



UNIVERSITY OF  
BIRMINGHAM

COLLEGE OF LIFE  
AND ENVIRONMENTAL  
SCIENCES

# The Institute for Mental Health

Professor Matthew Broome

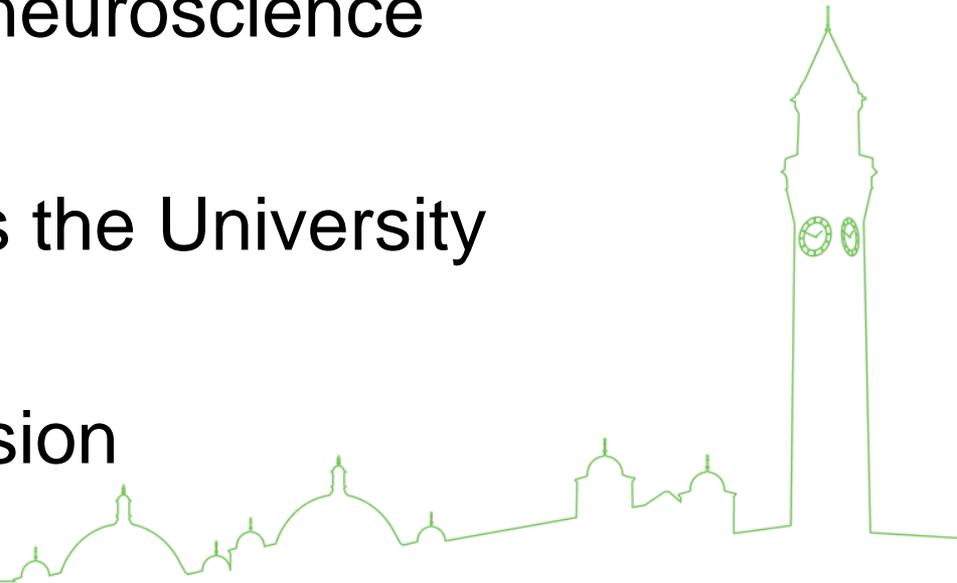
[m.r.broome@bham.ac.uk](mailto:m.r.broome@bham.ac.uk)

Neurodevelopmental Disorders Event, 19<sup>th</sup> January 2018.



# History

- Stephen Wood and Melbourne
- Forward Thinking Birmingham
- Investment in cognitive neuroscience
- Existing research across the University
- West Midlands Commission



# Five Year Forward View for Mental Health

## **Mental health problems in the population**

- ❑ £105 billion/year cost to economy; £34 billion spent/year
- ❑ Inequality and mental health (poverty, BAME)
- ❑ 1 in 10 children 5-16 diagnosable condition; 1 in 5 post-natal mental health problem
- ❑ People with severe and prolonged mental illness die 15-20 years earlier
- ❑ Suicide increasing – leading cause of death for 15-49 yoa males
- ❑ 3 in 4 people receive no help.

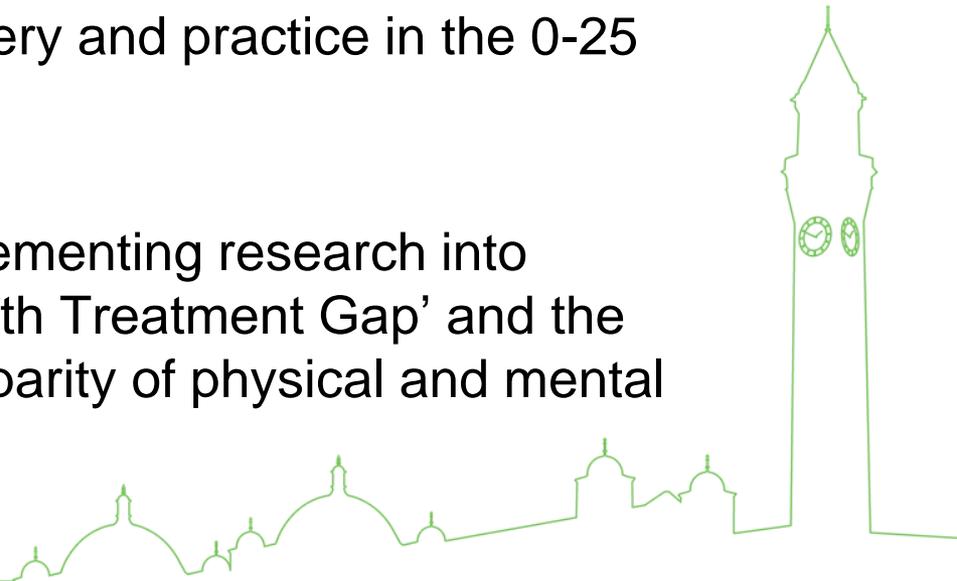
## **What needs to happen: priority actions**

- ❑ Parity
- ❑ 7-day NHS – Early Intervention for Psychosis, Crisis.
- ❑ Integrated physical and mental health – liaison, perinatal.
- ❑ Promotion of good mental health and prevention of poor mental health – Children and Young People, healthy communities



# Key Themes

- Research excellence in discovery science and latest technologies informing best practice
- Inter-disciplinary research and multi-sector engagement across the region and internationally
- Focus on innovative service delivery and practice in the 0-25 age group
- Strength in social policy and implementing research into practice, 'Closing the Mental Health Treatment Gap' and the Birmingham Policy Commission, parity of physical and mental health care.



# Age of onset of mental health disorders

“Roughly half of all lifetime mental disorders in most studies start by the mid-teens and three quarters by the mid-20s. Later onsets are mostly secondary conditions. Severe disorders are typically preceded by less severe disorders that are seldom brought to clinical attention” Kessler et al, Current Opinion Psychiatry, 2007

Specific phobias	7-14
Panic disorder, generalized anxiety disorder	25-53
Mood disorders	25-45
Substance use disorders	18-29
Schizophrenia	15-35
Bipolar affective disorder	17-23
OCD	Late adolescence, early adulthood
Eating disorder	16-25 ( later for bulimia nervosa).

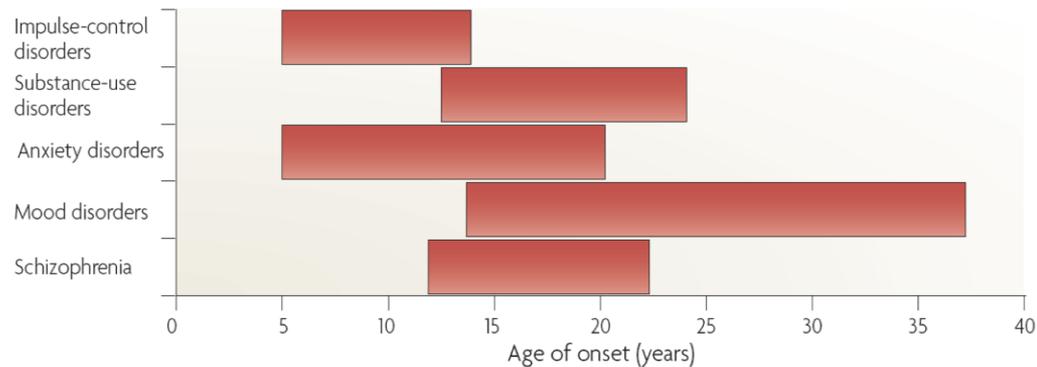
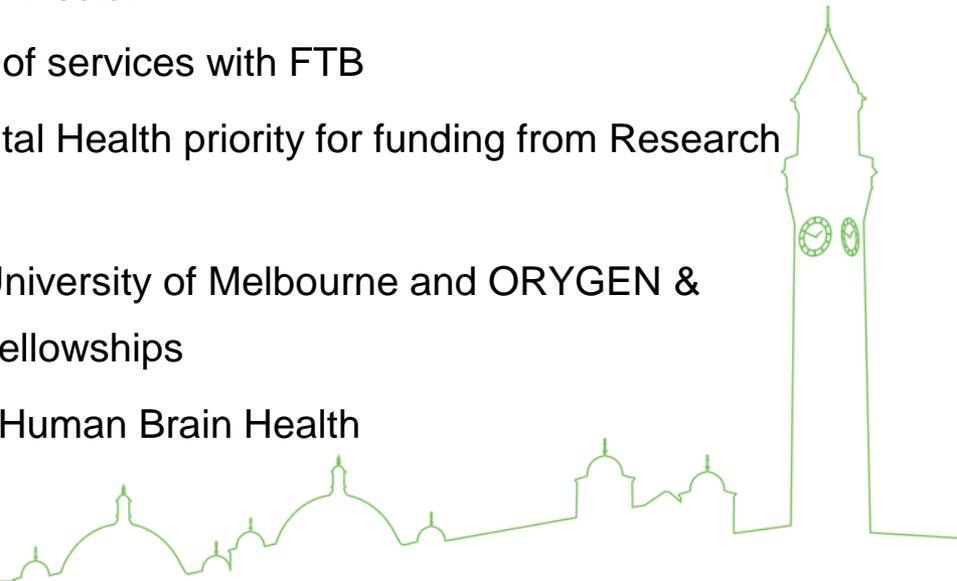


Figure 4 | Ranges of onset age for common psychiatric disorders. Recent data from the National

# The Institute for Mental Health

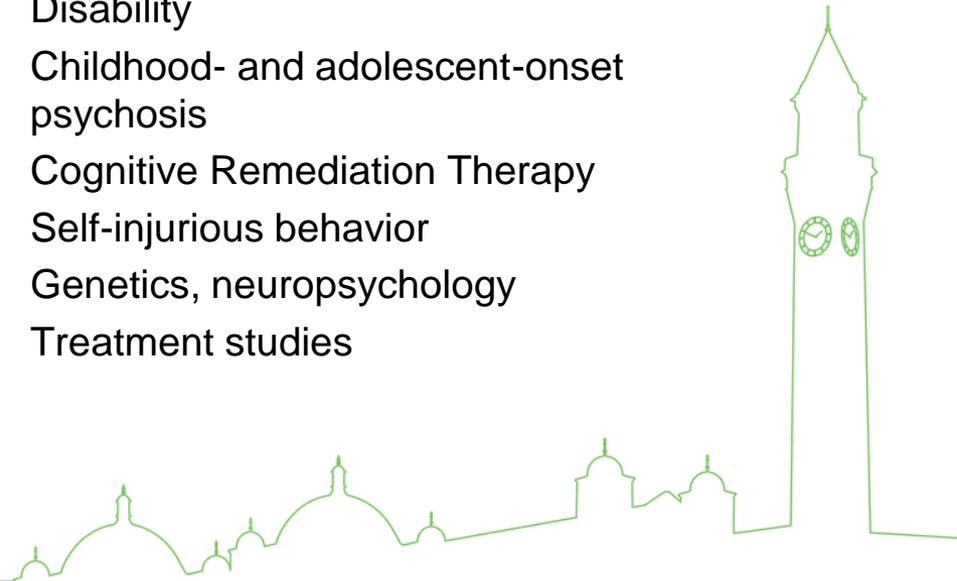
- ❑ Cross-College Institute – connections with policy and practice.
- ❑ Led by College of Life and Environmental Sciences, with College of Medical and Dental Science, College of Social Sciences, and College of Arts and Law.
- ❑ Focus on youth (<25) and on early detection and intervention in mental health.
- ❑ Five Year Forward View on Mental Health
- ❑ Closing the Mental Health Treatment Gap: Birmingham Policy Commission
- ❑ Co-design of services with FTB
- ❑ Youth Mental Health priority for funding from Research Councils.
- ❑ Link with University of Melbourne and ORYGEN & Priestley Fellowships
- ❑ Centre for Human Brain Health



# Current service size and research portfolio

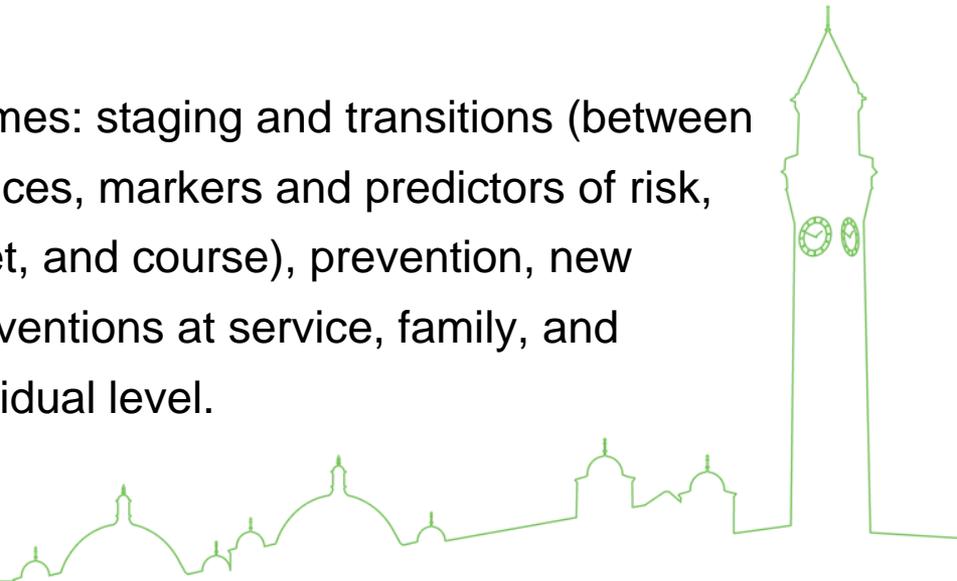
- 700-1200 referrals/per month
- Serves population of 1.2 million
- Large, diverse, expanding, young population
  
- Autistic spectrum disorders & Learning Disability
- Childhood- and adolescent-onset psychosis
- Cognitive Remediation Therapy
- Self-injurious behavior
- Genetics, neuropsychology
- Treatment studies

ForwardThinking  
Birmingham



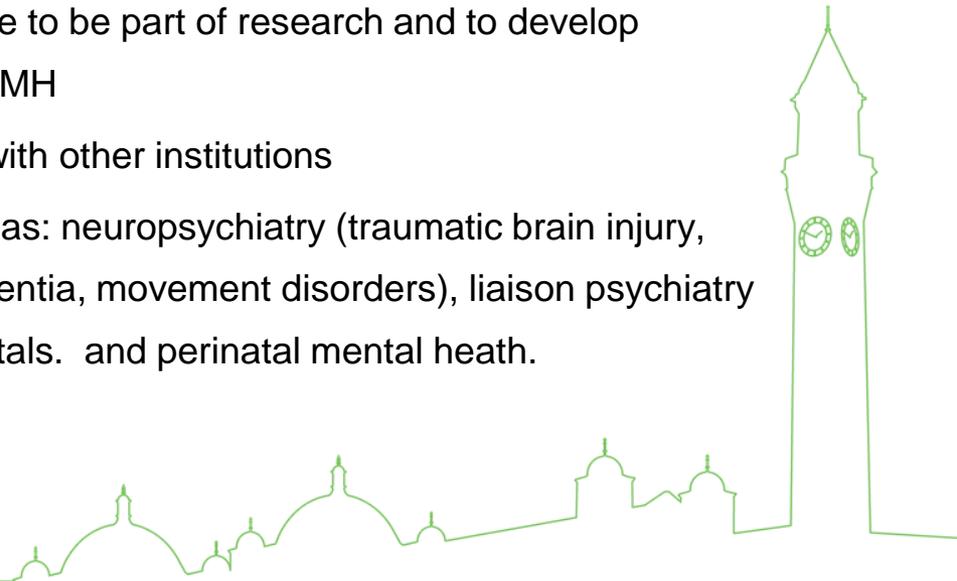
# The objective

- Implement research into health and social policy and practice and ensure research has an impact and improves mental health and outcomes.
- Recognition of complexity – perspectives include biology, cognition, social science, implementation and policy, NHS services, ethics and service user involvement.
- Themes: staging and transitions (between services, markers and predictors of risk, onset, and course), prevention, new interventions at service, family, and individual level.



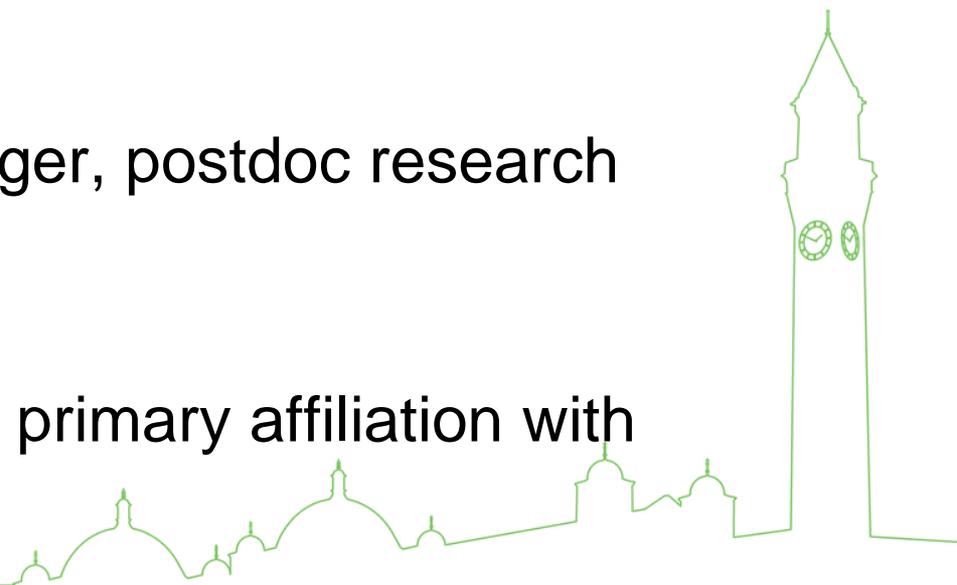
# Existing strengths and mapping

- REF 2014: 81% of all research 'world leading' or 'internationally excellent'; 87% research global impact.
- Psychology – 5<sup>th</sup> amongst Russell Group and in top 5; Philosophy – 2<sup>nd</sup> overall in UK
- Cognitive neuroscience and imaging facilities
- Social Policy & Birmingham Policy Commission: 1:4 have a problem, but 1:3 get help, cost £12 billion/year to region
- Clinical Trials Units and Health Economic Groups
- Clinical Research Facilities BCH (<18), QEH (>18)
- Novel NHS Trust with diverse and large number of young patients, desire to be part of research and to develop services with IMH
- Connections with other institutions
- Non-youth areas: neuropsychiatry (traumatic brain injury, epilepsy, dementia, movement disorders), liaison psychiatry in acute hospitals. and perinatal mental health.



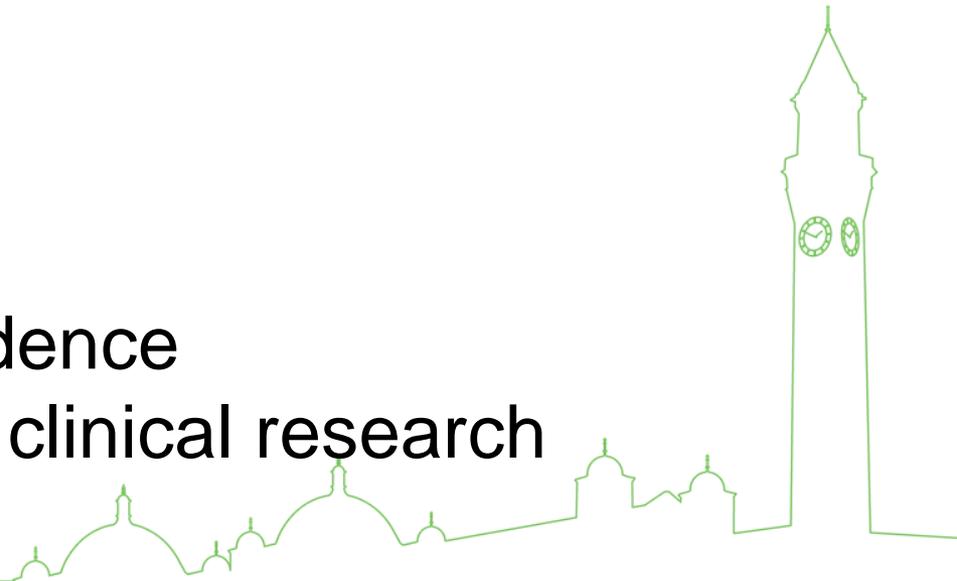
# Existing staff

- Director
- Academic psychiatrists
- Birmingham Fellow
- Appointed – business manager, postdoc research fellow
- Existing staff who may have primary affiliation with IMH



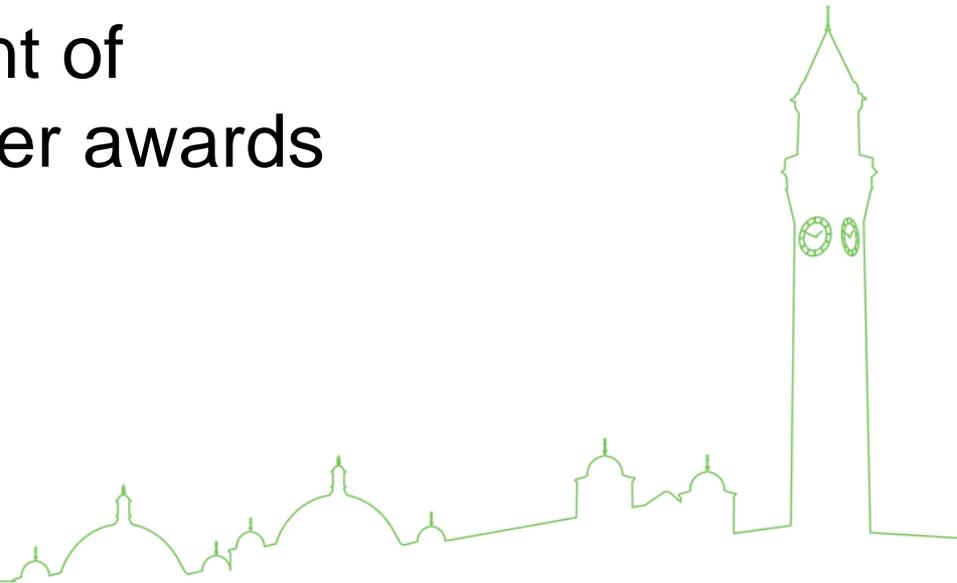
# Next steps - appointments

- Clinical Academics
- Psychology, social science, MDS appointments
- Admin/comms
- Research support – evidence synthesis/methodology; clinical research facilitator



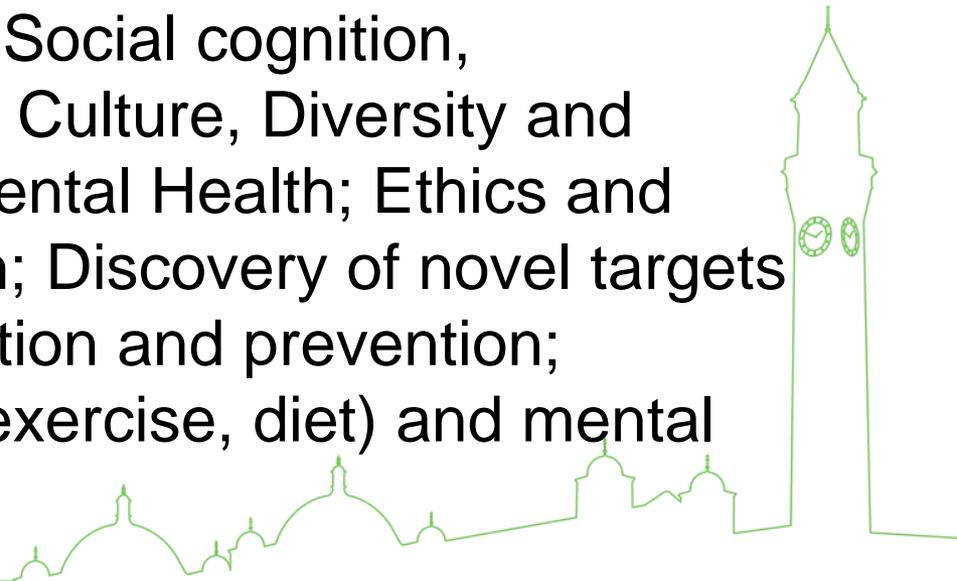
# Next steps - teaching

- Joint PhD Studentships with Melbourne - Priestley Fellowships
- Masters - research-focus, clinical, interdisciplinary. Involvement of Trusts/employers, smaller awards



# Strategy

- Cross-cutting themes: Interdisciplinarity & Novel Methodology; Co-production & Young Persons Involvement; Open Science and Reproducibility; Health and Wellbeing of Staff & Students; Communication and Media
- Potential research themes: Adversity, resilience and trauma across the life course; Social cognition, impulsivity, and dysregulation; Culture, Diversity and Global Challenges in Youth Mental Health; Ethics and Justice in Youth Mental Health; Discovery of novel targets for intervention; Early intervention and prevention; Healthy lifestyles (e.g. sleep, exercise, diet) and mental wellbeing.



# Research areas under development

- ❑ Autism and psychosis
- ❑ Hallucinations
- ❑ Depression and psychosis
- ❑ Self harm and young people
- ❑ Educating GPs
- ❑ Cross-council youth mental health
- ❑ School interventions in developing countries
- ❑ Neuroscience, clinical encounters, and epistemic injustice
- ❑ Evidence synthesis – youth mental health services
- ❑ GABA, memory and psychosis

