

ESSENCE SUMMARY 16

Peer-led self-management for people with severe mental health issues

A small-scale social care intervention: economic evidence

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WHAT IS THE INTERVENTION?

The Mental Health Foundation ran a peer-led, self-management intervention for people with severe mental health issues (1). The goal of the programme was for participants to learn goal-setting and problem-solving techniques. Additionally, the programme offered an opportunity for participants to socialise and share experiences in workshops and peer-groups.

IS THE INTERVENTION EFFECTIVE?

Self-management for people with severe mental disorders improved wellbeing and functional living skills (measured between baseline and 6 months, and between baseline and 12 months) (2).

IS THE INTERVENTION COST-EFFECTIVE?

The cost of the intervention was £894 per person (costs measured at 2011/12 prices) (2). Costs associated with service utilisation over the first 6 months were on average £20 higher per week than at baseline. However, at 3-months post-intervention, costs were £62 per week lower than at baseline. The improved wellbeing and lifestyle associated with the intervention was responsible for 27% of these identified savings and that individuals using the service would not have experienced changes without it, the intervention could be considered cost-effective.

WHAT IS THE QUALITY OF EVIDENCE ON THE INTERVENTION?

The quality of evidence on the intervention was not high due to the lack of a control group. As such, outcome changes cannot be attributed to the intervention only.

HOW IS THE INTERVENTION IMPLEMENTED?

The Mental Health Foundation has successfully implemented self-management interventions in Lambeth, Southwark and Wales. These were the first initiatives in self-management interventions of large scale in the UK (1).

OTHER INFORMATION

Detailed findings on the programme's economic value can be accessed elsewhere (2).

REFERENCES

1. Mental Health Foundation (2019). Self-management of mental ill-health.
2. Cyhlarova E, Crepaz-Keay D, Reeves R et al (2015) An evaluation of peer-led self-management training for people with severe psychiatric diagnoses. *Journal of Mental Health Training, Education and Practice*.10: 3–13.

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