



Yorkshire and the Humber Mental Health Network News

Issue 14

February 2017

Welcome!

Welcome to Issue 14 of the Yorkshire and the Humber Mental Health Network News.

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 like to draw your attention to updates in the national Improving Access to Psychological Therapies (IAPT) programme in terms of [new payment approaches](#) and the [Early Implementer Pilot](#).

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:

- [IAPT: Outcomes-based Payment Approach](#)
- [IAPT Long Term Conditions and Medically Unexplained Symptoms Early Implementer Programme Pilot](#)
- [GP Mental Health Support](#)
- [Mental Health Apps](#)
- [Mates in Mind Campaign](#)
- [Positive Practice Mental Health Collaborative Awards 2017](#)
- [National Mental Health Dashboard Updated for Quarter 2](#)
- [National Mental Health Intelligence Network Profiling Tools](#)
- [NICE Consultations and Shared Learning](#)
- [Mental Health Reports, Resources and Research](#)
- [Mental Health Statistics](#)
- [Dates for your Diary](#)
- [Contacts](#)
- [Links and Partner Organisations](#)

IAPT: Outcomes-based Payment Approach

NHS Improvement and NHS England have published [Developing an Outcomes-Based Payment Approach for IAPT Services](#). This guidance document intends to support both providers and commissioners to develop and implement an outcomes-based payment approach for Improving Access to Psychological Therapies services (IAPT).

NHS Improvement has changed the local pricing rules to require commissioners and providers of IAPT services to adopt an outcomes-based payment approach from April 2018.

IAPT Long Term Conditions and Medically Unexplained Symptoms Early Implementer Programme Pilot

NHS England is committed to increasing access to integrated evidence-based psychological therapies for people with anxiety/depression in the context of Long Term Conditions (LTCs) and/or Medically Unexplained Symptoms (MUS). Therefore, the IAPT programme has commissioned a pilot data collection and analysis of the impact of Integrated IAPT services.

The pilot data collection and analysis is linked to the existing IAPT data set standard through the collection of LTC and/or MUS data from participating IAPT providers and services. The data collected will be used to assess the impact of the Integrated IAPT Early Implementers Programme on health outcomes and use of primary and secondary healthcare services.

More details can be found at the [NHS England Integrated IAPT Early Implementers Webpage](#).

GP Mental Health Support

NHS England has recently launched an [NHS GP Health Service](#) that will provide confidential mental health support for GPs and GP trainees suffering from mental ill-health and addiction. The service is free and confidential and will take self-referrals. For GPs and trainee GPs accessing the service treatment will be provided through a regional network of experienced clinicians and therapists across 13 areas in England, who will deliver support for a range of conditions.

Mental Health Apps

Apps can provide a convenient way to look after your mental health and to tackle mental health problems like anxiety, stress and depression. The NHS Choices website offers information on a number of mental health apps that have been reviewed, evaluated and recommended by the National IAPT Workforce and Wellbeing Manager.

The apps can be accessed on the NHS Choices website [here](#).

Mates in Mind Campaign

In late January the Health in Construction Leadership Group, with the support of the British Safety Council, launched the ground-breaking [Mates in Mind](#) programme.

Mates in Mind is a charitable programme which aims to improve and promote positive mental health in the construction sector. The programme promotes awareness and understanding of mental health tailored to the needs of construction and the website provides information about Mates in Mind and signposts people in the right direction if they require help with their own, or a mate's, Mental Health.

The programme is also supported by Mental Health First Aid (MHFA) England who are

partnering with Mates in Mind to give thousands of construction workers MHFA skills to support colleagues and themselves.

Positive Practice Mental Health Collaborative Awards 2017

The [Positive Practice Mental Health Collaborative](#) has launched nominations for their Positive Practice in Mental Health Awards 2017.

The Positive Practice Mental Health Collaborative is a user led multi agency collaborative of seventy-five organisations including: NHS Trusts, CCGs, Police Forces, third sector providers, front line charities and service user groups. The purpose of the collaborative is to identify and disseminate positive practice in mental health services and raise the profile of mental health.

To make nominations for the 2017 Awards click [here](#) to access an application form.

National Mental Health Dashboard Updated for Quarter 2

NHS England's National Mental Health Dashboard has been updated with data for the second quarter (July to September 2016).

The [dashboard](#) shows trends for all CCGs including two new measures for IAPT in relation to older people and black and minority ethnic (BME) groups. Data is now presented by STP area as well as by CCG to help monitor delivery progress of the Five Year Forward view for Mental Health.

NHS England would encourage colleagues to ensure the data in the dashboard reflects perceptions of how mental health services are performing in their local area.

National Mental Health Intelligence Network Profiling Tools

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

The [Severe Mental Health \(SMI\) Profiling Tool](#) has now been updated to include:

- Cost of GP prescribing for psychoses and related disorders: Net Ingredient Cost (£) per 1,000 population, GP prescribing of drugs for psychoses and related disorders: items per 1,000 population and Supported asylum seekers: rate per 10,000 population.

The [Common Mental Health Disorders \(CMHD\) Profiling Tool](#) has also been further updated to include:

- Eleven monthly IAPT indicators for July - Sept 2016 such as access, recovery and reliable improvement rates, non-attendance rates and waiting times and supported asylum seekers per 10,000 population.

The [Crisis Care](#) tool has been updated to include:

- Children under 16 in poverty, Supported asylum seekers: rate per 10,000 population, Emotional well-being of looked after children: average score, Five monthly IAPT metrics, Concurrent contact with mental health services and substance misuse services for alcohol misuse: % people accessing substance

misuse services, Three metrics on substance misuse treatment have been updated with 2015/16 data and Excess under 75 mortality rate in adults with serious mental illness.

Lastly, the [Suicide Prevention Profiling Tool](#) has been updated to include:

- Suicide crude rate by age indicators for 2011-2015, Self-reported wellbeing indicators have been updated for 2015/16 and Access to IAPT and IAPT recovery indicators.

NICE Consultations and Shared Learning

NICE is consulting on [new indicators for inclusion in the NICE indicator menu](#).

The consultation includes two sets of proposed indicators: one relevant to CCGs and one relevant to GPs. Topics include antenatal and postnatal mental health and mental health of children and young people. The consultation closes on 8 March 2017.

NICE has also added the following item to its local practice collection:

- [Improving the Physical Health of People with Serious Mental Illness: A Quality Improvement Approach](#)

Mental Health Reports, Resources and Research Reports

The Centre for Mental Health and Howard League for Penal Reform have published [Preventing Suicides: Staff Perspectives](#). This report is based on interviews with health care staff working in prisons and those reviewing clinical care following suicide deaths. The report concludes that distress, self-harm and suicide attempts are increasing and are too often viewed as manipulative, rather than expressions of need and vulnerability.

Public Health England has published [Working Together to Address Obesity in Adult Mental Health Secure Units](#). This systematic review considers prevalence and impact of obesity in secure settings and identifies the implications for both providers and commissioners.

Natural England has published [Good Practice in Social Prescribing for Mental Health: The Role of Nature-Based Interventions](#). This paper highlights a number of examples of Social Prescribing, which have been shown to produce positive outcomes, such as emotional, cognitive and social benefits. It also discusses opportunities and barriers to implementing social prescribing and explores the options for improving the commissioning of, and referral to, these services as well as scaling-up the provision of nature-based interventions.

The Centre for Mental Health has also published [Fatherhood: The Impact of Fathers on Children's Mental Health](#). This report explores the direct and indirect impact of fathers, from positive supervision and language development, to emotionally buffering mother and child against environmental stresses. It specifically highlights the distinct role fathers can play in nurturing good mental health in their children.

The NHS Benchmarking Network has published [Perinatal Mental Health Report: NHS Benchmarking Network Survey 2016: National Findings](#). The aim of the project was to inform the Perinatal Expert Reference Group of the current provision of perinatal mental health services in England, covering both inpatient Mother and Baby Units and Community Mother and Baby Teams. A toolkit is available to all participating trusts.

The London Mental Health Clinical Network and Healthy London Partnership have published [Perinatal Mental Health Services for London: Guide for Commissioners](#). This document provides support to commissioners in London to provide high quality, equitable, timely and effective perinatal mental health services. It also provides a useful baseline for other commissioners across the country.

The Royal College of Obstetricians and Gynaecologists in association with The Maternal Mental Health Alliance have published [Maternal Mental Health: Women's Voices](#). The report is based on a survey 2300 women and highlights that 81% of women who responded had experienced at least one episode of mental ill health during or after their pregnancy.

Resources

The Royal College of GPs (RCGP) has responded to new NICE guidelines on supporting new mothers with mental health problems and has made perinatal mental health a clinical priority for the college. RCGP has developed [resources](#) to support GPs and their teams to deliver the best possible mental health care for our patients during and after pregnancy.

The Yorkshire and Humber Academic Health Science Network has launched an eLearning package [Improving the Physical Health of People with Severe Mental Illness \(SMI\)](#). The e-learning is designed to help healthcare professionals in primary care carry out physical health checks on patients with a serious mental illness.

Skills for Health have published [Mental Health Core Skills Education and Training Framework](#). The framework highlights the core skills and knowledge the health and social care workforce need to provide high quality services for people with mental health issues.

Mental Health First Aid England has created a toolkit of free downloadable materials to support mental health in the workplace, school or community. [The Take 10 Together Toolkit](#) includes posters, infographics, videos and social media shareables all designed to promote mental health awareness.

Mental Health Statistics

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

- [Out of Area Placements in Mental Health Services](#): December 2016
- [Mental Health Services Monthly Statistics](#): Final November and provisional December 2016
- [Improving Access to Psychological Therapies Report](#): November 2016 final and December 2016 primary

Dates for your Diary

Yorkshire and the Humber Mental Health Network Events:

- Thursday 2 March 2017, 10.00-12.30, **EIP Data Workshop**, Oxford Place Centre, Leeds. To book your place click [here](#).
- Thursday 2 March 2017, 13:30-16:30, **Yorkshire and the Humber EIP Network**, Oxford Place Centre, Leeds. To book your place click [here](#).
- Tuesday 9 March 2017, 09:30-12:30 or 13:30-16:30, **IAPT Demand and Capacity Workshops**, Hilton Leeds City, Leeds. To book your place click [here](#).
- Tuesday 25 April 2017, 09:30-17:00, **North Region Liaison Mental Health Event**, Leeds (venue to be confirmed). To find out more email [Zohara Ali](mailto:Zohara.Ali).
- Tuesday 9 May 2017, **Yorkshire and the Humber Senior PWP Network**, Oxford Place Centre, Leeds. To book your place email [Sarah Wood](mailto:Sarah.Wood).
- Wednesday 24 May 2017, 10:00-15:30, **Yorkshire and the Humber IAPT Providers Network**, Oxford Place Centre, Leeds. To book your place email [Sarah Wood](mailto:Sarah.Wood).

Other Events:

- Tuesday 28 February 2017, 13:00-19:00, **Supporting Safe & Independent Living in Barnsley**, Digital Media Centre, Barnsley. The aim of the event is to increase awareness and use of the wide ranging assistive living technologies (including telecare) and other services which can help people to remain safe and independent wherever they choose to call home. This includes information relevant to people with mental ill health, learning disabilities and dementia. For more information email [Jayne Birch-Jones](mailto:Jayne.Birch-Jones).
- Tuesday 28 February 2017, 09:00-12:00, **Westminster Health Forum Keynote Seminar: Priorities for Mental Health Services and Delivering the Five Year forward view for Mental Health**, Central London. To book your place click [here](#). NB: There is a cost to attend this event.
- Thursday 2 March 2017, 09:30-16:00, **Outcomes Based Accountability: An Introduction for Adults Services**, Kingswood Suite, Wakefield Town Hall, Wakefield. To request a booking form email [Ian Copley](mailto:Ian.Copley).
- Wednesday 15 and Thursday 16 March 2017, **New Savoy 10th Anniversary Conference Psychological Therapies**, Millennium Conference Centre, London. To book your place click [here](#). NB: There is a significant cost to attend this event.
- Thursday 16 March 2017, **Mental Health: Forward Thinking – The Implementation Plan**, The Bridgewater Hall, Manchester. To book your place click [here](#). NB: There is a cost to attend this event.

- Tuesday 21 March, 13:00-16:30, **Northern IAPT Practice Research Network**, Seminar Room B59, B Floor, Portobello Centre, University of Sheffield, Sheffield, S1 4ET. To book your place click [here](#).
- Friday 24 March 2017, **Improving the Physical Health of Adults with Severe Mental Illness**, De Vere West One Conference Centre, London. To book your place click [here](#). NB: There is a cost to attend this event.
- Friday 7 April 2017, The World Health Organisation has announced [World Health Day 2017 will focus on depression](#) - "Depression: let's talk".
- Tuesday 13 June 2017, 08:30-17:00, **PWP National Networking Forum**, King Power Stadium, Leicester. To book your place click [here](#). NB: There is a cost to attend this event.
- Wednesday 30 August – Sunday 3 September 2017, **20th ISPS International Congress in the United Kingdom**, Liverpool (venue to be confirmed). To book your place click [here](#).
- Wednesday 27 September 2017, 09:30-16:30, **Suicide Bereavement: Looking Forward Instilling Hope**, Manchester (venue to be confirmed). To book your place email admin@suicidebereavementuk.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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