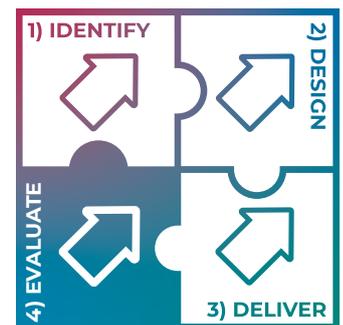
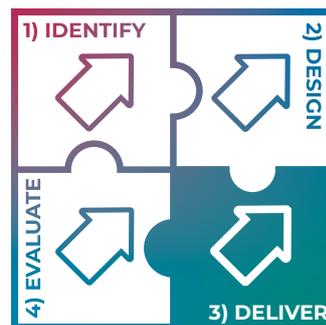
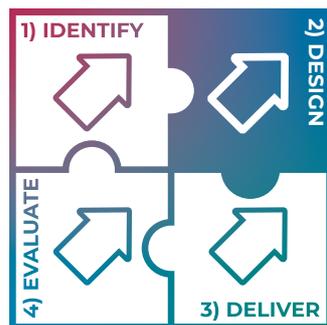
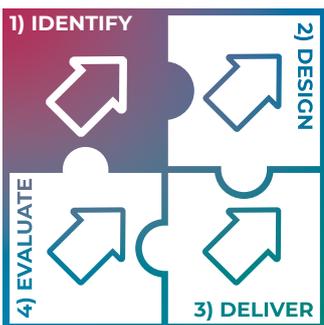


# Advancing mental health equality

## QI Collaborative Support Offer



# What would being on the collaborative mean for the organisation?

Advancing mental health equality is a broad and complex topic and the context of every organisation, and the populations they serve, is different. Therefore, we will offer personalised quality improvement (QI) support throughout the collaborative, combined with the opportunity for shared learning with others on the collaborative.

## Phase one – Local design

0-6 months

### We will work with you to:

- **Identify** the group(s) in your population and inequalities that you want to focus on
- Work with the population(s) identified to **coproduce**:
  - a **change theory** (adapted from the programme level change theory)
  - a **measurement strategy** to demonstrate the impact of the changes that you make



### The support will be provided by:

- A **QI coach** assigned to work with your organisation and who will be your core support throughout
- **Experts** in:
  - the areas of inequality prioritised by your organisation
  - coproduction
- The team who developed the **AMHE resource**

Different organisations will be at different stages with this work. We will meet each organisation where it is at. The QI coach will work alongside any existing QI support that an organisation may have in place to add value from the national collaborative perspective. Where required, experts in equality and co-production will fill in any gaps in the organisation's or local system's expertise and act as a critical friend throughout the process.

We expect that phase one will take 6 months, but may be longer or shorter depending on how far along an organisation is in understanding the systemic inequalities in their populations and identifying where they want to start.

## Phase two – Testing and scaling up changes

24 months

### We will work with you to:

- **Test ideas** for change using a systematic approach to improvement
- **Measure and understand** the impact of these changes
- **Scale up** the changes that have led to improvement



### The support will be provided by:

- Your QI coach, who will work with the relevant teams to design, test, measure and scale up changes. This process will also include upskilling those teams in QI methodology as it becomes embedded in day to day practice.

Depending on the changes being tested, we may bring in additional expert support. However, it is important that these changes come from, and are owned by, the teams involved and the people they serve.

Improvement work to make sustainable changes in these complex areas requires at least 18 months, to ensure that sufficient ideas can first be tested and then embedded in the way that teams and organisations work. However, given the breadth and complexity of inequality, we have built 24 months into the programme for this phase.

## Phase three – Sustaining changes

6 months

### We will work with you to:

- Ensure that the organisation has maximised the learning from the collaborative and the work that has been done
- Think through how to sustain the changes made by the organisation as well as its approach to addressing inequality



### The support will be provided by:

- Your QI coach, supported by experts in scale up and spread
- Evaluation leads

## Throughout

0 to 36 months

### Learning from others:

- **Four learning sets each year**, where all members of the collaborative will come together to share their work and learn from each other
- **Communications support** to share work with local and national press, as well as on our website
- Communication between learning sets to **share work within the learning community** (for example, newsletters).



### Evaluation:

- Our **evaluation partners at University College London** will work with all members of the collaborative at the start to ensure that the design of the evaluation meets their needs, but largely they will be answering these questions:
  - Have we achieved a sustained improvement?
  - Which interventions have made a difference?
  - What aspects of the approach have been helpful or unhelpful?
- The evaluation will be completed in the final year of the collaborative and will be undertaken as part of phase three (above).

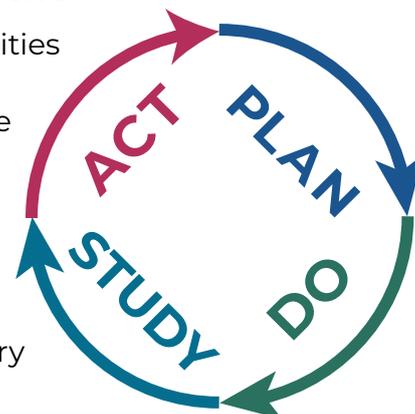


## General supplementary information

### What approach will we use?

We'll be applying quality improvement to support organisations/systems to identify and tackle inequalities in a structured way. This will involve:

- Identifying local population segments with known inequalities in access, experience and outcomes
- Developing measures that will help us understand if we are improving over time
- Developing a set of change ideas that we believe will address inequalities
- Utilising plan, do, study, act (PDSA) cycles to test and scale ideas
- Bringing together participating organisations/systems every 2-3 months to learn from each other and share ideas
- Supporting organisations/systems to develop a continuous learning system to tackle inequity in services.



## What success have we had with this approach before?

- We have applied a similar quality improvement approach to tackling complex topics in mental health, such as restrictive practice, suicide, sexual safety and staff wellbeing
- We have developed guidance, recommendations and measures to support services to improve mental health support care and treatment. Most relevant to this programme is the Advancing Mental Health Equality resource, as well as the Community Mental Health Framework Guidance, supporting the Community Mental Health Transformation Programme.



## Why do we think this approach will be applicable to advancing mental health equality?

- This approach has been utilised in a number of settings, both within the UK and across the globe, with demonstrable results
- The AMHE resource was developed in a way that lends itself well to quality improvement with a 4-step methodology (identify, design, deliver, evaluate).



## What resources are required from organisations to take part?

- The cost of taking part in this improvement collaborative is £15,000 + VAT per year for three years
- As with all quality improvement programmes, to gain the most from the programme and be able to see improvements, we would ask participating organisations to:
- Identify a project team that can meet regularly (fortnightly) to progress the work, including a named project lead with time to coordinate and organise the work programme
- The project team will receive improvement coaching and guidance from the national team, but will be expected to undertake the work themselves – this will involve identifying a suitable population(s), developing a set of measures, collecting and sharing data, identifying change ideas that can improve outcomes and testing these
- Identify an executive sponsor who will stay close to the work, helping unblock barriers, championing the work within the organisation and helping engage partners
- Attend the learning sessions that will bring together all participating organisations.

