![NHS Yorkshire and the Humber Clinical Networks logo]

Yorkshire and the Humber Mental Health Network News
Issue 8
August 2016

Welcome!
Welcome to Issue 8 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 NHS England have made a pledge regarding funding in mental health to which we would draw your attention.

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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NHS England Mental Health Funding Pledge
Reflecting on the funding promises in the Five Year Forward View for Mental Health Claire Murdoch, National Mental Health Director, has recently announced that NHS England will take supportive action in areas where funding pledged for mental health services is not reaching the front line.

Implementing the Five Year Forward View for Mental Health set out how £3.97 billion of

additional funding for mental health services by 2020-21 would be spent. NHS England is keen to ensure that Commissioners and Providers invest in mental health services and will intervene if areas fail to invest new funding properly or fail to achieve key performance targets.

NHS England has also announced new data on finances and performance in mental health will be published next month, to allow people to track where the money is being spent. The dashboard, though not been finalised, is expected to indicate how much Clinical Commissioning Groups spend on mental health and will include performance metrics for providers.

Funding for Health Based Places of Safety

The government has announced the results of a first wave of bids for projects to improve the provision of mental health places of safety. A total sum of £6.1million will be shared between 41 projects nationwide to ensure there is provision of places of safety for people experiencing mental health crises, who have committed no crime, to stop them from being placed in a police cell. Projects in Barnsley, Sheffield and West Yorkshire have all been successful in the first wave bids.

A second round of bids is now open and details of how to apply are available here. Bids must be received by 23 September 2016.

Perinatal Community Services Development Fund

NHS England has announced the launch of a new programme to help new and expectant mothers who experience serious mental health issues. The programme makes available a £5 million Perinatal Community Services Development Fund that STPs, Commissioners and Providers can bid for. It is expected that the fund will help up to 30,000 women by widening the availability of high quality care for women with perinatal mental health conditions.

Applications are now open for the fund and should be submitted by 16 September 2016, with successful applicants being informed by October 2016.

For further information click here.

Transforming Care for People Learning Disabilities or Autism

NHS England has announced the publication of local plans from all 48 local Transforming Care Partnerships (TCP), which are intended to transform care for people with a learning disability and/or autism. The summary plans identify how each TCP area will enable people with a learning disability and/or autism to lead more independent lives and have a greater say about the support they receive.

Personal Health Budgets Consultation and Report
Consultation:
NHS England has recently opened an informal consultation to seek views on the proposed *Changes to Direct Payments in Healthcare Regulations 2013*.

The current direct payment for healthcare regulations were first outlined in 2013 following the decision to roll out personal health budgets after a successful pilot programme. The introduction of the regulations enabled the NHS in England to provide direct payments to individuals for the first time. It is being suggested that some very minor amendments to the regulations are made to ensure they are clear and support the successful wider roll-out of personal health budgets. The proposed changes are:

- Minor amendment to the wording of regulation 8 (5A) concerning paying those who provide care *and are living in the same household* as the direct payment recipient or beneficiary.
- Adding into the regulations the option of a direct payment being held by an organisation or a person to manage on an individual's behalf.

To receive the information regarding these proposed changes in full, or to comment on the changes, please email: england.personalhealthbudgets@nhs.net
The closing date for comments is Friday 16 September 2016.

Report:
Across Yorkshire and the Humber a programme to support Clinical Commissioning Groups (CCGs) to develop their offer of personal health budgets (PHB) for adults with learning disabilities and/or complex mental health conditions has been run and a summary report has now been published. The report acknowledges that introducing PHBs in mental health is very challenging and CCGs would benefit from more hands on support and access to NHS England teams. To read the report in full click here.

Vacancy for Volunteer Third Sector Advocate
Mark Burns-Williamson the Police and Crime Commissioner (PCC) for West Yorkshire is looking for a third sector advocate for his Criminal Justice and Mental Health Forum. This is an exciting opportunity to help shape the direction of the PCC's strategy to promote safer communities, and to gain experience of working at a strategic level across West Yorkshire.

The Advocates will be expected to:
- Attend and contribute to the meetings of the Criminal Justice and Mental Health Forum
- Contribute to the work of the Forum, acting as an advocate for the third sector's role in identifying need, providing services, driving innovation and engaging service users
- Maintain good communications with the PCC's Third Sector Advisory Group and provide reports when requested

For an informal conversation about this role contact David Smith, Third Sector Adviser.

NICE Consultations and Shared Learning
The following NICE Consultations have been opened for comment:

- **Mental Health Problems with Learning Disability**. Quality standard consultation. Closing date: 2 September 2016.

Additionally, NICE has recently released updated guidelines for: **Autism Spectrum**

[Disorder in Adults: Diagnosis and Management](#) (CG142), where two research recommendations have been removed.

Public Health England Updated Data Tools

Public Health England (PHE) has recently published an update of its analysis tools for mental health. In addition new links have been added to the PHE data and analysis tools A to Z on mental health, crisis care and dementia. Further information can be found [here](#).

Mental Health Intelligence Network Update

The National Mental Health Intelligence Network (NMHIN) has recently launched the [Mental Health Crisis Care Profile](#).

The crisis care profile gives commissioners, local decision makers, health professionals and advocacy groups access to local data and intelligence across the scope of mental health crisis care, as defined by the [Crisis Care Concordat](#). The profile will provide data in five domains: understanding need, access to support before crisis, urgent and emergency access to crisis care, quality of treatment, and recovery/preventing future crisis. It will feature new data on NHS 111 and ambulance services.

The profile will allow users to:
- transparently benchmark and compare their areas against other in England, or those with similar demographics
- support the planning and implementation of local Crisis Care Concordat action plans, a key part of the [national Crisis Care Concordat Programme](#)
- ultimately inform their commissioning and planning to ensure there are effective mental health crisis care services in England

If you would like to receive further information or training in the use of this tool please contact [mhdnin@phe.gov.uk](#).

The Mental Health Intelligence Network (MHIN) have also been conducting further developments on their suite of mental health profiling tools and have changed the definition of the suicide age standardised rate indicators (persons, male, female):

The **[Severe Mental Health (SMI) Profiling Tool](#)** has been updated on the following domains: Three indicators in the Services domain at CCG level will be updated for Q4 2015/16, using data from the new Mental Health Services Monthly Statistics provided by the HSCIC and two quarterly prescribing indicators at CCG level will be updated for Q3 and Q4 2015/16, one each in the Finance and Service domains.

The **[Common Mental Health Disorders (CMHD) Profiling Tool](#)** has received updates to the following: two quarterly prescribing indicators at CCG level in the Finance domain have been updated for Q3 and Q4 2015/16, three annual prescribing indicators at CCG level in the Services domain have been updated for 2015/16 and indicators that correspond to updated PHOF indicators have been updated.

Suicide Mortality: The definition of the suicide age standardised rate indicators (persons, male, female) will be changed to correspond to the National Statistics definition, as such the values will differ slightly. Historic data will be changed, which will affect the [Suicide

Prevention, Common Mental Health Disorders and Severe Mental Illness profiles.

Mental Health Reports, Resources and Research

Reports:
Learning Disabilities Core Skills Education and Training Framework is a recent publication from Health Education England. The framework sets out the core skills and knowledge that are common and transferable across different types of service provision; provides guidance for the delivery of training and is designed to help improve the care health and social care staff deliver to people with learning disabilities.

The Mental Health Foundation has published a new report: **Mental Health and Prevention: Taking Local Action for Better Mental Health**. The report explores mental health across the life course and outlines ideas to bring about a prevention revolution in mental health delivered in every local area.

The Mental Health Foundation has also published **Poverty and Mental Health: A Review to Inform the Joseph Rowntree Foundation's Anti-Poverty Strategy**. The report focusses on the relationship between poverty and mental health and offers recommendations to improve the situation across the life course.

Leeds Beckett University has released: **Measuring Well-Being Outcomes in Older People Receiving Help from The Age UK 'Together for Health' Initiative: A Social Return on Investment Analysis**. The report highlights that social isolation and loneliness have major negative effects on health and wellbeing and are risk factors for depression and the negative effects of depression in older adults. The report concludes that the 'Together for Health' programme reduced social isolation and loneliness.

The National Children's Bureau has published **Gender and Children and Young People's Emotional and Mental Health: Manifestations and Responses**. This review provides evidence of gender differences in children and young people's emotional and mental health and provides a general picture of emotional and mental health from a user and service perspective.

Resources:
The Royal College of GPs (RCGP) has launched a toolkit resource for Perinatal Mental Health conditions, which has been a clinical priority for the RCGP since 2014. The free-access perinatal mental health toolkit is aimed at family doctors and other healthcare professionals, as a go-to collation of resources that could support the delivery of care that patients with perinatal mental health conditions need.

The tool is based on and designed to be used alongside NICE guidelines, and has been approved by NICE. To access the tool please click here.

Research:
The National Institute for Health Research (NIHR) has published the results of:
Behavioural Activation versus Cognitive Behaviour Therapy for Depression concluding that behavioural activation, a simple and inexpensive therapy, is equally as

effective at treating depression as the "gold standard" of Cognitive Behavioural Therapy (CBT).

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 (Assuring Transformation)**: July 2016
- **Guardianship under the Mental Health Act, 1983**: 2015/16
- **Mental Health Community Teams Activity**: Quarter Ending June 2016
- **Improving Access to Psychological Therapies Report**: May 2016 Final, June 2016 Primary and most recent quarterly data (Quarter 4 2015-16)
- **Mental Health Services Monthly Statistics**: Final May, Provisional June 2016

Dates for your Diary

- Wednesday 2 November, 10:00-13:00, **Yorkshire and the Humber IAPT Providers Network**, Double Tree by Hilton, Leeds City Centre.

- Thursday 17 November, 13:00-16:00, **Yorkshire and the Humber EIP Network**, St George's Centre, Leeds.

  If you would like to attend, or require further information, please email 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 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 10 September, **World Suicide Prevention Day**. Organised by the International Association for Suicide Prevention (IASP) and co-sponsored by WHO. This year's theme is 'Connect, Communicate, Care' and the purpose of the day is to raise awareness that suicide can be prevented. For more information 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.**

- Friday 16 September, 14:00 – 15:30, **Establishing a Single Point of Access for**

Children and Young People, Webinar. To express an interest in joining the Webinar click here.

- Wednesday 10 October, **World Mental Health Day**. The purpose of the day is to raise awareness of what can be done to ensure that people with mental health problems can live with dignity.

- 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 15 November, 10:00-16:00, **Voluntary and Community Sector Personal Health Budget Support Network**, Leeds (final venue to be confirmed). 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@nhis.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 with the words "Links and Partner Organisations" in the subject line.

Who produces this bulletin?
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