

Mental Health Policies in Northern Ireland:

- Fragmented
- Findings of Reviews not progressed
- Lack of leadership
- Need to produce agreed vision
- Significant underfunding
- Radical re-shift to prevention, early intervention
- Mental health cross-sectoral and inter-disciplinary

Current key policy issues

- Mental health plan and strategy
- Perinatal
- Schools
- CAMHS
- Protect Life 2
- Healthy Ageing
- Waiting lists
- Outcome Based Accountability
- Co-production
- Workforce

Mental Health priorities:

- Testing and evaluating/evidence based
- Targeting
- Human Rights Underpinning
- Personalisation
- Recovery
- Clear Role for Voluntary and Community Sector

Voluntary and Community Sector provides:

- Innovation
- Expertise
- Accessibility and Early Intervention
- Flexibility
- Services in rural communities
- Overcoming Stigma and Peer Support

To be effective
sector
requires:

- Resources
- Robust evaluation and monitoring
- Mainstreaming funding for successful projects
- Funding body able to intervene early to withdraw funding if a project is not delivering on its aims and objectives

MH Plan COVID19 response plan

- Health service workers (strategy in place).
- Early years & young children (brain development, play).
- Young people (missing elements of education, time with friends).
- People infected with COVID19 (trauma, stigma, neurological effects).
- Increase in harmful behaviour (alcohol, drugs, violence in the home, gambling).
- People with a mental illness.
- Effects of economic impact

Suicide Prevention PL2: Relevant Factors

- Suicide Specific Interventions
 - Mental Illness
 - Experience of Suicide Crisis
- Universal interventions
 - Financial stressors
 - Domestic violence
 - Alcohol consumption
 - Isolation, entrapment, loneliness, bereavement
 - Access to means
 - Media reporting

MH Plan – other outstanding issues

- Dealing with the Past
- Regional Trauma Network.
- Victims' pensions.
- Legacy institutions changes

NCC Still Waiting

- Aligns with actions for young people.
- SEN provision.

The Pandemic Paradox

- Reduced suicide rates.
- People with mental illness coping very well.
- Increased appreciation of life.
- Change in values → positive mental health.
- Fear about the new normal being like the old normal.