

# 70 years of the NHS Mental Health

**NHS**

Scarborough and Ryedale  
Clinical Commissioning Group



# Introduction

Since 1948 the way Mental Health problems are treated has changed dramatically.

This is not just how seriously Mental Health is now taken, but how different the methods of treatment are today in comparison to in 1948.

This presentation will showcase some of the most notable changes and milestones in Mental Health treatment over the years.



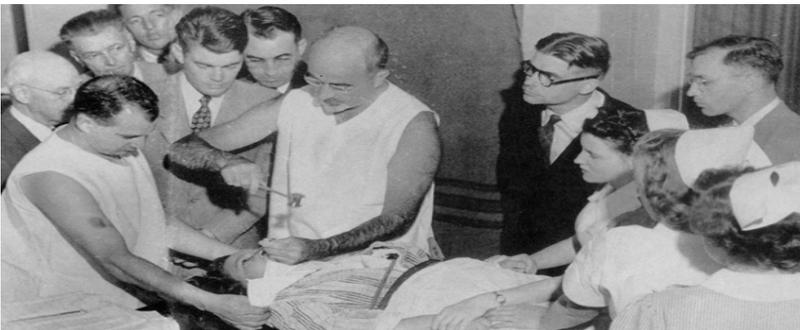
# The Mental Health Act

In 1958 under the Mental Health Act, for the first time, it was established that community care should be prioritised and that patients with mental ill health should not be considered any different from other types of sick people.

Consent to treatment was not mentioned in the Mental Health Act 1959 – a detained patient could be treated against their will. The Mental Health Act 1983 introduced the issue of consent.

In most cases, when people are treated in hospital or another mental health facility, they have agreed or volunteered to be there. You may be referred to as a "voluntary patient". However, there are cases when a person can be detained (also known as sectioned) under the Mental Health Act and treated without their agreement.

As of 1983, people detained under the Mental Health Act need urgent treatment for a mental health disorder and are at risk of harm to themselves or others.



# Milestones

In 1961 minister of health Enoch Powell, spoke at the National Association for Mental Health Conference in Brighton, outlining his desire to see greater community care provision for mental health patients.

This historic "water-tower" speech is considered one of the biggest milestones of the revolution in mental health treatment. It signaled the end of the old asylums and changed the way people think about mental health and mental healthcare.

In 1971, a Government paper on 'Hospital Services for the Mentally Ill' proposed the complete abolition of the mental hospital system with all services being delivered by district general hospitals.



# Milestones continued...

In 1999 the National Service Framework for Mental Health is introduced and aimed to ensure higher levels of competence and good practice among professionals by:

- Making it easier for anyone who may have a mental health problem to access services
- Fighting discrimination against individuals and groups with mental health problems
- Creating a range of mental health services to prevent or anticipate crises where possible

In 1998, it was the Of the Changing Minds campaign by the Royal College of Psychiatrists which aims to recognise the limitations of help available for psychological services and develop positive mindsets amongst communities.



# Milestones continued...

In 2006 the Improving Access to Psychological Therapies (IAPT) programme is launched, providing easy access to talking treatment on the NHS for people suffering from depression and anxiety disorders.

The New Horizons programme is launched in 2009 and is a 10-year strategy to improve adult mental health services in England by 2020. New Horizons brings local and national organisations together with individuals to work towards a society that values mental wellbeing as much as physical health.

Formed in March 2015, the independent Mental Health Taskforce brought together health and care leaders, people who use services and experts in the field to create a Five Year Forward View for Mental Health for the NHS in England.



# Interesting statistics

In 1953 almost half the National Health Service's hospital beds were for mental illness or mental defect. Hospitals generally were in old buildings, but those for mental illness included some of the worst buildings.

By 1959 only 12% of admissions to mental illness hospitals were compulsory, and the trend was towards shorter periods of in-patient treatment and towards outpatient treatment.

Between 1970 and 1975 the population of mental illness hospitals was reduced from 107,977 to 87,321.

1985 UK Secretary of State (Norman Fowler) announced £10,000,000 funding over the next three years for a new programme called 'Helping the Community to Care'. Its chief aim was to improve support for elderly people and for those who are mentally ill and mentally handicapped by helping those who help them, volunteers, friends and family members.



# More interesting statistics

The number of young people arriving in A&E with psychiatric problems has doubled since 2009, and the number admitted to hospital with eating disorders has risen by almost the same amount in the past three years.

The number of hospital admissions due to intentional self-harm has been rising over the last decade, from 91,341 in September 2005–August 2006 to 112,096 in September 2014–August 2015.

Rates of depression and anxiety among teenagers have increased by 70 per cent in the last 25 years. Almost 19,000 teenagers were admitted to hospital for self-harm in 2015/16, an increase of 14 per cent since 2013/4 and 68 per cent across the last decade.

It has been revealed that the number of qualified nurses working in psychiatry dropped by 10.8% from 41,320 in 2010 to 36,870 in 2015.

