

Responding to the rise in mental distress

Is it real and what should we do?

Dr Rob Waller @docrobwaller

MINDANDSOULFOUNDATION.ORG

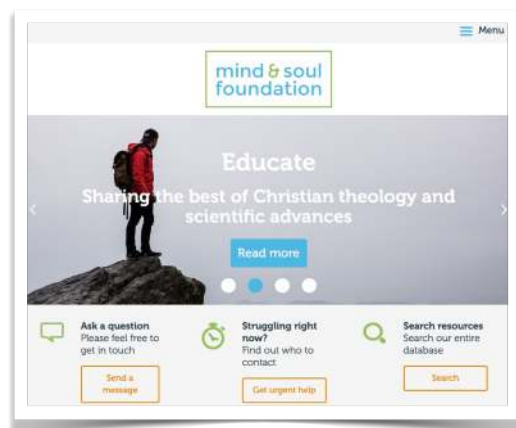
1

The Mind and Soul Foundation mindandsoulfoundation.org

To [Educate](#): Sharing the best of Christian theology and scientific advances

To [Equip](#): Helping people meet with God and recover from emotional distress

To [Encourage](#): Engaging with the local church and mental health services



MINDANDSOULFOUNDATION.ORG

2

Be Headstrong

www.beheadstrong.uk

Mind and Soul

YouthScape

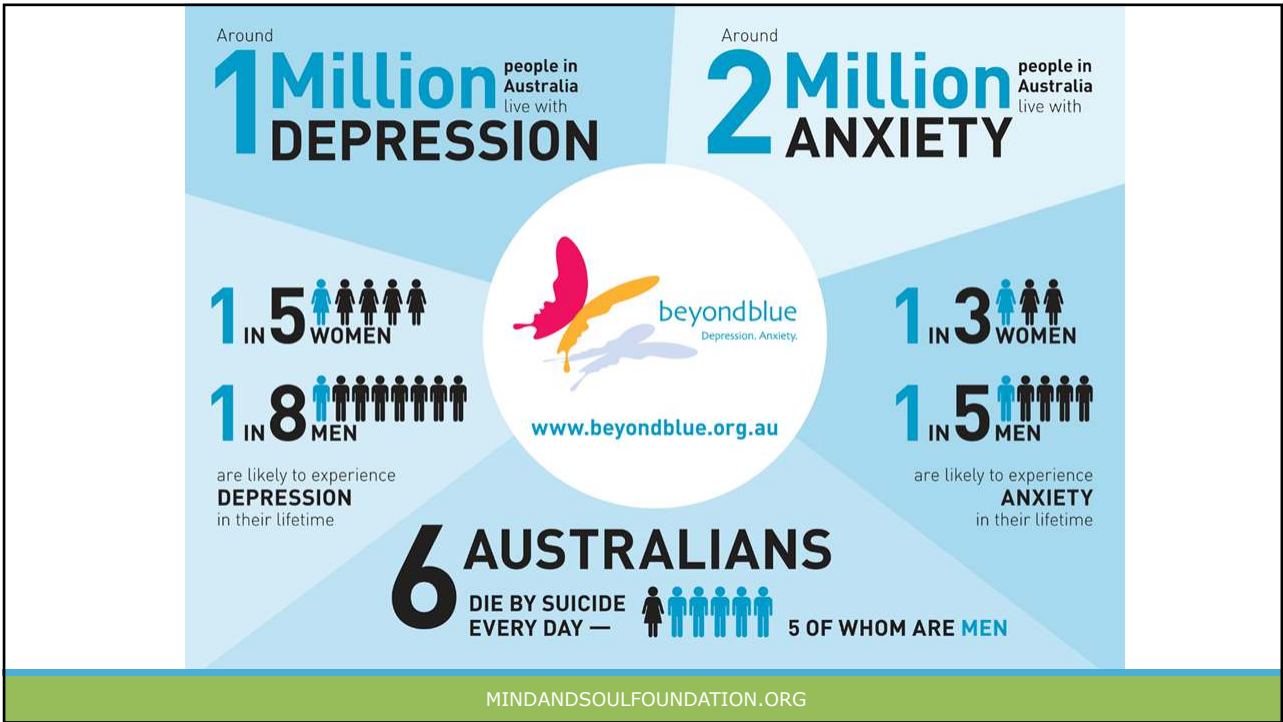
Dr Kate Middleton

HEADSTRONG

REAL LIFE • REAL FAITH • REAL WORLD

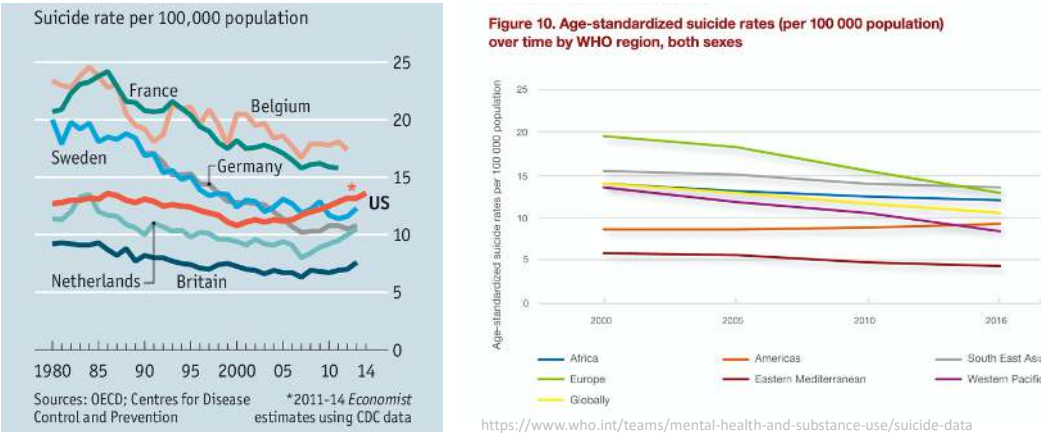
MINDANDSOULFOUNDATION.ORG

3



4

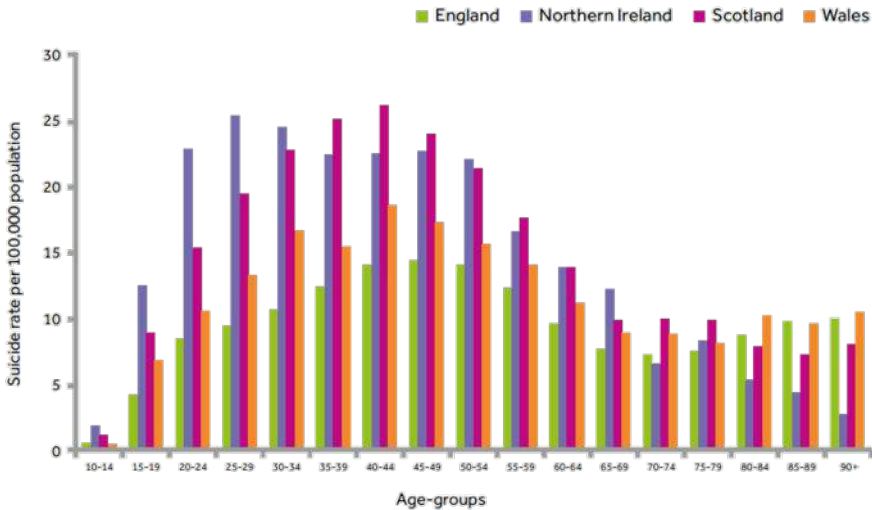
Rising suicide?



5



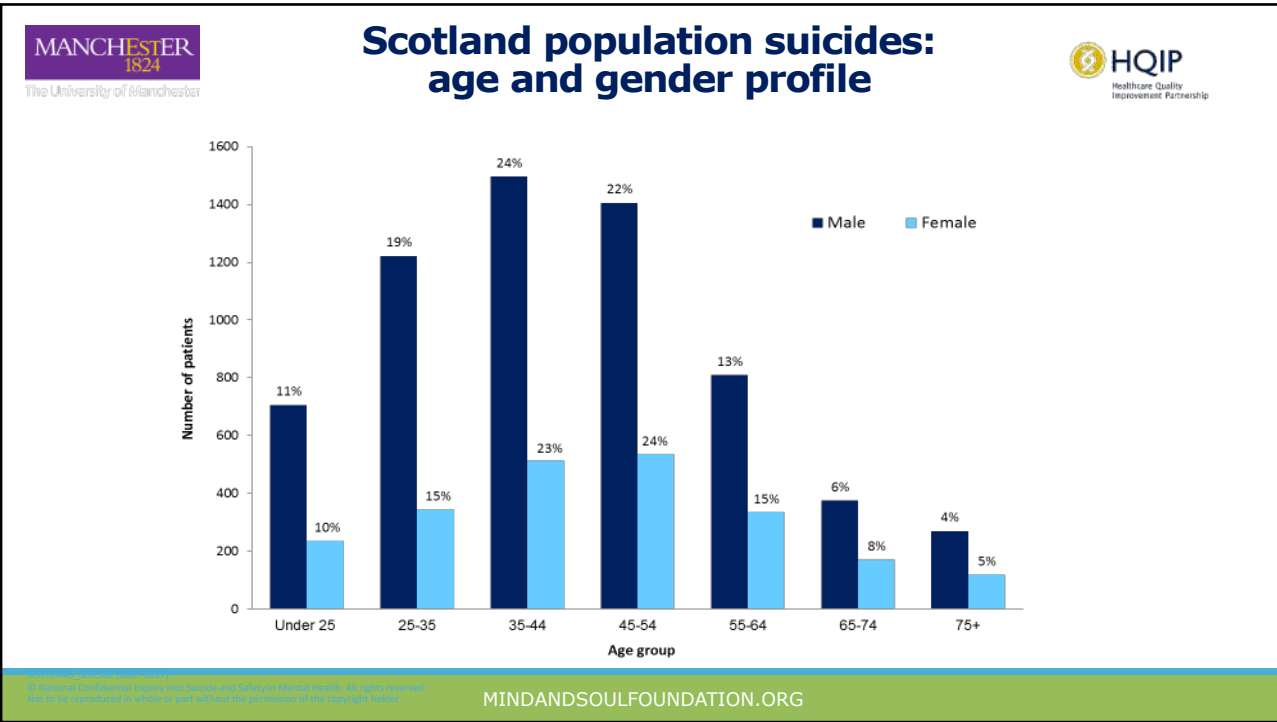
Age-specific suicide rates, UK



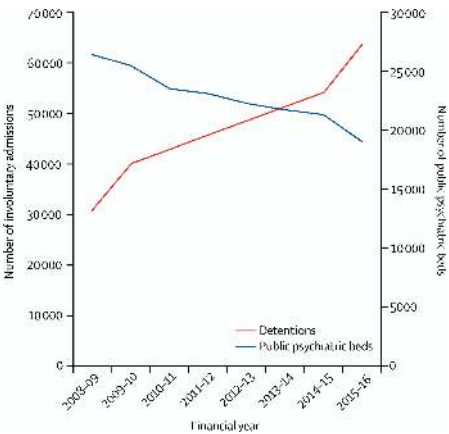
UK Suicide (2002-2017)
© National Confidential Inquiry into Suicide and Safety in Mental Health
Not to be reproduced in whole or part without the permission of the copyright owner

MINDANDSOULFOUNDATION.ORG

6

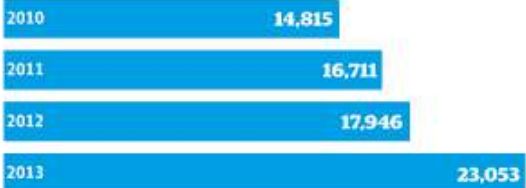


Increasing Acuity



Self-harm and suicide attempts

Incidents of self-harm and suicide attempts among patients in mental health units in England



DATA BASED ON RESPONSES FROM 29 MENTAL HEALTH TRUSTS TO FOI REQUESTS SUBMITTED BY LABOUR

MINDANDSOULFOUNDATION.ORG

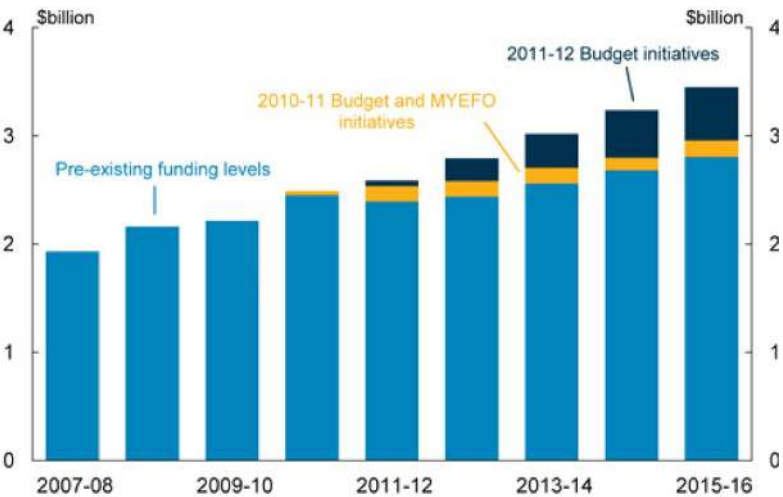
9

Rising Budget

\$1.5bn more

Australia's mental health spend has increased over recent years

budget.gov.au



MINDANDSOULFOUNDATION.ORG

10

Scottish CAMHS Changes

National Framework

- <https://www.gov.scot/publications/child-adolescent-mental-health-services-camhs-nhs-scotland-national-service-specification/>

All the Statistics

- <https://www.isdscotland.org/Health-Topics/Mental-Health/Child-and-Adolescent-Mental-Health/>

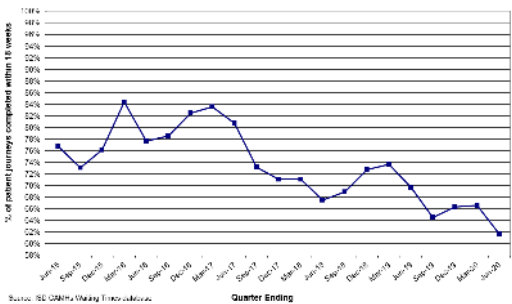
Health Board Pages

- <https://services.nhslothian.scot/camhs/Pages/default.aspx>

Rejected Referrals?

- <https://www.gov.scot/publications/rejected-referrals-child-adolescent-mental-health-services-camhs-qualitative-quantitative/>
- Remember other tiers of help
 - cCBT, DBI, NHS24, non-NHS

%age starting treatment within 18 weeks



MINDANDSOULFOUNDATION.ORG

11

It's Not Working

It's Expensive

It's The Wrong Model

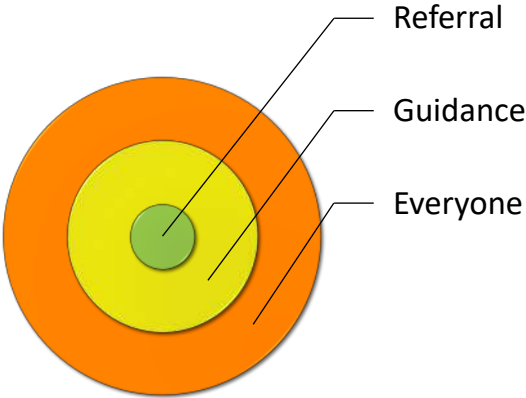
It's Missing A Trick



MINDANDSOULFOUNDATION.ORG

12

Time for a change of focus?



MINDANDSOULFOUNDATION.ORG

13

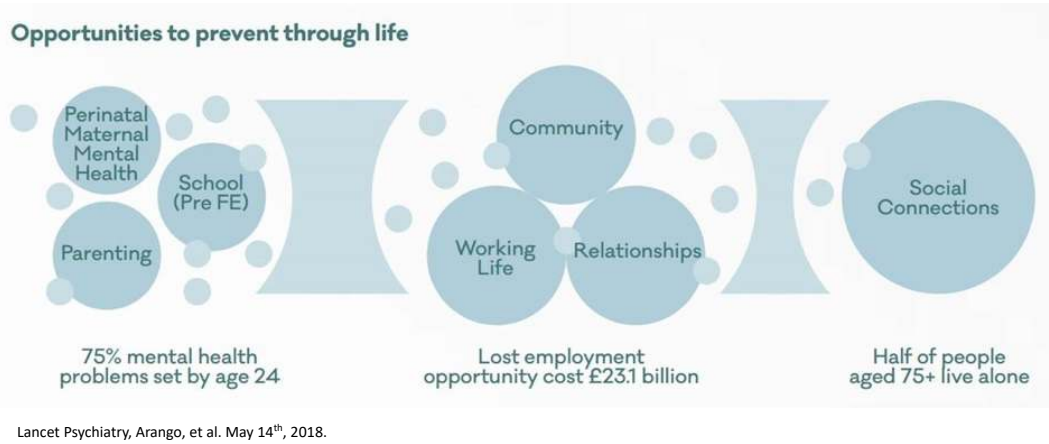


Prevention

Closing the stable door before the horse has bolted...

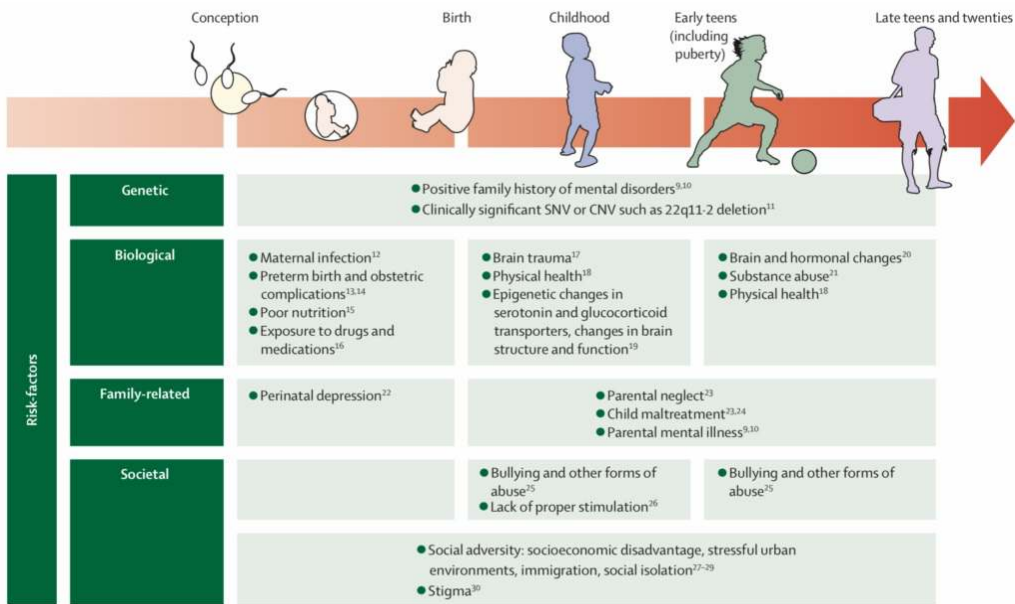
14

Many opportunities



MINDANDSOULFOUNDATION.ORG

15



MINDANDSOULFOUNDATION.ORG

16

Evidence Based Prevention

Level	Aim	Example
MH Promotion	Promote wellbeing for whole populations	School-based programs to foster healthy eating or positive coping skills
Universal Primary	Reduce general risk factors for one or more conditions	School-based programs to prevent bullying
Targeted Primary	Reduce specific risk factors	Interventions in the offspring of patients with severe mental disorders
Indicated Primary	Treat subclinical manifestations to prevent full-blown disorder	Interventions in people at clinical high risk for psychosis (i.e., showing attenuated psychotic symptoms and a recent decline in functioning)
Secondary	Early intervention	Early detection, improved access
Tertiary	Treat established illness	Improve comorbid risk factors [physical health, suicide]

Lancet Psychiatry 2018. Published Online May 14, 2018 [http://dx.doi.org/10.1016/S2215-0366\(18\)30057-9](http://dx.doi.org/10.1016/S2215-0366(18)30057-9)

MINDANDSOULFOUNDATION.ORG

17

What prevents prevention?

Those at highest risk present the least

We are not good at measuring prevention, only illness

Hard to do ethical research – lots of false positives

Long-term benefits only – not attractive to funders or politicians

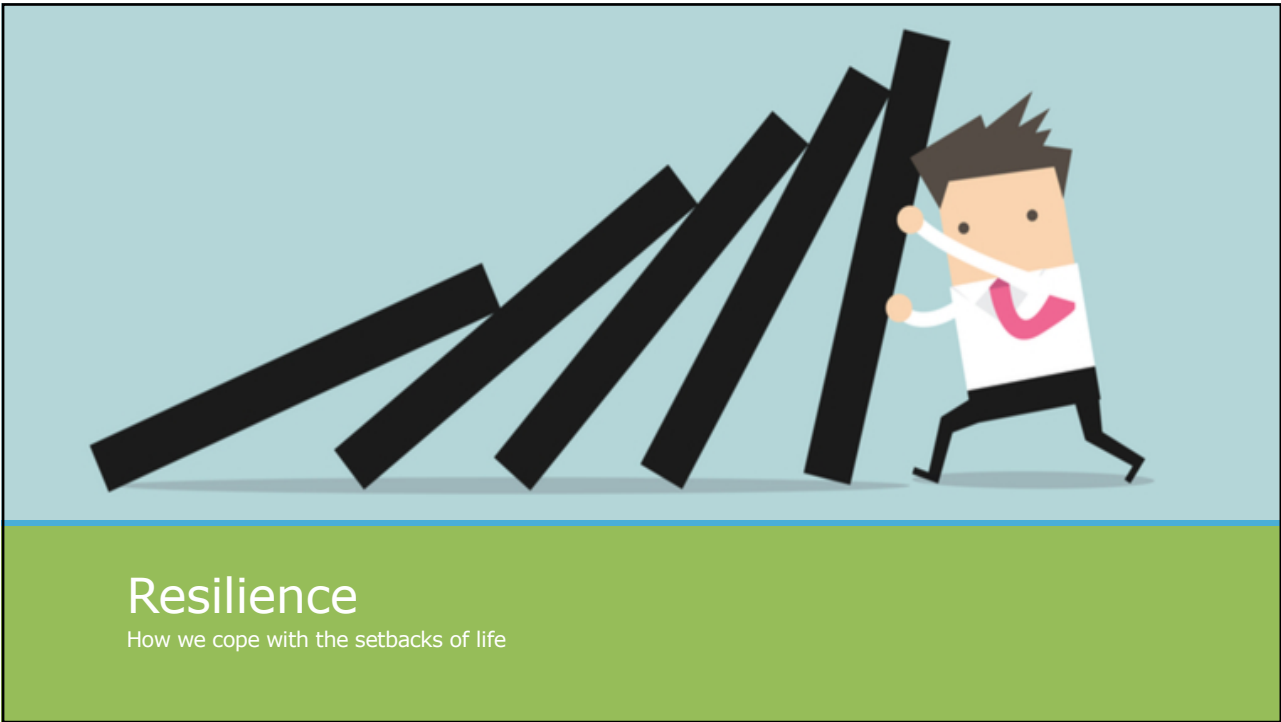
No money – remove from intervention budget [down-streaming]

◦ Yet to convincingly prove that it pays for itself eventually

Stigma – needing help is weak, not as 'visible' as cardiac risk

MINDANDSOULFOUNDATION.ORG

18



19

Controversies

TEACHING MINDFULNESS

Mindfulness is a **generic** human skills found in many faith groups.

- What can we learn from Celtic Christianity
- www.christianmindfulness.co.uk

Using mindfulness for active mental health conditions requires **training**

- Will you respond to distress mindfully?
- Will you encourage 'current coping mechanisms' to be given up?

SHARING FAITH

The **evidence** is that faith is a key component of resilience

- What is the point of doing other things to build resilience and not engaging with the spiritual dimension?

Christianity **expects** ups and downs and **embraces** the full emotional range

- Does our personal faith do this?
- Can we unite with others of faith in this?

MINDANDSOULFOUNDATION.ORG

20

Small Groups – 15 minutes

Give some examples of mental health promotion

What prevention are you currently doing?

- [you will be doing something!]

How easy is this alongside teaching?

How are you doing yourself?

- [helping you help others]



MINDANDSOULFOUNDATION.ORG

21

Responding to the rise in mental distress

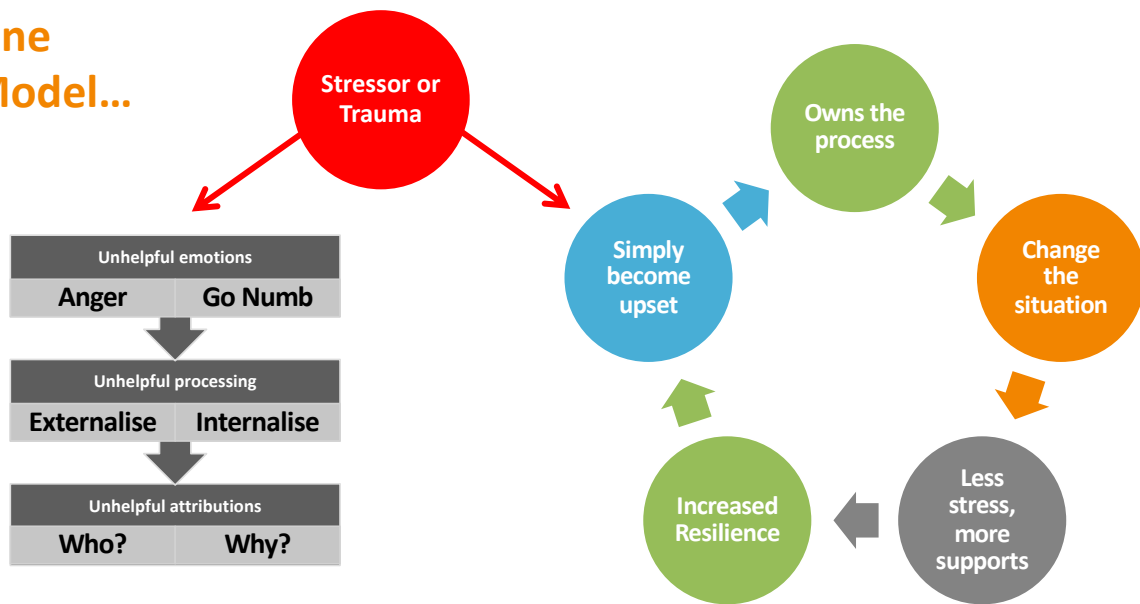
Is it real and what should we do?

Dr Rob Waller @docrobwaller

MINDANDSOULFOUNDATION.ORG

22

One Model...



MINDANDSOULFOUNDATION.ORG

23

Building Resilience

Skills:

- Problem Solving – teaching the basic skills
- Sleep and Exercise – having the basics in place
- Positive Psychology – practice makes perfect
- GRIT – pursuing long term goals
- Spirituality – most often cited

Teachers:

- **'anyone'** who is **qualified** by having done the journey themselves
- Don't share your journey – share the speed at which it happened



MINDANDSOULFOUNDATION.ORG

24