



UMH2 – Understanding mental health

Learning outcomes

LO1 Understand what is meant by mental health and mental ill-health

LO2 Understand the impact of changes in mental health care

LO3 Understand the social context of mental health

LO4 Understand the legislation relating to mental health



LO1: Content and Assessment criteria

- 1.1. Define what is meant by mental health and mental ill-health
- 1.2. Outline the key components of mental well-being
- 1.3. Outline the risk factors of developing mental health conditions
- 1.4. Identify the common mental health conditions





Activity

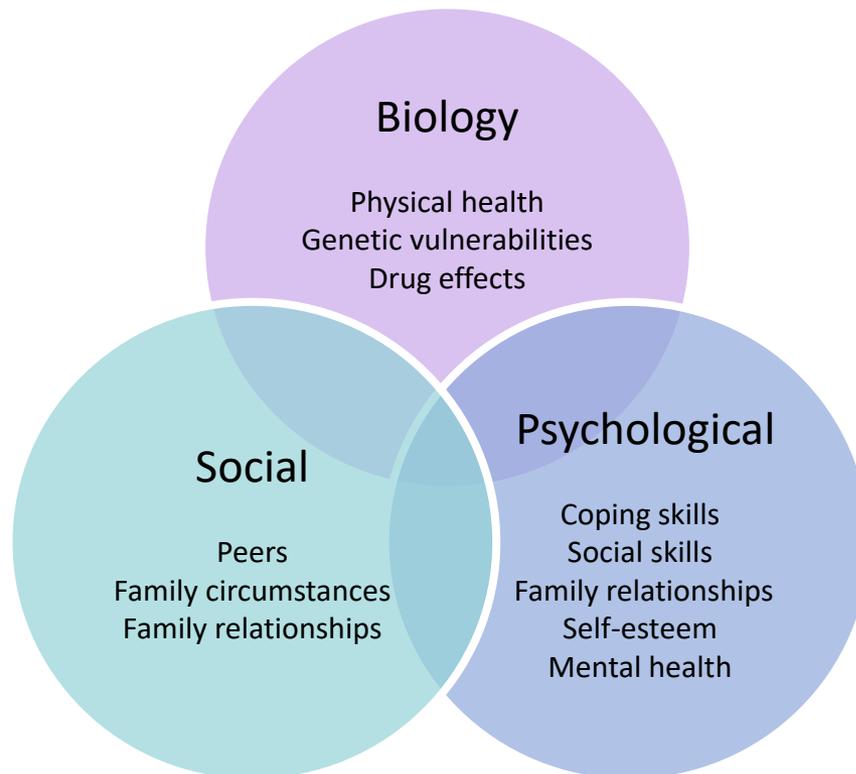
- What does mental health mean to you?



Definitions and descriptions

In 1948 the World Health Organisation stated that health is not merely the absence of disease or infirmity but is a complete state of physical, mental and social well being.

- This definition is consistent with the biopsychosocial model of health integrating the following:



Definitions and descriptions

- **Mental health** – *‘a state of well-being in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community’* (WHO 2004)
- **Mental ill health** – generally refers to a group of conditions that affects a person’s ability to think, interact and cope with the demands of life:
 - It can cover a range of conditions from anxiety to severe depression and can affect anyone of any background and at any time of their life



Other definitions and descriptions

- **Mental illness** – mental illness would be diagnosed by a medical professional. It is a disorder that significantly interferes with an individual's cognitive, emotional or social abilities
- **Mental health disorders** – mental disorders comprise a broad range of problems, with different symptoms generally characterised by some combination of abnormal thoughts, emotions and behaviours
- **Good mental health** – characterised by a person's ability to fulfil a number of key functions and activities

Can you list any characteristics of good mental health?



Mental wellbeing

What is mental-wellbeing?

- Mental well-being does not have one single definition or meaning, however it can be described as being about your thoughts and feelings and how you cope with the ups and downs of everyday life



Activity

Make a list of the components that can affect or support mental wellbeing.



Based on the description on the previous slide, discuss how the following can affect a person's wellbeing.



Risk factors of developing mental health conditions

- Mental health problems can have a wide range of causes and are a result of a complicated combination of factors
- From the list of categories below, **identify three** risk factors for developing mental health conditions:
 - Individual factors
 - Socio-cultural factors
 - Familial factors
 - Life events
 - Financial factors



Risk factors of developing mental health conditions

Did you get any of these?

- **Individual risk factors:**

- Drug/alcohol abuse
- Low self-esteem and personal empowerment
- Lack of coping mechanisms
- Severe long term stress
- Long term physical health conditions
- Poor academic achievement



Risk factors of developing mental health conditions

Did you get any of these?

- **Socio-cultural risk factors:**

- Social and cultural exclusion and or stigma
- Prejudice and discrimination
- Family exclusion/rejection
- Exposure to violence and crime
- Social isolation (e.g. isolated from people and communities during lockdown)
- Social disadvantage



Risk factors of developing mental health conditions

Did you get any of these?

- **Familial risk factors:**

- Family history of psychiatric disorders
- Violence/domestic abuse
- Neglect
- Divorce/family breakdown
- Financial hardships



Risk factors of developing mental health conditions

Did you get any of these?

- **Life events:**

- Traumatic life experiences
- Homelessness
- Bereavement
- Sudden illness
- Abuse/assault
- Moving home/changing jobs



Risk factors of developing mental health conditions

Did you get any of these?

- **Financial factors:**

- Unemployment
- Redundancy
- Business failure
- Mounting debt
- Cost of living changes



Common mental health conditions

- 1 Stress
- 2 Anxiety
- 3 Depression
- 4 Post-natal depression
- 5 Phobias

Common mental health conditions

- 6 Obsessive Compulsive Disorder
- 7 Eating disorders
- 8 Bipolar disorder
- 9 Dementia
- 10 Schizophrenia

LO2: Content and Assessment criteria

2.1. Describe how mental health care has changed from an 'institutional' approach to a more 'community-based' care

2.2. Explain the impact of changes in mental health care



Mental Health: From institutional to community-based care

- The period before the NHS was created was largely set by the Victorian legacy towards mental health
- The NHS was created at a time of critical change in mental health care. Long-stay institutional care came under critique and the large Victorian asylums began to be closed
- A number of legislative Acts contributed to the changes in mental health care to a more community based approach including:
 - Madhouse Act 1774
 - Lunacy and county asylums Act 1845
 - Lunacy Act 1891



Mental Health: From institutional to community-based care

However the following Acts were perhaps more pivotal in the deinstitutionalisation of mental health care:

- **1954 Percy commission** – Set up to review the detention of people with mental health conditions
- In 1957 a report was subsequently published identifying that mental health should be regarded in the same manner as physical health. This facilitated the following changes:
 - Greater open door policies to admissions
 - Treatment in communities
 - Introduction of more flexible therapeutic care
 - Improvements in psychiatric care
 - Development of greater outpatient systems



Mental Health: From institutional to community-based care

Mental Health Acts:

- **Mental Health Act (1959)** – set out to deinstitutionalise mental health patients and move care into the community
- **Mental Health Act (1983)** – It tells people with mental health problems what their rights are regarding:
 - Assessment and treatment in hospital
 - Treatment in the community
 - Pathways into hospital, which can be civil or criminal
- **Mental Health Act (2007)** – Mental Health Act was amended to include supervised community treatment, moving further from the previous concepts of isolation and institutionalisation



Benefits of Deinstitutionalisation

- Deinstitutionalisation in favour of community based care
- Revisions of the mental health act to include safeguarding and human rights issues
- Greater investment into mental health care
- Greater access to mental health services and treatments, greater choice of treatments and integration into communities
- Better support for those caring for people with mental health conditions
- Shift in people's attitudes towards mental health
- Greater openness to talk about mental health within the community and families
- Greater sharing of records and data to inform evidence-based treatment and therapies
- Greater multi-agency integration, tailoring mental health care more effectively



LO3: Content and Assessment criteria

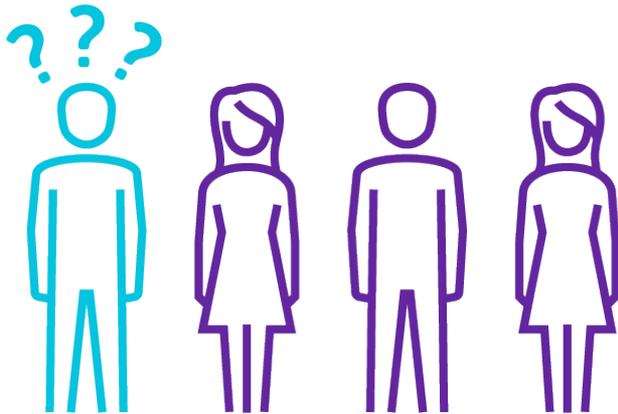
- 3.1. Outline the difficulties individuals with mental health problems face in day to day life
- 3.2. Explain the impact of social and cultural attitudes towards mental health



The impact of mental health issues

1 in 4

People experience mental health issues each year



Mental health is a major global disease burden in terms of years lived with disability and premature death caused by mental illness (Lancet 2016)



The impact of mental health issues

The wider economic costs of mental illness in England have been estimated at £105.2 billion each year (DOH 2011)



Prevalence of children and young people with a diagnosable mental health condition has increased to 35% in 2018 (NICE Impact report 2019)





Activity

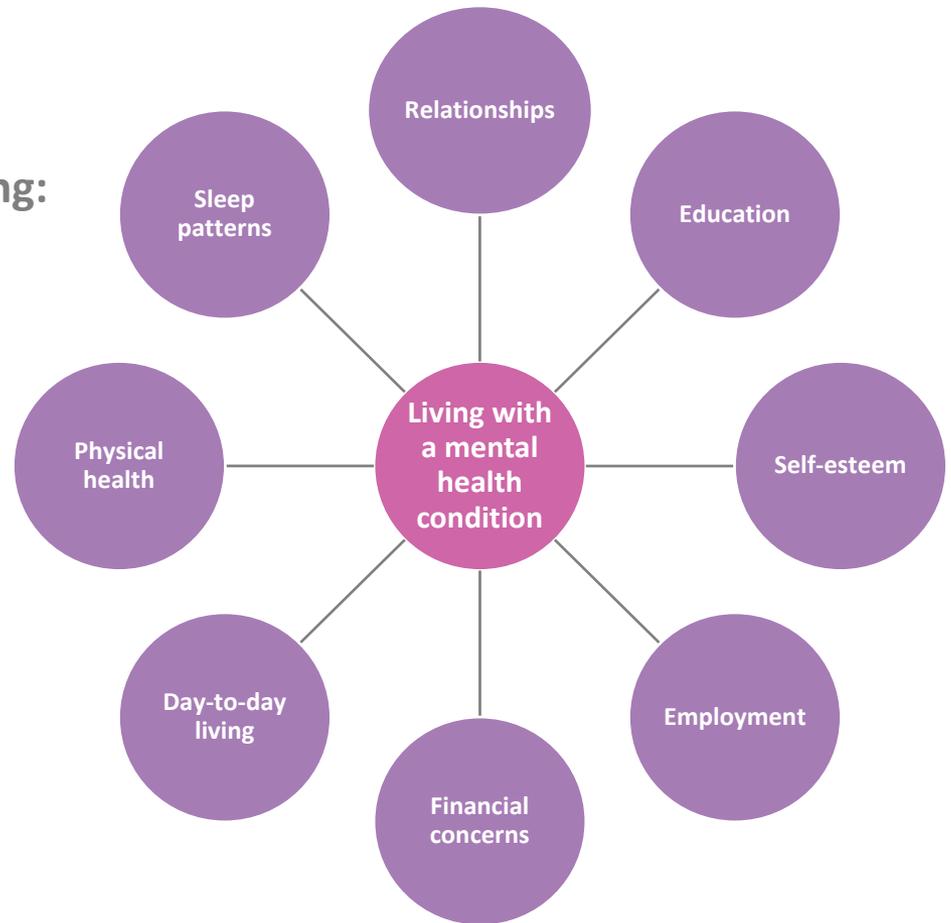
- In groups or in pairs discuss and record how living with a mental health condition can impact on a person's life



Difficulties associated with living with a mental health condition

How many did you find?

Explain how living with a mental health condition can affect the following:



Know the impact of **social** and **cultural** attitudes towards mental health

Here we will explore three main areas:

- Social factors
- Cultural factors
- Media attitudes and influences



Know the impact of **social** and **cultural** attitudes towards mental health

Social factors:

- Attitudes towards mental health can be shaped by social, physical and economic environments
- Social stereotypes often portray people with mental health conditions in a negative manner
- Social stigmas and discrimination about mental health can lead to societal barriers
- Social inequalities can lead to an increased risk of mental health conditions
- Institutions such as education and social care can have a huge impact on empowerment for those suffering mental health conditions



Know the impact of **social** and **cultural** attitudes towards mental health

Cultural factors:

- Mental health often differs between cultures creating inconsistent attitudes towards people with these conditions. This can often lead to:
 - Cultural stigma
 - Lack of appropriate support within the culture
 - Unwillingness to recognise or accept the condition exists
 - Reduced access to health care
 - Mistrust of the mental health service
 - Isolation and despair



Know the impact of **social** and **cultural** attitudes towards mental health

Media attitudes:

- Media portrayal of mental health can play an important role in influencing perceptions and social attitudes towards mental health
- Negative portrayals often show people with mental health as:
 - Violent or dangerous
 - Disturbed
 - Unpredictable
- Negative use of terminology can also impact on people's perceptions of mental health e.g. psycho, schizo, nutter, crazy!

How can the media influence perceptions in a positive manner?

Are some conditions treated differently to others?



LO4: Content and Assessment criteria

4.1. Outline the relevant legislation relating to mental health

External theory examination

4.2. Outline the legal requirements for individuals who are unable to make decisions for themselves

4.3. Outline the main issues surrounding confidentiality and data protection



Mental Health Acts 1983 and 2007

- The Mental Health Act outlines when someone can be detained in hospital and treated against their wishes
- It outlines the importance for approved medical health professionals (AMHP) to be involved in the decision to detain people if they think someone's mental health puts them or others at risk, and need to be in hospital
- If detained, NHS staff may be able provide treatment, even if the person in question does not want it
- When a person is detained, they have the right to appeal, and the right to get help from an independent advocate
- A person's rights under the Mental Health Act depend on the different sections of the act. These are used for different reasons



Health and Social Care Act 2008

- The Health and Social Care Act outlines how the relationship between the NHS, independent sector and social care services should be regulated
- It established the Care Quality Commission (CQC), who's objective is to:
 - Take responsibility for inspecting services where people were detained under the Mental Health Act and the Mental Capacity Act
 - Protect and promote the health, safety and welfare of people who use health and social care services



Mental Capacity Act 2005

- Mental capacity means you have ability to make your own decisions. If you lose mental capacity the Mental Capacity Act 2005 (MCA) protects you and your rights
- The Mental Capacity Act legislation is there to:
 - Help people make decisions for themselves if they lack mental capacity, e.g. friends, family or carers
 - Give an individual the option to make decisions about their future. Such as care preferences and who will manage finances
 - Determine who can make certain decisions for related individuals. Any decision made for someone must be in their best interest





Activity

- The Mental Capacity Act protects people if they are unable to make decisions for themselves. Take a few minutes to discuss what it means to 'lack mental capacity'

Legal requirements for individuals who are unable to make decisions for themselves

A person is deemed to lack mental capacity if:

- They are unable to understand information about a decision
- Unable to remember relevant information about a decision
- Unable to use this information to make a decision
- Unable to communicate their own decisions to someone



Legal requirements for individuals who are unable to make decisions for themselves

The Mental Capacity Act (MCA) is the law that protects you if you are not able to make decisions.

The key principles are:

- You must be treated as if you have capacity unless it is proven you do not
- You must be supported to make your own decisions before medical professionals decide you do not have capacity. If you have other symptoms which are causing you to lack capacity the medical team should treat those first and then assess your capacity again
- If you have mental capacity, you have a right to make decisions that other people may think are unwise
- If you don't have mental capacity, anything done for you must be in your best interests
- If you don't have mental capacity, anyone making decisions for you must think about what is the least restrictive option available based on your basic rights and freedoms



Legal requirements for individuals who are unable to make decisions for themselves

- The Mental Capacity Act (MCA) has a test to see if you have the capacity to make a decision when you need to
- Health professionals can only assess your mental capacity using this test. They cannot base their decision on your age, appearance or diagnosis alone
- The Mental Capacity Act can be used to give treatment to somebody without their consent if that person is assessed as lacking capacity at that particular time, and if treatment would be in their best interests



Confidentiality and Data protection

- Confidentiality is important for the following reasons:
 - Keeping personal and sensitive information private
 - It is a legal requirement
 - Respecting the right to privacy
 - Building trust
 - Protecting vulnerable people
 - Upholding the reputation of the health sector
- Professionals within a health and social care setting may have access to personal information. The law states that someone has to keep your information confidential if:
 - Information is private
 - You require the information to be kept private



Confidentiality and Data protection

- There are **three main** pieces of legislation or codes that facilitate confidentiality when dealing with mental health conditions:
 - The Data Protection Act 2018
 - Human Rights Act 1998
 - NHS code of practice





Learning check

- **List three reasons** why confidentiality is important in health care
- **Describe** what it means to have mental capacity
- **Outline** the main aims of the following:
 - Health and Social Care Act 2008
 - Mental Health Act 2007
- **Describe one social, cultural and media factor** that negatively impacts on the perception of mental health





Learning check

- **Describe three examples** of the difficulties associated with living with a mental health condition
- **Outline one** benefit of the deinstitutionalisation of mental health care
- **List three risk factors** associated with developing a mental health condition
- **Describe** what is meant by ‘mental well-being’
- **Outline** the difference between mental health and mental ill-health