



## Yorkshire and the Humber Mental Health Network News

Issue 32

August 2018

### Welcome!

Welcome to Issue 32 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 launch of the new [Yorkshire and the Humber Forensic CAMHS service](#).

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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### Atlas of Shared Learning Case Studies

NHS England has added the following case studies to its [Atlas of Shared Learning](#):

- [Addressing unwarranted variation in physical restraint use across adult acute](#)

[mental health inpatient wards](#): Salford Royal NHS FT

The case studies in the Atlas provide quantifiable evidence of how nursing, midwifery and care staff have led change, identifying and addressing unwarranted variation in practice, contributed to closing the three gaps as described in the Five Year Forward View and delivered the Triple Aim outcomes of better outcomes, experience and use of resources.

### **Yorkshire and Humber Forensic CAMHS Launch Event**

To support the launch of Yorkshire and Humber's new [regional forensic child and adolescent mental health service](#), a formal launch event is being held where you can find out more about the new service, meet the team, and network with other professionals working throughout the region.

Join the team on Tuesday 25 September 10am – 3pm at the Holiday Inn Leeds-Wakefield, Queens Drive, Ossett, Wakefield WF5 9BE. Please call 01924 316066 or email [swy-tr.yhfcamhs@nhs.net](mailto:swy-tr.yhfcamhs@nhs.net) if you'd like to attend - lunch and refreshments will be provided.

Yorkshire and Humber FCAMHS is a new regional service that works with children and young people whose behaviour may be of concern to professionals, their families and/or their communities. The service is made up of four local NHS Trusts: South West Yorkshire Partnership NHS Foundation Trust, Humber Teaching NHS Foundation Trust, Sheffield Children's NHS Foundation Trust and Tees, Esk and Wear Valleys NHS Foundation Trust.

### **Now Recruiting to Honest Open Proud for Mental Health Professionals (HOP-MHP)**

A University College London (UCL) research project is now recruiting mental health professionals and those in training to a study testing a new intervention designed to support service providers in reaching decisions around disclosing their own experiences of mental health problems in ways that are personally meaningful, empowering and safe.

The new HOP-MHP intervention aims to reduce depression, stigma stress and disclosure related distress among mental health professionals who have current or past lived experience of mental health problems by supporting them in reaching disclosure related decisions. HOP-MHP is a 3-session (plus booster) guided self-help intervention adapted from the original evidence based HOP group programme.

Anyone interested in taking part can find more information on the project website [here](#).

### **North Yorkshire CCGs Seeking Feedback on Current Adult Autism and ADHD Service**

NHS organisations across North Yorkshire are inviting feedback on the current service for adults with autism and attention deficit hyperactivity disorder (ADHD), as part of a process to re-procure services, led by NHS Vale of York CCG on behalf of the four CCGs in York and North Yorkshire.

NHS Hambleton, Richmondshire and Whitby CCG, NHS Vale of York CCG, NHS

Harrogate and Rural District CCG and NHS Scarborough and Ryedale CCG will each be engaging with their local population to gather insight and opinion which will be used to bring in services that meet the needs of local patients. To find out more about the process and how to engage in feedback please click [here](#).

### **Tackling the Stigma of Mental Health Issues**

As part of NHS England's commitment to tackle the stigma of mental health issues and work to reduce the rate of suicide across England Danny Sculthorpe, Ambassador for State of Mind Sport charity, and former rugby league player, writes the first of three guest [blogs](#) previewing discussions on mental health at Expo 2018.

### **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'.

### **NICE Consultations and Shared Learning**

NICE has published the Surveillance Reports below:

- [Antisocial Personality Disorder: Prevention and Management \(CG77, 2009\)](#):  
Surveillance decision: NICE will not update the guideline
- [Borderline Personality Disorder: Recognition and Management \(CG78, 2009\)](#):  
Surveillance decision: NICE will not update the guideline

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.

NICE has also published a new guideline:

- [Community pharmacies: promoting health and wellbeing \(NG102\)](#).

This guideline covers how community pharmacies can help maintain and improve people's physical and mental health and wellbeing, including people with a long-term condition.

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

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

- [A fifth of people, who have no improvement on antidepressants at four weeks.](#)

[respond if given more time](#)

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 Department of Education and the Department of Health and Social care have published the policy paper [Response to the Select Committee Report on the Children and Young People's Mental Health Green Paper](#). This is the government response to the joint report of the Education and Health and Social Care Committees on 'Transforming children and young people's mental health provision: a green paper'. The select committees report was entitled '[The Government's Green Paper on Mental Health: Failing a Generation](#)'.

The Department of Health and Social Care has also published [reports from three organisations](#) funded by DHSC to research people's views about proposals in the 'Transforming children and young people's mental health provision; a green paper'. Youth Access, Young Minds and the National Children Bureau carried out focus groups to understand the views of young people, parents and carers, and professionals.

Lastly, The House of Commons Library has published a Research Briefing [Children and Young People's Mental Health – Policy, CAMHS Services, Funding and Education](#).

Healthwatch has published [Mental Health Support: An Overview of our Future Work](#). This briefing sets out a plan of action on mental health and how the Healthwatch network and stakeholders can get involved. It outlines a multi-year programme to find out what support people want with their mental health. It also sets out how this insight will be shared to influence policy, commissioning and practice at a national and local level.

The Mental Health Foundation has published [Mental Health in the Workplace: Seminar report](#). This paper is a summary of the proceedings of a seminar held at the Scottish Parliament bring together representatives from government, private, public and third sector organisations to discuss the challenges and opportunities in creating mentally healthy workplaces.

NHS Improvement has published [The Mental Health and Community e-rostering Improvement Collaborative](#). This report shares learnings from the 'mental health and community trust e-rostering collaborative' developed as part of Lord Carter's review of the productivity of mental health and community trust

The RAND Corporation has published [Promising Practices for Health and Wellbeing at Work: A Review of the Evidence Landscape](#). This research, commissioned by Public Health England, examines the landscape of workplace wellbeing interventions and the extent and quality of evidence being collected. It is intended to support organisations in developing their workplace wellbeing offer and aid understanding of whether interventions

are having a positive health outcome and how to capture and gauge the evidence.

### **Mental Health Statistics**

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

- [Learning Disabilities Health Check Scheme, England](#): Quarter 1, 2018-19
- [Learning Disability Services Monthly Statistics Provisional Statistics](#): July 2018, MHSDS, May 2018 Final
- [Mental Health Services Monthly Statistics](#): Final May, provisional June 2018
- [Mental Health Early Intervention in Psychosis](#): June 2018
- [Mental Health Community Teams Activity](#): Quarter ending June 2018
- [Out of Area Placements in Mental Health Services](#): May 2018
- [Psychological Therapies: Reports on the use of IAPT Services, England](#): May 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**, The Cosmopolitan Hotel, Leeds. To book your place email [Sarah Boul](mailto:Sarah.Boul@york.gov.uk).
- Wednesday 3 October 2018, 09:45-15:45, **Yorkshire and the Humber IAPT Providers' Network**, Novotel, Leeds. To book your place email [Sarah Boul](mailto:Sarah.Boul@york.gov.uk).
- Thursday 15 November 2018, 12:00-16:30, **Yorkshire and the Humber EIP Network**, Venue to be confirmed, Leeds. To book your place email [Sarah Boul](mailto:Sarah.Boul@york.gov.uk).

#### **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 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.
- Monday 12 November 2018, 09:00-17:00, **Reducing the Impact of Sexual Abuse on Mental Health**, De Vere West One Conference Centre, London. 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](mailto:sarah.boul@nhs.net) with the words "Links and Partner Organisations" in the subject line.

### Who produces this bulletin?

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