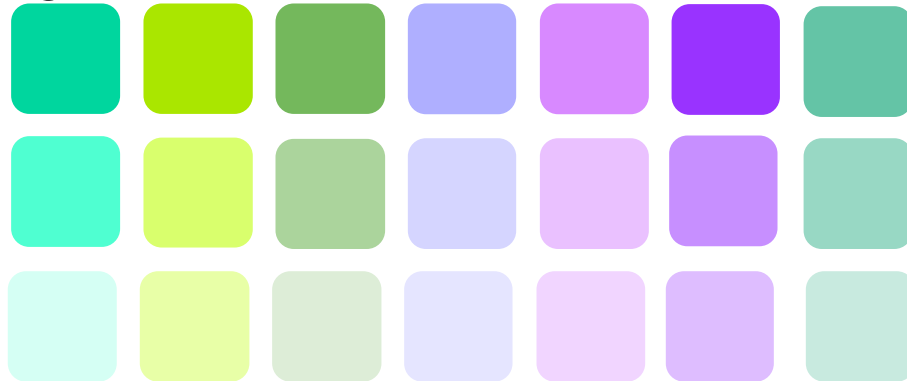


# Scottish Development Centre for Mental Health

## SURF CONFERENCE

### Wellbeing and Regeneration

Allyson McCollam, 26<sup>th</sup> Feb 09



# Wellbeing and regeneration:

1. Why link them?

2. Drivers and levers

3. Yes, but.... what happens when we hit a recession?



# 1. Some starting points

- Mental health and wellbeing are resources we cannot afford to squander (especially in period of recession)
- New interest in MH and WB
  - Fresh scientific thinking
  - Cross cutting policy opportunities
  - Value of lived experience



# Causes and consequences

- Mental health is **shaped by** wider societal structures, processes and values
- Mental health derives from a combination of and interaction between:
  - Endowment
  - Experience
  - **Environment** (social and physical)

(Foresight Report, 2008)



# Why mental health matters

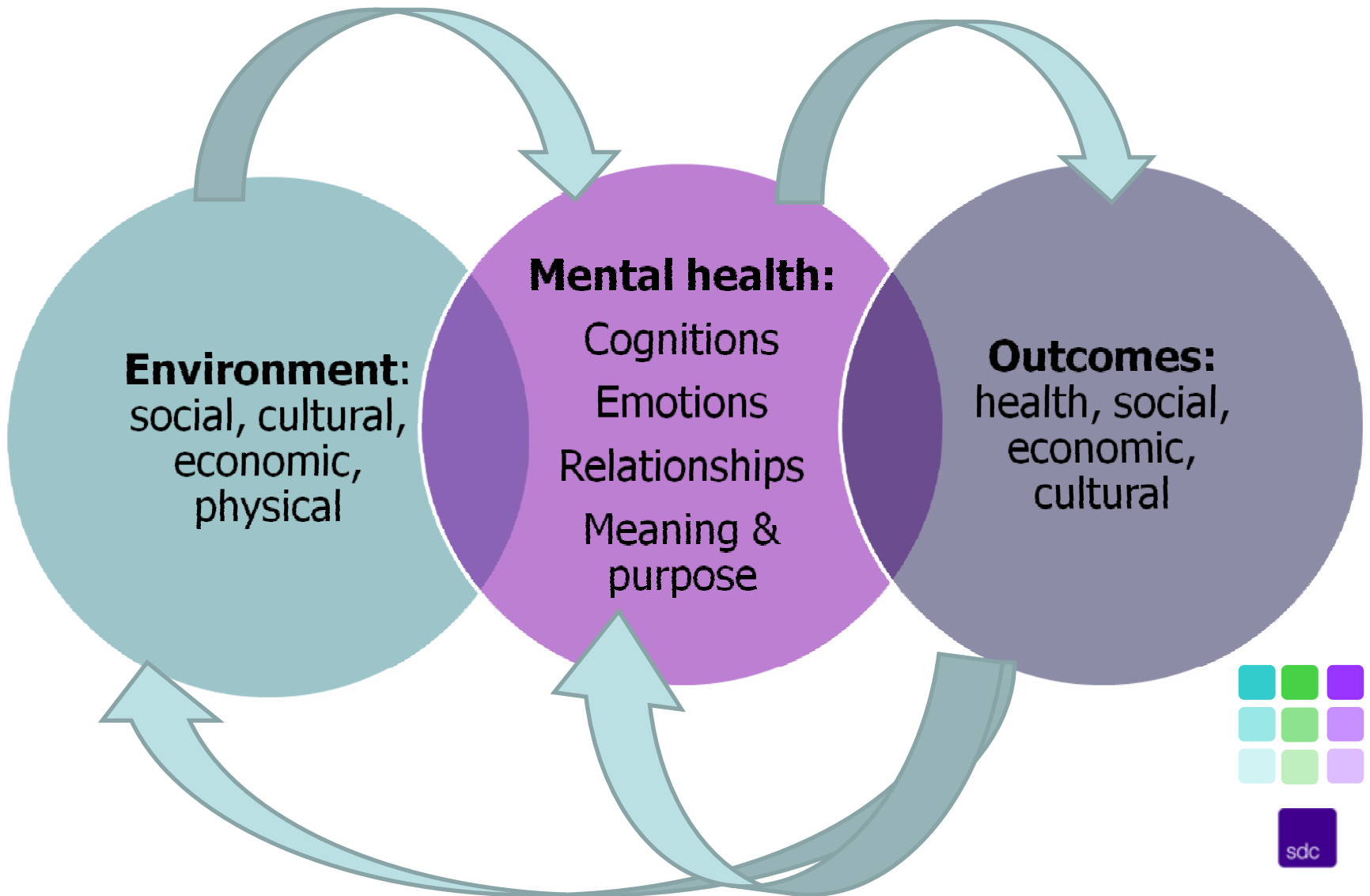
Mental health **influences** wide range of other health, social and economic outcomes across life course

Good mental health contributes to:

- Physical health: mortality/morbidity
- Health behaviour
- Productivity and earning
- Educational performance
- Crime / violence reduction
- Social integration and pro social behaviour
- Quality of life



# Causes and consequences



# Whose mental health?

- Uneven and unequal distribution of mental health and the conditions that create it
- Key risk factors include exposure to:
  - Discrimination and stigma
  - Violence and abuse
  - Poverty, disadvantage, exclusion and isolation
  - Lack of opportunities to participate, exercise control and be heard
  - Long standing illness / disability



## 2. European Union Pact on Mental Health and Well-being 2008

- **Cross-policy EU initiative** (Health, Education and Culture, Employment, Research, Justice)
- Strongly linked to **Lisbon agenda** on growth, jobs, development
- Pact prompts **action** on **5 themes**:  
youth and education; workplace; older people; prevention of depression and suicide; and stigma and social exclusion





# Good Places, Better Health 2008

- Aims to “shape **places which are nurturing of positive health, wellbeing and resilience** and which are consistent with and promoting of healthy behaviour and healthier lives”
- Reinforces the contribution of those working in regeneration to HI outcomes:
  - Better health and reduced health inequalities are central to sustainable economic growth
  - **Physical environment has a key role to play in achieving health outcomes** that align with regeneration outcomes



# Towards a Mentally Flourishing Scotland 2009 - 2011

- Promoting mental health for all
- Preventing mental ill health
- Supporting inclusion and recovery of people who experience mh problems



# Towards a Mentally Flourishing Scotland 2009 - 2011

## Across

- Settings: family, community, workplace, organisations and society
- Ages and stages of life

## By

- Reinforcing local cross sectoral partnership responsibilities - CPPs & CHCPs
- Linking into: wider health improvement; early years; education; regeneration; arts & culture



# Common threads in current policy

- Central: local relations - purpose of Gov to support local change and development
- Shift from assuring outputs to enabling outcomes, by building individual and community capacity and reducing barriers
- Recognition that health promoting behaviours are contingent on wider social, economic and cultural environments



# 3. Challenges ahead

- Risks that inequalities will widen
- BUT also opportunity to challenge social values and patterns that are not conducive to our collective MH and WB
- Up to us how we use new understandings of MH **and** hold on to what we know about how change happens within communities



# Minimising the damage to wellbeing in economic recession

- Addressing barriers to social connectedness and social action so that communities can 'mobilise' on issues that matter to them
- Ensuring the distribution of services and resources does not further disadvantage those most affected by poverty, inequality and deprivation
- Focusing on root causes of social problems not only on their psychological effects
- Fostering social resilience and enhancing social and cultural assets



# Contact details

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