



## Yorkshire and the Humber Mental Health Network News

### Issue 22

*October 2017*

### Welcome!

Welcome to Issue 22 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 newly launched [CBT for Psychosis Training Resources](#).

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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### **Beyond Places of Safety Scheme Launched**

The Department of Health has launched the [Beyond Places of Safety Scheme](#) which will provide £15 million to improve support services for those needing urgent and emergency mental healthcare. This includes conditions such as psychosis, bipolar disorder and personality disorders that could cause people to be a risk to themselves or others.

### **CBT for Psychosis Training Resources**

Health Education England funded several training courses in CBT for psychosis and has now developed an e-learning package intended to be a resource to support face-to-face training. The e-learning may also be helpful to students undertaking more general CBT qualifications (such as Diplomas) or for psychological therapists in training, such as Trainee Clinical Psychologists or Trainee Counselling Psychologists, or for other mental health practitioners such as Psychiatrists or Mental Health Nurses. It may also be of interest to service users and carers to learn more about CBT.

The e-learning programme consists of six modules and can be accessed [here](#).

### **Harrogate Children's and Young People's Crisis Resolution Home Treatment Service Launched**

The new Harrogate crisis resolution home treatment service, operated by Tees, Esk and Wear Valleys NHS Foundation Trust, launched on 1 October and will provide specialised community care to children and young people in a mental health crisis.

Staff from the new service will work in partnership with GP's, child and adolescent mental health (CAMHS) teams, local authorities and other supporting services to reduce mental health difficulties, limit further deterioration and lessen the likelihood of further risk to young people experiencing mental ill-health.

The service is available to young people under the age of 18 who are in emotional distress or may be displaying high levels of risk taking behaviour or self-harm.

To find out more about the new service click [here](#).

### **Mental Health in Older People**

NHS England has published new guidance to help identify the tell-tale signs of anxiety and depression in people aged 55 and older. [Mental Health in Older People](#) has been published to support [Age UK's YouGov research](#) that has shown nearly half of adults aged 55 and older have experienced depression or anxiety, with more than a third saying they did not know where to go for help. NHS England and Age UK have called on GPs to help spot the signs of mental health.

### **Mental Health Act Review**

The Department of Health has published [Terms of Reference - Independent Review of the Mental Health Act 1983](#). The review will look at how the legislation is currently used; its impact on service users, families and staff; and make recommendations for improving legislation and related practices.

### **NHS England Signs Mindful Employer Charter**

To mark World Mental Health day on 10 October and keeping in line with the theme of 'mental health in the workplace' NHS England announced that they have signed the Mindful Employer Charter. NHS England also announced [key improvements for 2017/18 and 2018/19](#) to demonstrate how increased investment has begun to transform services across England.

### **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](#)
- [Suicide Prevention](#)
- [Suicide Prevention Atlas](#)

A new publication has also been developed:

- [Mental health and wellbeing Joint Needs Strategic Assessment 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.

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

The charity, Business in the Community has published [Mental Health at Work Report 2017: National Employee Mental Wellbeing Survey Findings 2017](#). This report sets out the results from the second National Employee Mental Wellbeing Survey, which highlights some improvement in attitudes towards mental health in the workplace although less than a quarter (24%) of managers have received any training in mental health.

The British Medical Journal has published a report into [Incidence, clinical management, and mortality risk following self-harm among children and adolescents: cohort study in primary care](#). The study used data from over 600 general practices and found that young people living in the most socially deprived areas with often the most complex needs, were the least likely to be referred to specialist services.

The Centre for Mental Health and the NHS Benchmarking Network has published [Adult and Older Adult Mental Health Services 2012-2016](#). This briefing analyses data collected by the NHS Benchmarking Network and provides a commentary on what the data suggests about secondary NHS mental health provision in England and Wales. The greatest concern identified is the combination of reductions in inpatient care capacity and a fall in community care provision.

The Centre for Mental Health has published [Making Individual Placement and Support](#)

[Work: An Evaluation of Implementation and Sustainability](#). This report is an independent evaluation of the Making Individual Placement and Support (IPS) Work programme. The evaluation found that these IPS services had many benefits, not only in helping people to get jobs, but also in building client confidence and, as a result, improving staff morale.

The Children's Commissioner for England has published [Children's Voices: A Review of Evidence on the Subjective Wellbeing of Children with Mental Health Needs in England](#). This report summarises the published qualitative evidence on the subjective wellbeing of children with mental health needs and draws out key findings from the evidence, identifying important gaps. The Commissioner has also published [Briefing: children's mental healthcare in England](#). This briefing, sent to all MPs, sets out the Commissioner's concerns around the lack of access to mental health support services for children.

The Department of Work and Pensions and the Department of Health have published [Thriving at Work: The Stevenson/Farmer Review of Mental Health and Employers](#). This independent review sets out what employers can do to better support all employees to remain in and thrive through work. The review quantifies how investing in supporting mental health at work is good for business and productivity and makes a series of recommendation for employers, the government and other bodies.

The House of Commons Education and Health Committees have published [Children and Young People's Mental Health—The Role of Education: Government Response to the First Joint Report of the Education and Health Committees of Session 2016–17](#). This document sets out the Government's response to the inquiry on the role of education in children and young people's mental health.

The King's fund has published an article [Talking Leadership: Chris Naylor on Integrating Physical and Mental Health Care](#). The article provides an overview of the King's Fund 'Integrating physical and mental health care learning network' and how it helps translate a policy ambition to new models of care.

NHS Clinical Commissioners has published [Of Primary Importance: Commissioning Mental Health Services in Primary Care](#). This report highlights projects where CCGs and their partners are delivering better care for patients, working across the boundaries between physical and mental health, as well as health and social care, while at the same time reducing pressure on GPs and hospitals.

Unison, the public service union, has published [Struggling to Cope: Mental Health Staff and Services Under Pressure](#). This report finds that reduced funding to mental health services across the UK is leaving staff vulnerable to violence and aggression from patients and means they cannot provide the level of care needed. The report is based on a survey of more than 1,000 mental health employees across the UK, who work in a

range of roles with children and adults in hospitals, in secure units and in the community.

## **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 \(Assuring Transformation\)](#): September 2017, Provisional Statistics
- [Leeds Mental Health Needs Assessment](#): 2017
- [Mental Health Act Statistics](#): Annual Figures 2016-17
- [Mental Health Services Monthly Statistics](#): Final July, Provisional August 2017
- [Out of Area Placements in Mental Health Services](#): August 2017
- [Psychological Therapies: Reports on the use of IAPT services, England](#): July 2017 final, including reports on the integrated services pilot and quarter 1 2017-18

## **Dates for your Diary**

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

- 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 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@wellcome.ac.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](#).
- Wednesday 6 December 2017, 10:00-16:00, **Disrupting IAPT: Can Digital Pathways 'Change the Game'?**, Manchester Conference Centre, Manchester. 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](#).
- 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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