



Co-funded by the Erasmus+ Programme of the European Union

# Collaboration and Leadership for Improving Mental Health and Wellbeing

DRAGANA J RAMSDEN

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# Presentation structure

1. About the research
2. The context
3. My findings
4. Conclusions
5. Your questions

# Research question

What does improving mental health and wellbeing mean for how adult community learning (ACL) leaders engage in collaborative working with mental health services?

# 1. My research

# Inspired by

## COMMUNITY LEARNING MENTAL HEALTH PILOTS



### TRIALLING A DIVERSE RANGE OF DELIVERY APPROACHES



#### REFERRAL MECHANISMS

Community organisations	Health services	Self-referral
89%	89%	58%
Jobcentre Plus	Outreach workers	Housing providers
32%	31%	24%

#### PARTNERS

**835**  
COURSE PLACES  
**26638**

#### PARTNERSHIP DELIVERY MODEL



- Lead partner delivers all course
- Shared delivery
- Other partners deliver courses

#### WORKFORCE DEVELOPMENT ACTIVITIES



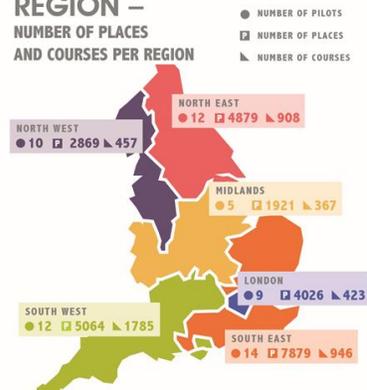
- Training workshops
- Knowledge exchange, peer support groups
- Online learning modules

#### CO-PRODUCTION/CO-DELIVERY



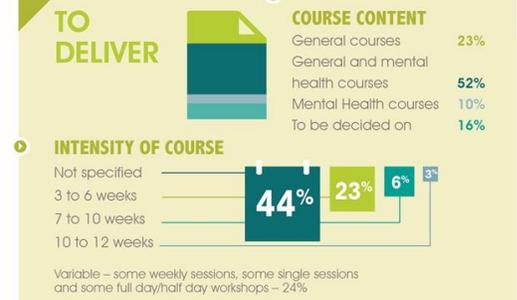
- No involvement or consultation only
- Involved in design or delivery
- Significant user involvement

#### REGION – NUMBER OF PLACES AND COURSES PER REGION



Source: Infographic produced from Ipsos MOR analysis of application forms for 62 pilot projects for the Community Learning Mental Health Pilot Inception Meeting, 17th April 2015

#### TO DELIVER



#### FOR PEOPLE WITH MILD TO MODERATE MENTAL HEALTH CONDITIONS, FOCUSING ON

- 27% People of Black, Asian, Mixed and European heritage
- 21% People who are unemployed / want new skills
- 19% People who live in deprived areas/social housing

#### TO EVIDENCE AN IMPACT ON THESE OUTCOMES

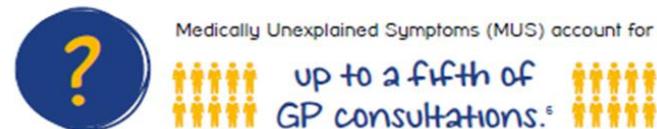
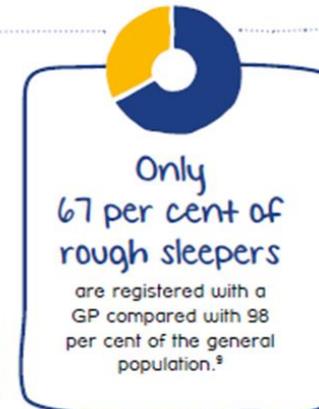
- 127 Learning outcomes e.g. Developing learning habit / new skills / employability
  - 171 Mental health outcomes e.g. Self-management of condition/resilience/better relationships
  - 71 Community and wider outcomes e.g.
    - Joined-up services / Trained staff / Mental health awareness
- Numbers refer to mentions of these outcomes in successful bids



## 2. Context

# Needs v. responses

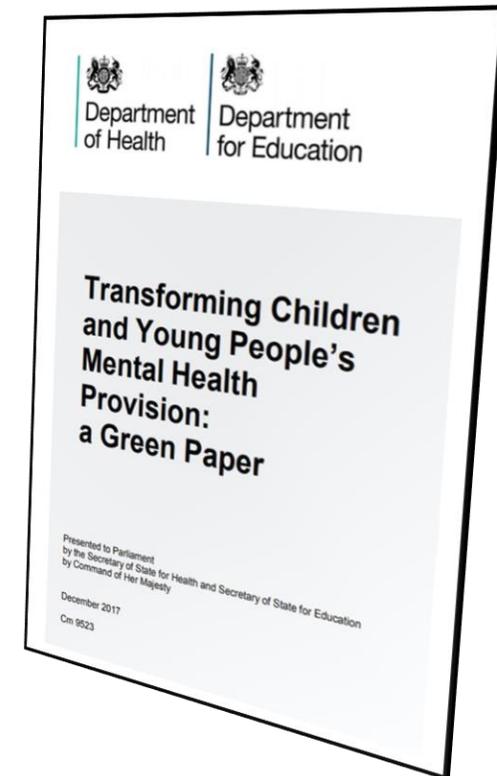
## I. Mental health support in primary care right now



# Policy priority gap/s



- ▶ Mental health of students aged 25 and over is low (or no) priority



# Opportunities or threats?

## Health services:

- ▶ Emphasis on preventative and collaborative approaches
- ▶ Increasing localism



## ACL:

- ▶ Evidence of impact on health and wellbeing
- ▶ Experienced collaborators
- ▶ Devolution

Are we letting our communities down by not harnessing each other's expertise?



## 3. Findings

“

What are the shared values and benefits of collaborative working between primary care mental health and adult and community learning? ”

Question 1

# Benefits of collaboration

A person has many  
**connected aspects**

 intellectual

 physical

 social

 emotional



And needs  
**holistic**  
approaches

## Adult learner:

“I hope to be part of the community and really that is what you want.

Health care is institutionalised.

But, what you want is to be a functioning part of the community and share with others with the same experience. And, that is what the colleges can offer.”

# Values

- ▶ Equality and inclusion
- ▶ Quality
- ▶ Respect
- ▶ Collaborative working

“

What could a shared vision of collaborative working look like?

”

Question 2

## Adult learner:

“Could this collaboration be called: a route to normal living?”

Give us some pathways to actually having a normal life. That is what we want.”

# ACL's role is to help



Promote and improve **mental health** and **wellbeing**



Build the **resilience** of **individuals** and **local communities**.



Tackle **inequalities** in access to services

# Guiding principles

**Community involvement**

**Involving local adults as *equal* partners**

Adult Community Learning

NHS

GOV.UK

“

What are the key leadership characteristics needed to make such a vision the reality?

”

Question 3

# What is a leadership challenge?

- ▶ Lack of joined-up thinking at a national policy level
- ▶ No national strategy and/or policy framework for ACL
- ▶ Short organisational memory
- ▶ Lack of coordinated approaches in local areas
- ▶ Competition among providers
- ▶ Lack of time...and many more!

# Leadership challenge



# What do leaders need to do?

**To overcome hurdles  
ACL needs to:**

**Empower**

**Inspire and influence**

**Collaborate**

**NHS**  
Adult Community Learning  
GOV.UK

The infographic features three rows of icons and text. The first row shows a muscular woman icon and the word 'Empower'. The second row shows a man pointing up with a lightbulb and the words 'Inspire and influence'. The third row shows three diverse people and a handshake icon with the word 'Collaborate'. To the right, a circular logo contains the NHS logo, the text 'Adult Community Learning', and the GOV.UK logo, all held up by two hands.

# Key leadership requirements

## Leadership needs

commitment to  
**a new culture of learning**



## 4. Conclusions

# Broadening the narratives about

- ▶ Approaches to mental health and wellbeing
- ▶ Purpose and potential of ACL
- ▶ Requirements of ACL leadership

# ACL leadership priorities

- ▶ Recognise your responsibility, while accepting you don't have all the answers
- ▶ Be able to articulate the purpose of your work and its outcomes
- ▶ Broaden the binary narratives
- ▶ Reach out in order to learn, empower and mobilise

## Some suggested actions

- ▶ Develop a compelling case for your provision
- ▶ Invest in the robust collection and analysis of outcome measures
- ▶ Get representation on Health and Wellbeing Boards, STPs etc.
- ▶ Develop whole organisational approaches to mental health and wellbeing...etc.

## 5. Your questions

For more information contact:

[dragana17@hotmail.com](mailto:dragana17@hotmail.com)

Summary animation:

<https://youtu.be/enG7bOpAOTo>