



# **Integrated Care in Northern Ireland: Meeting the Challenge of Mental Health**

**Professor Deirdre Heenan  
Professor Siobhan O'Neill**

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# Integrated Care in Northern Ireland: Meeting the Challenge of Mental Health

- This paper will cover:
- Integration of health and social care in Northern Ireland
- Mental health care in Northern Ireland
- Broader integration, education and early intervention

# Integrated Care in Northern Ireland

- Northern Ireland integrated health and social health since 1973
- Recent years recognition that mental illness major public health issue in NI
- Structural integration does not however equate to integrated care

# Integrated Health & Social Care

Heenan and Birrell (2006) review IHSC.

## Advantages:

- Single employer and budget
- Culture of working together
- Integrated Management
- Quicker hospital discharge

## Disadvantages

- Dominance of health care
- Cultural differences
- IT systems often incompatible

# Integration

Complicated as:

- Healthcare free at point of delivery
- Social care more complicated costings
- Communities and politicians protect local services
- Cultural underpinning still different
- Medical/Social model

**One in five  
people in  
Northern Ireland  
has a  
mental health  
problem**

at any one time

**#WMHD2015**



# Mental Health in Northern Ireland

- Estimated 1 in 5 people have a mental health problem
- Region higher levels of mental illness than anywhere else in UK or Ireland
- Under funding systemic and long term
- Between 2008 and 2014 year on year spending by Trusts approximately 25% less than proposed.
- GP gatekeepers to mental health services



# Mental Health in Northern Ireland

Now recognised as major public health issue

- Prevalence of mental illness 25% higher than rest of UK
- Due to combination of factors:
  - Higher levels poverty
  - Higher levels unemployment
  - Higher levels social depression
  - Legacy of conflict in NI
  - Economic recession

# Suicide Rates in NI

Office National Statistics (2014)

- Wales 9.2 deaths per 100,000
- England 10.3 deaths per 100,000
- Scotland 14.5 deaths per 100,000
- Northern Ireland 16.7 deaths per 100,000

Suicide rate in NI doubled since 1998.

NI in top ¼ of International Table of Suicide Rates.

# Suicide & PTSD

Research by Professor Siobhan O'Neill and colleagues established direct link between suicidal behaviour and experiencing a traumatic event.

Of 28 countries included in World Mental Health Survey NI had rates of post traumatic stress disorder.

**"People who've had trauma  
behave differently  
as parents"**



# Mental Health in Northern Ireland

Major Review of Mental Health Needs in 2007 (Bamford Review) concluded early intervention crucial.

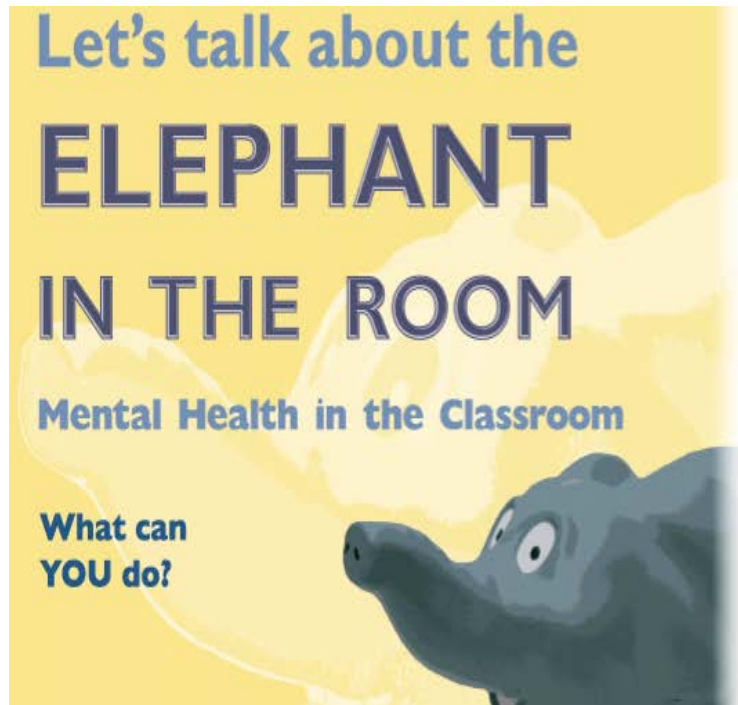
Transforming Your Care (TYC, 2012).

## Aware Research (2014)

- Need to move to a preventative approach
- Need to move to proactive approach
- Need to address stigma
- Need to address culturally entrenched attitudes to mental illness.

# Mental Health in Northern Ireland

- Survey in 2015 concluded only 37% of children in NI receive help according to Save the Children and the Children's Law Centre.
- Currently less than a tenth of the budget spent on children (7.8%).
- Mental Health Integration much more than integration in health and social care.
- Integration = health, social care, voluntary community sector, public health and EDUCATION.



# Mental Health & Education

- PE in National Curriculum once per week minimum but not mental health.
- Schools provide educational programmes on mental health literacy, resilience recognition, management and prevention embedded in schools.
- Schools reflect importance of mental wellbeing.
- Teachers need to be appropriately supported.
- Cost unacceptable in both human and economic terms.



# Conclusions

- Investment needed in prevention and early intervention at all stages of life course beginning.
- Address legacy of conflict by trauma informed approaches
- Address mental health inequalities
- Support mental health literacy to reduce stigma and discrimination.
- Need to invest in emotional health and wellbeing of children and young people.