



Yorkshire and the Humber Mental Health Network News

Issue 36

December 2018

Welcome!

Welcome to Issue 36 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 [Staying Safe website](#).

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](#):

- [Integrated 24/7 multi-agency mental health first response service](#): Bradford District Care Trust
- [Award-winning partnership transforming specialist mental health services](#): South West Regional Secure Services

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.

Independent Review of the Mental Health Act

The Department of Health and Social Care has published [Modernising the Mental Health Act: Increasing Choice, Reducing Compulsion](#). The final report from the Independent Review of the Mental Health Act 1983 sets out recommendations for government on how the Act and associated practice needs to change. The government will now introduce a new Mental Health bill to transform mental health care.

Patient Engagement in Talking Therapies

People with experience of common mental health problems, such as anxiety and depression, play an important role in developing talking therapy services. NHS England Has released two new case studies focussing on patient engagement:

The first case study is about how [patient involvement is key to improving mental health care](#). This shows how feedback from patients is helping an Improving Access to Psychological Therapies (IAPT) service in Lincolnshire to develop new ways of working and to support recruitment of new therapists.

The second case study focuses on how the [Patient Forum helps improve the way mental health care is delivered by NHS services](#). This describes how an IAPT network in the Thames Valley area has reached out to former service users who are now contributing to new projects.

New Perinatal Mental Health Leaflets Published

A new set of mental health leaflets offer support for mums, their families, and the teams that care for them. The eight leaflets cover a broad range of topics including postnatal depression, postpartum psychosis and perinatal OCD, and the use of lithium and antipsychotics in pregnancy and breastfeeding. They offer advice and signpost to promote better understanding and support people in making decisions about perinatal mental health issues.

The leaflets have been written jointly by perinatal psychiatrists, women with lived experience of perinatal mental illness, and their partners. They have been delivered in partnership by RCPsych, NHS England and HEE. Please ensure maternity and mental health teams in your CCG are aware of these leaflets. Further information, and copies of the leaflets, is available on the [NHS England website](#).

4 Mental Health Launch ‘Staying Safe’ Website

The Staying Safe website is a potentially life-saving resource developed by 4 Mental Health, with invaluable input from international academics, mental health practitioners, people who have survived suicidal thoughts and those personally affected by suicide through bereavement.

[StayingSafe.net](#) offers compassion, kindness and easy ways to help keep people safer

from thoughts of harm and suicide, seek support and discover hope of recovery through powerful videos from people with personal experience.

The website provides vital 'Safety Plan' guidance tools, jointly funded by NHS England, with easy to print / online templates and guidance video tutorials purposefully designed to help people through the process of writing their own Safety Plan. A Safety Plan helps to build hope, identify actions and strategies to resist suicidal thoughts and develop positive ways to cope with stress and emotional distress.

It is 4 Mental Health's hope that anyone currently in extreme distress can share our hope that recovery is possible with the right support and that one day keeping a Safety Plan will be common place and regarded an extension of wellbeing and self-care.

For more information about StayingSafe.net, please contact info@4mentalhealth.com

National Mental Health Intelligence Network Profiling Tools

The National Mental Health Intelligence Network (NMHIN) has announced that the Suicide prevention profile became an official statistic on 6 November 2018. NMHIN has subsequently advised that the indicator 'suicide prevention plans in place' has been relocated. The indicator can now be downloaded as a map in pdf format from the introduction page of the [suicide prevention profile](#).

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'.

Mental Health Reports, Resources and Research

The Centre for Mental Health has published [Filling the Chasm: Reimagining Primary Mental Health Care](#). This report explores local initiatives which bridge the gap between primary care and secondary care mental health services, supporting people have more complex needs, don't meet secondary care thresholds, or present with multiple or medically unexplained symptoms.

The Department of Health and Social Care has published [The Women's Mental Health Taskforce: Final Report](#). This report sets out how women's experience of mental ill health can differ to men's and the strategic priorities for the future. It urges commissioners and providers across the health and care system to take note of the report findings and to embed these in their work.

The Mental Health Foundation has held community conversations with Londoners on how the Mental Health Foundation could better support people to be mentally healthy. [Londoners said](#) sets out the solutions identified during these conversations, which include spreading knowledge, skills and support so people can look after themselves and their neighbours.

Mental Health Statistics

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

- [Mental Health Early Intervention in Psychosis](#): October 2018
- [Mental Health Services Monthly Statistics](#): Final September, Provisional October 2018
- [Out of Area Placements in Mental Health Services](#): September 2018
- [Psychological Therapies: reports on the use of IAPT services, England September 2018 final, including reports on the IAPT pilots and quarter 2 2018-19 data](#)

Dates for your Diary

Yorkshire and the Humber Mental Health Network Events:

- Tuesday 22 January 2019, 10:00-15:30, **Yorkshire and the Humber Senior PWP Network**, The Met Hotel, Leeds. To book your place email [Sarah Boul](#).
- Wednesday 6 February 2019, 09:45-15:45, **Yorkshire and the Humber IAPT Providers' Network**, The Met Hotel, Leeds. To book your place email [Sarah Boul](#).
- Wednesday 6 March 2019, 10:00-16:00, **Yorkshire and the Humber Urgent and Emergency Mental Health Care Network**, DoubleTree by Hilton, Leeds. To book your place email [Charlotte Whale](#).

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 14 January 2019, 09:00-17:00, **Improving the Physical Health of Adults with 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 18 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 23 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 31 January 2019, 08:45-15:30, **Mental Well-being of NHS Staff Conference**, Central London. To book your place click [here](#). NB: There is a cost to attend this event.
- Tuesday 5 February 2019, 09:30-16:30, **NSPA Conference 2019: Suicide prevention across the life course**, Kia Oval, London. To book your place click [here](#). NB: There is a cost to attend this event.
- Thursday 7 February, **Time to Talk Day**. More information and free materials to support the day can be accessed [here](#).
- 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.
- Tuesday 12 March 2019, 09:00-17:00, **Learning Disabilities and Autism: Promoting Positive Outcomes**, Manchester Conference Centre, Manchester. To book your place click [here](#). NB: There is a cost to attend this event.
- Monday 29 April 2019, 09:00-17:00, **IAPT Improving Access for All**, Park Inn by Radisson, York. 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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