

Press release
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END THE PROZAC CITY WITH A COMMUNITY CARE CENTRE ABOVE WISH PARK SURGERY

Brighton and Hove is set to get £100 mpa (£365 per person per year) more from the Brexit dividend of an extra £20 bnpa to the NHS, and it is up to local councillors to decide how it should be spent. Hitherto, new money has always just gone into more drugs, for which 1.1 bn monthly prescriptions were written last year, enough for 2 drugs continuously for every man, woman and child. Do we want 3 drugs? Or should we spend the money on an alternative complementary mental health service based on social (not drug) prescribing and talking therapies with a referral to treatment (RTT) waiting time of a few days? I call for the latter.

IAPT In 2006, when 2.5 million of us (1 in 20) were on antidepressants, the government tried to 'end the Prozac nation' with the Improving Access to Psychological Therapies (IAPT) programme. This now treats 550,000 annually with time limited talking therapy with a 50% recovery rate after a 6 month RTT wait. However, the number on antidepressants (ADs) has risen exponentially at 8%pa compound to 7.3 million last year, which is 15 times more than IAPT treats. ADs are like gin, converting temporary low mood into a long term condition, which for 3 patients out of 5 is permanent, as they become dependent (addicted) so cannot withdraw and have to take them for the rest of their wrecked lives. The table below projects business as usual, showing that in 4 year's time 10 million (1 in 6 of us) will be on ADs, and 6 million's (1 in 10) lives will be wrecked by addiction to them. Equivalent figures in the city are 50,000 on them and 30,000 addicted, increases of 14,000 and 10,000 on present figures. We already live in a 'Prozac city' with an epidemic of depression, but it is iatrogenic (doctor-induced), so we can decide whether to continue to finance it or not. I personally object, as I didn't pay my taxes to wreck the lives of thousands of my fellow citizens, particularly as better treatments are readily available now to those who can pay (called 'complementary' therapy and 'social prescribing'). We can create an alternative mental health service if we can find the political will.

Year	England	million	City	thousand
	On ADs	Addicted	On ADs	Addicted
2005/6	2.5	1.5	12	7
2017/18	7.3	4	36	20
2022/23	10	6	50	30

What can councillors do about this?

End the Prozac city by creating **Community Care Centres** (as called for in the Better Care Fund (BCF) 2013) starting in the 290 sqm empty space above Wish Park surgery at 191, Portland Rd Hove. What would it do?

- a) Be the first of many in a new primary care mental health service A&E, open 24/7/365 for crisis care, providing free at the point of use complementary therapy and social prescribing instead of ADs.
- b) Reduce health inequalities by giving the poor access to the same treatments as the rich now enjoy, such as yoga classes, gyms, exercise groups, socials, group gardening, singing, dancing, performing, psycho education, NICE recommended Mindfulness Based Cognitive Therapy (MBCT) 8 week courses, family constellations groups, power of 8 groups, meditation, Buteyko method, etc.
- c) Treat 1,000 vulnerable patients, personified in the BCF as Rachel (65, depressed and in sheltered accommodation) and Dave (40, alcoholic and homeless)
- d) Cost £1 million pa, which is available from the BCF, or Locally Commissioned Services (LCS) budget.
- e) Empower GPs to socially prescribe these interventions, giving them new job satisfaction (instead of being pill pushers for the drug companies) so they would work out a full term career.
- f) If this pilot is successful, it would be the first of 20 similar Community Care Centres in the city.

The Clinical Commissioning Groups (CCGs) receive a budget for local health services currently £430 mpa in 2018/19, which should go up to more than £530 mpa. (£2,000 pa for every man, woman and child) The CCG officers are accountable for this money to the Health and Wellbeing Boards (HWBs) councillors, so I have sent them this proposal, and asked them to support it in the following public question on the order paper at their next meeting on Tues 29th Jan at 4pm at Hove town hall. **‘Please can the Board tell if they support the development of a Community Care Centre above Wish Park surgery at 191 Portland Rd Hove, which would be a mental A&E, open 24/7/365 as a crisis centre to relieve pressure on primary care, and provide complementary therapy free at the point of use under the social prescribing agenda advocated under the 10 year plan announced on 7.1.19, according to paper ‘Proposal for a Community Care Centre at Wish Park surgery to end the Prozac city’ published on www.sectco.org.uk, and 9.136 of www.reginaldkapp.org. ‘**

Please support this proposal, join my campaign, and lobby councillors at 330-4pm outside Hove town hall on Tues 29th Jan with banners, such as: ‘End the Prozac city’, ‘We want complementary therapy rather than drugs’, ‘Social (not drug) prescribing’.

Note to editors. John Kapp (83) ran a Community Care Centre at 3 Boundary Rd Hove providing some of the above interventions for donations from 2012-15, attended by thousands, proving the need. See his papers on section 9 of www.reginaldkapp.org.