

- [One to one antenatal and postnatal support for mental health](#): Northern Lincolnshire and Goole
- [Learning Disability and Autism support in an acute setting](#): London
- [Improving care in Mental Health services](#): Stoke-on-Trent
- [Mental Capacity and 'Best Interest' planning at North Staffordshire Combined Healthcare NHS Trust](#)

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.

CCG Assessments 2017/18: Learning Disabilities and Mental Health

NHS England has published CCG assessments for 2017/18. These documents contain independent panel commentary, methodology of the ratings for 2017/18 and the CCG individual assessment ratings for 2017/18. The reports include:

- [CCG Mental Health Assessment 2017/18](#)
- [CCG Learning Disabilities Assessment 2017/18](#)

Final Call: Demand and Capacity Trainer Programme

The national Demand and Capacity team is inviting colleagues working in NHS providers to apply for its Demand and Capacity Trainer Programme. Free to NHS providers, this is a six-month ILM accredited programme, which supports organisations to develop internal skills in demand and capacity modelling. We are inviting applications for cohort 11 from 14th Jan to 10th Feb 2019. Open to all regions, the training will be in London. **At present, this is the last cohort.** Apply for your place on the programme [here](#).

Launch of Yorkshire and the Humber Psychological Professions Network (PPN)

The newly established Yorkshire and Humber Psychological Professions Network (PPN) is now open to membership registration. Similar to the North West PPN, the Yorkshire and Humber PPN is a multi-professional, regional membership network, for all psychological professionals contributing to NHS commissioned healthcare.

The Yorkshire and Humber PPN is being established by Dr Paul Boyden, Development Lead and aims to establish a joined-up voice for all psychological professionals in workforce planning and development, and to support excellence in practice. This includes anyone whose primary role is providing NHS funded therapies and interventions for individuals, families and communities. The Yorkshire and Humber PPN also aims to be inclusive of the voluntary sector organisations also. To find out more and to register as a member click [here](#).

Mental Health and the NHS Long Term Plan

The Centre for Mental Health has published [The NHS Long Term Plan: What does it mean for mental health?](#) This briefing provides a summary of the key proposals in the long term plan relating to mental health and investigates the implications of the plan as a whole for mental health. It explores what the establishment of Integrated Care Systems

nationwide might mean for mental health services and how the plan's focus on prevention might change the way people with mental health difficulties are supported. It also looks at the importance of social care and public health.

NHS Long Term Plan: National Heroes Service for Veterans

Thousands more veterans who struggle with civilian life will benefit from [new and expanded NHS Services](#), including mental health support, as part of the NHS Long Term Plan. A new dedicated crisis service will provide intensive support to scores of the most vulnerable former soldiers, sailors and air men and women battling alcohol, drugs and mental health problems. It is part of a series of measures to ramp up bespoke services for veterans, backed by £10 million of investment, to ensure specialist health support for veterans is available across the country.

Suicide Prevention

The Department of Health and Social Care has published [Preventing Suicide in England: Fourth Progress Report of the Cross-Government Outcomes Strategy to Save Lives](#). This report sets out what has been done to reduce deaths by suicide in England during 2017 and 2018. Alongside this, the government has published [Cross-Government Suicide Prevention Workplan](#). This document sets out how the government will work with the NHS, local government and the voluntary sector to reduce suicides. It sets out the actions being taken up to 2020 to carry out the suicide prevention strategy.

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 is currently consulting on draft guidance for:

- [Depression in children and young people: identification and management: draft guidance consultation](#). The closing date for comments is: **20 February 2019**.

This consultation aims to give stakeholders the opportunity to comment on the proposed draft guidance.

National Institute for Health Research (NIHR) Signals

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

- [Combining mirtazapine with other antidepressants is not effective for treatment-](#)

- [resistant depression](#)
- [Aerobic exercise is an effective treatment for depression](#)

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 [Restoring something lost: the mental health impact of therapy dogs in prison](#). This report presents the evaluation findings of a pilot scheme to introduce two therapy dogs to people with histories of self-harm in three prisons in England's North East. The pilot found that the therapy dogs had a calming influence on prisoners, helped increase coping skills and strategies, and provided a safe space for them to explore ways of expressing and processing emotions.

The Centre for Mental Health has published [Finding our own way: mental health and moving from school to further and higher education](#). This report explores the impact of transitions between school and further and higher education on students' mental health and ways in which these might be improved. The report highlights the lack of joined-up NHS support for students living between two locations, and makes a number of recommendations.

NHS Confederation has published [Modernising the Mental Health Act: a summary of the final report of the Independent Review of the Mental Health Act](#). This briefing provides a summary of the final report which includes proposed changes to CTOs, the nearest relative provision, hospital manager hearings, the introduction of a statutory care and treatment plan and calls for a sustained focus on improving the inpatient ward environment.

The Department of Health and Social Care has published [Equality Analysis: Liberty Protection Safeguards – Mental Capacity \(Amendment\) Bill](#). This document looks at the positive, neutral and negative effects that this legislation could have on people with protected characteristics and other groups, such as carers. The House of Commons Library has published a briefing relating to the [Mental Capacity \(Amendment\) Bill](#).

The House of Commons Library has published [Children and Young People's Mental Health: Policy, CAMHS Services, Funding and Education](#). This briefing sets out information on policy, services, funding and education relating to children and young people's mental health.

The House of Commons Library has issued the following debate packs to inform debates recently held or to be held in Westminster Hall:

- [Mental health first aid in the workplace](#) (debated held on 17 January 2019)
- [Mental health and the benefits assessment process](#) (debate to be held 22 January 2019)
- [Access to NHS Treatments for Children and Young People with Mental Health Problems](#) (House of Lords question for short debate (QSD) to be held on 30 January 2019)

These packs contain information which may be useful to a wider audience.

The Public Accounts Committee has published [Mental Health Services for Children and Young People](#). This report examines mental health services for children and young people and finds most young people with a mental health condition do not get the treatment they need. It says government should step up action to increase staff numbers and develop required skills and cross-departmental planning must improve, with focus on prevention and early intervention.

Public Health England has published [Health Matters: Reducing Health Inequalities in Mental Illness](#). This document collates data and best evidence of what works in removing health inequalities experienced by people living with mental illness. It focuses on some of the actions that local areas can take to reduce these health inequalities, so that people with mental illness can achieve the same health outcomes and life expectancy as the rest of the population.

The Strategy Unit has published reports presenting findings to date from an [evaluation of the Building the Right Support plan](#) published in 2015. Building the Right Support is a national plan to provide better support to people with a learning disability or autism. The research is intended to find out what is working, what is not working and what can be done better to support people. The research is due to be completed in summer 2019 after which the final results will be published.

Mental Health Statistics

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

- [Learning Disability Services Monthly Statistics](#): Provisional - December 2018, MHSDS: October 2018 Final)
- [Mental Health Services Monthly Statistics](#): Final October, Provisional November 2018
- [Mental Health Early Intervention in Psychosis](#): November 2018
- [Out of Area Placements in Mental Health Services](#): October 2018
- [Psychological Therapies: reports on the use of IAPT services, England](#): October 2018 final, including reports on the IAPT pilots

Dates for your Diary

Yorkshire and the Humber Mental Health Network Events:

- 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 2019.

For further information, and to check course availability, email: wdu@york.gov.uk or visit the website [here](#).

- 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.
- Thursday 28 February 2019, 09:00-17:00, **Transforming Child and Adolescent Mental Health Services**, Central 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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