Fairer Health For All
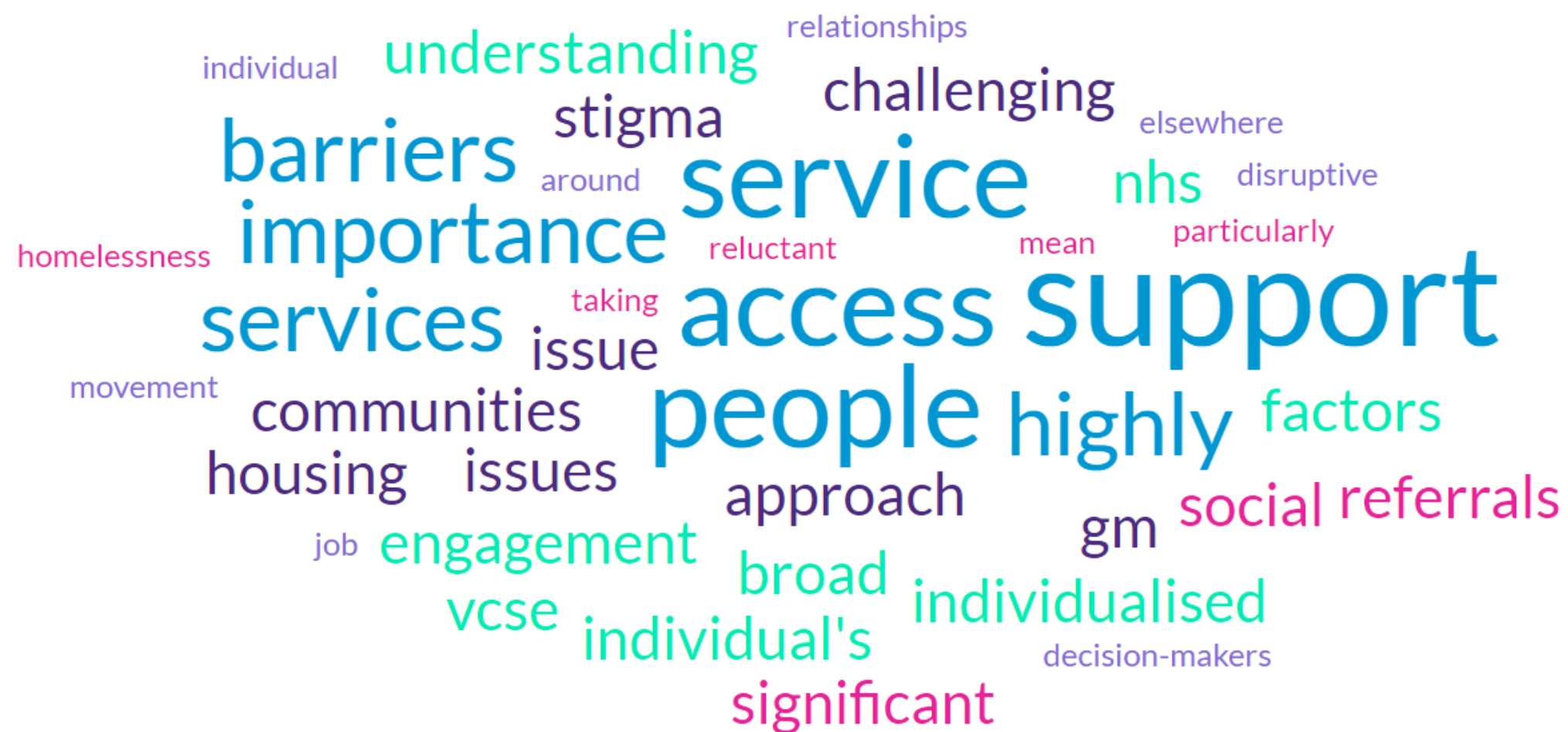
Beyond Access: Exploring Living Environments and Mental Health Treatment Outcomes in Greater Manchester

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Greater Manchester Integrated Care Partnership

Background & Project Aims

- I work in the housing and social care sector, and firmly believe our in-depth understanding of the people we support makes us well-placed to support the NHS to tackle health inequalities

- This starts with generating the data we need to develop cross-sector solutions

- I'm particularly passionate about poverty, housing and mental health, so used this as a starting point

- Final research shaped by interviews with VCSE and mental health leaders from across GM
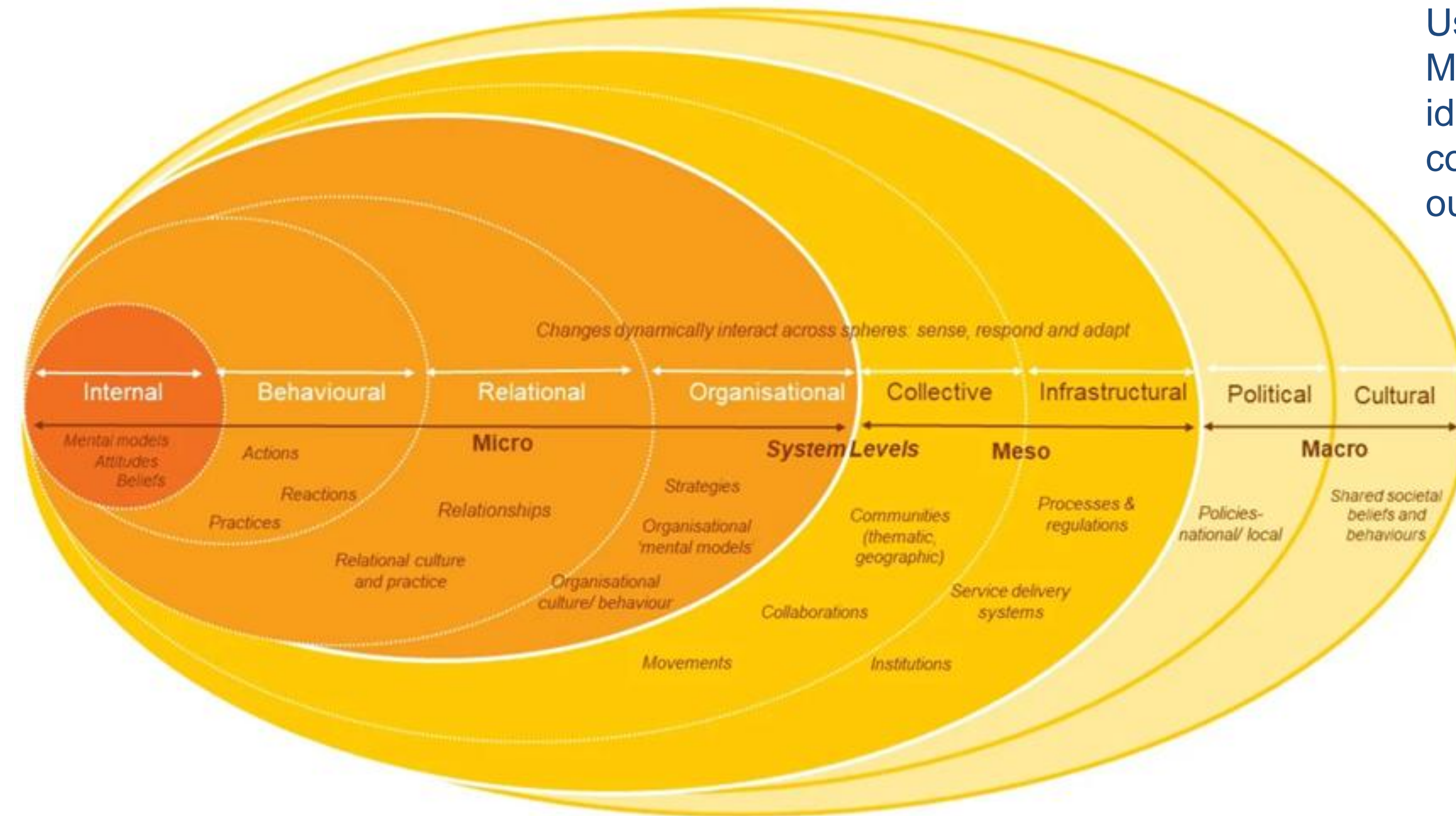

I partnered with The Big Life Group (TBLG), a GM-based charity who are commissioned by the NHS to provide a range of mental health services

I compared recovery outcomes for their Stockport and Manchester services with the IMD deciles of patients' home addresses, examining the extent to which people's living environments helped or hindered their recovery

Using the Spheres of Systems Change Model (NPC, 2025), my project will identify what parts of the system are contributing to positive mental health outcomes, and identify the gaps
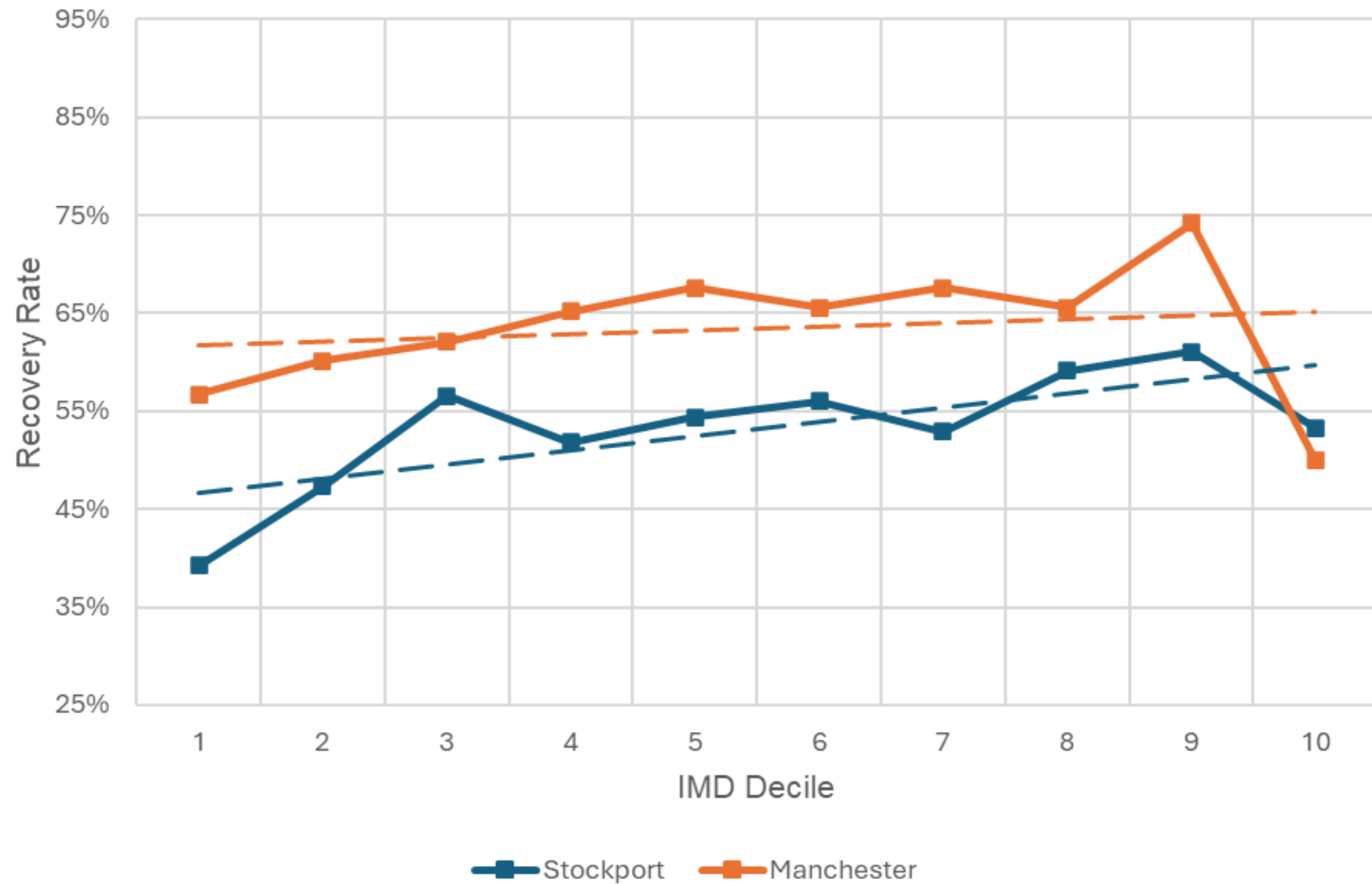
By focusing on relationships in this way, we can better understand complexity, and explore how changes at different levels of the system affect others

Consideration of how we can create change at each level can help us create **systems change**

Research

% of People Who Have Successfully Completed Treatment

The Index of Multiple Deprivation considers factors such as income and employment statistics, to allow a comparison of poverty levels between different areas. Each area or 'decile' is ranked from 1-10, with 1 being amongst the most deprived areas in the UK, and 10 being the least deprived

The recovery rate is the % of people who have successfully completed at least 2 support sessions with TBLG

There is some variation in referral numbers – referrals from decile 10 in Manchester were particularly low (26) compared with Stockport's 371 – but the remainder were fairly consistent. **Most referrals were for people in decile 1**

I examined data from 2022 and 2023, to provide a complete dataset and also to avoid potential distortion of results due to the pandemic

Findings

- **Positive correlation** between the IMD decile of an individual's home, and the likelihood of a successful recovery from TBLG's mental health service

- Those in **Manchester** experienced **a higher recovery rate** – with those living in an area of Manchester with an IMD decile of 1 having a recovery rate 18% higher than those living in the same decile in Stockport

- **Patient's experiences of the service differs between boroughs** – greater variation in outcomes among the patients from Stockport (22% difference between the highest and lowest recovery rate), than from Manchester (17% difference between the highest and lowest recovery rate)

Access to transport links?

Environmental factors – e.g. crime, green space?

Housing market?
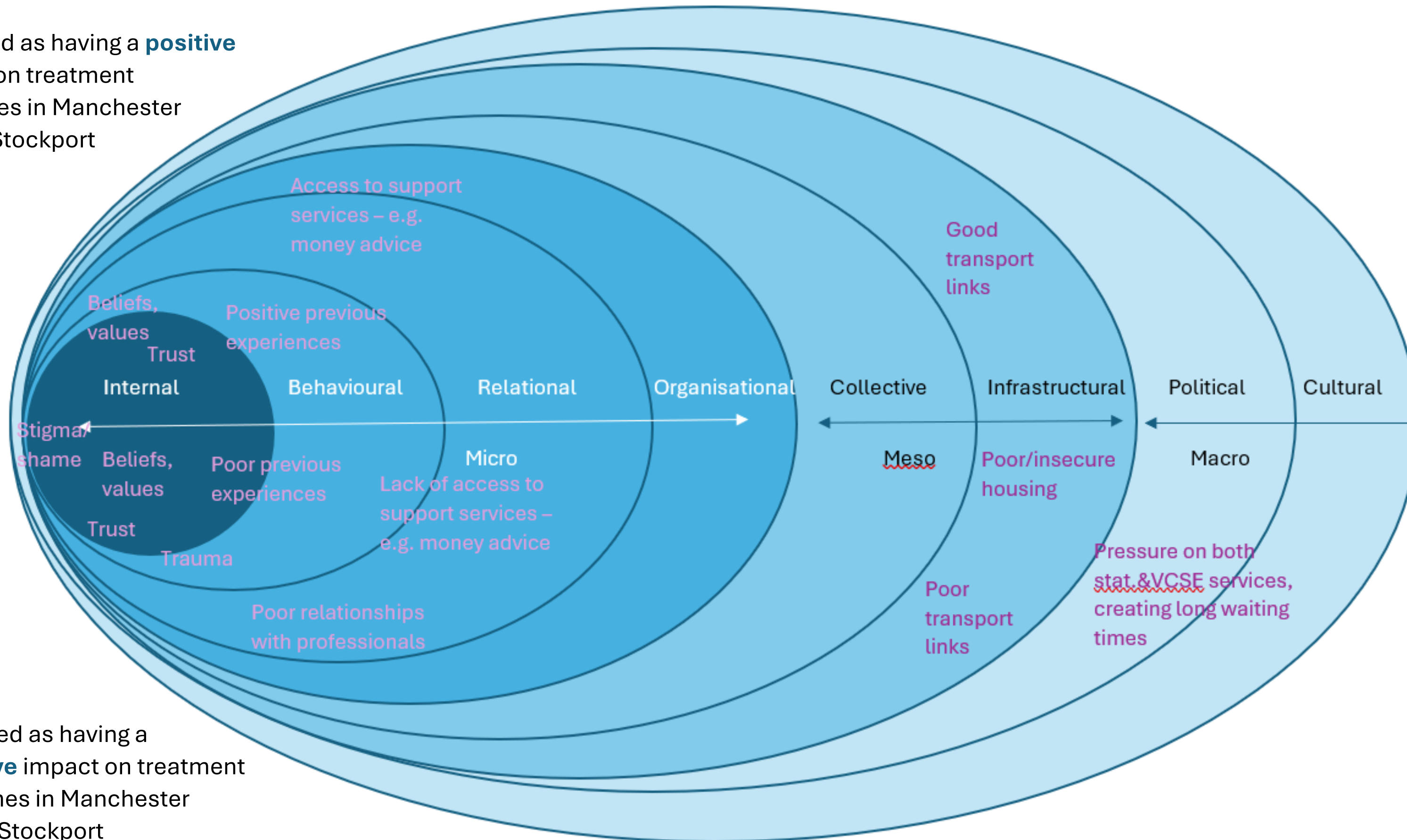
Availability of other local services?

Intersectional/identity related barriers – e.g. age, gender?

Economic context – access to jobs, poverty/ intergenerational poverty?

I plan to explore the reasoning for these findings with staff from TBLG, through a series of semi-structured interviews – look out for an updated version of my report in March

Analysis

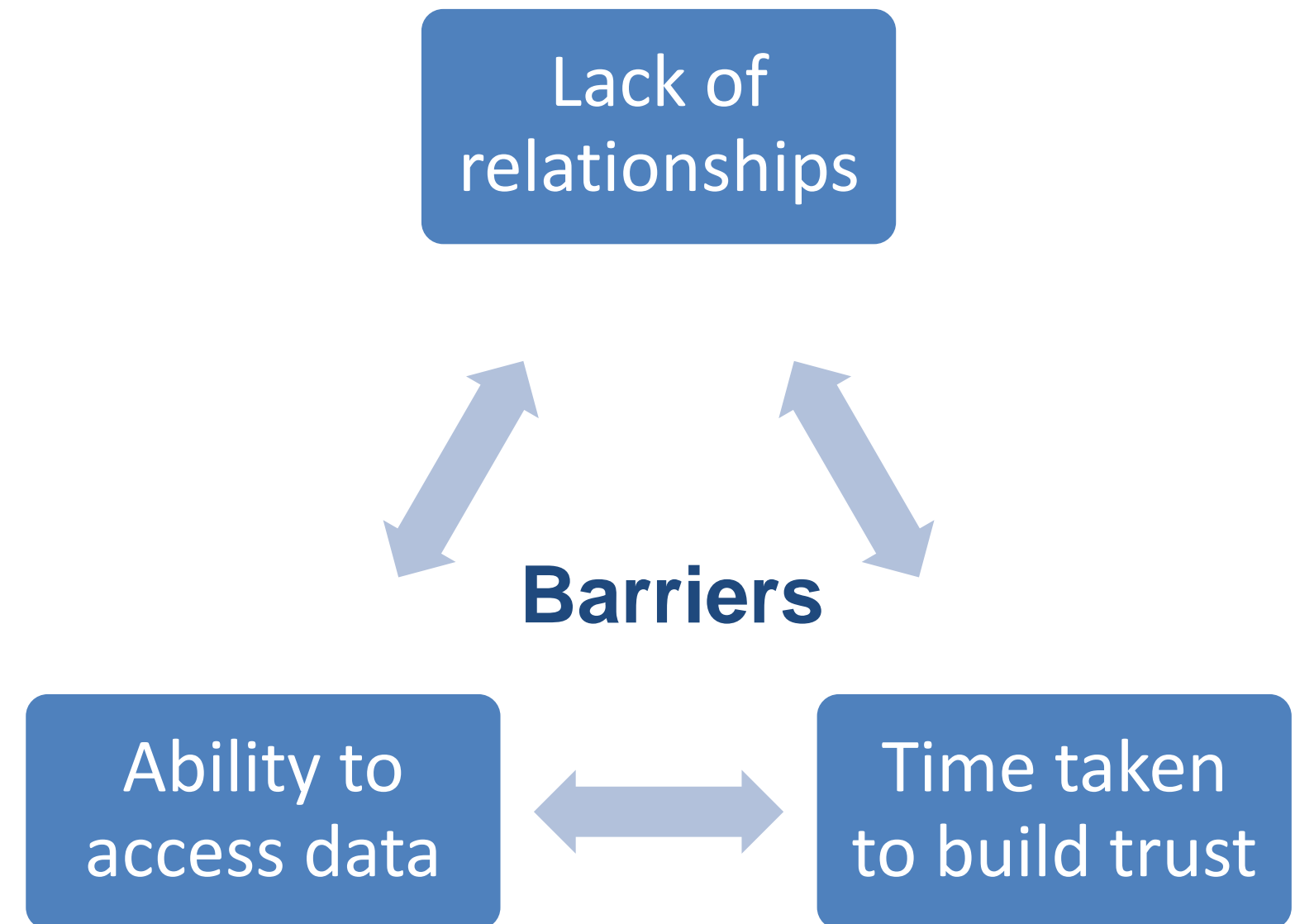Identified as having a **positive** impact on treatment outcomes in Manchester and/or Stockport

Identified as having a **negative** impact on treatment outcomes in Manchester and/or Stockport

Purple indicates feedback from initial interviews
Green indicates feedback from interviews with TBLG staff *(TBC)*

Access to support services – e.g. money advice

Beliefs, values
Trust
Positive previous experiences

Good transport links

Internal | Behavioural | Relational | Organisational | Collective | Infrastructural | Political | Cultural

Stigma/shame
Beliefs, values
Trust
Trauma

Micro
Poor previous experiences
Lack of access to support services – e.g. money advice

Meso

Poor/insecure housing

Macro

Poor transport links

Pressure on both stat.&VCSE services, creating long waiting times

Poor relationships with professionals

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- Further research through the Core20PLUS5 Ambassador Programme, via NHS England

- My project will focus on opportunities for cross-sector collaboration between housing and health workers – exploring some of the barriers I've experienced in this project

- Working with The Big Life Group, I'll be delivering a webinar to staff on public health, building knowledge and highlighting areas for collaboration

- Learning fed back to Home Group, to inform our approach to health inequalities

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Lack of relationships

Barriers

Ability to access data

Time taken to build trust

Thank you for listening! Any questions?