Conference Abstract

A bio-psychosocial approach to emotional health and wellbeing

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Abstract

Purpose: To provide insight into an integrated model of mental health and wellbeing based within primary care.

Context: Sandwell is a national exemplar site for integrated care and has been written up as an example of best practice by the NHS confederation and as a case study by Kings Fund in the UK. State of the art: This presentation will share:
1 The demographic context and drivers for change – the specific health inequalities that prompted the development of a primary care-led approach to wellbeing and its priorities.
2 The collaborative primary care model that Sandwell’s health service commissioners adopted to address the challenges based on an asset approach.
3 The service infrastructure that has been developed to make the model a reality and work across a whole population while meeting individual needs.
4 The clinical and financial outcomes from the implementation of the model.

Statements for debate:
Providing services upstream reduce lengths of stay Co-ordinated care reduces hospital episodes An integrated model makes an important difference from a health and social economic perspective, Benefits realisation include clinical outcomes and economic benefits.

The outcomes from the model demonstrate the benefits of adopting a bio psycho social approach Using an assets approach and innovations developed with the local community makes a real difference to the local population and the economics of the area.

Keywords:
integration, primary care, mental health, wellbeing