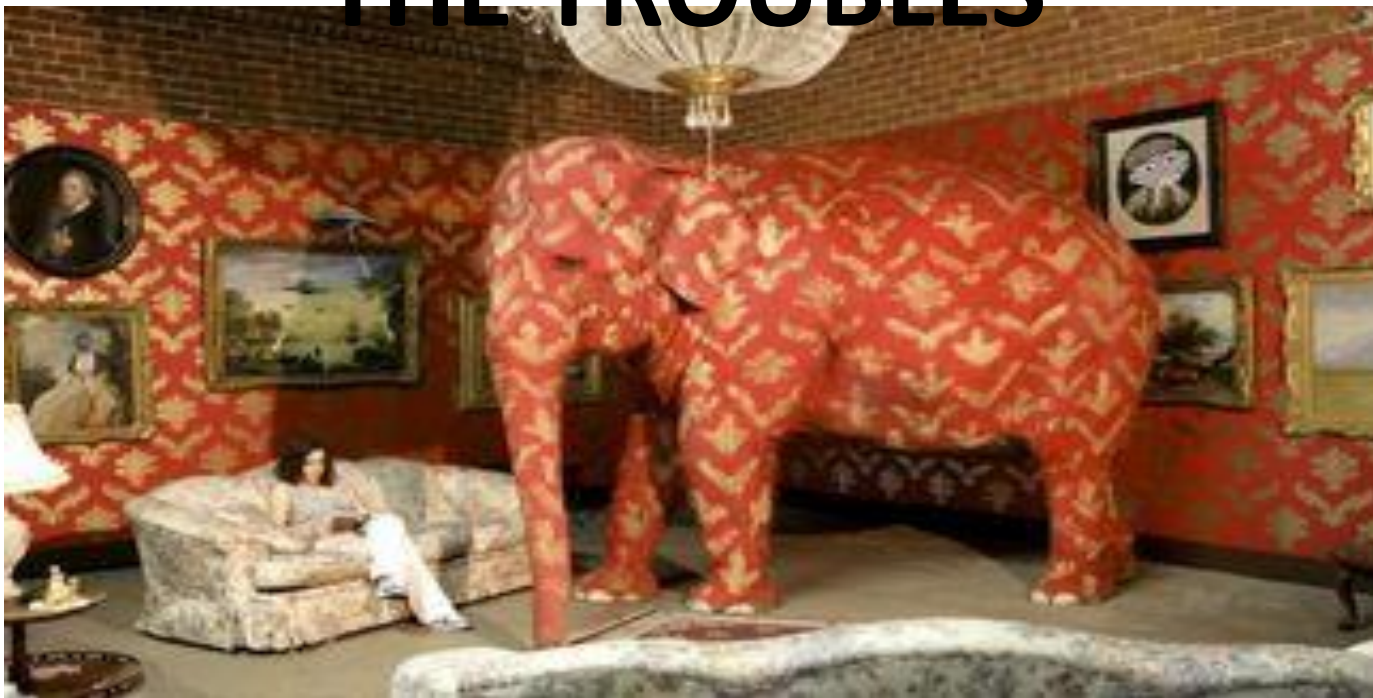


**CONFLICT DEPRIVATION  
and  
MENTAL HEALTH CARE  
IN N. IRELAND**

# THE TROUBLES



# EARLY STUDIES IN Post Traumatic Stress Disorder IN N. IRELAND

## Positive Findings

People who develop PTSD are:

1. More likely to be older
2. More likely to be female
3. More likely to be single
4. Physical injury associated with Delayed PTSD

## Negative Findings

- No correlation with:

1. Past Psychiatric History
2. Family History of Psychiatric Illness
3. People from N. Ireland less likely to develop PTSD than people from England
4. Overall during the Troubles the population of N. Ireland was not prescribed more psychotropic medication than similar populations in Britain

# ANOMIE / DURKHEIM

Studies in the early 20<sup>th</sup> Century showed that Mental Ill Health is reduced during periods of conflict but there is a rebound increase in Mental Disorders with Peace.

- This has been observed in N. Ireland

# POST TRAUMATIC STRESS DISORDER AND SUBSTANCE MISUSE

- Substance Misuse is high in N. Ireland particularly alcohol and particularly Binge Drinking
- Addiction and Substances have been Recognised Complications of PTSD since 1980
- Therefore substance abuse is likely to be a bigger problem in N. Ireland than elsewhere

# PSYCHOSIS AND SUBSTANCE MISUSE

- Ireland has relatively high rate of Psychosis
- Psychosis can be precipitated by PTSD.
- Substance Misuse predisposes to Psychosis
- Psychotic patients often self medicate with Substance Misuse
- Dual Diagnosis makes treatment of Psychosis more difficult
- Therefore treatment of Psychosis is likely to be a bigger problem in N. Ireland than elsewhere

# BAMFORD REVIEW

## MENTAL HEALTH & LEARNING DISABILITY

- 10 Years old
- Developed at or time of Prosperity
- Set Agenda for Mental Health Reform
- New Legislation Proposed

# AUSTERITY – PERFECT STORM

- Historic Underspend on Mental Health in N. Ireland compared to Britain
- Greater Morbidity
- Less money than planned



# WORK SMARTER

- High Levels of Prescription of Psychotic Drugs
- Low Levels of Psychological Therapies
- High Usage of Inpatient Beds

• Low Levels of Community Respite Services

# SOME REFORMS DON'T COST MONEY

- CULTURE
- ATTITUDE
- RECOVERY