

# Specialist Mental Health Service

## EQUALLY WELL ACTION PLAN: 2020-2021

By endorsing the [consensus position paper](#), we acknowledge the physical health inequities in people who experience mental health and addiction issues; and we are committed to taking action to achieve physical health equity. In particular, aligned with our commitment we believe that people with experience of addiction and mental health issues:

- ▶ be identified as a priority group at a national policy level based on significant health risks, poorer physical health outcomes and a higher prevalence of premature mortality
- ▶ have access to the same quality of care and treatment for physical health issues as the general population, and in particular to have the right to assessment, screening and monitoring for physical health and wellbeing that takes into account greater levels of risk
- ▶ be offered support to make the connection to how physical health interacts with mental health and addiction issues, and support to develop personal goals and changes to enhance physical wellbeing.

### Canterbury DHB Equally Well action plan

- ▶ Action 1: Develop and implement a cardio-metabolic screening and intervention tool for all consumers prescribed anti-psychotics
- ▶ Action 2: Develop and implement a physical health check document for all community staff to discuss with consumers. The aim is to initiate a conversation and identify physical health issues that may need addressing. Issues identified will form part of the treatment plan
- ▶ Action 3: Create a new Equally Well nursing role that provides physical health clinics for consumers who are yet to engage with Primary Care and have unmet physical health needs. The role will also provide practical support to staff to ensure Equally Well practices are routine work
- ▶ Action 4: Roll out education package to staff, highlighting Equally Well, health inequities and practical suggestions about how to embed Equally Well into everyday practice
- ▶ Action 5: Develop a programme to measure and evaluate the impact of the CDHB Equally Well Action Plan with a focus on health and wellbeing outcomes for tangata whaiora and staff knowledge and practice change.



**These are the guiding principles of Equally Well  
that we will adopt for implementation**

