Offenders**
 - Increased risk of suicide
 - All offenders – 5-fold
 - Young offenders – 18-fold
 - Female offenders – 35.8-fold
 - Recently released offenders – 8.3-fold

(There are 80–90,000 offenders: 10% are young, 6% female and 90% have mental health/substance misuse problems)
- **Looked-after children**
 - 5–6-fold increased risk of psychiatric disorder
 - 6–8-fold increased risk of conduct disorder
 - 4–5-fold increased risk of suicide attempt
 - 5–7-fold increased risk of attention deficit hyperactivity disorder (1–2% of children are 'looked after')
- **Lesbian, gay, bisexual or transgender (especially gay and bisexual men)**
 - 4-fold increased risk of suicide (Estimated 6% of population are lesbian, gay or bisexual)





Five daily habits for well-being

Ensure positive social contacts:

talk with someone you like,
smile at a stranger.

Limit harmful emotions:

acknowledge and let them
go, don't harm others with
violence or abuse.

Look after your body:

keep physically active, eat
healthily, do not smoke, and
drink only in moderation.

Engage with nature:

walk in a park, grow a plant,
stroke an animal.

Reflect and learn:

reflect to try to resolve problems
and learn something new everyday.

Please feed back your ideas:

How would you improve the
wording of 'Five daily habits for
well-being'?

Please feed back your ideas to
newhorizons@dh.gsi.gov.uk, marking
your email 'Five daily habits'.

Where are the main gaps in local
delivery of key interventions for
promoting well-being?

Please feed back your ideas to
newhorizons@dh.gsi.gov.uk, marking
your email 'Intervention gaps'.

Around 50% of lifetime mental illness starts before the age of 14 and continues to have a detrimental effect on an individual and their family for many years.

Potentially, half of these problems
are preventable.

Flourishing People, Connected Communities

A framework for developing well-being

Comments and feedback welcome
newhorizons@dh.gsi.gov.uk (marked 'Well-being framework')



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