

## How will we achieve this?

### INFORM

We are working with our membership to build a robust evidence base in the key areas we want to change. This includes working with expert groups, reviewing best practice at a national and local level and creating an economic case for changes to mental health service provision. This allows us to put forward our case with credible data to support it.

### UNITE

We are building a movement of people and organisations who care passionately about the quality of mental health services in Ireland, starting with our member organisations. We provide training for consumer panels and for our members on how best to advocate for mental health service change.

### ADVOCATE

We are leveraging MHR's credibility and insight/knowledge to attract important allies and influencers. At the national level, these include key government/civil service departments, mental health related influencers, the media and professional groups and associations. At local level, we are engaging and sharing knowledge with local mental health alliances (i.e. engaged NGOs, other organisations and activists), local health professionals, politicians and the media.

## How you can support lasting positive change to Mental Health Services in Ireland

We need your help to achieve our goal of ensuring that A Vision for Change is implemented by 2016, thereby guaranteeing a radical overhaul of mental health services in Ireland.

We have set out a 5 Year plan (2011-2016) as to how we will achieve this goal and have secured almost €1 million funding to make it a reality.

Over the coming years we need to raise a further €1 million and we are currently seeking investors who are inspired by the opportunity to make a lasting positive change to mental health services in Ireland.

Mental Health Reform plans to invest in the following areas over the next five years to achieve our goals for transforming mental health services in Ireland:

#### Inform

- Building **knowledge, positioning and insight** on best practice in mental health services.

#### Unite

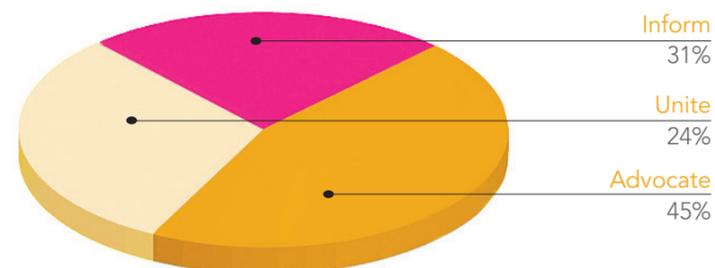
- Building and supporting our **membership and networks** to create a mental health movement that gives a voice to services users and their families.

#### Advocate

- Securing the **support of influencers** to bring about change to mental health services.
- **Influencing government and HSE decision making.**

### Mental Health Reform

Budget Breakdown  
2012 - 2016



If you would like to support the work of Mental Health Reform, please contact Orla Barry, Director of Mental Health Reform on 01 6121 422 or at [obarry@mentalhealthreform.ie](mailto:obarry@mentalhealthreform.ie).

Mental Health Reform Limited, trading as Mental Health Reform, is a company limited by guarantee and not having a share capital with a registered office at 6-9 Trinity Street Dublin 2. Mental Health Reform is registered in Ireland with the company number 506850 and is a registered charity with the number 19958.

## WHAT WE CAN ACHIEVE TOGETHER FOR PEOPLE WITH MENTAL HEALTH DIFFICULTIES AROUND IRELAND

### A FIVE YEAR PLAN

## What do we do?

Mental Health Reform is the independent voice for change in the mental health services in Ireland. Our goal is for an Ireland where people with mental health difficulties can recover their good health and live their lives to the full.

We work with our members through education, campaigning and support to achieve good mental health services that are available to everyone, no matter where they live or what their income is.

Mental Health Reform provides a forum for organisations working within the field of mental health and related fields to come together to represent the interests of the hundreds of thousands of people in Ireland coping with a mental health problem. We represent the issues and concerns of hundreds of thousands of service users across the country and their families and friends and we are **the only mental health organisation** in Ireland representing such a broad spectrum of organisations. (See enclosed our list of members)

## What have been our Successes to Date?

Mental Health Reform is widely recognised as the advocacy organisation for the mental health sector, specifically within the Health Services Executive (HSE) and the Oireachtas. In our first year of operation, we secured the following commitments:

- The creation of a new Director of Mental Health Services, a new post within the HSE governance structure, which Mental Health Reform has lobbied for consistently.
- The 2012 Mental Health budget was protected in the HSE service plan, receiving a total cut of just 1%, which compares favourably to many other areas of the health budget.
- The government also agreed to ring-fence €35 million additional funding for the development of community mental health services, an area we consider vital for a functioning mental health service across Ireland.

Mental Health Reform has positioned itself across a wide range of mental health organisations and stakeholders as the leading voice for change.

- In our first year of operation, we increased our membership from 5 to 23 organisations.
- We had over 6,000 signatories to our online petition to protect mental health spending in the 2012 budget.
- We have had over 10,000 unique visitors to our website and increasing numbers of supporters following us on Twitter and Facebook.



**Mental Health Reform**  
Promoting Improved Mental Health Services

Get involved in the movement for reform:

[www.mentalhealthreform.ie](http://www.mentalhealthreform.ie)  
[www.facebook.com/mentalhealthreform](https://www.facebook.com/mentalhealthreform)  
[www.twitter.com/MHReform](https://www.twitter.com/MHReform)

## Mental Health Problems in Ireland

The quality of mental health services affects everyone. **One in four people in Ireland** will experience a mental health difficulty during their lifetime. Despite these figures, mental health service funding is at a very low level. Local services are vital to a modern mental health service and at the moment there is simply inadequate resourcing for the right level of local service provision.

### Some Facts and Figures

National and international studies suggest that:

- **25% of the population of Ireland** will experience a mental health difficulty at some point in their lives and
- **44% of people in Ireland have had a direct experience of mental health problems** (either their own, or among family/friends)<sup>1</sup>.
- It is estimated that the direct annual cost of poor mental health in Ireland was **€3bn in 2006, or 2% of GNP**.<sup>2</sup>
- Where you live will have a huge impact on what kind of mental health service you can access.
- There is a significant over-reliance on a medical services approach to mental health, which fails to adequately recognise the role of **social and economic supports** for individuals (housing, employment, etc.) in supporting and maintaining recovery.
- There is extremely limited access to anything other than medication-based treatment for those with mental health difficulties, e.g. clinical psychology/talking therapy services.
- There is a severe lack of specialist mental health services, such as those for children and adolescents, older people or people with an intellectual disability.
- There are too few resources directed towards mental health promotion/wellbeing and early intervention programmes that can reduce incidence of mental health difficulties.

## What can MHR achieve?

Mental Health Reform is working with a broad range of partners to transform mental health services in Ireland. Our main areas of focus are:

- i) We are working towards **structural change in the provision of mental health services**. This requires a fundamental transformation of how services are delivered, how budgets are spent, changes to mental health workers' responsibilities and so on. We believe that Community Mental Health Teams provide the best level of care for people with mental health problems, and these continue to be under-resourced, according to a recent Indecon survey in 2009.<sup>3</sup>
- ii) We also believe that **cultural change** needs to occur in order to change the way that mental health workers, people with mental health difficulties and their families and local communities all think about mental health services. Too often, people with mental health difficulties say that they are not listened to and Mental Health Reform is working hard to change this. We are actively promoting best practice, where people with mental health difficulties are treated as equal partners on their way to recovery.
- iii) A Vision for Change (AVFC) is the national policy for reforming Ireland's mental health services and proposes big changes to the way people think about mental health and the way they deliver services. It was published in 2006 but progress against the objectives it set out has been slow. Mental Health Reform is building a movement of support for change to ensure that AVFC is fully implemented by 2016. The impact of mental health difficulties is felt across every aspect of society from education and the workplace, to the social protection and health systems and we believe it is vital that close associations are built across all sectors to make change effective.



<sup>1</sup> "Mental Health in Ireland: Awareness and Attitudes", Health Service Executive, 2007

<sup>2</sup> "The Economics of Mental Health Care in Ireland", Mental Health Commission 2008

<sup>3</sup> "Review of Government Spending on Mental Health and Assessment on Progress of Implementation of A Vision for Change" Indecon, 2009