Overview and rationale

Mental health nurses are the largest profession working in mental health. They are at the forefront of improving the quality of mental health services, including early intervention in psychosis and improved access to psychological therapies. The CNO Review of mental health nursing (2006) identified the importance of improving the outcomes and experiences of service users. In order to do so it is essential to strengthen and develop mental health nursing and its contribution to public mental health.

The mental health strategy ‘No health without mental health’ identifies public mental health as a national priority along with the intention to improve the mental health and wellbeing of the population.

Enhanced partnership working will support the delivery of the strategy. A partnership approach across the lifespan, involving primary care, child health, maternity services, school nursing, secondary care and specialist mental health nursing is essential. The model builds on established joint working to enhance and extend partnership working amongst nurses to improve mental health outcomes. It includes the G20 and the six action area that mental health nurses need to address to deliver high quality, compassionate care and improve health and care outcomes.

Making this happen for all mental health care nurses need to take in the lead the developing of the compassion of care action 6 Areas:

- Maximising health and wellbeing
  - Help people to stay independent
  - Provide care and support
  - Ensure that the basics of care are maintained through, for example, clinical supervision and continuing professional development (CPD)
  - Enhance peoples confidence and self-esteem, it can reduce anxiety and hostility, and promote physical and mental health.

- Delivering care and measuring impact
  - Provide people with a care plan that aims to promote recovery and reduce harm.
  - Use our Code of Practice
  - Improve services through developing and taking on new roles.

- Building and strengthening leadership and workforce
  - Engage in regular supervision
  - Use technology and telecommunication as new ways of working.

- Ensuring we have the right staff, with the right skills in the right place
  - Champion the use of the Core Competencies.
  - Ensure that the basics of care are maintained through, for example, clinical supervision and continuing professional development (CPD)

- Supporting positive staff experience
  - Value the contribution of mental health nurses
  - Nurses are enabled to put their knowledge into practice
  - Work in partnership and support the workforce to develop the appropriate knowledge and preceptorship
  - Provide opportunities and supporting teams
  - Pro-active structured development
  - Develop nurse leaders for the future.

Levels of public mental health nursing

Level 1 All mental health nurses maximise their role in health and wellbeing
- Promote equitable care for all groups and individuals
- Help reduce stigma and discrimination.

Level 2 Mental health nurses with specific primary and secondary prevention roles such as early intervention, working with families with multiple problems and people with long term illness and comorbidity e.g. diabetes and depression.

Level 3 Mental health nurses with specific secondary prevention and early intervention roles such as early intervention, working with families with multiple problems and people with long term illness and comorbidity e.g. diabetes and depression.

Level 4 Mental health nurses working supporting and working in partnership with public health practitioners such as health visitors, school nurses and occupational health nurses, e.g. anti

Levels of public mental health nursing

1. More people have good mental health (CNO recommendations 4 & 11)
2. More people with mental health will recover (CNO recommendation 8)
3. More people with mental health problems will have good physical health (CNO Recommendation 7)
4. More people will have a positive experience of care and support (CNO recommendations 5 & 10)
5. Fewer people will suffer avoidable harm (CNO recommendations 6, 11 & 12)

The role of the mental health nurse in health promotion to improve mental health and emotional wellbeing:
- Increasing resilience, promoting self-esteem, life and coping skills
- Assists, refer and delegate to maximise resources and use expertise of others
- Ensure prevention action and early intervention is a core component of assessment and care planning
- Target particular public health needs (e.g. school-aged children, vulnerable children such as those in care)
- Leading on people with complex and/or additional needs including support, education and training for families, care and school/ care staff
- Provide proactive early intervention and leadership as part of a multi-agency team, for people with multiple problems e.g. young offenders/military veterans
- Use evidence based approaches to deliver cost effective programmes and interventions.
- Professional access and reduce barriers to mental health, reduce stigma and discrimination, inequalities & promote social inclusion

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