



Good mental
health for Wales.

priorities

further
opportunities

about the
college

The Royal College of Psychiatrists Wales is calling for parity between mental and physical health services, with access to the right services in the right place and communities working together to reduce poor mental health.

Ahead of the Senedd Cymru election in 2021, we're calling for:

- ; **Equal** quality of care, and access to it, between mental health and physical illness;
- ; An examination of the **current funding formula** for Wales, and whether it allows the Welsh Government to meet the mental health and learning disability needs of the people of Wales;
- ; The Welsh Government to **commit to more psychiatrist posts** in the Welsh NHS, particularly in old age psychiatry, addiction and eating disorders;
- ; Every policy developed at Welsh Government and local authority level to **consider the positive and negative** mental health implications of the proposal and its development.

An abstract graphic on a dark blue background. It features two overlapping circles, one slightly above and to the left of the other. A series of thin, light blue wavy lines swirl around the circles, creating a sense of motion or energy. The lines are more concentrated between the circles and extend outwards towards the top and bottom edges of the frame.

intro- duction

It is essential to the College that those who suffer from mental illness or who have learning disabilities, or both, receive the same quality of care and the same access to services as they would if they had a physical illness, and that services are equally funded.

The Royal College of Psychiatrists in Wales is calling for a sea change in the way mental health is prioritised and funded in Wales. Currently, funding per head for Wales is the lowest of the devolved nations and the funding agreement, while it accounts for 'need', doesn't state what that need is or how much additional cost it brings.

We want to quantify how much additional need there is in Wales and conclude whether the funding allocated under the Barnett formula meets the mental health and learning disability needs of the people here.

We're asking the Welsh Government to make wellbeing the principal aim of its budget in order to meet the wellbeing needs of individuals and families in Wales, in the vein of New Zealand's Wellbeing Budget. The College also wants to work with the Future Generations Commissioner to enhance the 'art of the possible' in relation to mental health and learning disability and consider how public bodies can lead the way in reducing poor mental health.

It is essential to the College that those who suffer from mental illness or who have learning disabilities, or both, receive the same quality of care and the same access to services as they would if they had a physical illness, and that services are equally funded.

In achieving this parity, we will not only create a Wales with excellent secondary mental health services, delivering the outcomes for patients with mental illness and learning disabilities that they want to achieve, but we can also support the prevention of mild to moderate mental illness in future generations to come.

An abstract graphic featuring two large orange circles. The lower circle is partially obscured by a thick orange line that extends downwards and to the left. A thin orange line loops around the upper circle and extends to the right. Another thin orange line loops around the lower circle and extends to the left.

our priorities

We have
3
priorities

and a number of
focus areas...

Priority 1:

Strengthening NHS Governance.

Focus Area 1: Health Board Activity

We would like:

- ; Health boards to publish their allocated **budgets** and spend by service and specialism every quarter;
- ; Welsh Government to mandate for an **independent** executive board member on every health board representing mental health and learning disability;
- ; To persuade the Welsh Government that they should **increase** the share of NHS funding, in Wales, for mental health and learning disability services from 11% in 2018/19 to at least 13% by 2028/29;
- ; To promote the use of **Quality Improvement** methods in mental health services, and see all mental health and learning disability services accredited under a Welsh CCQI network.

Focus Area 2: Workforce

We would like:

- The Welsh Government to commit to more psychiatrist posts in the Welsh NHS, particularly in old age psychiatry, addiction and eating disorders, to bring the Welsh NHS in to line with international norms;
- HEIW to develop an attractive **career pathway** for the Physician Associate in Wales, into the delivery of mental health and learning disability services;
- The Welsh Government to extend the existing legislation 'Nursing Staffing (Wales) Act 2016' to acute and inpatient mental health units.
- The Welsh Government and HEIW to apply the principles of prudent and value based health care to the work that psychiatrists do in order to understand how often they are able to operate at the top of their licence;
- HEIW to establish a higher training programme for medical psychotherapy in Wales
- To **expand** the cultural competencies of the NHS workforce in Wales through support for the Diverse Cymru Cultural Competency Framework.

Focus Area 3: Data

We would like:

- To work with Welsh Government to produce a public facing site with core data for mental health services in a more accessible way;
- To work with Welsh Government and NWIS to consult on what information would be **useful** to collect in a mental health minimum data set, and ensure that data collection will be adequately resourced;
- To create, with NHS Wales' collaborative commissioning unit, KPI's for a psychiatric service.

Priority 2:

Ensuring timely services.

Focus Area 4: Access to Psychological Therapies

We would like:

- The Welsh Government to work to establish the **availability** of psychological therapies in child, adult and learning disability services across Wales;
- To help facilitate the introduction of a system which **increases access** to psychological therapies for **all**;
- To **understand** the consistency of service provision in primary care mental health and learning disability services as a starting point to establishing a mental health and learning disability service that **works for patients regardless** of where they live;
- For the Welsh Government to map the current available options for social prescribing in different areas of Wales, and undertake work to **ensure** that medical professionals, including GPs **understand the options** that are available;
- To undertake work to **understand the prescribing behaviours** in GPs, particularly for children and young people in view of **discouraging** the inappropriate prescription of anti-depressants.

Focus Area 5: Out of Area Placements / Commissioning Arrangements

Sometimes people will need to go out of area to access a highly specialised service, we believe too often people are placed out of area for less specialised services due to a lack of a local provision, rather than a need for highly specialised services.

We would like:

- For all health boards to regularly publish the cost, location, number and duration of Out of Area placements that they undertake and commission;
- For Welsh Government to **commit to reduce** the number of inappropriate Out of Area Placements in Wales as much as practicably possible ;
- To create guidance on how to **develop and use** contract performance indicators in a meaningful way to ensure high standards in private practice.

Focus Area 6: Transitions

We would like:

- To agree a **set of standard** joint protocols between CAMHS and AMHS and to ensure their implementation;
- To agree a set of standard joint protocols between AMHS and Old Age Psychiatric Services, and to ensure their implementation;
- The Welsh Government to scrutinise the automatic transfer of young people with intellectual disability, including those with comorbid conditions such as Autism Spectrum Disorder, when they are moved to specialist residential colleges;
- To work with Welsh Government to understand the nature of the transition arrangements between young offenders and prison environments;
- To promote access to IPS (Individual Placement and Support) making the transition into work for people with serious mental illness easier.

Priority 3:

Fostering mental health research

Focus Area 7: Research funding

We would like:

- ; NHS Wales to at least match England for per capita NHS mental health and learning disability research spend;
- ; To work with *Health and Care Research Wales* to ensure ongoing significant representation of mental health and learning disabilities in their strategic planning.

Focus Area 8: Research workforce

We would like:

- ; To work with HEIW to increase academic psychiatry training posts in Wales;
- ; To work with HCRW to support psychiatrists to undertake research.



further opportunities

The College has also identified a number of projects and ideas that we would like the Welsh Government to consider in the context of mental health, as well as including here some recommendations as to *how* the Welsh Government could apply them.

The Foundational Economy

The Foundational Economy concept, and its pilot projects, is an initiative being driven by the Welsh Government to direct public expenditure towards local businesses which have a stake in their community.

We would like:

- ; To work with the Future Generations Commissioner to enhance the 'art of the possible' in relation to mental health and learning disability, and consider how public bodies can lead the way in reducing poor mental health;
- ; To see the Welsh Government create a series of outcome measures with equal weight to GDP that measures the success of pilot projects holistically for their impact upon our communities.
- ; The Welsh Government to attach a condition to all public funding paid to private businesses, as well as any businesses sub-contracted by those organisations, that they must demonstrate a commitment to 'art of the possible' recommendations;

Mental health and wellbeing impact assessments

Welsh Ministers act upon the guidance of the Wellbeing of Future Generations Act 2015, which dictates that, when making policy decisions, they consider the policy's contribution towards wellbeing goals. The Act has changed how public bodies think about the decisions they make and appreciate the value of projects which promote health, environmental and social benefits, rather than simply focusing on profit.

It is a positive change and we're proud that Wales is world-leading in this. We would like every policy developed at Welsh government and local authority level to give declared consideration for both the positive and negative mental health implications in its proposal and development.

Value-based healthcare

Value-based healthcare is a concept that puts the power of decision making back in the hands of the patients, giving them greater information about their care and enabling doctors and nurses to be more informed about the patient's goals.

We would like:

- To understand how patient-reported outcome measures, understood in the context of patients' own preferences and goals, can help to inform mental health and learning disability service delivery in Wales;
- To understand whether an app that allows patients to report symptoms could be useful for psychiatrists or whether it diminishes therapeutic benefit.

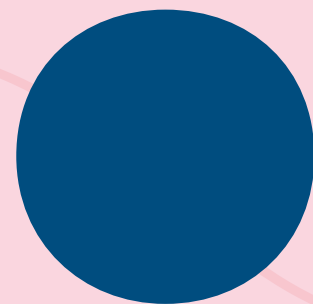


Measurement of need and funding

NHS Wales' budget stands at 42% of the total Welsh Government budget. Funding per head for Wales is lower than for Scotland and Northern Ireland, and the Barnett funding formula was negotiated without evidence of need. We would like to quantify additional need in Wales and redress the current funding arrangement.

Following the introduction by the New Zealand Government of its Wellbeing Budget, which allocates spend based on increasing quality of life and wellbeing as opposed to increasing GDP, we would like to encourage the Welsh Government to make wellbeing the principal aim of its budget to meet the wellbeing needs of people in Wales.

It is our aim that in achieving this parity in Wales, we will not only create a Wales with excellent secondary mental health services that delivers the outcomes for patients with mental illness and learning disabilities that they want to achieve, but that we can support the prevention of mild to moderate mental illness in future generations to come.



**about the
college**

Our aim is to improve outcomes for people with mental disorders and learning disabilities, as well as improve the mental health of *individuals*, their *families* & *communities*.



about the college

The Royal College of Psychiatrists in Wales is the professional medical body responsible for developing and supporting psychiatrists throughout their careers, and in setting standards and promoting excellence in psychiatry and mental healthcare throughout Wales.

Our aim is to improve outcomes for people with mental disorders and learning disabilities, as well as improve the mental health of individuals, their families and communities. We lead, represent and support psychiatrists, improve the scientific understanding of mental illness and work with and advocate for patients, carers and their organisations.

We also promote health and safety in the community with partner agencies, including local authorities, the police and probation services, and play a vital role in representing psychiatric professional expertise to governments and other agencies.

The Royal College of Psychiatrists have produced a wide range of mental health information for patients, carers and professionals. These resources are available in Welsh and English and can be found on our website:

rcpsych.ac.uk/wales

rcpsych.ac.uk/cymru

In our action plan for the next Welsh Government, we're calling on all political parties in Wales to commit to our four-point action plan, namely:

**Develop, support
and value the
NHS workforce**

**Reduce health
inequalities and
help people lead
healthy lives**

**Break down the barriers
to patient-centred care**

**Make time for
patient-facing
research and
innovation**



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