

**MENTAL HEALTH IN
EVERYDAY LIVES AND
ROUTINE DEEP END CARE
(HIDDEN) AND MENTAL
HEALTH HORIZON SCAN
(MHH-SCAN) WITH
FAMILY-FOCUSED
FORESIGHT**

PUBLIC INVOLVEMENT
IMPACT CASE STUDY

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with co-development group
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*Research Theme : Safer Management
of Multiple Long-Term Conditions in
Disadvantaged Communities*



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BACKGROUND

Our healthcare system is designed to treat individual patients, one condition or even one symptom at a time. Often services are organised by diagnosis and age group. The reality of health, illness and recovery is more complex. People can have more than one condition at a time. People live in relationships, where everyone's life is impacted by one person's challenges.

When thinking about mental health and health services, it is important to think about families and other close relationships. This way services are not based on over-simplified ideas, but work with the complexity of life. This is especially timely as healthcare and other wellbeing support is increasingly moved closer to people's daily lives, in local communities and neighbourhoods.

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HOW HAVE PUBLIC CONTRIBUTORS BEEN INVOLVED

A Patient and Public Involvement (PPI) co-development group has met consistently since the start of the research. So far, we have discussed the ideas behind the research, considered potential issues, reviewed study documentation and worked together in a workshop.



Who are involved

The group currently has three members alongside the researcher. All public members have personal experience of living with mental health problems or being a family carer.



Working together

Our activities continue throughout the research. We are now making sense of the stories Domna brings with her from her visits to a community group.

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WHAT HAS BEEN THE IMPACT

Our meetings have helped us to have [honest and open discussions](#) about mental health in families and the role of services in supporting family wellbeing.

Domna has previous experience as a mental health occupational therapist, and every PPI member has their own experiences of navigating services. This gives us common ground with different viewpoints and helps everyone to talk freely without a need to sugarcoat anything.

Domna often writes down notes while she listens and then shares a summary of what she has heard. PPI partners have found this practice valuable. One of them said after the first meeting: *“You have captured exactly what I wanted to say but have not found the right words for”*.

PPI partners’ thoughts about possible ethical and safety challenges when going along families’ everyday activities have been invaluable for Domna’s fieldwork preparation.

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PPI PARTNERS HAVE EACH SAID
THEY FIND IT EASY TO TALK
ABOUT THEIR IDEAS AND
EXPERIENCES. THIS IS IN PART
BECAUSE OF THE STRUCTURE OF
THE MEETINGS.

[LINK TO BLOG](#)

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REFLECTIONS AND LEARNINGS

☑ What went well

The consistent meetings have been valuable. We have kept the conversation going and focused on work at hand, without losing contact.



☑ Challenges

There has been a need for creative working and patience, as some aspects of the research approvals have taken a long time.

☑ Future plans

Domna will keep facilitating sessions where we make sense of the data. We will think together where and how to share the findings of the research. We will keep meeting consistently and developing our ideas together, until it is time to bring this project's meeting to an end.