



About our work



The National Mental Health Development Unit (NMHDU) was set up in April 2009 to support the effective implementation of key policy goals in mental health and well-being. It aims to ensure an effective link between policy and practice to deliver real change and achieve measurable outcomes, through disseminating best practice and effective coordination of national activity to support regional and local delivery.

NMHDU is funded by the Department of Health and the NHS. It develops its work in partnership with key external organisations, including the NHS Confederation, the Association of Directors of Adult Social Services (ADASS), major mental health voluntary organisations and service user and carer representatives.

Across all its activity, the NMHDU strives to:

- Support the continuous improvement in the **quality** of, and **access** to, services as well as supporting population-based approaches to **mental health** and **well-being**
- Support improved **productivity** and **innovation** in mental health services to achieve best value from available resources
- Reduce the barriers faced by people with, or **recovering** from, mental health problems, tackling **stigma** and **inequalities** in mental health wherever they are encountered
- Make mental health **everybody's business** – fostering cross government links and partnerships across the NHS, Local Authorities, voluntary and community organisations
- **Involve** and **include** the views of people who have **experience** of living with mental ill-health, including carers, across our work programmes.

Our areas of work include:

Supporting Effective Commissioning in Mental Health

This programme focuses on the spread of best practice in commissioning across health and social care, reflecting developments such as payment by results, personalisation and GP led commissioning. The programme adds value through strategic partnerships and joint workstreams with the NHS Confederation, ADASS, the NHS Institute for Innovation, SHAs and the DH Commissioning Directorate.

Promoting Mental Health Equalities

This programme works to address inequalities in the experience of people from diverse backgrounds in accessing good quality mental health support. The work is within an integrated equalities context. This involves supporting the implementation of guidance and legislation (including the Equality Act 2010) in relation to race, gender, age, sexual orientation, faith and religion, physical and learning disability. This is done in partnership with national and regional partners across the NHS, social care, voluntary sector and user, carer and community organisations.

Improving Care Pathways

This programme focuses on the continuous improvement of the quality and efficiency of mental health services and the experience of service users. Workstreams include: improving transitions between young people's and adult services; developing organisational cultures and structures which support recovery; strengthening liaison and diversion services for offenders. Key aspects of this programme will be delivered in partnership with the NHS Confederation and leading voluntary sector organisations.

Promoting Well-being and Population Mental Health

This programme aims to promote a population approach to mental health and well-being. Key focuses include providing practical tools and resources for local commissioners; using the evidence of what works to support interventions that present most value in terms of cost benefit and outcomes. The work engages partners in the NHS, public health, local government, voluntary and community organisations, including joint working with the NHS Confederation, ADASS, Local Government Association and IDeA. This programme also includes a suicide prevention workstream.

Continued overleaf



Our areas of work continued...

Personalisation in mental health

This programme promotes personalisation in mental health as a vehicle for delivering more responsive and effective services that can offer the service user improved choice and outcomes and the public sector better value for money. Current focuses include supporting the NHS-led Personal Health Budget Pilots, and support for commissioners across health and social care. Key partners include the NHS Confederation, ADASS, voluntary and community organisations.

Improving Access to Psychological Therapies

This programme continues to support the implementation of NICE guidelines for people suffering from depression and anxiety disorders, and oversee the roll out of a major programme of evidence-based psychological therapies across the NHS. Its work aims to establish accessible psychological or talking therapies in primary care settings and contribute to the quality, innovation and productivity challenge facing the NHS.

Promoting Social Inclusion and Social Justice

NMHDU, working with national and regional partners, seeks to demonstrate practical means of improving outcomes, in particular in employment and housing, for excluded groups in society, including people in contact with secondary mental health services.

SHIFT, NMHDU's anti-stigma programme's key focuses include ongoing support for three annual national surveys into attitude, behaviour and media reporting; promoting better understanding and reporting of mental health in the media and challenging stigma and discrimination in the workplace by raising awareness and understanding among employers. Shift works closely with the Time to Change campaign.

Further information on these programmes and the work of the NMHDU is available at www.nmhdu.org.uk