

## NHS Innovation Accelerator 4<sup>th</sup> Call | Theme 2: Mental Health

### Why mental health?

Mental health is consistently one of the top issues people tell their local Healthwatch about, and more than one million people are currently in contact with mental health services.<sup>1</sup>

Mental health problems can affect anyone at any point in their lives. More than half of all mental health conditions in adulthood are established before the age of 14.<sup>2</sup> Many children and young people have a poor experience of care and some are unable to access timely and appropriate support.<sup>3</sup>

There are things we can do to make a difference, including:

- Suicide and relapse **prevention**
- **Access and availability** with a focus on perinatal, children and young people, dementia and psychological therapies
- **Early identification and intervention** to minimise the impact on a person's life, the likelihood of escalation and, in some cases, the chances of survival
- **Care closer to home** including self-care and access to services at home, in a primary or community setting
- **Holistic care** of both mental and physical health needs including prevention, screening and treatment for those at greatest risk of poor physical health

There are many innovations available to improve mental health services, however they are not always used. For example, one-stop clinics, mobile-health platforms, new workforce models and predictive risk factor management.

Improving mental health services features as a priority within each of the country's 44 Sustainability and Transformation Plans<sup>4,5</sup> and is identified as one of the three main 2017/18 national service improvement priorities for the NHS in the Next Steps of the Five Year Forward View.<sup>6</sup>

### What mental health innovations are we seeking?

We are seeking evidence-based innovations that ensure people, including children and young people, at risk of, or experiencing mental health problems can rapidly access holistic, effective and convenient care and support. Mental health innovations in this category could also include those addressing neurodevelopmental disorders such as autism or learning disabilities.

Your innovation will need to:

- Enable the delivery of one or more of the priorities detailed within the Five Year Forward View for Mental Health<sup>7</sup> and the implementation plan.<sup>8</sup>

#### KEY FACTS

**One in four adults experience** at least one diagnosable mental health problem in any given year

Mental health problems represent the **single biggest cause of disability** in the UK

**Physical healthcare costs 50% more** for type 2 diabetics with poor mental health

The cost to the economy is estimated at **£105 billion each year**

**11% of clinical posts** in children and young people's services are vacant.

**50%** mental health problems are established by age 14

*Information from the NHS Five Year Forward View for Mental Health and the Mental Health Workforce plan for England*

<sup>1</sup> <https://www.healthwatch.co.uk/advice-and-information/2018-05-18/what-does-good-mental-health-care-look>

<sup>2</sup> [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/728894/impact-assessment-for-tranforming-cy-mental-health-provision-green-paper.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/728894/impact-assessment-for-tranforming-cy-mental-health-provision-green-paper.pdf)

<sup>3</sup> [https://www.cqc.org.uk/sites/default/files/20171103\\_cypmhphase1\\_report.pdf](https://www.cqc.org.uk/sites/default/files/20171103_cypmhphase1_report.pdf), October 2017

<sup>4</sup> <https://www.england.nhs.uk/south/wp-content/uploads/sites/6/2017/01/stp-mentalhealth-1.pdf>

<sup>5</sup> [https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/507981/PM\\_Dementia-main\\_acc.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/507981/PM_Dementia-main_acc.pdf)

<sup>6</sup> <https://www.england.nhs.uk/wp-content/uploads/2017/03/NEXT-STEPS-ON-THE-NHS-FIVE-YEAR-FORWARD-VIEW.pdf>

<sup>7</sup> <https://www.england.nhs.uk/wp-content/uploads/2016/02/Mental-Health-Taskforce-FYFV-final.pdf>

<sup>8</sup> <https://www.england.nhs.uk/wp-content/uploads/2016/07/fyfv-mh.pdf>

- Have been co-designed with people (including carers, where appropriate) with lived experience of mental illness, be accessible to a diverse population<sup>9</sup> and focus on delivering the most significant benefit in terms of outcomes and cost savings.

Your innovation can be a device, digital app or platform, a service, process, pathway or model of care.

### What impact does your innovation need to demonstrate?

An application for this category will require evidence on:

- **Health impact** e.g. numbers accessing treatment, reduced time to treatment, recovery rates, reduced suicides, physical health outcomes, a sustainable care model.
- **Utility** e.g. feedback from patients and professionals on accessibility and adherence.
- **Cost savings** e.g. reduced emergency admissions, reduced bed days, care in lower cost settings.

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<sup>9</sup> <https://www.mentalhealth.org.uk/a-to-z/b/black-asian-and-minority-ethnic-bame-communities>