



## Yorkshire and the Humber Mental Health Network News

### Issue 34

October 2018

### Welcome!

Welcome to Issue 34 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 [All Party Parliamentary Group report on progress against the Five Year Forward View for Mental Health](#).

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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### Progress of the Five Year Forward View for Mental Health

The All-Party Parliamentary Group on Mental Health has published [Progress of the Five Year Forward View for Mental Health: On the Road to Parity](#). This report of an in-depth inquiry into the progress of the government's mental health strategy presents findings around investing in core services for adults severely affected by mental illness, increasing

the mental health workforce, and better oversight and collective responsibility for mental health.

### **Improving Physical Healthcare for Serious Mental Illness in Primary Care: Technical Guidance**

The delivery of physical health assessments for people with severe mental illness (SMI) in primary care will be tracked via a new Strategic Data Collection Service (SDCS) collection in 2018/19, in line with Five Year Forward View ambitions. The first collection will be due in October 2018, covering the 12 month period until end-September 2018. Subsequent reporting will be facilitated quarterly. Corresponding [technical guidance](#) has been published and is supported by [primary care commissioning guidance](#).

### **Humber, Coast and Vale Expand Perinatal Mental Health Service**

The Humber, Coast and Vale Sustainability and Transformation Partnership have expanded their offer of [mental health services for new and expectant mums](#). The service expansion is to ensure women who experience complex mental health needs receive the support they need and have access to treatments at the earliest possible stage.

### **Mental Health Data Hub**

NHS Digital has launched the [Mental Health Data Hub](#). The hub includes published figures from NHS Digital's datasets including information on the number of people in contact with mental health services; the proportion of mental health, learning disability and autism service users admitted as an inpatient; and estimates for the number of staff in the mental health and learning disability workforce.

### **World Mental Health Day**

World mental health day took place on 10 October 2018 and to mark the day the first Global Ministerial Mental Health Summit was held in London. The Global Summit brought together political leaders, innovators, experts-by-experience, policy makers and the third sector to share the most effective and innovative approaches to improve mental health. The aim of the event was to generate high-level political support for parity of esteem between physical and mental health all over the world. Mental health champions such as Alastair Campbell and Matt Haig were among the keynote speakers, and the Duke and Duchess of Cambridge attended the Summit. More information about the summit can be found [here](#).

The Prime Minister also announced a number of [initiatives around mental health](#) to mark [World Mental Health Day](#), which included funding for the Samaritans' helpline for the next four years, the appointment of the first UK Minister for Suicide Prevention and the publication of an annual 'State of the Nation' report highlighting trends and issues in young people's mental well-being starting in 2019.

### **National Mental Health Intelligence Network Profiling Tools**

The National Mental Health Intelligence Network (NMHIN) has released a new report: [Severe Mental Illness and Physical Health Inequalities](#) which aims to:

- increase the understanding of physical health conditions in people with SMI
- add to the intelligence on the inequality experienced by people with SMI

- provide intelligence that allows the health and care system to focus on key areas for intervention, to reduce premature mortality among people with SMI
- enable local areas to replicate this analysis of the physical health conditions in people with SMI for their populations

This analysis compares the prevalence of physical health conditions in patients with SMI and all patients (England May 2018) using data from the Health Improvement Network's general practice database.

The National Mental Health Intelligence Network (NMHIN) has also 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 is currently consulting on:

- [Coexisting Severe Mental Illness and Substance Misuse: Topic Engagement](#).

The closing date for comments is 13 November 2018.

NICE has also published a new guideline:

- NG108: [Decision-making and mental capacity](#)

This guideline covers decision-making in people 16 years and over who may lack capacity now or in the future.

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

The Education Policy Institute has published [Access to Children and Young People's Mental Health Services – 2018](#). Using responses from Freedom of Information requests, this report assesses the state of children's mental health services in England. It examines access to specialist services, waiting times for treatment, and provision for those children that are not able to receive treatment.

The Local Government Association has published [Local Leadership and Accountability for Children and Young People's Mental Health and Wellbeing Services](#). This document explores how 10 areas have improved their children's mental health and wellbeing services through better leadership and accountability and by putting young people centre stage.

The Mental Health Foundation has published [Make it Count: Policy Briefing](#). This document sets out the Mental Health Foundation's policy to put mental health and

wellbeing at the heart of children's school experience. Alongside this briefing, the following guides have been published:

- [Make it Count: Guide for Pupils](#): Contains advice for children and young people on how to keep themselves mentally healthy and what to do if they are struggling
- [Make it Count: Guide for Teachers](#): Supports teachers to create a classroom and school environment where children can thrive with good mental health
- [Make it Count: Guide for Parents and Carers](#): Supports parents and carers to help children understand, protect and sustain their mental health

The National Audit Office has published [Improving Children and Young People's Mental Health Services](#). This report looks at the government's strategy for improving children and young people's mental health services and its progress to date. It focuses in particular on how the government decided to implement 'Future in Mind'; whether it is on track to deliver improved mental health services to young people; and accountability for spending and outcomes.

The British Medical Association has published [Tackling the Causes: Promoting Public Mental Health and Investing in Prevention](#). This briefing explores the social determinants of mental health and the relationship between physical and mental health, investigates what is being invested in public mental health across the UK, and makes recommendations for improving public mental health.

Elsevier has published [a research paper](#) of the effects of policy following the recession in 2007-8 on local inequalities in mental health and wellbeing in one local authority, an area with very high spatial and socioeconomic inequalities. Follow-up findings from a prospective cohort study of the gap in mental health and wellbeing between the most and least deprived neighbourhoods is presented.

Health Education England has produced a new e-Learning resource [We Need to Talk About Suicide](#). This resource aims to provide support for volunteers and health care professionals, enabling them to recognise early warning signs of suicide and support patients and their families.

The Healthcare Quality Improvement Partnership has published [National Confidential Inquiry into Suicide and Safety in Mental Health – Annual Report 2018](#). This annual report provides findings relating to people who died by suicide or were convicted of homicide in 2006-2016 across all UK countries. Additional findings are presented on sudden unexplained deaths under mental health care in England and Wales.

The Healthcare Quality Improvement Partnership has also published [Assessment of Clinical Risk in Mental Health Service](#). This study looks to determine which risk assessment tools are currently being used in mental health services; explore the views of clinicians, patients and carers on their experience of risk assessment tools and how their use might be improved; and identify how these tools are being used prior to suicide.

The National Literacy Trust has published [Mental Wellbeing, Reading and Writing](#). This report explores the link between mental wellbeing, reading and writing enjoyment, attitudes and behaviours. The report also highlights a link with age, indicating that

children's well-being falls as they get older, with particularly sharp falls in well-being for both boys and girls between the ages of 13 and 14 and 16 and 17.

NHS England has published [Towards Commissioning for Workplace Compassion: A Support Guide](#). This document includes evidence-informed guidance and good practice for commissioners and for providers to support them in achieving compassion in the workplace and so create an NHS culture of compassion for all. NHS England has also produced two infographics providing information on [Why Caring for the People who Care Matters](#).

### **Mental Health Statistics**

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

- [Compendium – Mortality from Suicide or Suicide and Injury Undetermined](#)
- [Learning Disability Services Monthly Statistics - Provisional Statistics](#): Sept 2018, MHSDS and July 2018 Final
- [Mental Health Act Statistics](#): Annual figures 2017-18
- [Mental Capacity Act 2005, Deprivation of Liberty Safeguards England](#): 2017-18
- [Mental Health Early Intervention in Psychosis](#): August 2018
- [Mental Health Services Monthly Statistics](#): Final July, Provisional August 2018
- [Out of Area Placements in Mental Health Services](#): July 2018
- [Psychological Therapies: Reports on the use of IAPT services, England](#): July 2018 Final

### **Dates for your Diary**

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

- Thursday 15 November 2018, 12:00-16:30, **Yorkshire and the Humber EIP Network**, The Cosmopolitan Hotel, 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 12 November 2018, 09:15-17:00, **First UK Conference on Autism and Eating Disorders**, Cedar Court Hotel in Harrogate. To book your place click [here](#). NB: There is a small 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.
- Wednesday 12 December 2018, 09:00-17:00, **Meeting Mental Health Needs: Practical Interventions to Improve Services**, America Square Conference Centre, London. To book your place click [here](#). NB: There is a cost to attend this event.
- Friday 14 December 2018, 09:00-17:00, **Towards Zero Suicide**, London. To book your place click [here](#). NB: There is a cost to attend this event.
- Monday 14 January 2019, 09:00-17:00, **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.
- Wednesday 23rd January 2019, 09:00-17:00, **2019 IAPT National Networking Forum**, Birmingham City Football Ground, Birmingham. To book your place click [here](#). NB: There is a cost to attend this event.
- Thursday 14 February 2019, 09:00-17:00, **Restrictive Interventions in Physical and Mental Healthcare Settings: The Legal Framework**, 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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