



Yorkshire and the Humber Mental Health Network News

Issue 23

November 2017

Welcome!

Welcome to Issue 23 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 [Suicide Prevention Strategy](#) developed by West Yorkshire and Harrogate Health Care Partners.

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:

- [West Yorkshire and Harrogate Health Care Partners Suicide Prevention Strategy Launch](#)
- [Community Mental Health Survey 2017](#)
- [Mental Health Act 1983: Implementing Changes to Police Powers](#)
- [Establishment of New Mental Health Policy Research Unit](#)
- [Youth Mental Health Mixtape](#)
- [National Mental Health Intelligence Network Profiling Tools](#)
- [National Institute for Health Research \(NIHR\) Signals](#)
- [NICE Consultations and Shared Learning](#)
- [Mental Health Reports, Resources and Research](#)
- [Mental Health Statistics](#)
- [Dates for your Diary](#)
- [Contacts](#)
- [Links and Partner Organisations](#)

West Yorkshire and Harrogate Health Care Partners Suicide Prevention Strategy Launch

Organisations from across West Yorkshire and Harrogate have joined forces to adopt a 'zero' suicide approach, where every death by suicide is viewed as preventable.

Mental health providers, ambulance, police and fire services, local councils, prison services and voluntary community organisations are coming together to make a real difference through what is an ambitious but practical strategy to tackling suicide. The plan sets out how they will reduce suicide by 10% across the West Yorkshire and Harrogate area, and by 75% in targeted areas.

To read the strategy in full click [here](#) and to view a newly developed suicide prevention infographic click [here](#).

Community Mental Health Survey 2017

The Care Quality Commission (CQC) has published the [2017 Community Mental Health Survey: Statistical Release](#). This report presents the experiences of more than 12,000 people and indicates that patient experiences of community services have not improved in the last year in the majority of areas. The report identifies the following areas of improvement: crisis care; access and coordination of care, involvement in care, monitoring the effects of medication and receiving additional support.

Mental Health Act 1983: Implementing Changes to Police Powers

The Department of Health has published: [Guidance for the implementation of changes to police powers and places of safety provisions in the mental health act 1983](#). This document provides guidance on implementing changes to the provision on police powers and places of safety in the Mental Health Act and is aimed at police forces, mental health services, CCGs, and ambulance services.

The changes to the Act come into force from 11 December 2017 and an accompanying letter from NHS England can be viewed [here](#).

Establishment of New Mental Health Policy Research Unit

University College London and King's College London are to lead the establishment of the new [NIHR Mental Health Policy Research Unit](#). The research unit will focus on prevention, access and quality of mental health care, by conducting research on the impact of existing policies and to guide future plans, as well as by providing expert advice.

Youth Mental Health Mixtape

North East Lincolnshire Youth Council, supported by Estuary TV and a number of other partners, has developed a series of videos to raise awareness of mental health with children and young people. The Youth Mental Health Mixtape can be viewed [here](#).

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 tool is in the process of development: **Depression in Older People**.

Depression in people 65 and over is very common, yet it is not a normal part of aging. It can affect 1 in 5 older people in the community and 2 in 5 in care homes. It is often under-detected and under-treated. The real burden of the problem is difficult to understand. Intelligence tools on depression in older people are being developed and the NMHIN want to hear about your needs for data and information so [please complete a short survey](#) to ensure the products meet your needs.

National Institute for Health Research (NIHR) Signals

The latest series of summaries of recently published research by the NIHR contain information on:

- [Talking therapy may relieve high levels of anxiety about health conditions](#)
- [Uncertain benefit of adding amisulpiride to clozapine for treatment-resistant schizophrenia](#)
- [Aerobic exercise moderately reduces depressive symptoms in new mothers](#)

The summaries intend 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 has published the following Surveillance Report, providing a summary of new evidence published related to a NICE guideline and the decision that NICE has taken about the need to update the relevant clinical guideline in light of new evidence.

- [Bipolar Disorder: Assessment and Management \(CG185 – 2014\)](#) – surveillance decision: NICE will not update the guideline at this time, however editorial or factual corrections were identified and have been added to an appendix.

Mental Health Reports, Resources and Research

Citizens Advice has published [Joining the Dots: Integrating Practical Support in Mental Healthcare Settings in England](#). This report found that problems at work, at home, with government services or with service providers can have serious knock-on effects for people's mental health. Failing to tackle the practical problems a person is facing can make recovery from mental health problems much more difficult. There is evidence that points to the need for a broader approach to mental healthcare, incorporating practical support as both a preventative measure and a vital part of recovery. Integrating practical support alongside mental health services can improve patient outcomes and reduce demand on public services.

The Care Quality Commission has published [Review of Children and Young People's](#)

[Mental Health Services: Phase One Report](#). This first report from the review examines the quality and accessibility of mental health services for children and young people and summarises the current state of knowledge from inspection reports, a review of recent policy and evidence, and engagement with experts.

Public Health England has published a suite of resources to [improve healthcare access for people with learning disabilities](#). The resources include guidance for implementing a Health Charter, a self-assessment tool and a series of short information sheets.

The Social Care Institute for Excellence has published a [series of resources](#) aimed at improving the emotional wellbeing and mental health support for looked after children and young people, care leavers, those on Special Guardianship Orders and those who are adopted. The resources will be informative for those who work with young people, commissioners of care services and others working with children.

Mental Health Statistics

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

- [Learning Disabilities Health Check Scheme, England](#): Quarters 1 and 2, 2017-18
- [Learning Disability Services Monthly Statistics Commissioner Census](#): October 2017, Provisional Statistics
- [Mental Capacity Act 2005, Deprivation of Liberty Safeguards Assessments](#)
- [Mental Health Community Teams Activity](#): Quarter ending September 2017
- [Mental Health Services Monthly Statistics](#): Final August, Provisional September 2017
- [Mental Health Bulletin](#): 2016-17 Annual Report
- [Out of Area Placements in Mental Health Services](#): September 2017
- [Overall Patient Experience Score: 2017 Community Mental Health Survey Update](#)
- [Psychological Therapies: Reports on the use of IAPT Services, England](#): August 2017 Final, including reports on the integrated services pilot
- [Psychological Therapies. Annual report on the use of IAPT services](#): 2016 to 2017

Dates for your Diary

Yorkshire and the Humber Mental Health Network Events:

- Tuesday 23 January 2018, 10:00-15:30, **Yorkshire and the Humber Senior PWP Network**, Venue to be confirmed, Leeds. To book your place click [here](#).
- Wednesday 7 February 2018, 09:45-15:45, **Yorkshire and the Humber IAPT Providers' Network**, Venue to be confirmed, Leeds. To book your place click [here](#).

- Thursday 22 March 2018, 13:30-16:30, **Yorkshire and the Humber EIP Network**, Oxford Place, 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 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.
- Wednesday 25 April 2018, 09:00-17:00, **Improving Mental Health Outcomes 2018**, The Bridgewater Hall, Manchester. To book your place click [here](#). NB: There is a cost to attend this event.
- Wednesday 20 June 2018, 09:00-17:00, **Family Interventions in Mental Health**

– **Future Directions**, Ramada Birmingham Solihull Hotel, The Square, Solihull, B91 3RF. To book your place email SamFarooq. 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:

Sarah Boul, Quality Improvement Manager: Adult Mental Health
sarah.boul@nhs.net, 0113 8253458 / 07584362063

Charlotte Whale, Quality Improvement Manager: Adult Mental Health
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.*