



Yorkshire and the Humber Mental Health Network News

Issue 20

August 2017

Welcome!

Welcome to Issue 20 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 the recently released mental health workforce strategy: [Stepping Forward to 2020/21: Mental Health Workforce Plan for England](#).

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:

- [Stepping Forward to 2020/21: Mental Health Workforce Plan for England](#)
- [Prevention Concordat for Better Mental Health](#)
- [Let's Talk About Suicide Webinar and World Suicide Prevention Day](#)
- [Liaison Mental Health Bursary to attend the European Association of Psychosomatic Medicine Conference](#)
- [East Riding Mental Health Strategy Consultation](#)
- [Making Sense of Antidepressants](#)
- [End of Life Care for People who have a Learning Disability](#)
- [National Institute for Health Research \(NIHR\) Signals](#)
- [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](#)

Stepping Forward to 2020/21: Mental Health Workforce Plan for England

The long-awaited mental health workforce strategy [Stepping Forward to 2020/21: Mental Health Workforce Plan for England](#) has recently been published by Health Education England (HEE).

The strategy promises 21,000 new posts including more psychiatrists and mental health nurses. In particular the strategy focusses on creation of posts across the following:

- 2,000 additional nurse, consultant and therapist posts in child and adolescent mental health services;
- 2,900 additional therapists and other allied health professionals in adult talking therapies;
- 4,800 additional posts for nurses and therapists working in crisis care settings, with 4,600 of these being nursing positions; and
- Perinatal mental health support, liaison and diversion teams and early intervention teams working with people at risk of psychosis should also see significant increases.

The strategy also includes plans to:

- Improve the retention of staff beginning with “targeted support” for 20 trusts with the highest rates of clinical leavers;
- A major “return to practice” campaign to encourage psychiatrists and mental health nurses not substantively employed by the NHS to return to the service;
- Encouraging more junior doctors to experience psychiatry as part of their foundation training – either through a new two-week taster programme, or through increased availability of rotation placements in psychiatry; and
- Developing and expanding new professional roles in mental health to help create more flexible teams and boost capacity.

Delivery of the plan will require providers, commissioners, arm’s length bodies, local authorities and the third sector to work together.

Prevention Concordat for Better Mental Health

Public Health England (PHE) has led on establishing a Prevention Concordat for Better Mental Health Programme, as set out in the Five Year Forward View for Mental Health recommendation two. The aim is to galvanise cross-sector action to deliver an increase and escalation in the adoption of effective prevention planning arrangements in all local areas. This is part of a wider drive to secure an increase in the implementation of public mental health approaches across the whole system and the focus is on the prevention of mental health problems and the promotion of good mental health.

To support this area of work a suite of resources has been developed and can be viewed [here](#).

Let’s Talk About Suicide Webinar and World Suicide Prevention Day

Business in the Community and Public Health England are hosting a webinar on Friday 8 September, 13:00 to 13:45, with the aim of opening conversations around suicide and the opportunity to learn more about prevention techniques and postvention practices. More

information on the webinar can be found [here](#).

Additionally, Sunday 10 September is [World Suicide Prevention Day](#). This annual awareness raising event is organised by the International Association for Suicide Prevention (IASP) and the World Health Organisation (WHO). This year's theme is about connecting with others, taking a minute to change a life and letting people know that #ITSOKAYTOTALK.

Lastly, on Tuesday 12 September, 13:00-17:00, the Leeds Suicide Bereavement Service will be hosting a second year celebration focussing on postvention (support after a suicide loss). To register for a place at the event click [here](#).

Liaison Mental Health Bursary to attend the European Association of Psychosomatic Medicine Conference

The Faculty of Liaison Psychiatry is offering five bursaries, to support the attendance of five future leaders in liaison psychiatry, at the 2018 European Association of Psychosomatic Medicine conference to be held in summer 2018 in Verona, Italy.

This bursary is open to eligible psychiatrists, nurses and psychologists working in the UK. The bursaries will be awarded to those future leaders who can show an active commitment to the specialty.

For further information and details on how to apply please click [here](#). The closing date for applications is midnight on 10 September 2017.

East Riding Mental Health Strategy Consultation

NHS East Riding of Yorkshire Clinical Commissioning Group (CCG) and East Riding of Yorkshire Council are asking patients and carers to give their views on gaps and priorities for mental health service in the region to inform a joint a joint mental health strategy for the East Riding of Yorkshire. Patients and carers are asked to come forward and give their views on what the gaps and priorities are for mental health services in the region. These views will then be used to influence the development of the strategy. To find out how to get involved please click [here](#).

Making Sense of Antidepressants

Mind UK has published a patient information booklet [Making Sense of Antidepressants](#). This booklet explains what antidepressants are, how they work, possible side effects and information about withdrawal.

End of Life Care for People who have a Learning Disability

NHS England has published [Delivering high quality end of life care for people who have a learning disability](#). This document provides resources for commissioners, providers and social care staff providing or delivering care to people with a learning disability at the end of their lives.

National Institute for Health Research (NIHR) Signals

The latest series of summaries of recently published research by the NIHR contain information on: [Talking therapy given by parents shows promise for childhood anxiety disorders](#). The summary intends to provide decision makers in health and social care organisations with evidence they can use to improve patient care.

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:

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

A new publication has also been developed:

- [What Works Centre for Wellbeing](#)

The new publication presents a 'currently available' and 'ideal' indicator set to help assess wellbeing. Users can consider data such as; job quality, anxiety levels, social isolation, green space and how physically active people are, and use it to gain insight about their communities.

And a new toolkit has been released:

- [Mental Health and Wellbeing JSNA Toolkit](#).

The toolkit has been developed for those seeking to understand the breadth and complexity of mental health issues in their area, such as JSNA and mental health leads in local authorities and clinical commissioning groups. It helps people to consider factors that affect mental health and wellbeing and to identify some of the key data, information and knowledge that local areas may use to build a picture of need.

NICE Consultations and Shared Learning

NICE is currently consulting on:

- [Behaviour Change: General Approaches: Surveillance Consultation](#). The consultation closes for comment on 11 September 2017.
- [Depression in Adults: Recognition and Management](#). The consultation closes for comment on 12 September 2017.

NICE has also released the following shared learning, which is a development of a medication clinic focused on adherence to the NICE NG11 guideline:

- [Adhering to the NICE guidance for initiating and reviewing antipsychotic medications in people with a learning disability for the prevention and intervention of challenging behaviours](#)

Additionally NICE have updated Clinical Guidance CG192:

- [Antenatal and Postnatal Mental Health: Clinical Management and Service Guidance](#)

Mental Health Reports, Resources and Research

The Department of Health has published the [Government response to the Health Select Committee's Inquiry into suicide prevention](#). The report responds to the committee's recommendations for improving delivery of the cross-government suicide prevention strategy and sets out the government response to each of the recommendations.

The Education Policy Institute has published [Inpatient provision for children and young people with mental health problems](#). This report examines the state of child and adolescent mental health inpatient services in England and explores the latest evidence and NHS data on admissions, quality of care, staffing and capacity. The report concludes by highlighting five challenges in raising standards in young people's mental health provision.

The Institute for Public Policy Research has published [Flexibility for who? Millennials and mental health in the modern labour market](#). This report examines how young people experience work and wellbeing and explore whether there is any correlation between an increasingly flexible labour market and levels of mental health among the workforce.

The Mental Health Foundation has published [Through each other's eyes](#). This document evaluates a programme that sought to promote infants' social and emotional development using video interaction guidance (VIG) where parents observe and reflect on video recordings of their positive interactions with their child.

Mind has recently released new survey results to show that men are twice as likely to have [work-related mental health problems](#) compared to problems outside of work. One in three men attributes poor mental health to their job, compared to one in seven men who say it is problems outside of work. Women report that their job and problems outside of work are equal contributing factors.

Rethink Mental Health Illness has published [Progress through partnership: Involvement of people with lived experience of mental illness in CCG commissioning](#). This report summarises responses from a Freedom of Information request to identify the extent to which a co-production approach has so far been used, or intended to be used, by CCGs in mental health commissioning. The report includes examples of CCGs involving people in the design of services and makes recommendations to both NHS England and CCGs.

Mental Health Statistics

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

- [Learning Disabilities Health Check Scheme - England](#): Quarter 4, 2016-17

Provisional Quarterly

- [Learning Disability Services Monthly Statistics Commissioner Census \(assuring transformation\)](#): July 2017, Provisional Statistics
- [Mental Health Community Teams Activity](#): Quarter Ending June 2017
- [Mental Health Services Monthly Statistics – Final May, Provisional](#): June 2017
- [Out of Area Placements in Mental Health Services](#): June 2017
- [Psychological Therapies: Reports on the use of IAPT Services, England](#): May 2017 Final, June 2017 Provisional and Quarter 4 2016-17

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 click [here](#).

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 or visit the website [here](#).

- 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](#).

- Monday 11 September 2017, 10:00-16:00, **Early Intervention in Psychosis Service: A Model for Modern Mental Health Care**, Manchester Central Convention Complex, Windmill St, Manchester M2 3GX. To book your place click [here](#). NB: The event is free of charge but you must enter the following reference code: **EXPSP**.
- 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](#).
- 18 to 20 September 2017, **Refocus on Recovery**, Nottingham Conference Centre. To book a place click [here](#). NB: There is a cost to attend this event.
- 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.
- Monday 2 October 2017, 10:00-16:00, **Recovery Oriented Services in Mental Health**, De Vere West One Conference Centre, London. To book your place click [here](#). NB: There is a cost to attend this event.
- Thursday 5 October 2017, 10:00-15:00, **Health Education England Public Mental Health Workshop**, Location to be confirmed. To book your place email [Tara Bush](mailto:Tara.Bush).
- Tuesday 10 October 2017, **World Mental Health Day**. This year's theme, set by the World Federation for Mental Health, is mental health in the workplace.
- Monday 30 October 2017, 10:00-16:00, **Using Quality Improvement Approaches to Improve Care Pathways in Mental Health**, De Vere West One Conference Centre, London. To book your place click [here](#). NB: There is a cost to attend this event.
- Thursday 9 November 2017, 09:00-16:30, **Progressing your Mental Health STP from Plan to Action**. Birmingham City Football Club, Birmingham. To book your place click [here](#). NB: There is a cost to attend this event.
- Friday 10 November 2017, 09:00-16:30, **Improving Mental Health Care for Offenders**, Birmingham City Football Club, Birmingham. 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.
- Friday 24 November 2017, 10:00-16:00, **Improving Mental Health Crisis Care**, De Vere West One Conference Centre, London. To book your place click [here](#). NB: There is a cost to attend this event.
- Monday 27 November 2017, 10:00-16:00, **IAPT for Older People: Improving Access and Outcomes**, De Vere West One Conference Centre, London. To book your place click [here](#). NB: There is a cost to attend this event.
- Tuesday 12 December 2017, 10:00-16:00, **PWP Clinical Skills National Networking Forum**, Birmingham City Football Ground, Birmingham. To book your place click [here](#). NB: There is a cost to attend this event.
- Wednesday 13 December 2017, 10:00-13:00, **Personal Health Budgets Essentials**, Hilton Leeds City, Leeds. To book your place click [here](#).

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:

Sarah Boul, Quality Improvement Lead:
sarah.boul@nhs.net, 0113 8253458 / 07584362063

Rebecca Campbell, Quality Improvement Manager, Adult Mental Health Programmes:
rebecca.campbell6@nhs.net, 0113 8253448 / 07825256356

Charlotte Whale, Quality Improvement Manager, Urgent and Emergency Care:
charlotte.whale@nhs.net, 0113 8249346 / 07796611108

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 with the words "Links and Partner Organisations" in the subject line.

Who produces this bulletin?

This bulletin is provided for anyone working with, or interested in, Mental Health and the Clinical Networks in Yorkshire and the Humber. The bulletin is provided on an opt-out basis. If you received this email in error, or no longer want to receive the bulletin, email sarah.boul@nhs.net with the words 'Unsubscribe Bulletin' in the subject line.

Disclaimer: *The content of this bulletin does not necessarily reflect the views of NHS England, but is provided as a rapid information service for staff interested in Mental Health and the Clinical Networks in Yorkshire and the Humber. All links from this bulletin are provided for information only. A link does not imply endorsement of that site. We do not accept responsibility for the sites linked to, or the information displayed there.*