

## HEALTH DASHBOARD

**PROGRAMME VISION - All Veterans and their families enjoy a state of positive physical and mental health and wellbeing, enabling them to contribute to and benefit from wider society.**

**POLICY GOAL - All Veterans and their families are able to access good quality health and social care services when and where they need them.**

<b>THE PERSON - the UNDERSTAND function of veterans and families' condition, behaviours and need (incl the nature of health inequalities).</b>			
<b>Activity/Enabler</b>	<b>Performance Indicator</b>		
Veterans' Health Research Veterans MH Research Families' Support Research	All sectors and levels of the health and social care system acknowledge and understand the unique requirements of the ex Service community. A sufficiently comprehensive veterans' MH research evidence base to inform comprehensive prevention and rehabilitation strategies. All sectors and levels of the health and social care system acknowledge and understand the unique requirements of the Service families community.		
<b>Outcome / Intermediate Goal</b>	<b>Enabling Activity</b>	<b>Current Delivery Projects</b>	<b>Comment</b>
Improved understanding of family health & support needs	Family health & support research	<ul style="list-style-type: none"> <li>- Independent Review on Armed Forces Families</li> <li>- Psychosocial health and well being of veterans' families in the UK.(See Note).</li> <li>- ARU - Exploring the veteran, their carer and family's daily experience of living with loss of use of limb or limbs.</li> <li>- Northumbria Uni - understanding social isolation and loneliness of war widows</li> <li>- York Uni - Developing Peer Support for families of veterans with substance use problems (MHRP)</li> <li>- KCL/NIHR - Family perspectives of DVA (non MHRP study)</li> <li>- KCL - Experiences and Impact of Moral Injury Additional Award - Families Impact (MHRP)</li> </ul>	FiMT will continue to commission and support research that informs understanding of the particular health needs of the transitioning and ex Services Armed Forces Community. In particular we will work toward improved understanding of Services families and their needs as they too transition to civilian life and health support.
Improved understanding of veterans' health needs and clinical priorities.	Veterans' health research	<ul style="list-style-type: none"> <li>- UCLAN/Salford study - transition of Ex SPs with physical conditions as a direct result of service.</li> <li>- Glasgow Uni - Trends in Scottish Veterans Health</li> <li>Queens, Belfast - Understanding, Supporting &amp; Serving the NI AF Community (USSNIAFC) (ie merged within the NIVHWS)</li> <li>- Invictus Games impact study</li> <li>- ADVANCE Study</li> </ul>	FiMT will continue to commission and support research that informs understanding of the particular health needs of transitioning and ex Services personnel.
Improved understanding of veterans' mental health	MH Research	<ul style="list-style-type: none"> <li>- NatCen Mental Health Review 2018 (MHRP)</li> <li>- Queens, Belfast - Mental Health Needs of the Hidden Veteran Community in NI (ie merged within the NIVHWS) (MHRP)</li> <li>- KCL - Mental Health and Treatment Needs of UK ex Serving Personnel. (MHRP)</li> <li>- KCL - Evolution of PTSD in UK AF and ex Serving personnel (MHRP)</li> <li>- KCL - Experiences and Impact of Moral Injury in UK AF veterans (MHRP)</li> <li>- KCL - Experiences and Impact of Moral Injury Additional Award - Moral Injury Scale Questionnaire (MHRP)</li> <li>- Edi Napier (1) - PTSD &amp; Complex PTSD in military personnel (MHRP)</li> <li>- Ed Napier (2) - Treating Veterans with CPTSD- modular therapy vs TAU (MHRP)</li> <li>- KCL - Mental Health and employment trajectories (MHRP)</li> <li>- KCMHR - Lifetime Offending by UK military personnel</li> <li>- KCMHR Veteran Mental Health Conference (VMHC) (MHRP)</li> </ul>	FiMT will continue to fund mental health research in order to improve understanding of veterans' mental health issues. The MH Research Programme was formed in response to one of FiMT's founding principles: 'to promote better mental health and well-being' and 'to build organisations' capacity to deliver evidence-based prevention and rehabilitation'. The current programme aims to award upto £500K pa over 5 years until 2025. Current MHRP priorities are: <ul style="list-style-type: none"> <li>- Alcohol misuse (what interventions are effective and appropriate for veterans?)</li> <li>- The usefulness of services aimed specifically at veterans (including peer support workers)</li> <li>- Methods to improve help-seeking rates</li> <li>- The efficacy of military and veteran charities to provide effective mental health support</li> <li>- The effectiveness of a 'Recovery' based model for the veteran population, which includes a wider focus on employment and debt management.</li> </ul>

PERSON

Improved understanding of veterans' addictions & behaviours

MH & Veterans' health research

- L'pool Uni - Triggers of help seeking for alcohol problems (MHRP)
- S'land Uni - Performance and Image Enhancing Drugs Use (MHRP)
- Galahad - Substance Misuse and Early Svc Leavers (MHRP)
- Swansea Uni (2) - Gambling, financial mngmt & healthcare costs (MHRP)
- Joint dissemination and influence event Autumn '20 (MHRP).

FiMT will continue to fund research that informs improved understanding of veterans' addictions and addictive behaviours.

### HEALTH DASHBOARD contd

THE PROVIDER - the DELIVER function of health and service provision (incl recognising the veteran in the system, pathway navigation, interventions and their efficacy.)			
Activity/Enabler	Performance Indicator		
Veteran Recognition	All sectors and levels of the health and social care system are able to recognise the veteran and service family within the system.		
Pathway Navigation	Veterans and service families are able to access the right level of support at the right time in the right place.		
QA & Service Provision	All veterans receive appropriate and quality assured health treatment and social care support.		
Quality of Life Support	All veterans and families receive appropriate complementary support to augment statutory health and social care provision.		
Outcome / Intermediate Goal	Enabling Activity	Current Delivery Projects	Comment
Improved recognition of the veteran at the point of presentation	Recognition in the system	- Uni of Chester - veteran registration with PCS - KCL/SLaM - Using EHR to extract data to identify veterans in Secondary MH care (MHRP)	Identifying ex Service personnel and their families in the health and social care system is a recognised issue. We wish to support initiatives schemes that better identify veterans and target service delivery.
Better awareness of health and support pathways for veterans and families	Pathway identification	- Birmingham Community NHS Trust study	Navigating the health and social care system effectively can be difficult. FiMT wishes to support projects that can remove obstacles and barriers.
More intelligent network of health and support provision for veterans and families	Intelligent' health provision	- Shoulder to Shoulder Erskine Online (Timebank) - CONTACT Group - operating costs support (MHRP). - SSAFA Evaluation of Glasgow Helping Heroes.	FiMT wishes to support projects that promote the provision of intelligent and integrated support to ex Service personnel and their families.
Improved and faster triage of veteran health issues	Identification and triage	- Bristol Uni - DVA military specialism for signposting (MHRP)	Improved recognition of the veteran in society and better understanding of specialist or tailored services available will aid faster diagnostics and treatment. We wish to identify potential solutions that deliver this aim.
Improved quality of life support for conditions attributable to military service	Quality of Life support		FiMT is interested to support innovative projects that conspire to improve the quality of life of those who are suffering conditions attributable to their military service.
Focus on QA, interventions and treatment & service efficacy	Treatments & Interventions	- KCL - RCT on efficacy of InDEx app to reduce alcohol consumption (MHRP) - KCL - Pilot RCT evaluating RTM vs CBT for PTSD (MHRP). - KCL - Evaluation of the mental fitness initiative pilot (MHRP). - KCL - Mind Fitness - Development and IA of a MH toolkit for veterans (MHRP). - Cardiff Uni - RCT of 3MDR for treatment resistant PTSD (MHRP)	New interventions and treatments need to be properly evaluated and quality assured to ensure they deliver the best service for veterans. FiMT is interested to support projects that focus on these principles.