

# STRATEGIC PLAN 2018-2020

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An Ireland where people can access the support they need in their community to achieve their best possible mental health.





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# STRATEGIC PLAN 2018-2020



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# MENTAL HEALTH REFORM'S ROLE IN CONTEXT

**Since the start of Mental Health Reform's last strategic plan in 2015, there have been significant changes in the environment for the coalition's work.**

## These have included:

- \* A minority Government in place since 2016
- \* A Government pre-occupied with Brexit, with little 'bandwidth' to focus on mental health
- \* A national housing crisis
- \* Establishment of an Oireachtas Committee on the Future of Mental Healthcare
- \* Establishment of the Office of Service User & Family Member Engagement in the HSE
- \* Re-structuring of the HSE's Mental Health Division and abolition of the role of National Director for Mental Health
- \* Continued over-medicalisation of the mental health services

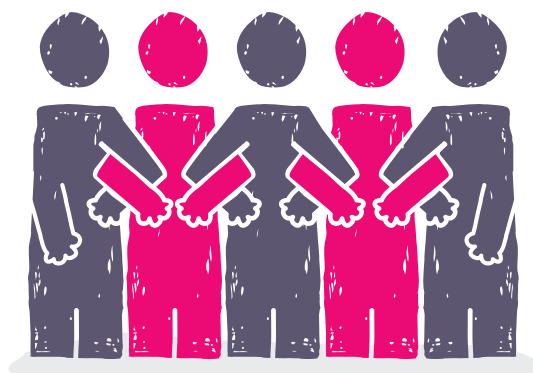
**These changes present the coalition with substantial challenges for future advocacy. Nevertheless, through our collective advocacy, in the last three years we have achieved:**

- \* An increase in the HSE's mental health budget of 19.6%
- \* 114 Assistant Psychologist posts in primary care
- \* Support from both the HSE and the Dept. of Employment Affairs and Social Protection for the national roll-out of evidence-based supported employment
- \* Publication of a review of the Mental Health Act that largely reflected MHR recommendations
- \* Passage of a Mental Health Amendment Act 2018 to improve the rights of inpatients

- \* A commitment to expand 7-day mental health services to cover the whole country
- \* Mental Health Reform's membership has grown from 48 members in 2014 to 64 members.
- \* Our social media followers are up 400% in that time period.

## Our members value:

- \* Our public profile and how we hold the Government and HSE to account
- \* How MHR develops progressive consensus and high quality, evidence-informed solutions
- \* Our active engagement with our members and wider network
- \* Our strategic advocacy to Government Ministers and politicians
- \* Our capacity-building for the sector in areas of mental health policy, law and collective advocacy
- \* Our compassionate listening to all stakeholders' views





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**Mental Health Reform is now recognised as the umbrella body for the mental health sector, a champion for progressive reform and an authoritative voice on the mental health system.**

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What our members have said:

“ I think the influence has grown and they [MHR] are now seen as the go to organization for opinion on issues relating to mental health in the media. ”

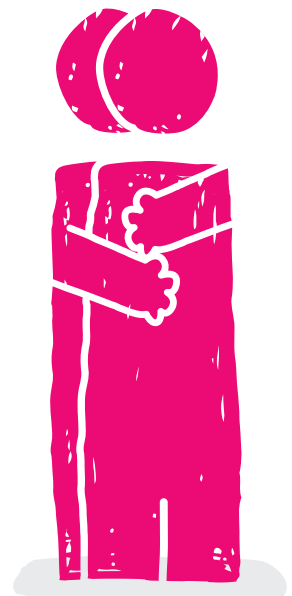
“ We [MHR] can comment without fear or favour, including being critical of the HSE. That was one of the reasons MHR was founded. ”

“ [MHR] managed to find the common ground that are substantive pieces. ”

“ We see MHR as having a positive and significant influence on the sector and mental health system in Ireland. A leader in this sector. ”

“ Consultative process works well. No surprises in what we’re [MHR] doing. ”

“ Desire for change. Good heart, compassionate and have the research. Listens to people. ”





## OUR GOALS, MISSION AND VALUES

**We asked our membership and Grassroots Forum what they want us to prioritise in the next three years, and this is what they said:**

Policy / Law	Services (Access / Quality)	Social and economic rights
<ul style="list-style-type: none"><li>* Political priority</li><li>* Adequate funding</li><li>* Legal reform</li><li>* Refreshed national mental health policy</li></ul>	<ul style="list-style-type: none"><li>* 24/7</li><li>* Holistic</li><li>* Recovery-orientated</li><li>* Advocacy supports</li><li>* Adequate staffing</li><li>* Positive role of NGOs</li><li>* Carers support</li></ul>	<ul style="list-style-type: none"><li>* Good quality housing</li><li>* Adequate income</li><li>* Good quality employment opportunities</li></ul>

**We will continue to be the unifying voice that drives progressive reform of mental health supports in Ireland.**

We will continue to operate from our values:

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>* Best international standards and human rights norms</li><li>* Equitable access to high quality mental health services</li><li>* Empowerment of individuals and mobilisation of local communities</li></ul> | <ul style="list-style-type: none"><li>* Independence and integrity</li><li>* Focus on value-added activity</li><li>* Financial stewardship</li><li>* Accountability</li><li>* Authoritative</li><li>* Principled pragmatism</li></ul> |
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# OUR STRATEGIC PLAN





# WHAT WE WILL DO

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## Coordination & policy development

We will continue to draw on the expertise and experience, and coordinate the views of our member organisations.

We will represent the sector in public forums.

We will prepare policy submissions on behalf of our member organisations, informed by our Grassroots Forum and other advisory groups.

## Research & innovation

We will consult with people who use services and family members, reporting their experiences to Government and its agencies.

We will conduct research to identify unmet needs and good practice solutions.

We will support and demonstrate innovation in the way that mental health supports are provided.

We will develop good practice guidance and policy recommendations based on consultation and research.

## Accountability & advocacy

We will monitor progress on Government commitments and hold the Government and its agencies to account for delivery.

We will mobilise our membership and wider supporter network to make publicly visible the support for a better mental health system.

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**Through coordination and policy development, research and innovation, accountability and collective advocacy we will have a demonstrable impact on the system of supports that fosters people's mental health in Ireland.**

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## SUSTAINABILITY

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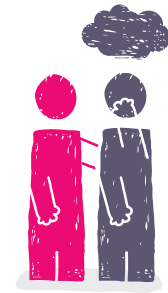
**We will sustain our capacity to achieve our mission by:**

- ✧ Regular engagement with our membership
- ✧ Proactive communications with members and supporters network
- ✧ Partnerships
- ✧ Capacity building with members and supporters
- ✧ Good governance
- ✧ Staff development
- ✧ Funding development/donor relationship-building
- ✧ Adequate premises and ICT infrastructure
- ✧ Monitoring and evaluation



## CONCLUSION

Over the next three years, Mental Health Reform has the opportunity to achieve real, clear improvements in the supports for people with mental health difficulties and their family members/carers/supporters.



These include:

- ✱ Legislative reform in line with the UN Convention on the Rights of Persons with Disabilities
- ✱ An updated mental health policy that reflects our policy position
- ✱ Improved funding for mental health and related support services
- ✱ Stronger acknowledgement by the Department of Health and the HSE of the role of the NGO sector in preventing mental health difficulties and promoting recovery
- ✱ Better access to holistic, recovery-orientated mental health supports, including out-of-office-hours crisis support
- ✱ Greater involvement of and support for family members/carers/supporters
- ✱ Fulfilment of people with mental health difficulties' rights to good quality housing and employment, along with an adequate income and a flexible welfare system

**“**Working together as a strong coalition, we can expect to make a real difference in the lives of people with mental health difficulties and their families/carers/supporters.**”**

We will hold ourselves to account for doing all we can to achieve a meaningful impact.

We believe this strategic plan provides the framework for us to achieve this aspiration and to sustain our voice into the future.











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