



Yorkshire and the Humber Mental Health Network News

Issue 6

June 2016

Welcome!

Welcome to Issue 6 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. As well as a number of newly published reports on adult mental health, June has seen a significant number of reports and guidance published on children's and young people's (CYP) mental health, which are available to read in the [CYP Mental Health](#) 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](#).

Contents:

- [Physical Health and Mental Health](#)
- [Mental Health and Dementia: Evidence Review](#)
- [A Serious Issue for IAPT: Poverty](#)
- [Implementing the Five Year Forward View for Mental Health in the North](#)
- [Children's and Young People's \(CYP\) Mental Health](#)
- [Yorkshire Ambulance Service \(YAS\) Evaluation of Triage Intervention](#)
- [NICE Consultations and Shared Learning](#)
- [Mental Health Reports and Resources](#)
- [Mental Health Statistics](#)
- [Dates for your Diary](#)
- [Contacts](#)
- [Links and Partner Organisations](#)

Physical Health and Mental Health

Throughout June a number of reports and toolkits regarding the integration of physical and mental health have been published. NHS England has published a toolkit to help Commissioners and Providers improve the physical health of patients with serious mental illness (SMI). The toolkit builds on the findings from pilot projects in four mental health trusts and aims to improve cardiovascular health in patients with SMI and

reduce premature mortality.

The toolkit can be accessed via the following link: [Improving the Physical Health of Patients with Serious Mental Illness: A Practical Toolkit](#) and a summary article of the pilot projects can be accessed on [NHS England's website](#).

A further report, co-produced by the Department of Health, Public Health England and NHS England, is targeted at mental health nurses. The report aims to highlight the risk factors for physical health for those suffering from mental ill health and assists in ensuring that those living with mental ill health have the same access to health checks and healthcare as the rest of the population. The report can be accessed via the following link: [Improving the Physical Health of People with Mental Health Problems: Actions for Mental Health Nurses](#).

Lastly, The Mental Health Foundation has published [Evidencing the Impact Of and Need For Acting Up](#), which considers the outputs of a Northern Irish programme introduced in 2011 to involve older adults in the performing arts and creative activities. The report goes some way to strengthening the limited but emerging evidence base that the creative arts improve the mental and physical wellbeing of older adults.

Mental Health and Dementia: Evidence Review

A new report: [The Interface Between Dementia and Mental Health: An Evidence Review](#) has been published by The Mental Health Foundation. The report highlights that comorbidities are underdiagnosed and not fully understood in people living with dementia. The report also makes a number of policy, organisation and programme level recommendations.

A Serious Issue for IAPT: Poverty

Dr Jim White from Greater Glasgow and Clyde NHS has written an article about poverty and psychological care: [Are We Psychologising Poverty?](#) The article is intended to spark debate and contains a linked survey and blog to collate views about this topic.

Implementing the Five Year Forward View for Mental Health in the North

On the 4th May 2016 NHS England North held a Mental Health Task Force event to consider how the Five Year Forward View for Mental Health will be implemented in the North.

The event was well attended and featured key note speakers Paul Farmer, Chief Executive of MIND, who talked about the mental health ambition and Professor Tim Kendall, National Clinical Director for Mental Health for NHS England, on his plans and vision for the future.

To see the slides from the day and some short videos please click [here](#).

Children's and Young People's (CYP) Mental Health

Throughout June there has been a significant focus on Children's and Young People's mental health with the publication of five new reports and one new blog:

The Centre for Mental Health has released [Missed Opportunities](#). This report highlights the social and economic costs of mental ill health in children and young people and also provides commentary on a lack of mental health literacy, confusing services and delays in treatment.

Alongside the Missed Opportunities report The National Society for the Prevention of Cruelty to Children (NSPCC) has published [Transforming Mental Health Services for Children who have Experienced Abuse: A Review of Local Transformation Plans](#). The key finding of this report is that only 14% of CCG Local Transformation Plans (LTPs) considered how to support children who have experienced abuse or neglect. The report makes recommendation to improve the service offer for children who have experienced abuse or neglect.

Picking up on the themes highlighted in the two reports above regarding access to appropriate services the Children's Commissioner has also published a [Lightning Review: Access to Child and Adolescent Mental Health Services May 2016](#). The review asked all children and adolescent mental health services (CAMHS) trusts about referrals they received throughout 2015 and the access given to children and young people. The review aims to draw the attention of Commissioners to weaknesses in local system and provide assistance to improve service provision.

The Healthcare Quality Improvement Partnership (HQIP) has published a large scale national study of suicide in children and young people in England. The report [Suicide by Children and Young People in England: National Confidential Inquiry into Suicide and Homicide by People with Mental Illness 2016](#) investigates 130 people under the age of 20 who died by suicide revealing that bereavement, bullying, exams and acne are potential causal factors.

The last report published is by the Local Government Association titled: [Best Start in Life: Promoting Good Emotional Wellbeing and Mental Health for Children and Young People](#). This report focusses on councils who are undertaking innovative service improvement work to better support children and young people.

Finally, with regards to children and young people, Dr Paul French, Clinical Lead for EIP North, has produced a [blog](#) regarding how services can best meet the new national access and waiting time targets and ensure vulnerable young people are understood. NB: Please note you may have to register for NHS Networks to be able to access the blog.

Yorkshire Ambulance Service (YAS) Evaluation of Triage Intervention

During December 2014 the Yorkshire Ambulance Service piloted specialist triage by mental health nurses in the Emergency Operations Centre (EOC). The pilot was successful and from April 2015 specialist triage by mental health nurses has been

implemented into the service. To read more about this exciting triage intervention please click [here](#).

NICE Consultations and Shared Learning

The following NICE Consultations have been opened for comment:

- [Post-Traumatic Stress Disorder \(update\): Draft Scope Consultation](#). Closing date: 5 July 2016.
- [Mental Wellbeing and Independence for Older People: Quality Standard Consultation](#). Closing date: 14 July 2016

Additionally, NICE has recently released updated guidelines for [CG155: Psychosis and Schizophrenia in Children and Young People: Recognition and Management](#), where a new recommendation has been added on providing information about olanzapine when choosing antipsychotic medication for children and young people with a first episode of psychosis.

Mental Health Reports and Resources

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

General Reports:

[Better Mental Health for All: A Public Health Approach to Mental Health Improvement](#) has been published by the Mental Health Foundation in conjunction with the Faculty of Public Health. The report includes case studies focussing on innovative work and aims to highlight how using a public health approach the knowledge and skills of the public, regarding mental health, can be improved.

Reports on Housing:

The Centre for Mental Health has published two reports on housing and its association to better physical and mental wellbeing. [More than Shelter: Housing and Mental Health](#) considers supported accommodation and its role in supporting people with mental health issues. Alongside this [Briefing 49: A Basic Need: Housing Policy and Mental Health](#) examines how The Housing and Planning Act 2016 and other government reforms have impacted on those with severe and enduring mental health problems and on mental health services as a whole.

Reports on Primary Care:

The Royal College of General Practitioners (RCGP) has developed and distributed information packs to all GP practices to support them in meeting the commitments in the [RCGP Autism Patient Charter](#). The pack contains two guides, one for GPs and one for patients on the autistic spectrum, and provides a framework for making GP surgeries more visibly friendly for those on the autistic spectrum.

Alongside the pack for GP surgeries MIND has also published a report into mental health in primary care. The report: [Mental Health in Primary Care: A Briefing for Clinical Commissioning Groups](#) considers the current issues in providing mental health support in primary care and makes recommendations for commissioners on how to achieve better mental health support in primary care.

Report on the Justice System:

[Preventing Prison Suicide: Perspectives from the Inside](#) has been jointly published by The Centre for Mental Health and the Howard League for Penal Reform. The report considers the views of those in, or who have recently left, prison exploring the factors that contribute to risk of suicide in prison. The report then makes recommendations to reduce risk in the prison system.

Mental Health Statistics

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

- [Improving Access to Psychological Therapies Report: March Final, April Primary 2016 and most recent quarterly data \(Quarter 3 2015/16\)](#)
- [Learning Disability Services Monthly Statistics: Commissioner Census \(Assuring Transformation\), May 2016](#)
- [Learning Disability Statistics: Annual Overview England 2015/16](#)
- [Mental Health Services Monthly Statistics: Final March 2016](#)

Dates for your Diary

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

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

- Wednesday 6 July, 10:00-16:00, **Developing Personal Health Budgets - Sharing the Learning on How to Get Started**, Millennium Room Carriageworks Theatre, 3 Millennium Square, Leeds, LS2 3AD.

To book your place click [here](#).

- **SafeTALK Course**, which aims to teach participants four basic steps to recognise if someone is having thoughts of suicide and how to connect them with resources that can help. Available on various dates throughout 2016.

For further information, and to check course availability, email: wdu@york.gov.uk or visit the website [here](#).

- Wednesday 14 September, 09:30-16:30 **North of England PWP Conference: Developing the Evidence Base for Low Intensity Interventions**, York Racecourse.

To book your place click [here](#).

- Wednesday 9 and Thursday 10 November, 7th **Annual Culture and International Mental Health Conference**, The Chancellors Hotel, Manchester, UK.

To book your place click [here](#).

- Tuesday 29 November, 10:30-16:30, **North East, Yorkshire & Humber Mental Health Commissioning Network Conference**, Novotel, York.

To book your place email: events@nhs.com

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:

Rebecca Campbell, Quality Improvement Manager:
rebecca.campbell6@nhs.net, 0113 8253448 / 07825256356

Sarah Boul, Quality Improvement Lead:
sarah.boul@nhs.net, 0113 8253458 / 07584362063

Twitter: @YHSCN_MHDN #yhmentalhealth

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 with the words "Links and Partner Organisations" in the subject line.

Who produces this bulletin?

This bulletin is provided for anyone working with, or interested in, Mental Health and the Clinical Networks in Yorkshire and the Humber. The bulletin is provided on an opt-out basis. If you received this email in error, or no longer want to receive the bulletin, email sarah.boul@nhs.net with the words 'Unsubscribe Bulletin' in the subject line.

Disclaimer: *The content of this bulletin does not necessarily reflect the views of NHS England, but is provided as a rapid information service for staff interested in Mental Health and the Clinical Networks in Yorkshire and the Humber. All links from this bulletin are provided for information only. A link does not imply endorsement of that site. We do not accept responsibility for the sites linked to, or the information displayed there.*
