



Yorkshire and the Humber Mental Health Network News

Issue 28

April 2018

Welcome!

Welcome to Issue 28 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 additional mental health services for veterans](#).

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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NHS England Launches Additional Mental Health Services for

Veterans

NHS England has launched the [NHS Veterans' Mental Health Complex Treatment Service](#), further expanding the range of dedicated care and treatment for those who have served their country.

The new local community based service is for ex-forces personnel who have military attributable complex mental health problems that have not improved following previous treatment. Patients will benefit from an enhanced range of intensive care and treatment that may include (but is not limited to) support for substance misuse, physical health, employment, accommodation, relationships and finances, as well as occupational and trauma focused therapies. Families will also be offered care and support where appropriate.

Think Autism Strategy Refresh

The Department of Health and Social Care has published [Think Autism Strategy: Governance Refresh](#). This document sets out the updated governance arrangements for monitoring the progress of the autism strategy in order to streamline and re-confirm ownership of actions. An important read for all partners in health and social care with a responsibility for autism services.

Reducing Medication of People with a Learning Disability and/or Autism

NHS England has published the following case studies relating to reducing medication of people with learning disabilities, autism or both:

- [A bright future for Graham](#) – shows how the STOMP initiative is working with GPs to review all psychotropic prescriptions, with a view to reducing that medication where appropriate
- [Peter is living the life he chooses thanks to STOMP](#) – shows how Peter received help to stop taking any psychotropic medications
- [Making a choice, take a chance and life can change](#) – shows how one person's life has changed because of STOMP
- [Working together to help Eddie reduce his medication](#) – easy read case study about helping Eddie, who has cerebral palsy and a learning disability
- [Helping Charlie control his language and reduce his medication](#) - easy read case study about helping Charlie, who has a learning disability and autism to stop swearing and reduce his medication

Improving Access to Psychological Therapy Services: Payment Case Studies

NHS England and NHS Improvement have published [Paying for Quality and Outcomes: IAPT Case Studies](#). This document presents a series of case studies based on the experience of five CCGs and NHS trusts who have developed and implemented, or are in the process of developing and implementing, an outcomes-based payment approach for IAPT services.

The case studies may help commissioners develop their own outcomes-based payment

approach by proving insights and sharing learning. As local pricing Rule 8 of the 17/19 National Tariff requires organisations to adopt an outcome-based payment approach by April 2018, these case studies could be of particular value at this time.

Consultation on the Right to have a Personal Health Budget (PHB)

The Department of Health and Social Care and NHS England have launched a consultation on extending the legal rights to have a personal health budget or integrated personal budget.

The consultation seeks views on extending rights to a range of people, including those with social care and health needs, people accessing mental health services, and armed forces personnel who are leaving services and eligible for ongoing NHS care.

The consultation is running until 8 June 2018 and further information can be found on the [Department of Health and Social Care website](#).

NHS Leeds CCG Mental Health and Wellbeing Awareness Campaign

NHS Leeds CCG has 'kicked off' an awareness campaign to promote [MindMate: A mental health and wellbeing website for young people in Leeds](#). The initiative starts with a digital awareness campaign on the game Football Manager 2018, which will see the MindMate brand promoted with eight-second, clickable digital pitch-side ads during game simulation.

The campaign is being geo-targeted so only game players in Leeds will see the MindMate promotion. It will be the first time the NHS has used such an awareness tactic on Football Manager.

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](#)

NMHIN has also [published an update](#) to four indicators reporting on the 'proportion of children living with parent(s) reporting symptoms of emotional distress' as an official statistic. The publication includes information on: at least one parent reporting symptoms of emotional distress; a mother reporting symptoms of emotional distress; a father reporting symptoms of emotional distress; both parents reporting symptoms of emotional distress. Data is for 2010 to 2016 and is split by family type and work status. These indicators were published previously by the Department of Work and Pensions (DWP).

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:

- [The Most Effective Antidepressants for Adults Revealed in Major Review](#)

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 is currently consulting on the following:

- [Rehabilitation in People with Severe and Enduring Mental Illness: Draft Scope Consultation](#). The closing date for comments is **15 May 2018**.

NICE has recently published the Surveillance Reports below. These reports provide a summary of new evidence published related to a NICE guideline and include the decision that NICE has taken about the need to update the relevant clinical guideline in light of this new evidence.

- [Mental Wellbeing at Work \(PH22 – 2009\)](#). Surveillance decision: NICE plan a full update of the guideline.
- [Mental Wellbeing in over 65s: Occupational Therapy and Physical Activity Interventions \(PH16 -2008\)](#). Surveillance decision: NICE plan a partial update of this guidance.
- [Older People: Independence and Mental Wellbeing \(NG32 -2008\)](#). Surveillance decision: NICE will not update the guideline at this time.

NICE has also updated the following clinical guidelines:

- NG96: [Care and Support of People Growing Older with Learning Disabilities](#)
- CG185: [Bipolar Disorder: Assessment and Management](#)
- CG192: [Antenatal and Postnatal Mental Health: Clinical Management and Service Guidance](#)
- CG90: [Depression in Adults: Recognition and Management](#)

Mental Health Reports, Resources and Research

The Chartered Institute of Personnel and Development has published [UK Working Lives: In Search of Job Quality](#). This survey examines seven key dimensions of job quality and focuses on policy and practice actions that aim to improve working lives. The report includes top tips on how to improve mental health and wellbeing in the workplace.

The House of Commons Library has published a health-related briefing on [Deprivation of Liberty Safeguards](#). The briefing explains what Deprivation of Liberty Safeguards (DoLS) are, their purpose and the process which is followed in order to authorise a deprivation of liberty. The paper outlines the Law Commission's recommendations for an overhaul of the DoLS process, as well as the Government's response.

The Maternal Mental Health Alliance has published new [maps showing access of pregnant women and new mothers to specialist perinatal mental health services](#) which meet national guidelines. The Royal College of Midwives states that there have been improvements in services since the last maps were produced in 2015 but 24% of pregnant women and new mums still do not have access to specialist mental health services.

The Mental Health Foundation has published [Supporting the Emotional and Mental Health Needs of People with Cancer](#). This research explores the emotional and mental health needs of people living with cancer in Scotland. It identifies the major negative impacts of cancer on mental health, how effective support can be delivered, the barriers to support, and the unmet mental health support needs.

NHS England, in partnership with Health Education England, has launched [MindEd for Older People](#), which is free web-based resource providing information about mental health issues for older people and their families.

NHS Improvement has published [Valued Care in Mental Health: Improving for Excellence](#). This document presents a national model for improving mental health services. It draws on the diverse experiences of eight mental health providers and includes challenges and learning as well as successful innovations and improvements.

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 \(Assuring Transformation\)](#): March 2018
- [Loneliness – what characteristics and circumstances are associated with feeling lonely?](#): 2016-2017
- [Mental Health Services Monthly Statistics](#): Final January, provisional February 2018
- [Mental Health Early Intervention in Psychosis](#): February 2018
- [Psychological Therapies: Reports on the use of IAPT Services, England](#): January 2018 Final

Dates for your Diary

Yorkshire and the Humber Mental Health Network Events:

- Wednesday 2 May 2018, 09:45-15:45, **Yorkshire and the Humber IAPT Providers' Network**, Novotel, Leeds. To book your place click [here](#).
- Wednesday 27 June 2018, 10:00-15:30, **Yorkshire and the Humber Liaison Mental Health and Crisis Network**, Venue to be confirmed, Leeds. For further information please email [Charlotte Whale](#).
- Thursday 19 July 2018, 12:30-16:30, **Yorkshire and the Humber EIP 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](#).

- 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@ramada.com). 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, **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.
- 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 with the words "Links and Partner Organisations" in the subject line.

Who produces this bulletin?

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