

## **Visions and priorities for the Adult Mental Health strategy**

### **Details of how the statements evolved**

Between October 2020 and January 2021, the CCG undertook extensive engagement around the adult mental health strategy. We included all the information people shared with us in a draft results report. We then asked people to tell us if they thought we got it right. From these conversations we finalised the research report for the Adult Mental Health strategy. These reports and more information can be found by going to:

<https://www.sunderlandccg.nhs.uk/get-involved/adult-mental-health-strategy-for-nhs-sunderland-ccg/>

The CCG then considered all the information it had collected around the adult mental health strategy, and in April 21 used this to develop some draft visions and priorities for the strategy. These were discussed at several groups, including through Programme 2 of All Together Better, which covers: Mental Health, Learning Disabilities and Autism Programme; and the Community Mental Health Group. At the end of April, these were taken to Governing Body, where the wording was considered and changed. This revised wording was used for the public engagement phase, which consisted of three discussion sessions with 12 members of the public. A summary report from these discussion groups can also be found through the above link. The conversations with members of the public helped finalise the wording of the visions and priorities of the strategy, ensuring people understood what they meant, and they were clear.

This document shows how the wording of the visions and priorities evolved through these discussions.

# Vision for the Adult Mental Health Strategy - Everyone's mental health matters

## Original - April 21

- Empowering individuals, families and communities to lead fulfilled, healthy lives both physically and mentally
- Empowering individuals, families and communities to lead long, healthy, flourishing lives both physically and mentally

## Governing Body (GB) - 20 April 21

- Empowering and supporting individuals, families, and communities to improve their physical and mental health so that they can lead fulfilling and healthy lives.
- Empowering and supporting individuals, families, and communities to lead fulfilling, healthy lives both physically and mentally.
- Empowering people by supporting individuals, families, and communities to improve and maintain mental and physical health, so they can lead fulfilling and healthy lives, and enable them to live the life they want to live.

## Public engagement (PE) - 7 May 21

- Empowering people by supporting individuals, families, and communities to improve and maintain mental and physical health, so they can lead fulfilling and healthy lives, enabling them to live the life they want to live.

## Final vision - June 21

- Empowering people by supporting individuals, families, and communities to improve and maintain mental and physical health, so they can lead fulfilling and healthy lives.

# Priorities for Adult Mental Health Strategy

## Priority one

**Original** - An ounce of prevention is better than a pound of care - Strengthening and promoting mental wellbeing and health and preventing mental ill health

**GB**- An ounce of prevention is better than a pound of care - Strengthening and promoting mental health and wellbeing with the aim to prevent or reduce mental ill health.

**PE**- An ounce of prevention is better than a pound of care - Strengthening and promoting lifelong mental health and wellbeing with a focus on prevention.

**Final** - An ounce of prevention is better than a pound of care - Strengthening and promoting lifelong mental health and wellbeing with a focus on prevention.

## Priority two

**Original** - Right Service, Right Time - Ensuring mental health care is timely, focuses on the whole person and is flexible and inclusive

**GB**- Right Response, Right Time - Ensuring mental health care is accessible and timely. Our response will focus on the whole person and be flexible and inclusive.

**PE**- Right Response, Right Time - Ensuring there is appropriate and timely access to flexible and inclusive mental health care services for all, focussing on the whole person

**Final** - Right Response, Right Time, Right Place - Ensuring there is appropriate and timely access to flexible and inclusive mental health care services for all, focussing on the whole person.

## Priority three

**Original** - Working together and with individuals and communities - Delivering person centred, outcome focused integrated care without barriers across teams and organisations

**GB**- Working with you on what matters to you - Delivering person centred outcome focused care without barriers across teams, services, and organisations

**PE**- Working with you on what matters to you - Delivering care designed around the individual, without barriers across teams, services, and organisations

**Final** - Working with you on what matters to you - Delivering care designed around the individual, without barriers across teams, services, and organisations.