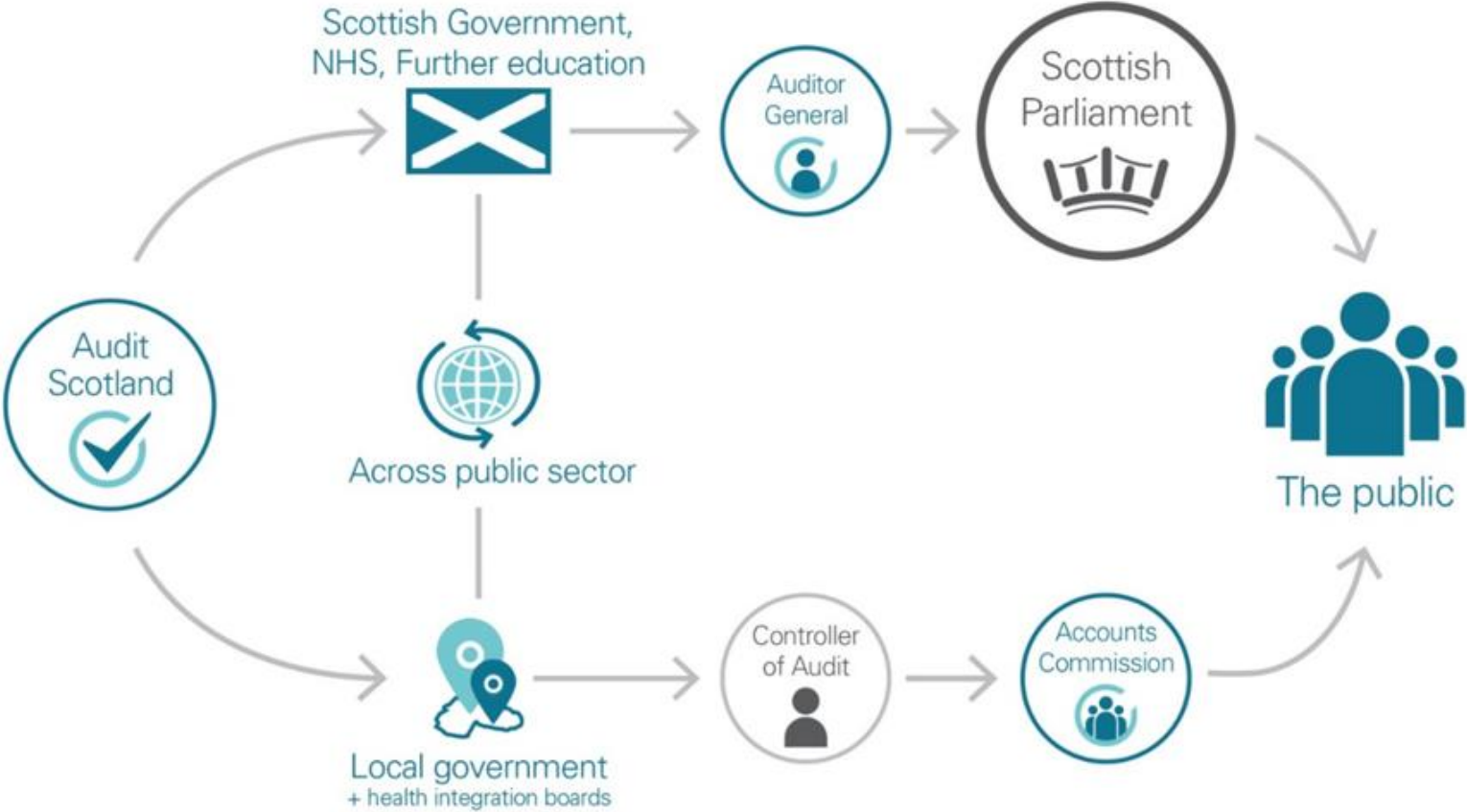


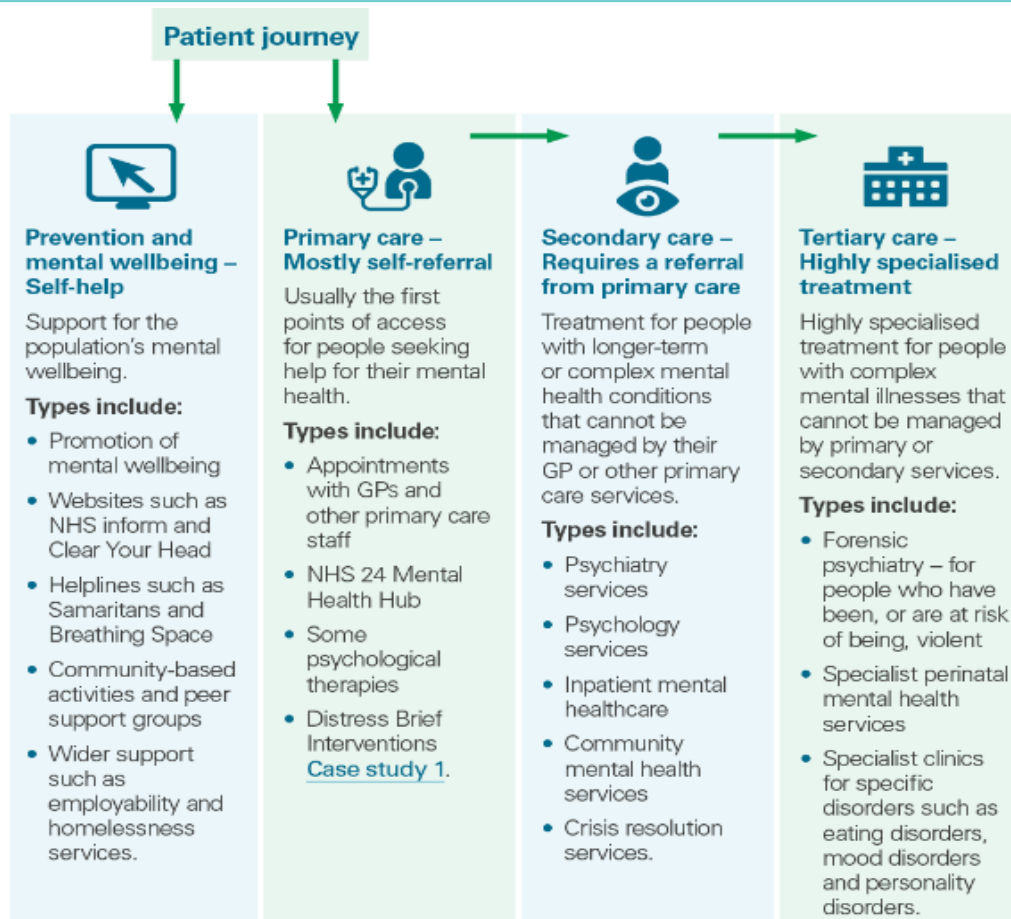
Adult mental health services

Mark MacPherson – Audit Director

Public audit in Scotland









'People seem to go for appointments and be put onto a pathway. That pathway either comes abruptly to an end, through no fault of anyone's – perhaps funding runs out, or one pathway leads to another pathway, but nothing seems to lead anywhere.'



'Mental health services should be available to everybody when they need it. I wouldn't go around with a broken leg for 20 years, it just wouldn't happen, but you can have mental ill health for that amount of time. It shouldn't be any different. Mental health should be treated the same as any other part of your body, which just now it isn't'

- Focus group participants



Deprivation

People living in the most deprived areas are three times more likely to receive inpatient mental healthcare than people living in the least deprived areas.



Deprivation

39% of emergency detentions using the Mental Health Act happened to people from the 20% most deprived areas of Scotland



'If you live in a rural community or outside of a catchment area you have no services available. You try to access the services where they are available but you're up against a brick wall.'



Long-term illness

Mental wellbeing is lower among people with a long-term illness that limits their activities than for people with no long-term illness.



Young people

Younger people are more likely to experience anxiety – 22% of people aged 25-34 years reported experiencing at least two symptoms of anxiety, compared with 6% of people aged 65-74 years.



'People develop addictions or mental health issues because of unemployment or poverty or other social issues. It's important to recognise the more holistic influences on our mental, emotional, and physical health and wellbeing and start to address them properly.'



LGBT+

54% of LGBT+ people have a self-reported mental health problem.



Learning disabilities

Mental ill health is significantly more prevalent in adults with learning/ intellectual disabilities than in the general population.

- Focus group participants



- 18-week referral to treatment standard for psychological therapies.
- In 2022/23, 80.8 per cent of patients were seen within 18 weeks of referral
 - Boards are struggling to achieve the 90 per cent standard.

Waiting times provides a narrow assessment of performance. It does not measure the quality of services or outcomes for people receiving them.

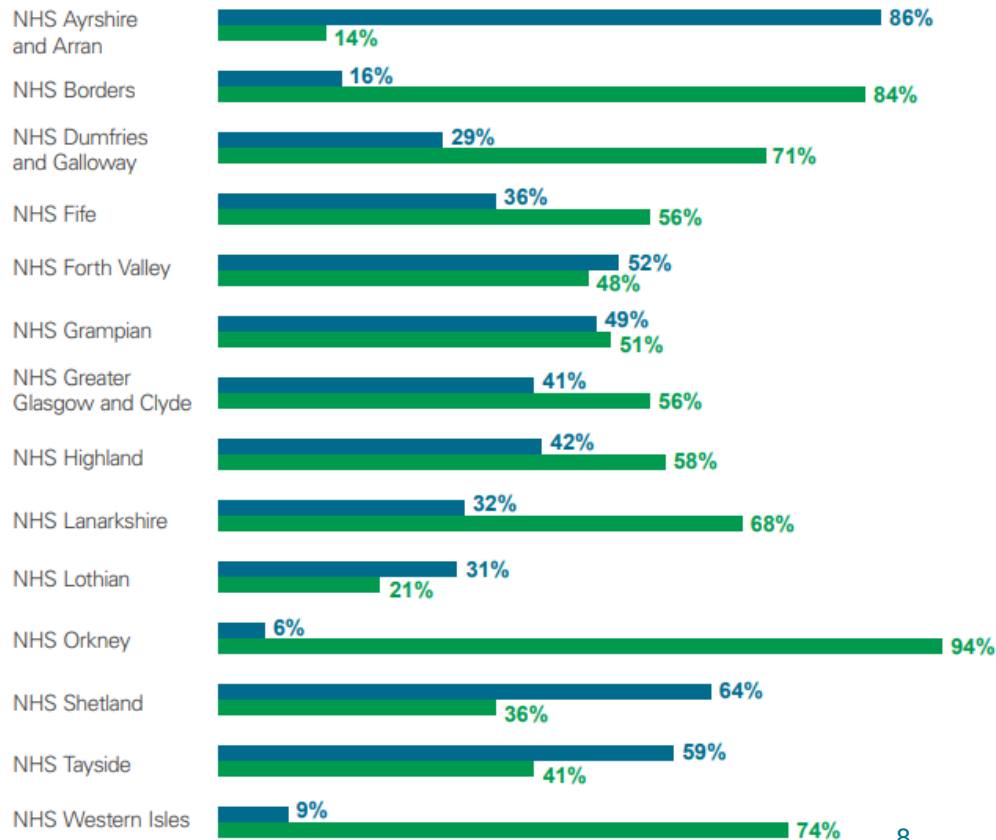


New publications:

- Core standards for mental health services
- National specification for psychological therapies.

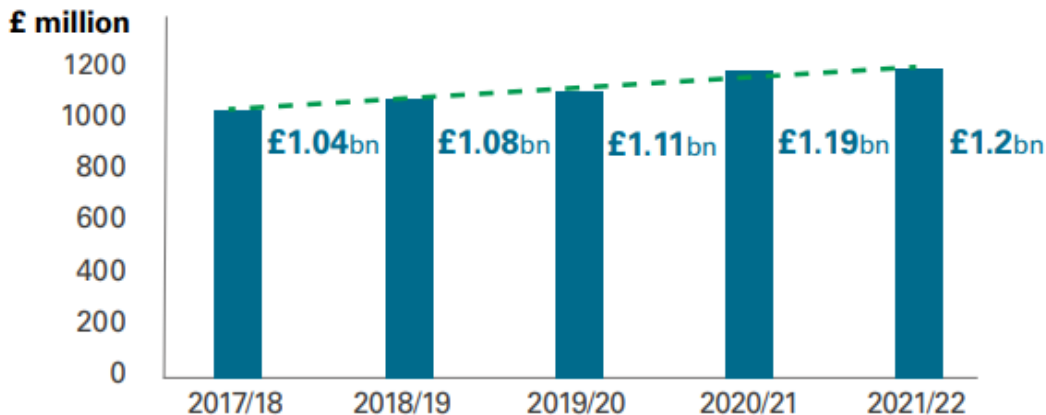
Psychological therapies appointment types

In 2022, most psychological therapies appointments were carried out remotely.

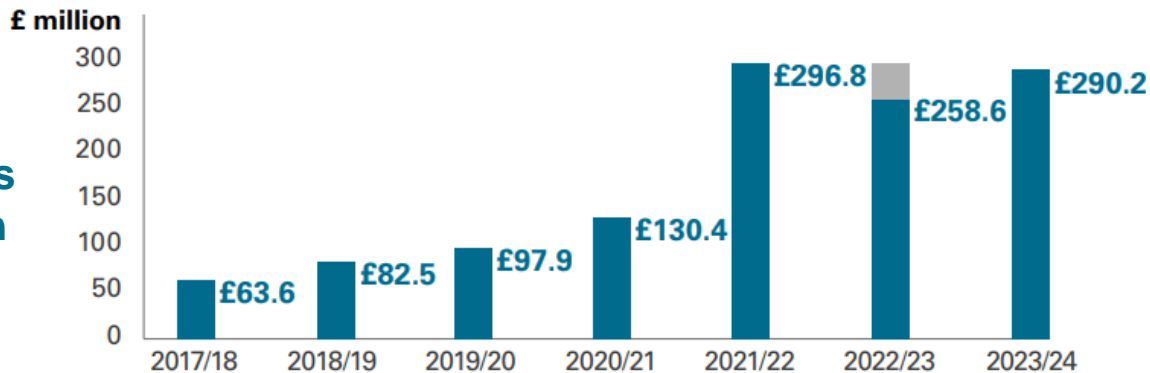


Spending on adult mental health

NHS boards spending on adult mental health



Scottish Government's mental health directorate budget



■ Real terms funding ■ Funding reduction from Emergency Budget Review



'There's all this information about X amount of money has been allocated to whatever service it is, and it sounds like an astronomical figure and yet you wonder how that money is spent and where that money goes, and what accountability there is for those spending decisions.'

- Focus group participant

The mental health workforce

The mental health workforce: March 2017-March 2023.

The mental health nursing and psychological services workforce has grown but so have vacancies.

Mental Health Nursing Staff (WTE)



8% Vacancy Rate 12% Turnover Rate



Psychological Services Staff (WTE)



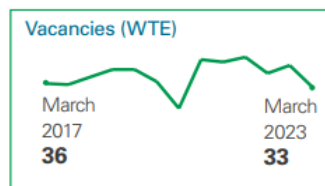
9% Vacancy Rate 10% Turnover Rate



General Psychiatrists (WTE)



9.5% Vacancy Rate 9% Turnover Rate



- The Scottish Government's mental health commitments are not on track
- Publication of a new joint Scottish Government and COSLA mental health and wellbeing strategy



Mental Health and Wellbeing Strategy



Any questions?

