



## Yorkshire and the Humber Mental Health Network News

Issue 21

September 2017

### Welcome!

Welcome to Issue 21 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 [Practice Primer on Mental Health in Older People](#).

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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### A Practice Primer on Mental Health in Older People

NHS England and NHS Improvement have recently published [A Practice Primer on Mental Health in Older People](#), which was launched at Health and Care Innovation Expo.

This publication highlights symptoms often attributed to old age but where a mental health diagnosis and follow-up is more appropriate. It is intended for colleagues in primary care, in particular GPs. The publication is supported by the Royal College of General Practitioners, the Royal College of Psychiatrists, the British Geriatrics Society and Age UK.

## **Public Health England Launches Prevention Concordat for Better Mental Health**

Public Health England has published a [Prevention Concordat for Better Mental Health: Planning Resource](#). This guidance document has been developed to help local areas put in place effective arrangements to promote good mental health and prevent mental health problems. It does so by offering a 5-part framework of focus for effective planning for better mental health. It also highlights a range of actions and interventions that local areas can take to improve mental health and tailor their approach.

## **South West Yorkshire Partnership NHS Foundation Trust Launch New Perinatal Mental Health Service**

South West Yorkshire Partnership NHS Foundation Trust launched a new perinatal mental health service on Friday 1 September 2017. The service will be based in Dewsbury but will have staff members based in all areas covered by the Trust (Barnsley, Calderdale, Kirklees, and Wakefield).

The service will be organised in a hub and spoke model, with the Dewsbury hub taking new referrals and practitioners working alongside mental health colleagues in each of the Trust's localities. The service will be able to offer a range of different interventions depending on need and current involvement with services. Service users can be referred to the service by their GP, midwife, health visitor or another healthcare professional through the single point of access.

For more information about the new service click [here](#).

## **Maternal Mental Health Care**

NHS England has announced [four new Mother and Baby Units](#) that will allow women to stay with their babies while receiving the specialist care they need. These new units will provide in-patient support for women and their babies with the most complex and severe needs who require hospital care, who are experiencing severe mental health crisis including very serious conditions like post-partum psychosis.

## **Health and Wellbeing Fund 2017 to 2018 for Social Prescribing**

A new Department of Health opportunity (max £300k grant year 1) for the not for profit sector and social enterprises to develop local social prescribing activities has been launched. The grant requires a commitment for investment for year 2 onwards by a local Clinical Commissioning Group, Sustainability and Transformation Partnership, Local Authority or Accountable Care Organisation.

The Department of Health is offering a series of webinars to cover the application process and provide an opportunity for potential applicants to ask questions.

Webinars will take place on:

- Wednesday 27 September 11am to 1pm
- Monday 16 October 11am to 1pm

To attend a webinar please email [HWFund@dh.gsi.gov.uk](mailto:HWFund@dh.gsi.gov.uk).

### **NHS England Gender Services Consultation Launched**

NHS England has launched a consultation on gender identity services. The consultation is seeking discussion and feedback around two proposed service specifications for adult gender identity services (people 17 and above). The service specifications are based on engagement with the trans community and clinical experts and describe new proposals for patients who are looking for support and/or treatment. As well as giving feedback through an [online survey, there are a number of opportunities for people to get involved](#). The consultation closes on 16 October 2017.

If you would like to stay informed about NHS England's work on gender identity services, you can register as a stakeholder of the [Gender Identity Clinical Reference Group](#). You can also contact the specialised commissioning engagement team at [england.scengagement@nhs.net](mailto:england.scengagement@nhs.net).

### **Early Intervention in Psychosis UNIFY 2 Data Collection Extended**

NHS Improvement has circulated a notification that Commissioners are advised that the switch-off date for the UNIFY2 EIP data collection has been extended from September 2017 to include activity undertaken up to the end of December 2017. This extension has been put in place to allow commissioners and providers to undertake further data quality work to reduce disparity between the Mental Health Services Data Set (MHSDS) and UNIFY2 collections. EIP data submissions are to continue to both MHSDS and UNIFY2 until December 2017. An updated data collection timetable will be provided on UNIFY2.

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

The latest series of summaries of recently published research by the NIHR contain information on: [Self-guided therapy for people with obsessive-compulsive disorder did not improve symptoms](#). The summary intends to provide decision makers in health and social care organisations with evidence they can use to improve patient care.

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

NICE is currently consulting on:

- [Mental health of adults in contact with the criminal justice system: Quality standard consultation](#). The consultation closes for comment on 5 October 2017

NICE is also consulting on:

- [Attention deficit hyperactivity disorder \(update\): Draft guidance consultation](#). The consultation closes for comment on 18 October 2017

NICE has also updated the following quality standard:

- **QS159:** [Transition between inpatient mental health settings and community or care home settings](#)

And the following Clinical Guideline:

**CG28:** [Depression in children and young people: identification and management](#)

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

Barnardo's has published [Neglected Minds: A Report on Mental Health Support for Younger People Leaving Care](#). This report highlights that two thirds of care leavers identified as having mental health needs were not receiving any help from a statutory service. It also found that one in four had faced a mental health crisis since leaving care.

The Centre for Mental Health has published [Mental Health at Work: The Business Costs Ten Years On](#). This report finds that mental health problems in the UK workforce cost employers almost £35 billion last year. The largest part of this business cost is in the form of reduced productivity among people who are at work but unwell. This costs businesses twice as much as sickness absence relating to poor mental health.

The Centre for Mental Health has also published [The Future of the Mental Health Workforce](#). This report is based on insights from service users, carers and professionals and outlines a list of recommendations for a sustainable mental health workforce. It emphasises the importance of prevention, including the role of GPs in supporting people before they reach crisis point. It describes commissioning of mental health services as in "crisis" with a "shrinking workforce, growing expectations and exhausting demands" putting pressure on staff across the country.

The Education Policy Institute has published [Access and Waiting Times in Children and Young People's Mental Health Services](#). This report includes the results of a freedom of information request to providers of specialist child and adolescent mental health services to explore access and waiting times for young people.

The Institute for Public Policy Research has published [Not by Degrees: Improving Student Mental Health in the UK's Universities](#). This report highlights the increasing levels of mental illness; mental distress and low wellbeing among students in higher education in the UK, in relation to other sections of the population.

The IAPT Practice Research Network has recently had an article on [Case Complexity](#) published in the Journal of Consulting and Clinical Psychology. The study was supported by the Salford Primary Care Psychological Therapy Service, in partnership with the Universities of Sheffield and York. The article indicates that case 'complexity' arises from the combined influence of certain clinical, demographic, characterological and dispositional features. Around 30% of cases treated in IAPT services have a complex profile, and they tend to have poor outcomes in stepped care. Evidence shows that

referring complex cases directly to high intensity treatments (instead of usual stepped care) significantly improves recovery rates.

The National Children's Bureau and University College London Institute of Education have published a briefing [Mental Ill-Health Among Children of the New Century](#). The briefing summaries the prevalence of mental health problems among children taking part in the Millennium Cohort Study and shows that while the majority of 3-14-year-olds in the UK are not suffering from mental ill-health, a substantial proportion experience significant difficulties.

NHS England has published [Health and Justice Mental Health Services: Safer Use of Mental Health Medicines](#). This document provides a background to prescribing and mental health medicines in secure environments with some common principles that apply throughout the medicines optimisation pathway, and more detailed information within the pathway to support safer practice.

NHS England has also published [Developing Support and Services for Children and Young People with a Learning Disability, Autism or Both](#). This document provides guidance for commissioning support and services for children and young people with autism. It describes what good services and support look like.

Public Health England has published [A Review of New Psychoactive Substances in Secure Mental Health: Summary Document](#). This review summarises the latest evidence and makes recommendations for secure mental health service commissioners and providers.

The Royal College of Psychiatrists has published an updated online tool showing [spending on mental health for children and young people](#) in the UK regions in 2016/17.

### **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 \(Assuring Transformation\)](#): August 2017
- [Mental Health Services Monthly Statistics final June](#): Provisional July 2017
- [Out of Area Placements in Mental Health Services](#): July 2017
- [Psychological Therapies: Reports on the use of IAPT services, England](#): June 2017 final
- [Personal well-being in the UK](#): April 2016 to March 2017

- [Suicides in Great Britain](#): 2016

## Dates for your Diary

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

- 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](#).
- Thursday 2 November 2017, 13:30-16:30, **Yorkshire and the Humber EIP Network**, Novotel, 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](mailto:wdu@york.gov.uk) or visit the website [here](#).

- 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](#).
- 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@nhs.uk). 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 5 December 2017, 10:00-16:30, **North East Yorkshire & Humber Mental Health Transformation and Sustainability Network**, Novotel, York. To book your place click [here](#).
- 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](#).
- Thursday 11 January 2018, 09:00-17:00, **Double Disadvantage: Mental Health of Adults in Contact with the Criminal Justice System**, Central London. To book your place click [here](#). NB: There is a cost to attend this event.
- Monday 15 January 2018, 09:00-17:00, **Achieving the 5 Year Forward View in Perinatal Mental Health Services**, De Vere West One, London. To book your place click [here](#). NB: There is a cost to attend this event.
- Tuesday 23 January 2018, 09:00-17:00, **IAPT National Networking Forum**, Birmingham City Football Ground, Birmingham. To book your place click [here](#). 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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### **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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