

Grŵp Traws Bleidiol ar Iechyd Meddwl Cross Party Group on Mental Health

Minutes of the last meeting

13 December 2016

8.15 – 9.00

Conference room 24, Tŷ Hywel

IN ATTENDANCE:		
David Rees AM (Chair)	DR	Aberavon (Welsh Labour)
Dr Dai Lloyd AM	DL	South Wales West (Plaid Cymru)
Lee Waters AM	LW	Llanelli (Welsh Labour)
Mark Isherwood AM	MI	North Wales (Welsh Conservatives)
Rhun ap Iorwerth AM	Ral	Ynys Môn (Plaid Cymru)
Ioan Bellin	IB	AMSS Simon Thomas AM
Ewan Hilton	EH	Gofal
Dr Ian Johnson	IJ	Time to Change Wales
Lewis Cole (secretary)	LC	Gofal
Linda Newton	LN	CAVAMH
Manel Tippett	MT	Royal College of Psychiatrists in Wales
Nesta Lloyd-Jones	NLJ	Welsh NHS Confederation
Peter Martin	PM	Hafal
Richard Jones	RJ	Mental Health Matters Wales
Sarah Stone	SS	Samaritans
Steve Mulligan	SM	BACP

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CPGMH/NAW5/01 - Welcome	Actions
<p>DR welcomed attendees to the meeting of the Cross Party Group on Mental Health, and asked all attending to introduce themselves due to the amount of new members.</p>	
CPGMH/NAW5/02 – AGM Business – Election of a new chair	
<p>DR was the sole nomination for chair of the Cross Party Group on Mental Health, and received unanimous support from all in attendance. Gofal will continue to provide secretariat support.</p> <p>DR asked for LC and EH to provide information to new group members on the last annual report and financial statement.</p> <p>The group’s annual report and financial statement up to and including the previous meeting had been approved at the previous meeting and is available to view on the Assembly’s website.</p>	
CPGMH/NAW5/03 – WAMH priorities	Actions
<p>EH updated the group on the Wales Alliance for Mental Health’s priorities that were identified and presented to the Cabinet Secretary for Health, Wellbeing and Sport earlier in the year.</p> <p>The broad discussion from WAMH members outlining their priorities included:</p> <ul style="list-style-type: none"> • Recognition that there has always been great cross party support for mental health, but that policies and strategies are not always felt on the ground in communities, so it’s important that all work towards improving mental health and wellbeing. • Improving emotional resilience in schools, encouraging discussions about wellbeing and feelings is important. • There is clear lack of measurements to identify outcomes. Outcome focused services can ensure people are getting the best treatment possible. Systems are not in place to measure the resources going in and compare this with the delivered outcomes • Praise for the Talk to Me 2 strategy for specifically identifying suicide and self-harm. • The current system is under pressure and that there is a lack of joined up working. Strategies are targeting small parts of the system, and that ‘mental health’ was too broad an area and needs specificity as there is in physical health. • WAMH’s key performance measures has been praised and picked up on by the leaders of local health boards. 	

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<ul style="list-style-type: none"> • Stigma and discrimination remains a big problem. Our work on changing public attitudes and engaging with organisations or employers is crucial, and while campaigns do exist and have successes, they are stretched which makes it hard to demonstrate life changing impacts. • The We Need to Talk (Wales) coalition campaigns for improved access to psychological therapies for people with mental health problems in Wales. The coalition launched its report in October which identified four key priorities: <ul style="list-style-type: none"> ○ Timely access to psychological therapies ○ Client choice over therapy ○ Outcome measures from service users' points of view ○ Measuring lasting impact <p>DR suggested that the group needs to clearly identify what all want to achieve this year and by the next Assembly election, and asked that WAMH members present to come back at the next meeting of the group with some clearly defined priorities for the AM CPG members.</p> <p>LW added that suggestions for individual members debates from members of the group for AM CPG members would be useful, especially with specificity mentioned earlier rather than the broader mental health topic.</p>	<p>WAMH members to clearly outline main priorities and identify suggestions for individual members debate topics.</p>
<p>DR thanked everyone for their attendance</p>	