



Yorkshire and the Humber Mental Health Network News

Issue 31

July 2018

Welcome!

Welcome to Issue 31 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 our section on [reports, resources and research](#) which outlines a number of new articles that have been published in the last few weeks.

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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Armed Forces Day Marks Publication of New Mental Health Information

NHS England has published a new leaflet that sets out information on the dedicated care and treatment available for service personnel approaching discharge and veterans who are struggling with their mental health. The leaflet can be accessed online [here](#).

Community Mental Health Services Stocktake Report

The NHS Benchmarking Network has developed a Community Mental Health Services stocktake report. The report can be accessed [here](#). There are also Sustainability and Transformation Partnership (STP)/Integrated Care System (ICS) level reports available. These reports include information on Social Care and additional primary care metrics and are available under the NHS Benchmarking Network website [here](#).

Demand and Capacity Model Masterclass for Complex Mental Health Care

The NHS England Demand and Capacity Programme invite you to attend one of their advanced masterclasses to work with their technical team on the High Complexity Model. The masterclass will give detailed and focussed training on the model, and provide the opportunity to use your own data to model your service. These masterclasses will take place in London and Leeds from August to October.

To get the most out of this training, participants are asked to:

- Have either graduated from, or be in training on, the Demand and Capacity Trainer Programme, or, have attended a one day face to face training course.
- Bring a colleague. One of you needs to have an operational role, the other, an analytics or business intelligence role.
- Gather and bring along activity data that has been aggregated into demand data (please see template [here](#) and the draft guide on how to group patients [here](#)).
- Have a sound understanding of core demand and capacity principles. These will not be taught on the day for example, basic statistical descriptors, SPC Charts, how to calculate required capacity, mapping patient pathways.
- Complete the self-assessment exercise [here](#) and be confident in the principles assessed.
- Bring your own laptop (please use Windows systems).

If you meet the eligibility criteria above, please see [here](#) for further information and to register.

Effects of TV Advertising on Mental Health

NHS England has written to the Advertising Standards Agency about adverts for cosmetic surgery during Love Island. The Mental Health Network has issued a [response](#) stating: “we know young women are the fastest growing group suffering from mental health issues, that anxiety problems are more common among women aged 16 to 24 and that a quarter of women in this age bracket have reported self-harming. Issues around body image will only add fuel to the fire so this is a really important intervention which our members support.”

Mental Capacity (Amendment) Bill

The [Mental Capacity \(Amendment\) Bill](#) was introduced to the House of Lords on 3 July and seeks to replace the current system known as 'Deprivation of Liberty Safeguards' (DoLs). DoLs was criticised by a 2017 Law Commission review for being too complex and bureaucratic. The government has now developed a new system, known as Liberty Protection Safeguards, which will become law through the bill.

National Clinical Audit of Psychosis Published

The Healthcare Quality Improvement Partnership has published [National Clinical Audit of Psychosis: National Report for the Core Audit](#). This report presents the findings from the core audit of the National Clinical Audit of Psychosis (NCAP). The audit focused on four issues relating to the quality of care provided for people with psychotic disorders: management of physical health, prescribing practice, access to psychological therapies and outcomes.

Transition from Child and Adolescent Mental Health Services

The Healthcare Safety Investigation Branch has published [Investigation into the transition from child and adolescent mental health services to adult mental health services](#). The investigation reviewed the transition of care from child and adolescent to adult mental health services to understand how variations in the transition impacts the safe and effective care of young people. A number of recommendations have been made to NHS organisations to make the transition smoother and safer.

Working Win Trial in South Yorkshire and Bassetlaw

A new Government funded project to help people with common physical health problems or mental health issues to get into or stay in work is now being trialled in the Sheffield area. The project, [Working Win](#), has been implemented by the South Yorkshire and Bassetlaw Integrated Care System.

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](#)
- [Severe Mental Illness](#)
- [Suicide Prevention Profile](#)

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:

- [Lamotrigine is not effective for the treatment of borderline personality disorder](#)

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

Mental Health Reports, Resources and Research

The Centre for Mental Health has published [Review of the National Childbirth Trust Hidden Half Report and GP consultation](#). This report, commissioned by the National Childbirth Trust, explores the implications of extending the current six-week health check for babies to include a consultation about the wellbeing of the mother. It concludes that an additional health check with GPs would provide an important opportunity to help women whose difficulties were missed during pregnancy.

NHS England has published [More Power to People with a Learning Disability](#). This document is an easy read summary of the paper 'Shifting the balance of power' in *Advances in Mental Health and Intellectual Disability* (2018, issue 3), and describes how health and social care providers can give more power to people with a learning disability in the context of transforming care. NHS England has published also published [Guide to Making Information Accessible for People with a Learning Disability](#) and [Ask Listen Do: Top Tips for Families and Carers](#).

NHS England has published [Delivering Effective Mental Health Therapies in Primary Care for Anxiety and Depression on a Group or Self-guided Basis](#). This article concludes that with nine out of ten adults with mental health problems supported in primary care, co-location of mental health therapists is a way of maximising the effectiveness of healthcare support. To accompany this article NHS England has also published two case studies: [Setting up an integrated GP clinic in North East Hampshire](#), which looks at how integrated GP clinics run by a GP partnership in partnership with Improving Access to Psychological Therapies and Long Term Conditions service TalkPlus, has seen a sharing of physical and mental health expertise to improve patient care and [Calderdale: Integrating mental health therapy in primary care](#), which illustrates the positive impact of integrated mental and physical health services have had in a primary care settings

NHS England has also published [Transforming Services for Forensic Patients](#). The New Care Models programme shows how NHS England is working with its partners to transform mental health services and provide equal status with physical health.

NHS Improvement has published four examples of [Learning Disability Improvement Grab Guides](#). The guides aim to support providers to improve the care they deliver for people with learning disabilities, autism or both. NHS Improvement has also published [Learning Disabilities Improvement Shout-Outs](#). These are short films focused on four people's lives which have been improved as a result of the support, care and intervention provided by four NHS trusts.

The Mental Health Foundation has published [Evaluation of Re:Connect and Time and](#)

[Space Peer Mentoring Projects](#). This report is an evaluation of mental health carers peer mentoring project and outlines the main findings drawn from interviews and surveys conducted with mentees, mentors, volunteers, staff members, and referral agencies. It outlines the successes and challenges experienced since its inception and assesses the merits of peer mentoring as a form of support.

Mental Health Statistics

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

- [Learning Disability Services Monthly Statistics Provisional Statistics](#): June 2018, MHSDS: April 2018 Final
- [Mental Health Services Monthly Statistics: Final April](#): Provisional May 2018
- [Out of Area Placements in Mental Health Services](#): April 2018
- [Psychological Therapies: reports on the use of IAPT services. England](#): April 2018 final, including reports on the IAPT pilots

Dates for your Diary

Yorkshire and the Humber Mental Health Network Events:

- Tuesday 18 September 2018, 10:00-15:30, **Yorkshire and the Humber Senior PWP Network**, Venue to be confirmed, Leeds. To book your place email [Sarah Boul](#).
- Wednesday 3 October 2018, 09:45-15:45, **Yorkshire and the Humber IAPT Providers' Network**, Venue to be confirmed, Leeds. To book your place email [Sarah Boul](#).

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](#).

- Monday 10 September 2018, **World Suicide Prevention Day**. The international theme this year is 'Working Together to Prevent Suicide'.
- Monday 10 September 2018, 09:00-17:00, **Improving Physical Health Outcomes of 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.
- Thursday 13 September 2018, 09:00-17:00, **Integrating IAPT Services for Long-Term Conditions and Medically-Unexplained Symptoms**, Birmingham

City Football Ground, Birmingham. To book your place click [here](#). NB: There is a cost to attend this event.

- Friday 14 September 2018, 09:00-17:00, **Decision Making and Mental Capacity**, De Vere West One Conference Centre, London. To book your place click [here](#). NB: There is a cost to attend this event.
- Friday 21 September 2018, 09:00-17:00, **Preventing Suicide in Children and Young People**, De Vere West One Conference Centre, London. To book your place click [here](#). NB: There is a cost to attend this event.
- Wednesday 26 September 2018, 09:00-17:00, **Suicide Bereavement: Breaking the Silence**, Mercure Piccadilly Hotel, Manchester. To book your place click [here](#). NB: There is a cost to attend this event.
- Friday 28 September 2018, 09:00-17:00, **Recovery Orientated Services in Mental Health**, De Vere West One Conference Centre, London. To book your place click [here](#). NB: There is a cost to attend this event.
- Monday 1 October 2018, 09:00-17:00, **Improving Mental Health Crisis Care Summit**, De Vere West One Conference Centre, London. To book your place click [here](#). NB: There is a cost to attend this event.
- Monday 8 October 2018, 09:00-17:00, **IAPT Long Term Conditions**, De Vere West One Conference Centre, London. To book your place click [here](#). NB: There is a cost to attend this event.
- Friday 12 October 2018, 09:00-17:00, **The Mental Capacity Act Masterclass**, De Vere West One Conference Centre, London. To book your place click [here](#). NB: There is a cost to attend this event.
- Wednesday 17 October 2018, 09:00-17:00, **Employment Advisors in IAPT National Networking Forum**, Birmingham City Football Ground, Birmingham. To book your place click [here](#). NB: There is a cost to attend this event.
- Friday 16 November 2018, 09:00-17:00, **Improving Mental Health Support for Asylum Seekers and Refugees**, De Vere West One Conference Centre, London. 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?

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.

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