

you that Charlotte Whale, Quality Improvement Lead for Mental Health in Yorkshire and the Humber, gave birth on 24 January to a baby boy, Edward (Teddy) Charley Whale weighing 9lb 10oz.

With James' passing and Charlotte's maternity leave in full flow we would like to take this opportunity to introduce the new members of the Mental Health Team in Yorkshire and the Humber: Rebecca Campbell, Quality Improvement Manager and Sarah Boul, Quality Improvement Lead. Rebecca and Sarah have extensive service and quality improvement backgrounds and look forward to working with colleagues and service users to drive the mental health agenda.

Contact details for Rebecca Campbell and Sarah Boul can be found [here](#).

Prime Ministers Funding Pledge

In early January the Prime Minister announced a pledge to increase investment in enhanced mental health services across the country. The plans include: £290 million of new investment over the next 5 years for perinatal mental health; £247 million investment for liaison mental health services in emergency departments; over £400 million to enable 24/7 community based treatments; and expanded services to help teenagers with eating disorders.

To read the announcement in full please click [here](#).

Delivering the Five Year Forward View: Mental Health “Must Do’s”

In December NHS England released Delivering the Forward View: NHS Planning Guidance 2016/17-2020/21, which outlines nine “must do’s” for each local area in England. Mental Health services feature as 2 of the “must do’s” with emphasis on achieving and maintaining the two new mental health access standards:

1. more than 50 percent of people experiencing a first episode of psychosis will commence treatment with a NICE approved care package within two weeks of referral
2. 75 percent of people with common mental health conditions referred to the Improved Access to Psychological Therapies (IAPT) programme will be treated within six weeks of referral, with 95 percent treated within 18 weeks.

To read the planning guidance in full please click [here](#).

Developing Mental Health Services for Veterans in England

NHS England has recently launched a survey asking patients to share their views and experiences of mental health services for veterans to help improve future care across England.

Patients can access the survey in a number of ways and all responses will be kept in the strictest confidence. The survey can be completed by:

- An online survey at: <https://www.engage.england.nhs.uk/survey/veterans-mental-health-services>
- Via email to: feedback@nelcsu.nhs.uk

- By telephoning: 020 3688 1615

The survey closes at 5pm on 31st March 2016 and we would encourage veterans to share their experiences of existing mental health services to understand the reasons why some people have not sought or received support and treatment.

Autism Strategy, Case Studies and Personal Health Budget Guidance

In recent week two separate publications on autism and learning disabilities have been published. The first document has been published by the Department of Health, in conjunction with six other government departments, and is a progress report on the Think Autism Strategy. The document can be accessed here: [Progress Report on Think Autism: the updated strategy for adults with autism in England.](#)

The second document has been published by the Local Government Association and contains case studies illustrating positive work being undertaken in local council areas to support people with autism. The document can be accessed here: [Think Autism: examples of how local councils support people with autistic spectrum conditions to live fulfilling lives within their local communities.](#)

Commissioning Mental Health Services for Vulnerable Adult Migrants

NHS England, in conjunction with Mind, has developed commissioning guidance for provision of mental health services for vulnerable adult migrants, including refugees and those seeking asylum. The guidance is based around NHS policy and legislative framework and supports commissioners to deliver the right care for this population.

To read the guidance in full please click [here](#).

NICE Shared Learning and Eyes on Evidence

NICE has recently added two new case studies to its database. Please click on the links below to access the case studies in full:

- [Improving Perinatal Mental Health Practice across Services through training, pathways, resources, consultation, champions and passion – but without extra money](#) - developed by Bradford District Care Foundation Trust
- [Improving the mental and social wellbeing of the elderly in residential care: a case study from Mellifont Abbey Residential Care Home](#) - this case study relates to NICE Quality Standard 50: Mental wellbeing of older people in care homes.

Additionally, NICE have released an Eyes on Evidence update (January 2016) on **Long-Term Mental Health Effects of Bullying During Adolescence**. Please click [here](#) to read the evidence update in full.

Mental Health Resources

The [Mental Health Foundation](#) has recently published a number of resources, which cover differing aspects of mental health. Please check out and share these useful resources

using the links below:

- [How to look after your mental health](#): 10 practical ways to look after mental health
- [How to look after mental health using exercise](#): Practical guide to promote exercise to improve mental health
- [How to overcome fear and anxiety](#): pointers on how fear and anxiety can be overcome
- [How to sleep better](#): How sleep is important in maintaining good mental health
- [How to look after mental health in later life](#): support for people in their 60s who are approaching retirement or just recently retired
- [How to look after mental health using mindfulness](#): techniques and methods to help people cope with thoughts and feelings which can undermine mental health

Additionally, [The Institute of Mental Health](#) has also recently published a new film 'Peer Support: A Shared Journey'. The video has been co-produced in collaboration with Self-Help and celebrates peer support and the differing benefits it offers to peers, trainers, organisations and communities.

To watch this excellent video please click [here](#).

Mental Health Statistics

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

- [Improving Access to Psychological Therapies Report](#) - October Final, November Primary 2015 and Quarter 2 2015/16
- [Mental Health and Learning Disabilities Statistics](#) - Monthly report: Final October 2015 and Provisional November 2015

Mental Health Intelligence Network Profiling Tools

The Mental Health Intelligence Network (MHIN) have been developing their suite of profiling tools to support an intelligence driven approach to understanding and meeting need across mental health services.

The **Severe Mental Health (SMI) Profiling Tool** has been undergoing a transition to incorporate the required changes to the Mental Health Services Data Set (MHSDS) reporting from which is due to begin April 2016. Though there are still some gaps it is expected that these will be resolved imminently. The SMI profiling tool can be found [here](#).

The **Common Mental Health Disorders (CMHD) Profiling Tool** has been updated to include additional Improving Access to Psychological Therapies (IAPT) metrics. The CMHD profiling tool can be found [here](#).

The **Co-existing Substance Misuse and Mental Health Issues (CESMMHI) Profile**, which contains indicators around tobacco smoking, alcohol use and drug use, has been updated but some data for 2014/15 subject to changed methodology around the reporting

of substance misuse treatment. The CESMMHI profile can be found [here](#).

Dates for your Diary!

- Thursday 2 February and Tuesday 15 March, **IAPT Data Workshops**, Park Plaza Hotel and Novotel, Leeds.
- Thursday 21 April, **IAPT Recovery Workshop**, The Met Hotel, Leeds.

If you would like to attend, or require further information, please email sarahhope2@nhs.net.

- Thursday 4 February, **Time to Talk Day**

Time to Talk aims to get as many people as possible across England talking about mental health. Check out the website [here](#) and order free Time to Talk goodies to ensure you can make the most of the day.

- Tuesday 1 March, **Launching North Lincolnshire's Suicide Prevention Strategy**, Lancaster Green, Hemswell Cliff, DN21 5TQ. Agenda and booking details available [here](#).
- Wednesday 23 March, **Public Mental Health Summit 2016: Maintaining Momentum**, London. Agenda and booking details available [here](#).

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 Strategic 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 with the words "Links and

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