



## Yorkshire and the Humber Mental Health Network News

Issue 19

July 2017

### Welcome!

Welcome to Issue 19 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 our [Mental Health Reports, Resources and Research section](#), which contains a significant number of interesting articles that have been published throughout July.

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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### Clinical Priority Area (CPA) Assessments for Mental Health and Dementia

The results of the latest CPA assessments have been published on MyNHS. The aim of the publication is to highlight the quality of care in for mental health and dementia across

England. To view the latest results for your area click [here](#).

## **Key Learning Points from the Greater Manchester IAPT BAME Workshops**

Throughout early 2017 Greater Manchester and Eastern Cheshire Clinical Network has worked with people from Black, Asian and Minority Ethnic (BAME) communities to increase access and recovery rates to Improving Access to Psychological Therapies (IAPT) services. This work has resulted in the production of a [report](#) containing key learning points for BAME communities in accessing IAPT and in the production of a series of [videos](#), in different languages, to make services more accessible.

## **Funding for New Mental Health Unit Announced**

Humber NHS Foundation Trust has been awarded a multi-million pound contract to develop a new mental health inpatient unit for children and young people. The Trust will establish an 11-bed unit for 13 to 18-year-olds from Hull, the East Riding and North and North East Lincolnshire after signing a 10-year deal with NHS England. The facility will be located in central Hull and will treat a range of illnesses including depression, psychoses, eating disorders, anxiety and emerging personality disorder. More information can be found [here](#).

## **Quality Improvement in Mental Health**

The King's Fund has recently published [Quality Improvement in Mental Health](#). This report investigates the potential opportunities arising from the application of quality improvement approaches in the mental health sector. The report also identifies relevant learning from organisations that have adopted quality improvement approaches and explores what changes are needed from senior leaders to cultivate a quality improvement ethos within their organisation.

## **Personalised Health and Care Framework**

The [Personalised Health and Care Framework](#) is the go-to guide for CCGs and local authorities on how to use Integrated Personal Commissioning and personal health budgets, as a way of providing people with a more personalised approach to their health and social care.

NHS England aims to ensure that 300,000 people benefit from personalised health and care through Integrated Personal Commissioning by 2018/19. This will include 40,000 people with a personal health budget, putting us on track to meet the current Mandate objective that 50,000-100,000 people should have one by 2021. The [Personalised Health and Care Framework](#) is designed to help the NHS, local authorities and their partners make these changes happen.

The new resources include:

- [A national expansion plan](#): showing how existing policy ambitions as set out in the NHS Mandate and Next steps for the Five Year Forward View will be achieved.
- [Practical advice](#): the IPC operating model, summary guides for each of the IPC key shifts, a Finance and Commissioning Handbook and examples of 'good' practice.

- [Information for people, carers and families](#): a plain English guide to IPC, and six films explaining what the changes mean.

### **National Institute for Health Research (NIHR) Signals**

The latest series of summaries of recently published research by the NIHR contain information on: [Three Psychological Therapies are Effective for Adolescent Depression](#). The summary intends to provide decision makers in health and social care organisations with evidence they can use to improve patient care.

The NIHR has also published a highlight report on [Obsessive Compulsive Disorder](#) (OCD). This highlight report presents the latest evidence and provides details of the different routes for access to treatment and help.

### **National Mental Health Intelligence Network Profiling Tools**

The National Mental Health Intelligence Network (NMHIN) has been conducting further developments on their suite of mental health profiling tools. Click on the links below to access the updates:

- [Common Mental Health Disorders](#)
- [Severe Mental Illness](#)

Additionally, two new tools have also been developed:

- [Perinatal Mental Health profile – 4<sup>th</sup> July](#)

This profile was developed by the National Mental Health Intelligence Network. The project is supported by NHS England and draws upon previous work undertaken in collaboration with the National Child and Maternal Health Intelligence Network.

This profile is designed to support planners, providers and stakeholders to plan services, undertake needs assessments and benchmark against similar populations. It brings together available metrics around mental health in pregnancy, the postnatal period and babies aged <1 year. It includes metrics at local authority, CCG and Acute Trust level, organised across four domains: Demographics, Risk & related factors, Prevalence, Identification & access.

- [Children's and Young People's Mental Health and Wellbeing – 4th July](#)

The Children and Young People's Mental Health and Wellbeing profile has been developed to support an intelligence driven approach to understanding and meeting need. It has a different structure and changed content from the previous profile and follows a pathway approach with a wide range of publically available data on: prevalence, protective factors, primary prevention (adversity and vulnerability) and spend on children's education and social care services. Within these domains, indicators are grouped by geography (predominantly county and local authority but also Clinical Commissioning Group) and then ordered by topic (e.g. adversity associated with poverty, abuse and neglect, family difficulties and parental difficulties).

### **NICE Consultations and Shared Learning**

NICE is consulting on [Depression in Adults: Recognition and Management](#). The

consultation closes for comment on 12 September 2017.

NICE has also updated the following quality standard:

- QS154: [Violent and Aggressive Behaviours in People with Mental Health Problems](#)

Additionally, the recently published NICE Bites bulletin from the North West Medicines Information Service covers [Eating Disorders: Recognition and Treatment](#). The guideline covers recognition and treatment of eating disorders including anorexia nervosa, binge eating and bulimia nervosa for children, young people and adults with the aim of providing healthcare professionals with a summary of key prescribing points taken from NICE guidance NG69.

### **Mental Health Reports, Resources and Research**

The Academic Health Science Networks (AHSN) has produced [Disruptive and Collaborative Innovations in Mental Health: Bold Ideas, Dramatic Results, Lasting Change](#). This report sets out the potential for innovation to drive improvements in mental health and demonstrates the important role AHSNs play in the health system.

The Centre for Mental Health has published [Against the Odds: Evaluation of the Mind Birmingham Up My Street Programme](#). This evaluation document considers three Birmingham-based community projects that were commissioned to improve the resilience of young African Caribbean men in the city. It provides an in-depth look at the challenges facing young African Caribbean men and how their resilience can be enhanced in the face of these issues.

The Care Quality Commission (CQC) has published [The State of Care in Mental Health Services 2014 to 2017](#). The report describes how CQC inspectors found that the majority of services are caring and compassionate towards their patients but has also identified several areas of concern including: difficulties around accessing services; physical environments not designed to keep people safe, care that is over-restrictive and institutional in nature, and poor recording and sharing of information that undermines good care.

The Local Government Association has published [Being Mindful of Mental Health: The Role of Local Government in Mental Health and Wellbeing](#). The report explores how councils influence the mental wellbeing of communities and how council services, from social care, to parks, to open spaces, to education, to housing all help to make up the fabric of mental health support for the people in our communities.

The National Audit Office has published [Mental Health in Prisons](#). The report considers the provision of mental healthcare in prison, efforts to maintain prisoner well-being, routes out of prison and continuity of care into the community.

The National Confidential Inquiry into Suicide and Homicide by People with Mental Illness (NCISH) has published [Suicide by Children and Young People 2017](#). The report examines

the findings from a range of investigations, such as coroner inquests, into the deaths by suicide of people aged under 25 between January 2014 and December 2015 in England and Wales; extracting information about the stresses they were facing when they died.

Public Health England has published [Better Care for People with Co-occurring Mental Health and Alcohol/Drug Use Conditions: A Guide for Commissioners and Service Providers](#). This guidance supports local areas to commission timely and effective responses for people with co-occurring mental health and alcohol or drug use conditions.

NHS Providers has published [The State of the NHS Provider Sector](#). This report has a particular focus on mental health providers and sets out how the provider sector is performing, the challenges trusts are facing, and the support they need as they face another five years of constrained funding and rapidly rising demand.

The Northern Practice Research Network (PRN) has published [The Role of the PRN in the Development and Implementation of Evidence: The Northern Improving Access to Psychological Therapies PRN Case Study](#). This paper showcases the PRN as an example of how collaborations between psychological services and academic researchers can yield practice-based evidence that has the potential to inform and to improve clinical care.

The Royal College of Midwives (RCM) has published [Every Mother Must Get the Help They Need](#). This report was inspired by the Change.org petition calling for better awareness and care for those affected by perinatal mental illness. The RCM and partners have analysed and collated all the comments to form this report, which highlights the need for better awareness and care for those affected by maternal mental health problems.

## **Mental Health Statistics**

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

- [Adult Mental Health Five Year Forward View: Mental Health Dashboard Measures by STP and CCG](#) – Quarter 4 2016-2017
- [Children and Young People Mental Health Indicators](#) – Quarter 4 2016-2017
- [Mental Health Services Monthly Statistics Final April](#) - Provisional May 2017
- [Out of Area Placements in Mental Health Services](#) - May 2017
- [Psychological Therapies: Reports on the use of IAPT Services, England](#) - April 2017, Final May 2017 Provisional and Quarter 4 2016-17, including reports on the integrated services pilot

## **Dates for your Diary**

### **Yorkshire and the Humber Mental Health Network Events:**

- Friday 15 September 2017, 10:00-15:30, **Yorkshire and the Humber Urgent & Emergency Community Mental Health Network Launch**, Hilton Leeds City, Leeds. To book your place click [here](#).
- Tuesday 26 September 2017, 10:00-15:30, **Yorkshire and the Humber Senior**

**PWP Network**, The Met Hotel, Leeds. To book your place email [Sarah Boul](mailto:Sarah.Boul).

- Wednesday 27 September 2017, 13:00-16:30, **Yorkshire and the Humber Liaison Mental Health Network**, Oxford Place Centre, Leeds. To book your place click [here](#).
- Wednesday 4 October 2017, 10:00-15:30, **Yorkshire and the Humber IAPT Providers Network**, Oxford Place Centre, Leeds. To book your place email [Sarah Boul](mailto:Sarah.Boul).
- Thursday 2 November 2017, 13:30-16:30, **Yorkshire and the Humber EIP Network**, Oxford Place Centre, Leeds. To book your place email [Sarah Boul](mailto:Sarah.Boul).

**Other Events:**

- **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 2017.

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

- Tuesday 1 August 2017, 14:00-15:00, **Trusted Assessor Webinar**. To book a place at the webinar [click here to register](#).
- Saturday 5 August 2017, 09:30-11:00, **The Science of Happy Children**, The Cellar Trust, Shipley. To book your place click [here](#). NB: There is a cost to attend this event.
- Wednesday 30 August 2017 – Sunday 3 September 2017, **20th ISPS International Congress in the United Kingdom**, Liverpool (venue to be confirmed). To book your place click [here](#). NB: There is a cost to attend this event.
- Tuesday 5 September 2017, 09:00-16:00, **North of England PWP Conference: Celebrating the Role of the Psychological Wellbeing Practitioner and Innovation in Step 2 Interventions**, University of Sheffield, Sheffield. To book your place click [here](#).
- Wednesday 6 September 2017, 11:00-12:00, **Trusted Assessor Webinar**. To book a place at the webinar [click here to register](#).
- Friday 15 September 2017, 10:00-15:00, **I'm a Service User Get Me Out Of Here: Adult Secure Mental Health Service Review**, HMP Askham Grange

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

- Wednesday 27 September 2017, 09:30-16:30, **Suicide Bereavement: Looking Forward Instilling Hope**, Printworks Cinema, Manchester. To book your place click [here](#). NB: There is a cost to attend this event.
- Friday 29 September 2017, 10:00-16:00, **Delivering Employment Support in IAPT Services**, Park Inn by Radisson, York. To book your place click [here](#). NB: There is a cost to attend this event.
- Thursday 23 and Friday 24 November 2017, 09:00-16:00, **Liaison Psychiatry Trainees, New Consultants, Nurses and Allied Health Professionals' Conference**, Wellcome Genome Campus, Hinxton, Cambridgeshire. To book your place email [Marc Mandell](mailto:Marc.Mandell). NB: There is a cost to attend this event.

## 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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Twitter: @YHSCN\_MHDN #yhmentalhealth

## 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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