

of commitments and finance. The more people are aware of how others can feel over Christmas, the more mental health can be recognised throughout the year. To support **#ChristmasinMind** you can get involved on [Facebook](#) - @MboroStcktnMind; [Instagram](#) - mborostcktnmind or [Twitter](#) - @MboroStcktnMind.

Changes to Section 136 of the Mental Health Act

The Royal College of Emergency Medicine is reminding emergency departments of changes to section 136 of the Mental Health Act which took effect from 11th December 2017. [A Brief Guide to Section 136 for Emergency Departments](#) outlines the process to be followed when police bring a person to the department under a section 136.

Clarification on IAPT Access Rate for 2017/18

NHS England has published the following clarification on the IAPT Access Rate calculations for 2017/18:

Commissioners are advised that for 2017/18, the Improving Access to Psychological Therapies (IAPT) access standard of 4.20% per quarter, which is equivalent 16.8% annually, applies in quarter four only. Monthly IAPT reports, which are based on published NHS Digital data, use a national Red, Amber, Green (RAG) rating system to rate both the rolling quarterly and quarterly access rate performance. This RAG rating is provided as a guide only to measure expected progress towards achieving the standard in quarter four and performance should also be compared to CCG plans when assessing progress. The national RAG rating is outlined in the cover note of the monthly IAPT reports.

1.4 Million People Referred to IAPT Services in 2016/17

NHS England has recently announced that in 2016/17 more than 1.4 million referrals were made to IAPT services across the country. The 2016/17 data, compiled by NHS Digital, shows the number of people recovering from their condition has increased on the previous 12 months, with more than 50% of patients making a recovery in every month. IAPT is a key element of NHS England's improvements to mental health services and expansion of access to IAPT services will help reduce the need for more intensive, higher cost, treatments.

Transforming Children and Young People's Mental Health Provision: A Green Paper

The Department of Health and Department of Education have jointly launched the Transforming Children and Young People's Mental Health Provision Green Paper. The headline proposals in the Green Paper are:

- New measures which signal a fundamental shift in mental health support, with over £300 million funding available
- Training for senior designated mental health leads in schools and colleges to improve prevention work
- Earlier access to services through the creation of new Mental Health Support Teams working directly with schools and colleges
- New four week waiting time for NHS children and young people's mental health services to be piloted

The consultation on the paper will be open for 13 weeks to allow for the Christmas break and will close at 12 noon on Friday 2 March 2018. A range of consultation events will take place in early January 2018, including for children and young people.

The Green Paper can be read in full [here](#) and the link to provide comments on the consultation is available [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](#)
- [Crisis Care](#)
- [Mental health and wellbeing JSNA profile](#)
- [Perinatal Mental Health](#)
- [Severe Mental Illness](#)

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.

- CG178-2014: [Psychosis and Schizophrenia in Adults: Prevention and Management](#) - Surveillance decision: NICE will not update the guideline at this time. Some editorial or factual corrections have been identified.

NICE has also published the following shared learning:

- [Innovative ways of engaging with Black and Minority Ethnic \(BME\) communities to improve access to psychological therapies](#)

Finally, NICE has updated the following Clinical Guideline:

- CG128: [Autism Spectrum Disorder in under 19s](#): Recognition, referral and diagnosis

Mental Health Reports, Resources and Research

The Care Quality Commission (CQC) has published [Mental Health Act: A Focus on Restrictive Intervention Reduction Programmes in Inpatient Mental Health Services](#). This resource shares examples of good practice around reducing the use of restrictive practices within five mental health trusts.

The Department of Health has published: [A Framework for Mental Health Research](#). This framework provides a collective view of how mental health research should develop in the UK over the next decade. It sets out a structure to improve co-ordination and strengthen the focus on areas where mental health research is likely to translate into significant health benefit.

The House of Commons Library has published [Mental Health Services for Post 16 Students in England](#). This paper gives an overview of recent studies on the mental health of students; government mental health policy for students; support in further and higher education providers; and legal and statutory responsibilities of providers.

The House of Commons Library has also published [Children and Young People's Mental Health Policy, Services, Funding and Education](#). This report summarises government policy on children and young people's mental health.

The House of Commons Public Accounts Committee has published: [Mental Health in Prisons](#). The report finds high levels of self-inflicted deaths and self-harm incidents in prisons and the system for improving the mental health of prisoners is not working as it should. Efforts to improve the mental health of those in prison so far have been poorly co-ordinated, and information is still not shared across the organisations involved, and not even between community and prison GP services.

Mind has published: [Leaving Hospital: Briefing on Discharge from Mental Health Inpatient Services](#). This briefing summarises results from a survey of peoples' experiences of leaving mental health hospitals. It also looks at NICE guidance and standards on discharge from hospital and includes examples of what can be done to improve discharge planning, often in partnership between statutory and voluntary services.

MindSet QI has developed a [series of resources](#) to support quality improvement for those involved in providing and commissioning services for people with mental health problems. It has been designed with the involvement of a range of organisations with the aim of making continuous improvement in mental health easier. The online toolkit provides a range of improvement tools and handy summaries of national policy and guidance.

Mental Health First Aid England has created a [Workplace Wellbeing Strategic Toolkit](#). The purpose of the toolkit is to help organisations to review their wellbeing strategy and take steps to improve the mental health of their workplace. The toolkit includes a step by step guide to improving mental health in the workplace, a key to measuring the impact of wellbeing strategies and an adaptable slide deck for making the business case for mental health support.

NHS England has recently published: [Promoting Wellbeing in the Workforce: Yorkshire and the Humber Senior Psychological Wellbeing Practitioner Network](#). This case study focusses on the importance of wellbeing within the psychological therapies profession and the work undertaken by the Yorkshire and the Humber Senior Psychological Wellbeing Practitioner Network to share best practice, generate ideas and support the wider workforce towards improvements in service performance and quality of patient care.

The Parliamentary Health Service Ombudsman has published: [Ignoring the Alarms: How NHS Eating Disorder Services are Failing Patients](#). This is the report from an investigation that found Averil Hart's death from anorexia would have been avoided if the NHS had cared for her appropriately. It highlights five areas of focus to improve eating disorder services.

Mental Health Statistics

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

- [Health and Care of People with Learning Disabilities](#): 2016 to 2017
- [Learning Disability Services Monthly Statistics Commissioner Census \(Assuring Transformation\)](#): November 2017, Provisional Statistics
- [Mental Health Services Monthly Statistics](#): Final September, Provisional October 2017
- [Out of Area Placements in Mental Health Services](#): October 2017
- [Suicides in the UK](#): 2016 Registrations

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](#).

- 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.
- Friday 19 January 2018, 10:00-16:30, **Understanding and Supporting Young People who Hear Voices**, The Forge, Centre for Professional Development, Teeside University, Vicarage Road, Darlington, DL1 1JW. 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.

- Thursday 1 February 2018 marks **Time to Talk Day**. To find out more and to order resource packs click [here](#).
- 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.
- Friday 27 April 2018, **Depression in Adults: Treatment and Management**, De Vere West One Conference Centre, London. 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 [Sam Farooq](mailto:Sam.Farooq). NB: There is a cost to attend this event.
- Friday 22 June 2018, 09:00-17:00, **5th Annual PWP National Networking Forum**, Notts County Football Ground, Nottingham. 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 with the words “Links and Partner Organisations” in the subject line.

Who produces this bulletin?

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