



## Yorkshire and the Humber Mental Health Network News

Issue 27

March 2018

### Welcome!

Welcome to Issue 27 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 [Mental Health Reports, Resources and Research](#) section, as a large number of articles have been published throughout the month of March.

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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### Launch of Mental Health Awareness Week 2018

The Mental Health Foundation has launched an awareness campaign to promote [Mental Health Awareness Week 2018](#), which will take place from 14-20 May 2018.

The focus of Mental Health Awareness Week this year is on **stress**. Chronic stress increases our risk of addictive and damaging behaviour, of developing anxiety, depression and other mental and physical health problems. This year's Mental Health Awareness Week will look at how we can tackle stress and help improve the UK's mental health.

### **Launch of IAPT-LTC Pathway Guidance**

NHS England and NHS Improvement have published [The Improving Access to Psychological Therapies \(IAPT\) Pathway for People with Long-Term Physical Health Conditions and Medically Unexplained Symptoms](#). This document supports CCGs to expand IAPT by commissioning IAPT services integrated into physical healthcare pathways. It sets out the treatment pathway that underpins the access and waiting time standards, which all services should seek to measure themselves against. The guidance also provides evidence on what works, as well as local case studies of service-led examples.

### **Adult Mental Health Service Specifications**

NHS England has published the following service specifications relating to adult low secure services and mental health in prisons. Please click on the links for further information:

- [Adult Low Secure Services including Access Assessment Service and Forensic Outreach and Liaison Services \(FOLS\)](#)
- [Adult Medium Secure Services including Access Assessment Service and Forensic Outreach and Liaison Services \(FOLS\)](#)
- [Service Specification: Integrated Mental Health Service for Prisons](#)

### **Children's and Young People's Mental Health Service Specifications**

NHS England has published the following service specifications relating to Child and Adolescent Mental Health Services (CAMHS) please click on the links for further information:

- [General adolescent services including specialist eating disorder services](#)
- [Psychiatric intensive care unit](#)
- [Low secure](#)
- [Medium secure](#)

### **Project 84 – Suicide Awareness Campaign**

Project 84, a campaign by CALM, launched in March to raise awareness of male suicide in the UK and to ask the Government for a Minister to be responsible for suicide prevention and bereavement support. The project currently has an installation of 84 sculptures on top of a central London building to represent the number of men who take their own lives every week. Each represents a man who took their own life. On the [project's website](#) are the names and details of each of the men, with stories told by those close to them.

Information and advice about suicide prevention can be found [here](#).

## **NHS Apps Library Development: Opportunity to Submit Applications**

NHS Digital and NHS England are enhancing the [Apps Library](#) and inviting developers to submit applications for inclusion in the library. The Apps Library is currently in public beta version providing trusted digital tools for patients and the public to manage and improve their health and wellbeing. It contains a variety of apps to help patients manage a variety of conditions with the latest addition promoting mindfulness to support improved mental health. To submit an app click [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](#)

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

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

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

- [Additional Therapy Helps Social Recovery from First Episode Psychosis](#)

The summaries intend to provide decision makers in health and social care organisations with evidence they can use to improve patient care.

The NIHR has also published [Forward Thinking: NIHR Research on Support for People with Severe Mental Illness](#). This document provides an overview of recently published research on support for people living with severe mental illness. These studies address particular uncertainties and evidence gaps identified by those working in and using these services. It also highlights research currently taking place.

## **NICE Consultations and Shared Learning**

NICE is currently consulting on the following:

- [Eating Disorders: Quality Standard Consultation](#). The closing date for comments is **9 April 2018**.
- [Preventing Suicide in Community and Custodial Settings: Draft Guidance Consultation](#). The closing date for comments is **12 April 2018**.

NICE has published an updated key therapeutic topic:

- KTT19: [Psychotropic Medicines in People with Learning Disabilities whose](#)

## [Behaviour Challenges](#)

NICE has also published the following updated guideline and quality standard:

- NG87: [Attention Deficit Hyperactivity Disorder: Diagnosis and Management](#)
- QS39: [Attention Deficit Hyperactivity Disorder](#)

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

The Care Quality Commission (CQC) has published [Monitoring the Mental Health Act in 2016/17](#). This annual report, on the use of the Mental Health Act, looks at how providers are caring for patients and whether patient's rights are being protected.

The Care Quality Commission (CQC) has published [Mental Health Rehabilitation Inpatient Services: Ward Types, Bed Numbers and Use by Clinical Commissioning Groups and NHS Trusts](#). This briefing sets out the results from a Freedom of Information request sent to providers that manage mental health rehabilitation inpatient services.

The Care Quality Commission has published [Are we Listening? Review of Children and Young People's Mental Health Services](#). This report describes the findings of an independent review of the system of services that support children and young people's mental health. It indicates that many children and young people experiencing mental health problems do not get the kind of care they deserve; the system is complicated, with no easy or clear way to get help or support.

The Care Quality Commission (CQC) has published [Driving Improvement: Case Studies from Seven Mental Health NHS Trusts](#). The CQC visited seven mental health trusts that had achieved significant improvements in their ratings to discover what the trusts have done to become good or outstanding.

The Care Quality Commission (CQC) has published a [briefing](#) showing that people might not be getting the specialist mental healthcare they need and when they need it most because of disparity in how approved mental health professional (AMHP) services are provided across the country. The briefing sets out key findings around what is working well and what the barriers are to these services running as well as they should be.

The Health Foundation has published details of two projects [testing new approaches to help provide more responsive care to patients](#) and relieve pressure on services:

- [Introducing Telepsychiatry in an Emergency Department Psychiatric Service](#): Oxford Health NHS Foundation Trust
- [Bringing CAMHS Closer to Home: Developing community pharmacies to support medication monitoring in children and young people](#): Sussex Partnership NHS Foundation Trust

The Mental Health Foundation has published [Health Inequalities Manifesto 2018](#). This

manifesto presents the individual and local actions that can be applied to address mental health inequalities. It reviews the latest evidence from the UK about what works to reduce risk of mental health inequalities, presenting examples of best practice and learning that is relevant to all communities across England.

NHS England has published [STOMP – Stopping the over medication of people with a learning disability, autism or both](#). This easy read leaflet provides information about stopping the over use of psychotropic medicines for people with a learning disability, autism or both.

NHS England has updated [Choice in Mental Health Care: Guidance on Implementing Patients' Legal Rights to Choose the Provider and Team for their Mental Health Care](#). This document provides guidance for commissioners, GPs and providers on how to implement patients' legal rights to choose their care provider and the team they see for their mental health care.

NHS Providers has published [Mental Health Units \(Use of Force\) Bill 2017-19](#). This document provides a briefing on the Mental Health Units (Use of Force) Bill 2017-19, which has now reached the committee stage of parliamentary scrutiny.

The Parliamentary and Health Service Ombudsman has published [Maintaining Momentum: Driving Improvements in Mental Health Care](#). This report documents cases of serious failings in NHS mental health services and makes systemic recommendations for improving services.

The Royal College of Psychiatrists has published [Our Invisible Addicts](#). This report presents up to date evidence on the extent of substance related health problems amongst older people and the services required to deal with the complexity of such problems, which often involve co-morbid mental and physical health problems, polypharmacy and psychosocial adversity.

### **Mental Health Statistics**

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

- [Children Living with at Least One Parent Reporting Emotional Distress](#): 2010 to 2016
- [Early Intervention in Psychosis Access and Waiting Time Experimental Statistics](#): January 2018
- [Learning Disability Services Monthly Commissioner Census](#): January 2018
- [Learning Disability Services Monthly Statistics Commissioner Census](#): February 2018, Provisional Statistics
- [Mental Health Services Monthly Statistics](#): Final December 2017, provisional January 2018

- [Out of Area Placements in Mental Health Services](#): January 2018
- [Psychological Therapies, Annual Report on the use of IAPT Services England, Further Analyses on 2016-17](#)

### Dates for your Diary

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

- 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](mailto:wdu@york.gov.uk) or visit the website [here](#).

- 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.
- Friday 25 May 2018, 09:00-17:00, **Psychological Therapies for Severe Mental Illness**, De Vere West One Conference Centre, London. To book your place click [here](#). NB: There is a cost to attend this event.

- Friday 8 June 2018, 09:00-17:00, **Improving Psychological Therapies for Older People**, 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.
- Thursday 21 June 2018, 09:00-17:00, **EIPN Annual Forum**, Royal College of Psychiatrists, London. For further information click [here](#).
- Friday 22 June 2018, 09:00-17:00, **5<sup>th</sup> 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.
- Thursday 5 July 2018, 09:00-17:00, The IAPT Manual in Practice, Etihad Stadium, Manchester. 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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