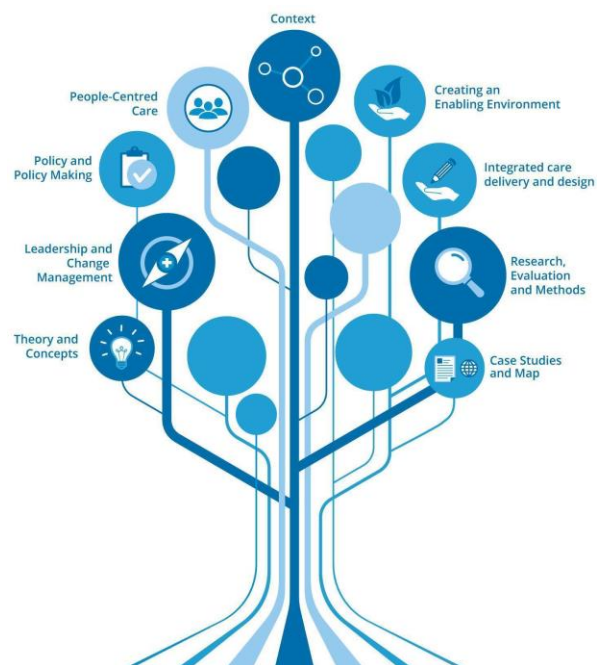


Integrated Care Matters

Mental Health and Wellbeing

Knowledge Resource



About the information

The information provided in this document is intended to support the Integrated Care Matters webinar series.

Where possible, we select evidence that is published open access, and provided links to the materials referenced. Some are identified as author repository copies, manuscripts, or other copies, which means the author has made a version of the otherwise paywalled publication available to the public. Other referenced sources are pdfs and websites that are available publicly.

Developed in partnership



AHCCCS (2022) Maternal Mental Health Advisory Committee Report of Recommendations

Arizona Department Of Health Services (2022) [Maternal Mental Health- and Substance Use-Related Deaths in Arizona](#)

This report describes the prevalence and incidence of maternal mental health- and substance userelated deaths in Arizona, including a variety of risk factors contributing to these deaths among women and birthing people in Arizona. The key findings presented in this report should assist in the identification of future areas for intervention and guide effective and evidence based efforts towards the reduction of adverse maternal health outcomes.

Bucci, S et al (2019) [The digital revolution and its impact on mental health care](#) Psychol Psychother. 2019 Jun;92(2):277-297

This article reviews the field of digital health technology assessment and intervention primarily in secondary service mental health care, including the barriers and facilitators to adopting and implementing digitally mediated interventions in service delivery.

Centre for Mental Health (2019) [A vision for prevention: Priorities for the Government's green paper on health prevention](#)

This policy paper summarises the key areas where prevention in health can make in improving people's mental health and wellbeing. It looks the evidence for taking action in the areas of: promoting positive mental health and prevent poor mental health; reducing inequalities; tackling the emotional and psychological causes of poor health; preventing physical health problems leading to poor mental health; preventing people with a mental health problem dying young; and preventing loss of life through suicide.

Centre For Mental Health (2020) [Integrated Care Systems and mental health](#)

This policy briefing explores the potential for Integrated Care Systems to bring about improvements in mental health support, and how doing this can contribute to the effectiveness and efficiency of the health and care system as a whole. This briefing identifies three main areas where Integrated Care Systems have the potential to improve the health and wellbeing of the community: preventing ill health; linking physical and mental health; and improving mental health services by tackling issues beyond the local level.

Centre For Mental Health (2021) [Better together: A public health model for mentally healthier integrated care systems](#)

This briefing focuses on how integrated care systems can adopt a public health model to use their budgets, powers and influence to support better mental health outcomes. The briefing highlights three equally important aspects to a public health model of preventing mental ill health: primary prevention - supporting whole population mental health; secondary prevention - supporting people with higher risk factors for mental illness; tertiary prevention - supporting people with mental health difficulties.

Centre for Mental Health (2022) [Connected: remote technology in mental health services](#)

This briefing summarises evidence from six studies on the use of digital and telephone technology to deliver mental health services. It finds that using remote technology can improve access to mental health support for rural communities, disabled people or people needing a specialist service far from home. It has the potential to increase access and choice in mental health care. But it also risks exacerbating inequalities for people who are digitally excluded. The briefing highlights the risk of digital mental health support being offered instead of face-to-face support, or being seen as a 'cheaper alternative' at a time of pressures on NHS spending.

The Commonwealth Fund (2022) [The U.S. Maternal Mortality Crisis Continues to Worsen: An International Comparison](#)

The maternal mortality rate in the United States has for many years exceeded that of other high-income countries. Data from the Organisation for Economic Co-operation and Development and the Centers for Disease Control and Prevention show rates worsening around the world in recent years, as well as a widening gap between the U.S. and its peer nations.

Department of Health and Social Care (2022) [Mental health and wellbeing plan: discussion paper](#)

This discussion paper and call for evidence seeks views on how to: promote positive mental wellbeing; prevent the onset of mental ill-health; intervene earlier when people need support with their mental health; improve the quality and effectiveness of treatment for mental health conditions; support people living with mental health conditions to live well; and improve support for people in crisis.

Kermode, L (2021) [A journey towards integrated person-centred care: a case study of a mental health perspective in the voluntary sector](#) Journal of Integrated Care, Vol. 29 No. 3, pp. 334-345 (paywall)

This case study aims to explore the delivery of person-centred care in the voluntary sector, discussing how integrating

support can be achieved to benefit individuals. It identifies challenges, best practice and learning that can be applied across sectors and promotes further enquiry.

The King's Fund [Integrated approaches to mental health care](#)

Developing integrated approaches to mental health is a key priority in England. Mental health care is often disconnected from the wider health and care system, and as a result, people do not always receive co-ordinated support for their physical health, mental health and wider social needs. Our work on this topic explores what a more joined-up approach would look like, and supports organisations seeking to put this vision into practice.

Klinga, Cet al (2020) [From the service user association's perspective: What contributes to value in integrated mental health and social care services?](#) Journal of Integrated Care, Vol. 28 No. 2, pp. 53-63.

The aim of this study was to identify key components of integrated mental health and social care services that contribute to value for service users in Sweden.

The Lancet (2022) [The digital mind: new concepts in mental health](#)

This series explores the ways in which digital technologies are currently used in clinical practice to understand the

mechanisms underlying mental health disorders, provide personalised predictions, and improve prognostication, and how these technologies can go beyond treatment delivery to deliver truly innovative approaches to understanding the brain and the mind.

Lattie, EG et al (2020) [An overview of and recommendations for more accessible digital mental health services](#) Nat Rev Psychol 1, 87–100

This review describes the evidence base for digital mental health interventions across various diagnoses and treatment targets; explains the different formats for digital mental health intervention delivery and their use across key age groups; discusses the role that the pandemic has played in emphasizing the value of these interventions; and considers ensuring equity in access to digital mental health interventions among diverse populations.

Lee, C et al (2022) [A systematic scoping review of community-based interventions for the prevention of mental ill-health and the promotion of mental health in older adults in the UK](#) Health Soc Care Community. 2022; 30: 27– 57.

Mental health concerns in older adults are common, with increasing age-related risks to physical health, mobility and social isolation. Community-based approaches are a key focus of public health strategy in the UK, and may reduce the

impact of these risks, protecting mental health and promoting wellbeing. This is a review of UK community-based interventions to understand the types of intervention studied and mental health/wellbeing impacts reported.

Local Government Association (2022) [Survey: Health and Wellbeing Boards in integrated care systems. Summary of findings](#)

Findings from a national survey of Health and Wellbeing Boards (HWBs) to identify the extent to which there is alignment and collaboration between integrated care systems to capture the 'burning issues' facing HWBs and potential gaps in the existing support offers. The most commonly mentioned successes were: partnership working; addressing health inequalities and wider determinants of health; and the development and delivery of strategies. The most commonly identified challenges were funding and resourcing issues; organisational and cultural differences; and ways of working together.

NHS Confederation (2020) [Digital inclusion in mental health: a guide to help increase choice and improve access to digital mental health services](#)

This guide aims to help mental health service providers to ensure all individuals in need of mental health services have choice in the care they receive, and nobody is excluded due to a lack of digital access, confidence or skills.

Office for Health Improvement and Disparities (2022) [Wellbeing and mental health: applying All Our Health](#)

Evidence and guidance to enable healthcare professionals make improvements against wider factors that affect health and wellbeing in mental health. This guide is a resource to help health professionals prevent ill health and promote wellbeing as part of their everyday practice. The information will help front-line health and care professionals use their trusted relationships with patients, families and communities to improve their mental health and wellbeing. The guide covers: access the mental health and wellbeing e-learning session; promoting mental health in your professional practice; taking action; measuring impact. It also signposts to further reading, resources and good practice; and to professional resources and tools.

Public Health Scotland (2021) [Mental health and wellbeing](#)
Overview of mental health and wellbeing.

Purtle, J et al (2020) [Population-Based Approaches to Mental Health: History, Strategies, and Evidence](#) Annual Review of Public Health 2020 41:1, 201-221

This review provides a concrete definition of population-based approaches to mental health, situates these approaches within their historical context in the United States, and summarizes the nature of these approaches and their evidence. These approaches span three domains: (a) social,

economic, and environmental policy interventions that can be implemented by legislators and public agency directors, (b) public health practice interventions that can be implemented by public health department officials, and (c) health care system interventions that can be implemented by hospital and health care system leaders.

Ratheesh, A & Alvarez-Jimenez, M (2022) [The future of digital mental health in the post-pandemic world: Evidence-based, blended, responsive and implementable](#) Australian & New Zealand Journal of Psychiatry. 2022;56(2):107-109

Proposes four principles for adopting digital interventions in the immediate future beyond telehealth and Covid-19.

Robles, N et al [Developing a strategy for evaluating integrated Mental Health programmes in Catalonia](#) International Journal of Integrated Care. 2019;19(4):580.
Poster abstract.

Royal College of Psychiatrists (2019) [Improving mental health services in systems of integrated and accountable care: emerging lessons and priorities](#)

This report highlights the opportunities and challenges for improving mental health services in established and emerging Integrated Care Systems (ICS). It draws on a combination of research, policy analysis, site visits and interviews with

leaders working across a number of ICSs, STPs and provider collaboratives. It then makes recommendations for local and national health and care leaders to support the prioritisation of mental health with ICSs.

Royal College of Psychiatrists (2022) [Public mental health implementation: a new centre and new opportunities: briefing paper](#)

Effective interventions exist to prevent onset of mental disorders, treat mental disorders, prevent associated impacts, and promote mental wellbeing and resilience. However, only a minority of people with a mental disorder in the UK receive treatment, and far fewer receive interventions to prevent associated impacts. There is negligible provision of interventions to prevent mental disorders or promote mental wellbeing and resilience. The implementation gap can be addressed sustainably through a public mental health approach. Public mental health aims to improve people's mental health and wellbeing by making changes in society that affect large groups of people at the same time. Public mental health interventions can work at primary, secondary or tertiary level: Primary interventions prevent mental health problems from starting; Secondary interventions treat mental health problems as early as possible to stop problems developing; Tertiary interventions help people with mental health problems get well and be able to live better lives.

Scottish Government (2017) [Mental Health Strategy 2017-2027](#)

This strategy sets out 40 actions to better join up our services, to refocus these and to deliver them when they are needed. These actions include, increasing the mental health workforce by 800 additional mental health workers in our hospitals, GP surgeries, prisons and police stations; improving support for preventative and less intensive services (tiers 1 and 2 CAMHS) to tackle issues earlier; reviewing the role of counselling services in schools; testing and evaluating the most effective and sustainable models of supporting mental health in primary care; establishing a bi-annual forum of mental health stakeholders to help guide the implementation of actions in the coming years.

Scottish Government (2018) [Suicide prevention action plan: every life matters](#)

This document sets out the Scottish Government's plan – working with our partners – to achieve those objectives. It lists the actions which leaders at a national, regional and local level must take to transform society's response and attitudes towards suicide. Crucially, those actions extend beyond health and social care. The approach we've set out is a cross-government one – which recognises the need for further collective action to prevent deaths by suicide.

Scottish Government (2020) [Mental Health - Scotland's Transition and Recovery](#)

This plan outlines the Scottish Government's response to the mental health impacts of Covid-19. It addresses the challenges that the pandemic has had, and will continue to have, on the population's mental health. It lays out key areas of mental health need that have arisen as a result of Covid19 and lockdown, and the actions that the Scottish Government will take to respond to that need.

Scottish Government (2021) [Mental health and wellbeing in primary care services: planning guidance](#)

This guidance has been developed by the Mental Health in Primary Care Development Group and will support local planning and implementation of Mental Health and Wellbeing in Primary Care Services, within an area served by a group of GP practices.

Technology Enabled Care [Digital Mental Health](#)

The Digital Mental Health programme intends to address the increased demand for mental health services by maximising the impact of technology, ensuring sustainability and expansion of digital services while creating an environment of collaboration across stakeholders and relevant areas within Scottish Government.

What Works Centre for Wellbeing (2022) [What works to improve mental wellbeing in the UK: insights from Warwick Edinburgh Mental Wellbeing Scales](#)

Summarises findings from a rapid review of evaluations, which utilised the WEMWBS scales, of UK interventions, delivered from 2007 to the present, that aim to improve mental wellbeing.

Winston Churchill Memorial Trust (2019) [Using digital technology to design and deliver better mental health services: perspectives from Australia and the USA](#)

This report explores what the UK could learn from the USA and Australia to make better use of digital technology in the mental health sector. It summarises findings from over 50 interviews and highlights key learning points for the UK. Case studies cover five overarching themes: the opportunity provided by digital technology to rethink current service design and delivery; how to capitalise on the potential of technology to provide scalable options for prevention, self-help and peer support; the potential of digital phenotyping to improve the quality of care; how to best support innovation; and digital technology in relation to research and insight.