

The 5 P's

Public health, prevention,
parity and PPN

Claire Maguire (PPN)

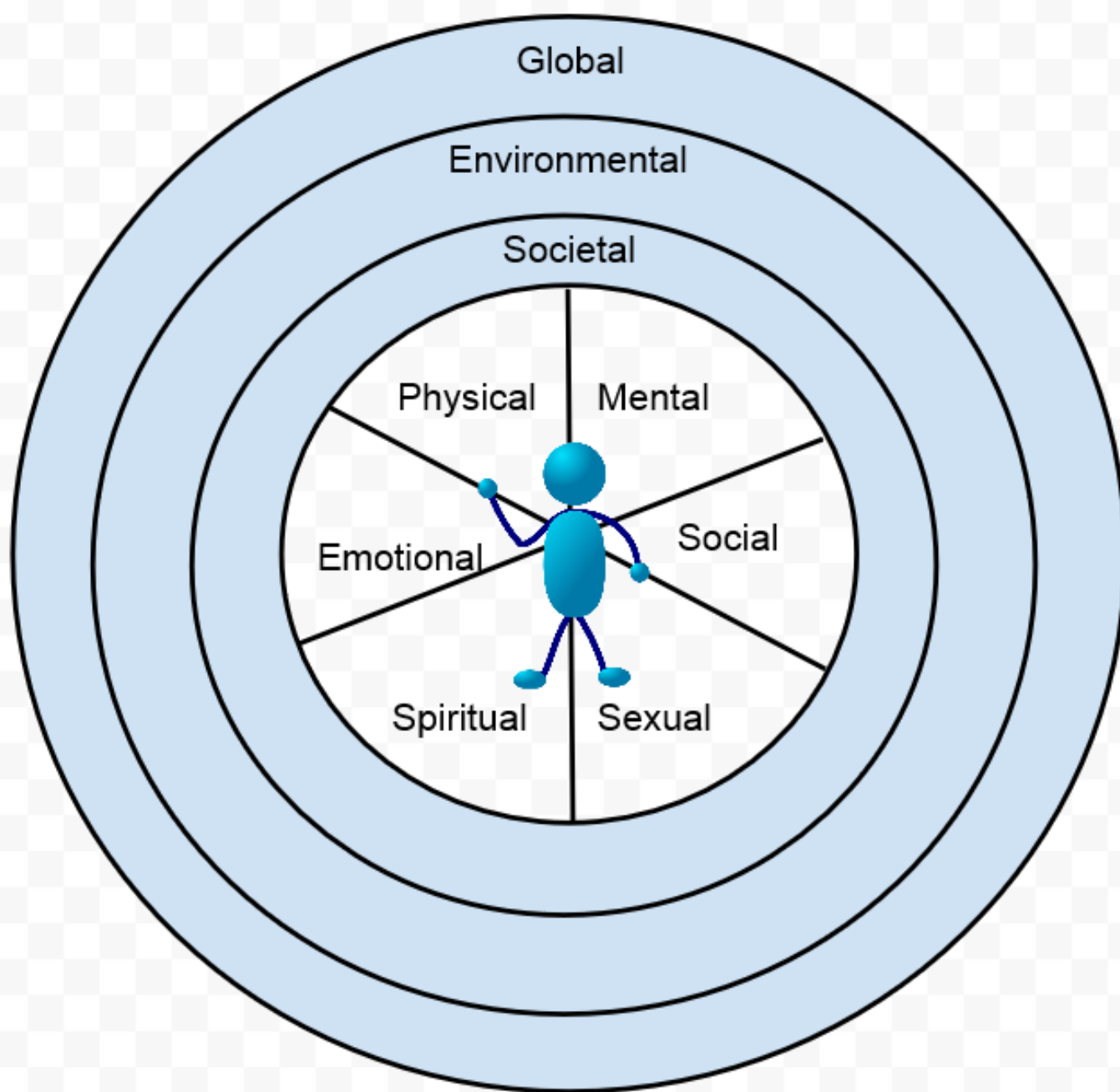
Anna Lewis (BACP)

Self-efficacy – a route to health

People who believe they have the power to exercise some measure of control over their lives are healthier, more effective and more successful than those who lack faith in their ability to effect changes in their lives.

Albert Bandura

http://www.brainyquote.com/quotes/authors/a/albert_bandura.html#Fy3UxYb81ridl2HS.99



Why start with parity?

- **Structural stigma** (part of social and institutional policies) – e.g. inequitable service provision for mental health compared to physical health, demonstrated through lack of service, or longer waiting times
- **Professional stigma** (pigeon-holing patients and not believing their accounts) – e.g. failure to investigate physical illness in patients with diagnosed mental illness, demonstrated through miss-diagnoses and earlier average mortality for people with mental illness

The Aim

- Parity of Esteem: Abstract Concept, Rhetoric eg Health and Social Care Act
- Implementation of Parity: Royal College of Psychiatrists, the British Medical Association
- What could parity of esteem mean for psychological therapies in the NHS?

The Process



British Association for
Counselling & Psychotherapy

- Date: April – December
- External Stakeholders: Seminar and Call for Evidence
- Service Users: Survey
- BACP Members: Consultation
- Report: Parliamentary Launch

Staff and Services

Training for healthcare clinicians

- Training to understand both mental and physical health and their interdependencies.
- Practitioners who prescribe and refer people having an understanding of therapies and local provision.

Professional standards

- Therapies provided and funded by the NHS are delivered by practitioners with appropriate training and registration.

Research



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Identify and prioritise psychological therapy research

- To identify and prioritise areas for research into psychological therapies.

Researching the whole-person

- All research should recognise and consider the impact of the interdependencies between their field and mental health.

Make
BIG
Changes
— in —
SMALL
Steps