

This report reviews the expectations outlined in the Five Year forward View for Mental Health and highlights the progress made in the first year of the programme. The report also includes examples of good local practice in services and is a recommended read for all.

Sustainability and Transformation Plan (STP) Mental Health Programme Update

The Yorkshire and the Humber Mental Health Network is working in close conjunction with STP Mental Health Programme Leads to develop services across the region that deliver excellent outcomes for patients who have mental ill health. In this, and future, e-bulletins we will feature updates from the Yorkshire and the Humber STP Mental Health Programme Leads. This month we would like to draw your attention to the great work being undertaken in the West Yorkshire and Harrogate STP Mental Health Programme:

A number of priorities have been identified for working together at West Yorkshire & Harrogate (WY&H) Level based on

- the need for critical mass,
- reducing variation and sharing best practice,
- working together to achieve greater benefits.

Mental Health is one of these priority areas. The overarching aim of which is the development of shared outcomes and a local service framework for WY&H to improve mental health services and reduce variation. A joint programme of work for mental health has been developed; this includes the following work streams;

- UEC/Crisis – ensuring there are effective 24/7 crisis services in place across the patch and where possible developing more consistency in the way these operate. Working with partners in the police, local authorities, third sector, Yorkshire Ambulance Service and acute trusts to develop new ways of working and services that ensure that people are seen in the most suitable environment and that people don't end up in A&E and police cells unnecessarily.
- Bed utilisation and management – working together to share best practice and to keep people local to home reducing and eventually eradicating the need for out of area placements.
- CAMHS – improving the pathway for CYP, providing as much care as possible in the community and ensuring people can access a bed close to home when needed.
- Low/Medium Forensic Services – working with NHSE specialised commissioners' to develop a new care model for the full pathway and focussed on total episode of care; with providers working collaboratively on shared pathways and clinical standards.
- Autism – exploring how we can work together to make improvements to the time people have to wait for the assessment and diagnosis of autism.

There have also been positive developments in the provider and commissioner infrastructure that support the delivery of the work at a WY&H level. The MH Trusts have formed a collaborative exploring how they can work together to improve specialist services in a sustainable way. Alongside this CCGs have formed a joint commissioning

committee which will make decisions about how STP wide services are commissioned; this is likely to include some mental health services.

For further information please contact [Emma Fraser](#), Programme Director – West Yorkshire Mental Health.

The WY-FI Project

The [WY-FI Project](#) aims to support people who are not engaging effectively with services and are experiencing entrenched needs with homelessness; addiction to drugs and/or alcohol, reoffending and mental ill-health. The project is overseen by a Core Partner Management Board, which is made up of Experts by Experience, representatives from the voluntary sector, delivery partners and statutory organisations including: local authorities, police, prison, probation, public health and mental health. The Core Partner Management Board and the WY-FI Project have a commitment to learning together and to challenging organisational and agencies culture and practice.

To find out more about what the WY-FI project has been involved in throughout March click [here](#).

National Institute for Health Research Signals

The National Institute for Health Research regularly publishes Signals, which are summaries of recently published research and intended to provide decision makers in health and social care organisations with evidence they can use. This month two Signals reports have been published on areas of interest in mental health:

- [Collaborative care can be moderately effective at treating depression regardless of physical health status](#)
- [Parent-focused therapy has some long-term benefits for children with autism](#)

The National Institute for Health Research has also published information highlighting recent research on [Options in the Care of People with Depression](#), which focusses on collaborative care and behavioural activation for depression.

CCG IAF Mental Health Transformation Indicator Submission - Q4

NHS England has confirmed that the submission date for Children's and Young People's Mental Health Commissioners and Adult Mental Health Commissioners for the Quarter 4 CCG IAF Mental Health Transformation Indicator is Thursday 20 April 2017; the submission will be via Unify – a date to note for commissioner diaries!

@NHS Roundup: Challenging Mental Health Stigma

The official NHS England Twitter account recently featured a focussed week on challenging mental health stigma. Esther Beadle provided a candid, honest week of updates via Twitter. Esther inspired lots of conversation, challenging common misconceptions about conditions like borderline personality disorder, and encouraged people to think differently about the way they view mental health. To review the Twitter feed [take a look here](#).

Research Study Exploring Perinatal Mental Health in Rural North Yorkshire

Newcastle and Durham Universities are currently running a research project for the Children's Commissioning Unit at North Yorkshire County Council. The research is using North Yorkshire as a case study to explore women and service providers' experiences of perinatal mental health in rural areas. The findings will be used to further understanding and to make recommendations for future service delivery.

If you are interested in sharing your views and experiences of working and delivering services to women in pregnancy and up to a year after birth, in relation to mental health and wellbeing in rural areas you are invited to a focus group on:
Tuesday 28th March 2017, 12.30pm to 2pm (lunch provided) at St Monica's Hospital in Easingwold.

If you would like to attend email Kat Jackson at: northyorksmmh@newcastle.ac.uk

National Mental Health Intelligence Network Profiling Tools

The following metrics have been updated throughout March – click on the links to view the relevant updates:

- [Children's and Young People's Mental Health and Wellbeing Profile](#)
- [Common Mental Health Disorders](#)
- [Crisis Care](#)
- [Mental Health JSNA](#)
- [Severe Mental Illness](#)

NICE Consultations and Shared Learning

NICE is consulting on a new quality statement: [Transition between inpatient mental health settings and community and care homes](#). The consultation closes for comment on 7 April 2017.

NICE has also updated the following quality standard:

- QS147: [Healthy workplaces: improving employee mental and physical health and wellbeing](#)

Additionally, NICE has recently released guideline **NG66**: [Mental health of adults in contact with the criminal justice system](#). For further information on the guideline access: [NICE News](#).

Mental Health Reports, Resources and Research Reports

The World Health Organisation has published [Depression and other Common Mental Disorders: Global Health Estimates](#). This report provides the latest estimates of the prevalence of depression and other common mental disorders at global and regional level, together with data concerning the consequences of these disorders in terms of lost health. It also coincides with the World Health Organisations focus on depression for

World Health Day on 7 April 2017.

The National Audit Office has published [Local Support for People with a Learning Disability](#). This report looks at how the NHS and local authorities are attempting to improve the lives of adults who use local authority learning disability support services. It also assesses the implementation of the Transforming Care programme.

The Commons Select Committee has published [Suicide Prevention](#). This report reflects on the government's suicide prevention strategy and indicates the government must take action to ensure effective implementation of the strategy.

The Education Policy Institute has published [The Performance of the NHS in England in Transforming Children's Mental Health Services](#). The report analyses data from NHS England's Mental Health Five Year Forward View Dashboard and examines progress made by the Government in improving children and young people's mental health services (CAMHS).

The Centre for Mental Health has published [Meeting Us Where We're At: Learning from INTEGRATE's work with Excluded Young People](#). This briefing evaluates three projects in London using the MAC-UK INTEGRATE approach, characterised by engaging young people through co-designing and co-delivering projects, and by securing referrals through peers.

Resources

The Local Government Association has published [Suicide Prevention: A Guide for Local Authorities](#). The report provides case studies from councils across the country of schemes designed to help reduce deaths from suicide.

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 \(Assuring Transformation\): January 2017, Experimental Statistics](#)
- [Out of Area Placements in Mental Health Services: January 2017](#)
- [Children and Young People's Health Services Monthly Statistics: November 2016](#)
- [Suicides by occupation, England: 2011 to 2015](#)
- [Improving Access to Psychological Therapies Report: December 2016 Final, January 2017 \(Quarter 2 2016-17\)](#)
- [Mental Health Services Monthly Statistics: Final December 2016, Provisional January 2017](#)

Dates for your Diary

Yorkshire and the Humber Mental Health Network Events:

- Tuesday 25 April 2017, 09:30-17:00, **North Region Liaison Mental Health Event**, Horizon, Leeds. To find out more email [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@nspa.org.uk).
- 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@nspa.org.uk).
- Thursday 22 June 2017, 10:00-16:00, **Older People in IAPT**, Hilton City, Leeds. To book your place click [here](#).
- Thursday 29 June 2017, 13:30-16:30, **Yorkshire and the Humber EIP Network**, Hilton City, Leeds. To book your place email [Sarah Wood](mailto:Sarah.Wood@nspa.org.uk).

Other Events:

- Tuesday 28 March, 12:00–13:00, **Top Priorities for your Suicide Prevention Action Plan Webinar**. To book your place email events@nspa.org.uk
- Monday 3rd April 2017, 09:00-16:30, **Identifying and Managing Depression in Primary Care – 3 Day Educational Programme**, The Durham Centre, Belmont, Durham. To book your place click [here](#).
- Friday 7 April 2017, The World Health Organisation has announced [World Health Day 2017 will focus on depression](#) - “**Depression: let’s talk**”.
- Monday 8 May 2017, 10:00-16:00, **Data Sharing Masterclass for Blue Light Services**, Radisson Blu Hotel Leeds. For further booking details email [Primal Kaur](mailto:Primal.Kaur@nspa.org.uk).
- Thursday 25 May 2017, 12:30-16:45 (lunch provided), **Management of Treatment Resistant Schizophrenia**, The Met Hotel, Leeds. To book your place click [here](#). NB: There is a cost to attend this event.
- 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.

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