

# **Towards a Mentally Flourishing Ayrshire & Arran**

**Promoting mental health/preventing mental  
illness**

# **Towards a Mentally Flourishing Ayrshire & Arran: concepts and definitions**

- There is a difference between ‘mental health’ and ‘mental illness’
- Mental health is more than the absence of clinically defined mental illness
- Mental ‘health’ can be measured, and is often termed ‘mental wellbeing’
- Mental Wellbeing has a number of components – emotional, social and psychological

# Mental wellbeing components

## Emotional

- life satisfaction, positive affect

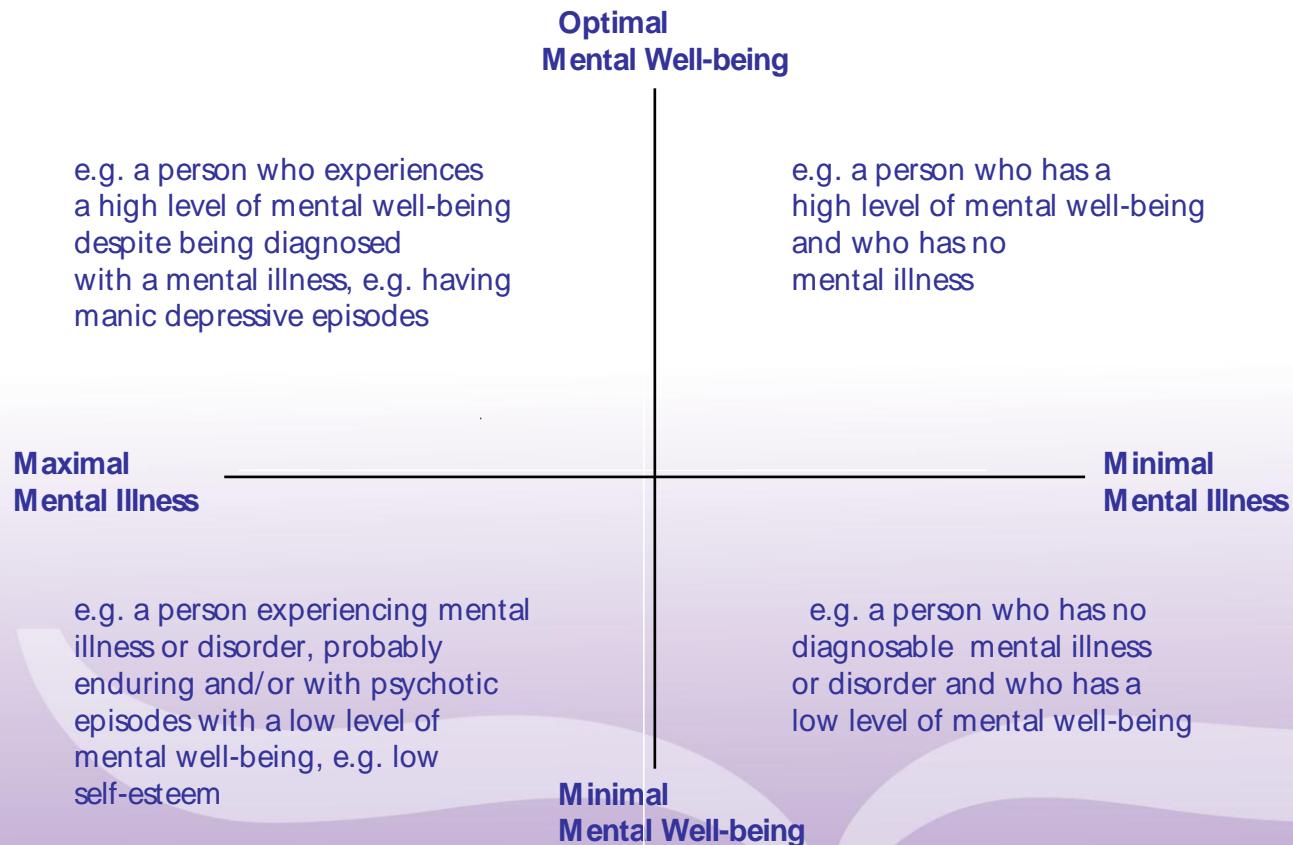
## Social

- integration, acceptance and tolerance, coherence

## Psychological

- acceptance, positive relationships, mastery, autonomy, personal growth, purpose

# A model of mental health



# Towards a Mentally Flourishing Ayrshire & Arran

## Action to:

- Protect and promote the mental well-being of the **whole** population
- Prevent mental illness— i.e. reducing risk factors for mental illness and increasing protective factors, especially for those already vulnerable
- Improve the quality of life of those people experiencing mental health problems
- Approved by NHS Board, October 2009

# **Towards a Mentally Flourishing Ayrshire & Arran - underlying principles**

- It is based on good and developing evidence of what works
- It recognises that effective links need to be made across a range of issues and with a range of partners
- There is a lot of good local work to build on
- We need to develop the capacity of all of us
- We need to involve people in this process

# **Towards a Mentally Flourishing Ayrshire & Arran - 7 sections**

## **Section 1 – Universal approaches**

General approach to population mental health and well-being defined

## **Section 2 – Targeted support**

Addressing specific vulnerable groups and providing specific support  
e.g. early intervention

## **Section 3 – the NHS response**

Services outwith the mental health services: maternity, primary care, care of the elderly, accident & emergency, long term conditions

## **Section 4- Capacity building**

Mental health literacy for all: staff, public, patients and raised awareness for the wider workforce

# **Towards a Mentally Flourishing Ayrshire & Arran - 7 sections**

## **Section 5 – stigma**

Work to address stigma at all levels and with specific groups

## **Section 6 – user involvement**

Being involved is inherently mentally health promoting and brings benefits to all, both services and users

## **Section 7 – monitoring & evaluation**

How will we know we are making a difference?

# What now?

- Draft action plans being developed
- Wide range of actions relevant across Community Planning partnerships
- Event on 25<sup>th</sup> March to identified local actions for vulnerable groups – LAAC, LD, Prison
- Identified wide range of local activity that already contributes to this agenda and aligns with Single Outcome Agreements

## What now (contd)

- Some specific actions for particular groups or agencies e.g. Officer Locality Groups of CHPs or NHS Primary Care services
- Specific actions being targeted towards Infant Mental health
- Indicators selected for local use and which support the “at a glance” performance management process

