



Yorkshire and the Humber Mental Health Network News

Issue 26

February 2018

Welcome!

Welcome to Issue 26 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 briefing from NHS Providers on the [Implications of 2018/19 Planning Guidance for Mental Health and Community Trusts](#).

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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Mental Health Planning Guidance Briefing

NHS Providers has recently published a briefing: [Implications of 2018/19 Planning Guidance for Mental Health and Community Trusts](#). The 2018/19 planning guidance is a refresh of plans already prepared under the two year NHS Operational Planning and Contract Guidance 2017-2019. It sets out detail of how the additional funding from the November 2017 budget will be allocated and the developments in national policy with regards to system level collaboration.

Key headlines in the mental health briefing include:

- NHS England's revenue budget will grow by £2.14bn in 2018/19. This is greater than the £1.6bn announced in the Autumn 2017 Budget. The Department of Health and Social Care (DHSC) has confirmed it is making a further £540m available through the Mandate during the next financial year. The guidance states this extra money has been given 'for other core frontline services such as mental health and primary care'
- An additional £1.4bn will be made available to CCGs next year; one of the explicit uses of this fund is to ensure 'universal adherence' to the Mental Health Investment Standard.

North Yorkshire CCGs Launch BUZZ US

Hambleton, Richmondshire and Whitby CCG and Scarborough and Ryedale CCGs have launched a text message service, [BUZZ US](#). The aim of the service is to help support children and young people with any mental health and wellbeing issues they may have. By texting the service children and young people will be able to receive confidential advice, support and signposting from a wellbeing worker within one day via text.

Improving Access to Psychological Therapies Case Studies and Animation

NHS England has published the following case studies relating to Improving Access to Psychological Therapies:

- [Increasing Older People's Access to Improving Access to Psychological Therapies \(IAPT\) Services in North Yorkshire](#): This study looks at how North Yorkshire IAPT service has implemented an older people's project to increase access to under-represented groups.
- [Staff Retention at Westminster Talking Therapies](#): This study looks at why this service has a higher than average level of staff retention.
- [Staff Wellbeing at Back on Track IAPT Service](#): This study looks at how the Hammersmith and Fulham 'Back on Track' IAPT service formed a wellbeing team to examine employees' perceptions of their workplace and the challenges they face. Subsequently, a range of changes have been made to working arrangements to raise staff wellbeing.

NHS England has also launched [a new animated video](#), to coincide with Time to Talk day, promoting talking therapies for the treatment of common mental health disorders such as anxiety and depression.

NHS England Funding Boost for New Mums Mental Health

NHS England has announced that applications are now open for the second wave of the [Perinatal Mental Health Community Services Development Fund](#). The purpose of the fund is to develop specialist perinatal mental health community services, and increase the

availability of high quality interventions and support for women, their babies and families.

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](#)

To receive updates directly from NMHIN visit the [PHE subscriptions page](#) and select 'Mental Health Dementia and Neurology'.

NICE Consultations and Shared Learning

NICE has published an updated quality standard:

- QS163: [Mental Health of Adults in Contact with the Criminal Justice System](#)

NICE has also published the following shared learning:

- [Improving Physical Health for People with Serious Mental Illness \(SMI\)](#)

This shared learning considers the screening tool developed by Bradford District Care NHS Foundation Trust and Yorkshire and Humber Academic Health Science Network

Mental Health Reports, Resources and Research

The British Journal of Psychiatry has published [Guided Self-help in a Brave New World](#). The article explores the emergence of self-help at a particular social and historical junction, and summarises key lessons from experimental and practice-based studies.

The Health Quality Improvement Partnership has published [Safer Care for Patients with Personality Disorder](#). The National Confidential Inquiry into Safer Care for Patients with Personality Disorder analyses the characteristics of patients with personality disorder prior to suicide and homicide to learn more about their treatment and pathways into care, to examine whether services followed NICE guidance, and to learn from patients and staff about their experiences and how they think services could be improved

The Local Government Association has published [Don't be Left in the Dark: Children and Young People's Mental Health](#). This guide provides an overview of the challenges facing mental health and wellbeing services for children and young people.

The NHS Confederation has published [Brexit and Mental Health](#). This briefing outlines the possible implication of Brexit for the mental health sector. It examines some of the key questions that will need to be addressed as negotiations progress.

NHS England has published [Improving Physical Healthcare for People Living with Severe Mental Illness \(SMI\) in Primary Care: Guidance for CCGs](#). This guidance highlights the responsibilities of CCGs to commission services that deliver comprehensive physical

health assessments and follow up care to people on the SMI register in primary care, addressing the premature mortality experienced by people with SMI compared to the general population.

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 \(assuring transformation\)](#): December 2017, provisional statistics
- [Learning Disabilities Health Check Scheme, England](#): Quarter 3, 2017-18
- [Mental Health Community Teams Activity](#): Quarter ending December 2017
- [Mental Health Services Monthly Statistics](#): Final November, provisional December 2017
- [Out of Area Placements in Mental Health Services](#): December 2017

Dates for your Diary

Yorkshire and the Humber Mental Health Network Events:

- Wednesday 7 March 2018, 10:00-15:30, **Yorkshire and the Humber Liaison Mental Health Network and the Urgent & Emergency Community Mental Health Care Network**, Park Plaza, Leeds. To book your place click [here](#).
- Thursday 22 March 2018, 12:30-16:30, **Yorkshire and the Humber EIP Network**, Oxford Place, Leeds. To book your place click [here](#).
- Tuesday 24 April 2018, 10:00-15:30, **Yorkshire and the Humber Senior PWP Network**, Venue to be confirmed, Leeds. To book your place click [here](#).
- Wednesday 2 May 2018, 09:45-15:45, **Yorkshire and the Humber IAPT Providers' Network**, Venue to be confirmed, 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 2018.

For further information, and to check course availability, email: wdu@york.gov.uk or visit the website [here](#).

- Wednesday 21 and Thursday 22 March 2018, 11th Annual New Savoy Conference Psychological Therapies in the NHS: A New Deal for Depression, Millennium Conference Centre, London. To book your place click [here](#). NB: There is a cost to attend this event.
- Monday 16 April 2018, 10:00-16:00, **Improving Physical Health Outcomes for**

people with Mental Health Conditions, De Vere West One Conference Centre, London. 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.
- Friday 27 April 2018, 09:00-17:00, **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.
- Friday 18 May 2018, **Decision Making and Mental Capacity: Implementing the 2018 NICE Guidance**, De Vere West One Conference Centre, London. To book your place click [here](#). NB: There is a cost to attend this event.
- Monday 21 May 2018, 09:00-17:00, **Improving Mental Health Support for Asylum Seekers & Refugees**, 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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