



Mental Health Reform
Promoting Improved Mental Health Services

A united voice for reform of mental health supports

Strategic Plan Summary 2015-17

Our Vision:

An Ireland where people experiencing mental health difficulties can recover their well-being and live a full life in their community.

Who we are:

Mental Health Reform is the national coalition promoting improved mental health services and the social inclusion of people with mental health difficulties.

Our Mission:

To be the unifying voice that drives progressive reform of mental health supports in Ireland.

What the vision would mean in practice:

- Everybody would have easy access to holistic, person-centred treatment throughout their lifespan
- Everybody could expect good quality services consistently across the country
- All mental health services would operate from a philosophy of hope, listening, partnership, choice and social inclusion
- All mental health service users would be fully informed of the benefits and risks of treatments
- Service users and family members would be routinely fully involved in making decisions
- about their or their loved one's treatment and involved in planning mental health services
- Everyone in need would have access to ongoing housing, education and employment supports that are fully integrated with mental health support
- Everybody would be able to avail of early intervention and counselling to prevent their mental health difficulty from escalating
- Everybody would have confidence that their human rights would be respected when they use mental health services

What we do



Represent the mental health sector



Identify unmet needs



Develop unifying positions



Mobilise supporters



Develop and disseminate good practice guidance and pilot innovations



Image credit: Flickr Creative Commons Anna Levinzon.

Anne's story:

I was first referred to mental health services 16 years ago. I was on a lot of medications that were to define my life for the next 10 years. Then things started to change. I was referred to the local mental health centre in my town. Here I was looked at as a whole person. I now have a keyworker, who oversees my care and is my first point of contact and the person I would see most often. The community mental health team became my life-line and gave me the belief that I could lead a normal life and still recover from depression. I was lost to my family but have found my way back.

The values that guide our work

Best international standards and human rights norms

Equitable access to high quality mental health services

Empowerment of individuals and local communities

Independence and integrity

Value-added activity

Financial stewardship

Accountability

Authoritative voice

Principled pragmatism

Mental Health Reform's Targets 2015-2017

- The Government ensures **high quality community based**, primary care and specialist mental health services are **available and accessible** to everyone in Ireland.
- The espoused values and principles of A Vision for Change exemplified by **citizenship, partnership, recovery and respect** underpin mental health service delivery in Ireland.
- Government improves the **social inclusion** of people with mental health difficulties.
- Government ensures that **children and adolescents** have adequate, prompt access to a range of mental health supports to promote their mental wellbeing and address mental health difficulties at an early stage.
- The Government and HSE ensure a **transformed system for governance and accountability**.

In 2015-17, specifically we will:

- Sustain mobilisation, increasing local-level mobilisation
- Sustain representation of the sector, including through submissions and participation on Government committees
- Strengthen consultation with members, the Grassroots forum and the general public
- Increase research activity
- Increase fundraising activity

Recent successes

In this Strategic Plan, we aim to build on recent successes. Our national advocacy has contributed to a number of changes in the mental health system in Ireland, including:

- Since 2013, there has been a National Director of Mental Health within the HSE, with control of the mental health budget.
- The Government has allocated additional funds in recent years for the continued development of community-based mental health services.
- Service user involvement in mental health services has been strengthened with the setting up of the HSE Office for Service User Engagement within the Mental Health Division.
- On foot of Mental Health Reform highlighting the gaps in mental health services for homeless people, the HSE committed in 2015 to recruiting additional staff for homeless outreach teams.
- The HSE has committed to ensuring 24/7 crisis supports are in place around the country.



Developing this strategic plan

During 2013 MHR began a strategic planning process, consulting with the general public, member organisations, people using mental health services and their families/carers. During 2014, the Board agreed MHR's Strategic Outcomes 2014-2016. In 2015, the Board followed this up with an update of MHR's Strategic Plan setting out the organisation's priority activities for 2015-2017.

The types of organisations who are part of Mental Health Reform:



With the support of our Board, our member organisations, people using mental health services and their families, and the general public Mental Health Reform will continue to drive reform of Ireland's mental health supports so that every person who experiences distress gets a response that helps them to recover their well-being and live a full life in their community.

To get involved in our work over the coming years, get in touch:

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supporting communities