



Yorkshire and the Humber  
Clinical Networks

## Yorkshire and the Humber Mental Health Network News

### Issue 5

May 2016

### Welcome!

Welcome to Issue 5 of the Yorkshire and the Humber Mental Health Network News for 2016.

This e-bulletin aims to provide a synthesis of national and regional developments in mental health; highlight newly available data and policies, support collaboration and share best practice across Yorkshire and the Humber. May has been yet another productive month in terms of newly published reports, guidance, case studies and resource, which are available to read in the [reports and resources](#) section.

If you have any comments on this edition, ideas for improvements or suggestions for future editions, please get in touch. Contact details can be found [here](#).

All versions of this bulletin are available online [here](#).

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### [Improving Access to Psychological Therapies \(IAPT\) Update](#)

#### IAPT Workshops Update:

Throughout the first part of 2016 the Yorkshire and the Humber Clinical Network, in conjunction with the national Intensive Support Team, have hosted a number of workshops to assist Providers and Commissioners in improving IAPT Services. The

workshops were open to attendees nationwide and were very well attended.

The initial workshops were held over 3 separate days in January, February and March and focussed on **IAPT Data Analysis**. The aims of the workshops were to enable participants to develop a clear understanding of the technical guidance and governance structures for IAPT data returns; provide participants with an understanding of data quality issues and methods to resolve them; focus on developing a consistent approach, being adopted holistically, in relation to IAPT data and share excellence in local practice. For further information the slides from the workshops can be accessed [here](#).

In April a workshop on **IAPT Recovery** was held with the aim of enabling participants to develop a clear understanding of Recovery and Reliable Improvement in IAPT Services and of how best to assure high performance. The workshop was chaired by Professor David Clark and the slides from the day can be accessed [here](#).

Lastly, in early May an **IAPT Demand and Capacity** workshop, with the aim of enabling participants to develop a clear understanding of demand and capacity theory and terminology and introducing a tool to assist with demand and capacity modelling, was held. All slides from the workshop are available [here](#).

#### **IAPT User Consultation:**

The Community and Mental Health Team at the HSCIC would like to invite feedback on the IAPT publications, as they are keen to understand the way these are used and make them more user friendly. The survey can be completed at the following link: <https://www.surveymonkey.co.uk/r/IAPTconsult>

The survey will remain open until Friday 10th June will take around 5 minutes to complete and all answers will be treated in confidence.

#### **[Early Intervention in Psychosis \(EIP\) Update](#)**

##### **Implementing the EIP Access and Waiting Time Standard Guidance:**

NHS England has recently published guidance to support improvements for people experiencing first episode psychosis, which is available online [here](#). The guidance has been jointly published by NHS England and the National Institute for Health and Care Excellence (NICE) and aims to support ongoing local implementation of the standard by Commissioners and Providers, in conjunction with patients and other partners. Additional resources have also been consolidated into a helpful resources pack available online [here](#).

##### **GP Guidance Early Detection of Emerging Psychosis – What you Need to Know:**

A two page guide for GPs on the early detection of psychosis has been developed with some key learning points and useful contacts/resources. The guide is available online [here](#).

#### **[Supporting the development of All Ages Liaison Mental Health \(LMH\)](#)**

## **Services**

As you may be aware the government are investing in liaison mental health services as part of the parity of esteem agenda, whereby patients with mental health problems receive the same standard of care as those with physical health problems. Liaison mental health as a speciality has an accumulating body of evidence to suggest that by addressing the mental health needs of patients in acute hospitals costs to acute services can be significantly reduced.

The government target is for 50% of hospitals to be providing CORE 24 standard liaison mental health services by 2020. However, this is a minimum requirement and the aim would be to optimise provision of liaison services across the Yorkshire and Humber area.

Further investment of £247million has been promised from 2017-2020 for the development of liaison services and the MH Clinical Network has appointed a clinical advisor for liaison mental health, Dr Katie Martin, to provide some short term support. One of the aims of this role is to work with providers and commissioners to understand where the gaps in provision are, support the development of plans for appropriate liaison services and also provide evidence and examples of best practice for possible investment in next year.

To achieve this, the clinical advisor and Networks' support team are using a scoping tool to gain an in-depth understanding of how each service works and what it provides. This exercise has already been completed in the Cheshire and Merseyside region and the aim to complete it across the whole of the Northern region within the next 2 months.

### **[New UNIFY Collection for Mental Health Data](#)**

NHS England has established a new UNIFY data collection covering performance indicators for mental health services for children and young people, crisis care and out of area transfers. The data collection is intended to inform the CCG Improvement and Assessment Framework for 2016/17. For further information and any questions please email: [england.ccgaf@nhs.net](mailto:england.ccgaf@nhs.net).

### **[Funding for Safe Places for People in Mental Health Crisis](#)**

The Government has announced an intention to provide £15 million of funding to enhance health and community based places of safety for people who are suffering with mental health crisis. It is recommended that, through local Crisis Care Concordat Groups, Hospital Trusts, Local Authorities and the Third Sector should access the bidding process. More information can be found [here](#).

### **[World Health Organisation \(WHO\) Mental Health Factsheets](#)**

In late April 2016 WHO released a number of updates to factsheets on different mental health conditions. The factsheets can be accessed via the links below:

- [Schizophrenia](#)
- [Mental health in emergencies](#)
- [Mental disorders](#)

- [Depression](#)
- [Mental health: strengthening our response](#)

### **National Mental Health Intelligence Network (NMHIN): Launch of Crisis Care Data Catalogue**

The NMHIN have recently launched the mental health [crisis care data catalogue](#).

The data catalogue lists the current and coming metrics and datasets relevant to mental health crisis care and includes links to the data sources and details the geography at which the data are published.

It is intended that the catalogue can be used by commissioners; policy makers, planners, service providers and advocacy groups to identify available data and use the data to support local Crisis Care Concordat action plans, a key part of the [National Crisis Care Concordat Programme](#).

For further information please email: [mhdnin@phe.gov.uk](mailto:mhdnin@phe.gov.uk).

### **NICE Consultations and Shared Learning**

The latest [Eyes on Evidence](#) bulletin released by NICE features information on a case-control study in Northern Ireland considering carer mental health following bereavement. To read the article in full click [here](#).

The following NICE Consultations have also been opened for comment:

- [Severe mental illness and substance misuse \(dual diagnosis\) - community health and social care services: Draft guidance consultation](#). Closing date: 23 June 2016.
- [Autism Spectrum Disorder in Under 19s: Support and Management](#). Closing date: 1 June 2016
- [Supporting Decision Making for People who Lack Mental Capacity](#). Closing date: 15 June 2016

### **Mental Health Reports and Resources**

Throughout May a number of reports, guidance and useful resources have been published. The links to each are provided below:

#### **Reports:**

NHS Providers has published [Funding Mental Health at Local Level: Unpicking the Variation](#). The report found only half of providers reported a real terms increase in funding in 2015/16 and found there is limited confidence that funding increases will be delivered this year. The report also highlighted discrepancies in understanding between Commissioners and Providers over what it means to implement parity of esteem.

The Mental Health Foundation has published two reports in May. The first [Progression Together: An Evaluation of a Model of Personalised Residential Care Developed by Together for Mental Wellbeing](#) is the result of a three year

evaluation, which aims to establish Progression Together as an effective model of personalised residential care for people with complex needs. The second report [Relationships in the 21st Century: The Forgotten Foundation of Mental Health and Wellbeing](#) focusses on the evidence that investing in relationships is important to health and wellbeing.

[Integrated Care to Address the Physical Health Needs of People with Severe Mental Illness: A Rapid Review](#) has been published by the King's Fund. This research explores current service provision and maps the recent evidence on models of integrated care addressing the physical health needs of people with severe mental illness, primarily within the mental health service setting.

#### **Case Studies:**

NHS England has produced a case study on Lab in a Bag, which is being developed to test people with mental illness for diseases such as CVD and diabetes. To read the case study click [here](#).

NHS Employers has published a case study on [Improving the Outcomes of Mental Health Problems Among the LGBT Community](#). The study, from Leicestershire Partnership NHS Trust, shares their experience of how they introduced better mental health support for the lesbian, gay, bisexual and transgender (LGBT) community.

#### **Guidance:**

The Mental Foundation has published two new guides in May. The first is a [Guide to Investing in your Relationships](#), which was produced to reflect the mental health awareness week campaign focussing on relationships. The second guide, which has been produced in conjunction with employee benefits specialist Unuman, is a guide to [Managing Mental Health in the Workplace](#). The guide considers staff wellbeing, addressing problems before they become severe, supporting staff when issues do emerge and strategies to support good mental health.

#### **Resources:**

Rethink Mental Illness have recently launched [SOS: A Starter Guide to Mental Illness](#). This excellent resource offers practical advice on recognising the distress signals of mental ill health and will help people to know how and when to act.

Public Health England have produced a series of practical resources to support organisations in implementing the commitment to **Making Every Contact Count** (MECC). These resources are available to view online [here](#).

#### **Mental Health Statistics**

The following statistics have recently been released please click on the links to review further:

- [Learning Disability Services Monthly Statistics: Commissioner Census – April 2016](#)
- [Learning Disability Services Quarterly Statistics: Commissioner Census - Q4](#)

[2015/16](#)

- [Mental Health Community Teams Activity – Q4 2015/16](#)

### **Dates for your Diary!**

- Wednesday 27 July, 10:00-13:00, **Yorkshire and the Humber IAPT Providers Network**, Hatfeild Hall, Wakefield.
- Thursday 7 July, 13:00-16:00, **Yorkshire and the Humber EIP Network**, Oxford Place, Leeds.

**If you would like to attend either of the above, or require further information, please email [sarahhope2@nhs.net](mailto:sarahhope2@nhs.net).**

### **Children's and Young People's Mental Health & Engaging with Schools: WebEx Series**

- Friday 10 June 2016, 12:30 – 13:30
- Friday 17 June 2016, 12:30 – 13:30
- Friday 24 June 2016, 12:30 – 13:30

For further information, and to request WebEx joining details, please email [Laura Whixton](mailto:Laura Whixton).

### **Contacts**

If you would like to discuss any of the items included in this e-bulletin or would like further information about the Mental Health Network please contact:

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### **Links and Partner Organisations**

- Yorkshire and the Humber Clinical Networks. Click [here](#) for the website.
- Yorkshire and the Humber Clinical Senate. Click [here](#) for the website.
- Yorkshire and Humber Academic Health Science Network. Click [here](#) for the website.

**Request for Links:** If you would like to feature a web link in this bulletin, or provide information as a Partner Organisation, please email details to [sarah.boul@nhs.net](mailto:sarah.boul@nhs.net) with the words "Links and Partner Organisations" in the subject line.

### **Who produces this bulletin?**

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