



## Yorkshire and the Humber Mental Health Network News

### Issue 7

July 2016

### Welcome!

Welcome to Issue 7 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. This month we would draw your attention to the newly released [Implementing the Five Year Forward View for Mental Health](#), which details how services will be aligned in future to provide the best possible care to patients.

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:

- [Implementing the Five Year Forward View for Mental Health](#)
- [Increased Mental Health Services for those Arrested](#)
- [Stay Alive App](#)
- [Public Health England Update](#)
- [Mental Health Intelligence Network Update](#)
- [Mental Health Training](#)
- [Life Chances Fund](#)
- [Mental Health Reports and Resources](#)
- [Mental Health Statistics](#)
- [Dates for your Diary](#)
- [Contacts](#)
- [Links and Partner Organisations](#)

### Implementing the Five Year Forward View for Mental Health

NHS England has recently published [Implementing the Five Year Forward View for Mental Health](#). The report provides a detailed response to how the new funding, pledged in the Five Year Forward View for Mental Health, will be made available to CCGs year by year up to 2020/21. The report includes information on expansion of children and young people's mental health services and perinatal mental health services. It also provides information on workforce requirements and outlines how data, payment and other system levers will support transparency.

## **Increased Mental Health Services for those Arrested**

The Department of Health has announced an extra 12 million pounds to be spent over the next two years to expand and improve [services that make mental health assessments available to those arrested](#). The funding will be focussed on liaison and diversion services based in police custody suites and criminal courts across England. The funding is intended to ensure that those with autism, learning difficulties and mental ill health get the right care in the right place first time.

## **Stay Alive App**

Grassroots Suicide Prevention mental health charity has developed and launched the Stay Alive App. The app is aimed at people who are at risk of suicide and their family and friends. The app can be personalised to the user and offers practical support including national helplines, a safety plan and research based reasons for living.

To find out more about the app please click [here](#).

## **Public Health England Update**

The regional mental health and suicide prevention network is developing its 2016/17 work plan based on the outputs of the Five Year Forward View for Mental Health.

The prevention concordant is a key element to this work and is intended to:

- Facilitate every local area to create a joint mental illness prevention plan led by local Health & Wellbeing Boards by the end of 2017.
- Enable every area to use the best data available to plan and commission the right mix of provision to meet local needs.
- Promote every area embedding their arrangements in local STPs.
- Work with PHE Centres to support the development of collaborative local partnerships.

This will be underpinned by a 'local first' approach to establishing:

- A national agreement between agencies and organisations involved in preventing the development of mental illness and/or reducing the impact that mental health problems have when they occur.
- Agreement to undertake appropriate actions on items that are most effectively done once nationally, or can only be done nationally
- Work with national partnerships and networks (e.g. National Prevention Alliance for Mental Health) to sustainable changes at national level.

For further information or to get involved please contact [Corinne Harvey](#).

## **Mental Health Intelligence Network Update**

The Mental Health Intelligence Network (MHIN) have been conducting further developments on their suite of mental health profiling tools:

The [Severe Mental Health \(SMI\) Profiling Tool](#) has been updated on the following

domains: early intervention in psychosis, follow-up after discharge from CPA, gate-kept admissions to acute wards.

The [Common Mental Health Disorders \(CMHD\) Profiling Tool](#) has received eleven updates to IAPT information and the following two prescribing metrics have also been updated:

- In the Services domain there have been six indicators updated for the third quarter of 2015/16 / December 2015, including indicators on access to services, referral rates and treatment rates.
- In the Quality and Outcomes domain there have been eleven indicators updated for the third quarter of 2015/16 / December 2015, including indicators on recovery and reliable improvement rates, non-attendance rates, data completeness, waiting times and numbers of attended treatments

### **Mental Health Training**

**IAPT Training:** The Northern School of Child and Adolescent Psychotherapy (NSCAP) have been commissioned to provide adult IAPT training in Leeds throughout 2016/17. The training is free for candidates based in the Yorkshire and the Humber and North West regions. For more information regarding the training courses available please click [here](#).

**Essentials of Personal Health Budgets (PHB):** NHS England is offering training on the basics of what a PHB is; the legal position, general information on support planning, the basic process and evidence/outcome examples. The training is aimed as a general introduction to PHBs for people/clinicians with limited knowledge of PHBs, those needing a general awareness or those new to the organisation and PHBs. Bookings can be made [here](#).

**Perinatal Mental Health eLearning:** Health Education England (HEE) has worked with a range of stakeholders to develop five new eLearning modules. The modules are intended to help staff recognise the signs of perinatal mental health issues and provide better understanding. The modules have been designed specifically for those healthcare professionals who have contact with a mother or baby from the period prior to conception until the child is one year old. The modules can be accessed [here](#).

### **Life Chances Fund**

As mentioned in recent updates, The Government has recently announced the creation of the 'Life Chances Fund', to support local innovation in outcome-based commissioning approaches to address a number of thematic issues. The themes included in the funding are drug and alcohol dependency, children's services, early years, young people, older people's services and healthy lives.

Funding applications are open for proposals focused on children's services and tackling drug and alcohol dependency. For further information click [here](#).

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

#### **Reports:**

The Westminster Commission on Autism has published: [A Spectrum of Obstacles: An](#)

[Inquiry into Access to Healthcare for Autistic People](#). The report follows a seven month inquiry and a consultation of over 900 people. The report calls for improved access to healthcare for all autistic people.

The National Institute for Health Research (NIHR) has recently published the results of recent research into obsessive compulsive disorder (OCD). [Managing Obsessive Compulsive Disorder in Adults](#) reviewed medications and psychotherapies. The research found that medications (selective serotonin reuptake inhibitors and clomipramine) are equally effective with one type not being better than another. Regarding psychotherapies, some were more effective than medication, but most of the patients were also taking stable doses of antidepressant medications before entering the reviewed studies. In summary the research concluded that using psychotherapies and medication together seems to be the best option for patients with OCD.

The Healthcare Quality Improvement Partnership (HQIP) and the Royal College of Psychiatrists have published the [Early Intervention in Psychosis Audit](#). This audit aims to establish a baseline position regarding the ability of services to provide timely access to all the interventions recommended by NICE in line with local demand. The audit shows that only 41% of first episode patients were offered Cognitive Behavioural Therapy (CBT) for psychosis and only 31% of families were offered Family Interventions.

The Centre for Mental Health has published [Traumatic Brain Injury and Offending: An Economic Analysis](#). The report provides an analysis of the costs of traumatic brain injury (TBI), with particular reference to the links between TBI and crime. It finds a head injury doubles the risk of later mental health problems, even in people who had no prior history of mental ill health.

The Local Government Association has recently released a new report: [Best Start in Life](#). The report states that one in five mothers during pregnancy or in their first year after birth experience depression and anxiety or, in extreme cases, post-birth psychosis. The report argues that interventions need to be made at this critical stage to reduce the chances of mental illness developing in children.

The Local Government Association has also published [Transforming Care: Must Know - Children's and Adults' Services](#). The report is aimed at staff that have responsibility for learning disability and mental health services. The report provides information on safeguarding and promoting the wellbeing for people of all ages who have autism, learning difficulties of mental ill health.

#### **Resources:**

The Social Care Institute for Excellence has released a new video resource: [Using the Mental Capacity Act](#), which explains the five key principles of the Act, how they work in practice and how it protects the right to make choices for people who need the Act.

The Mental Health Foundation has published [The Amaan Project Resource: Information about Mental Health and Ways to Look After your Wellbeing](#). The resource is particularly aimed at asylum seeking and refugee women to assist them in better understanding what mental health is and provide a toolkit to help them establish ways to help themselves and others.

### **Guidelines:**

The Scottish Intercollegiate Guidelines Network (SIGN) has published Sign Guideline 145 [Assessment, Diagnosis and Interventions for Autism Spectrum Disorders](#) (ASD).

The guideline provides recommendations based on the assessment, diagnosis and interventions for children, young people, adults and older adults with ASD. It also covers clinical interventions and service provision and makes recommendations for further research.

### **Mental Health Statistics**

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

- [Improving Access to Psychological Therapies Report](#): April 2016 Final, May 2016 Primary and Quarter 4 2015/16.
- [Learning Disability Services Monthly Statistics](#): Commissioner Census, June 2016.
- [Mental Health Services Monthly Statistics](#): April 2016 Final, May 2016 Provisional.

### **Dates for your Diary**

- Wednesday 2 November, 10:00-13:00, **Yorkshire and the Humber IAPT Providers Network**, venue to be confirmed.
- Thursday 17 November, 13:00-16:00, **Yorkshire and the Humber EIP Network**, venue to be confirmed.

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

- **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](mailto:wdu@york.gov.uk) or visit the website [here](#).**

- Thursday 1 September, 08:30-16:30, **Perinatal Mental Health for Healthcare Professionals**, South Bank University, London. To book your place click [here](#).
- Wednesday 7 September, 09:30-16:00, **Innovations in Early Intervention in Psychosis**, Holiday Inn, Manchester. To book your place click [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, **7<sup>th</sup> Annual Culture and**

**International Mental Health Conference**, The Chancellors Hotel, Manchester, UK. To book your place click [here](#).

- Tuesday 22 November 2016, **Progressing Mental Health Liaison Services**, Hilton Leeds City, Leeds. 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](mailto: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:

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## Links and Partner Organisations

- **Interested in Dementia?** Why not check out the Yorkshire and the Humber Dementia Network E-Bulletin? Click [here](#) to read more.
- 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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