



Yorkshire and the Humber Mental Health Network News

Issue 38

February 2019

Welcome!

Welcome to Issue 38 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 upcoming changes to the [Mental Health Services Data Set \(MHSDS\) submission](#).

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](#).

Contents:

- [Celebrating 10 years of IAPT](#)
- [Dementia Commissioning Knowhow](#)
- [Learning Disability and Autism Training Consultation](#)
- [Mental Health Service Data Set \(MHSDS\) Moving to Internet-facing Submission](#)
- [Mental Wellbeing for New Parents in Doncaster](#)
- [Supporting Children and Young People's Mental Health](#)
- [National Mental Health Intelligence Network Profiling Tools](#)
- [NICE Consultations and Shared Learning](#)
- [National Institute for Health Research \(NIHR\) Signals](#)
- [Mental Health Reports, Resources and Research](#)
- [Mental Health Statistics](#)
- [Dates for your Diary](#)
- [Contacts](#)
- [Links and Partner Organisations](#)

Celebrating 10 years of IAPT

NHS England held a conference on 14 February in London to celebrate 10 years of Improving Access to Psychological Therapies (IAPT), which was noted as a revolution in

mental health. Speakers at the event included the Secretary of State for Health and Social Care Matt Hancock, Simon Stevens, Chief Executive of NHS England, Claire Murdoch, National Director for Mental Health, and other key figures including Yorkshire and the Humber's Clinical Network Lead PWP Heather Stonebank. The day focussed on the success of the psychological therapy service and gave thought to the future of this revolutionary service. To read more about IAPT at 10 click [here](#).

Dementia Commissioning Knowhow

Yorkshire and Humber Clinical Network, in collaboration with NHS England's Dementia Policy team and NHS Improvement, has developed the [Dementia Commissioning Knowhow](#), supporting commissioners of dementia services. This resource is intended to support CCGs and STPs endeavouring to improve dementia care services. It covers the dementia pathway and advocates a systematic, standardised approach to enhancing the processes that positively impact effective commissioning of dementia services. It includes links to documents, case studies and tools.

Learning Disability and Autism Training Consultation

The Department of Health and Social Care has launched a consultation on [Learning disability and autism training for health and care staff](#). The consultation considers issues around the training and development of health and care staff to better support people with a learning disability and autistic people. The Consultation closes on 12 April 2019.

Mental Health Service Data Set (MHSDS) Moving to Internet-facing Submission

NHS Digital has advised that the MHSDS is moving to a new submission method from the April 2019 reporting period. This will coincide with the implementation date of the MHSDS v4.0 Information Standard. MHSDS will be submitted via the Strategic Data Collection Service (SDCS) to the Data Services Platform (DSP). SDCS is the primary method of submitting data to DSP and is a secure internet-facing platform which will remove the requirement for submission via a Health and Social Care Network (HSCN) connection for MHSDS submissions. DSP is a modern data processing platform that will enable NHS Digital to collect, process and use data in a smarter, more efficient way and deliver timelier, better-linked data that gives a clearer national picture of health and care. DSP will replace the Bureau Service Portal (BSP) for MHSDS submissions. The new submission process will make it easier for smaller and independent providers to submit data to the MHSDS. All services in scope of MHSDS are still required to submit data. Any services working towards submission, as per the mandated requirement outlined in the Data Provision Notice (DPN) and the NHS Standard Contract should continue to do so. Further information can be found [here](#).

Mental Wellbeing for New Parents in Doncaster

Doncaster Council has launched a new webpage dedicated to the mental wellbeing of new parents. The webpage provides top tips for mental health, specific support for new dads and local sources of support. Find out more [here](#).

Supporting Children and Young People's Mental Health

To mark Children's Mental Health Week (4-10 February), the Education Secretary announced that up to 370 schools in England will take part in a series of trials testing

different approaches to [supporting young people's mental health](#).

Children will benefit from mindfulness exercises, relaxation techniques and breathing exercises to help them regulate their emotions, alongside pupil sessions with mental health experts. The study will run until 2021 and aims to give schools new, robust evidence about what works best for their students' mental health and wellbeing.

National Mental Health Intelligence Network Profiling Tools

New data on suicide rates for Clinical Commissioning Groups (CCGs) and Sustainability and Transformation Partnerships (STPs) have been added to the suicide prevention profile. The following indicators have been added for each CCG and STP in England:

- age-standardised suicide rate per 100,000 population for persons, males and females
- age-specific suicide rate per 100,000 population for males
- age-specific suicide rate per 100,000 population for females (STP only)

This update contains new data on female age-specific suicide rates by STP, replacing presentation of this data by region. STP is the lowest geographical level at which female age-specific suicide rates are presented in the profile. Age-specific suicide rates previously presented in the profile at County & UA level are therefore no longer available to allow for sub-regional presentation of this indicator for females.

A [statistical commentary](#) to accompany the February update is available.

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 draft guidance for:

- [Care and support of people growing older with a learning disability: quality standard consultation](#). Closing date for comments: 11 March 2019.
- [Service model for people with learning disabilities and behaviour that challenges: quality standard consultation](#). Closing date for comments: 18 March 2019.

These consultations aim to give stakeholders the opportunity to comment on the proposed draft guidance.

NICE has published the following Surveillance Reports:

- [Self-harm in over 8s: short-term management and prevention of recurrence \(CG16, 2004\)](#) – surveillance decision: NICE will update the guideline.
- [Self-harm in over 8s: long-term management \(CG133, 2011\)](#) - surveillance decision: NICE will 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 guideline.

NICE has also published the following Shared Learning:

- [Using NICE Quality Standards for antenatal and postnatal mental health to improve the quality of NHS services working with women during the perinatal period](#): Thames Valley

National Institute for Health Research (NIHR) Signals

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

- [London 2012 Olympics regeneration had minimal impact on physical and mental health](#)
- [No additional weight-loss reported from a lifestyle programme for people with psychosis](#)

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 Local Government Association has published [Don't be left in the dark: children and young people's mental health](#). This guide provides an overview of the challenges facing mental health and wellbeing services for children and young people.

The UK Chief Medical Officers have published [UK CMO commentary on Screen-based activities and children and young people's mental health and psychosocial wellbeing: a systematic map of reviews](#). The commentary includes the CMOs' advice for parents and carers regarding screen time, social media and children and young people's mental health. It also outlines steps organisations should take. The advice is informed by research evidence on child and adolescent development, and the views of academics, parents and carers, teachers and children and young people themselves.

Mental Health Statistics

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

- [Mental health Community Teams Activity](#): Quarter ending December 2018
- [Mental Health Early Intervention in Psychosis](#): December 2018
- [Mental Health Services Monthly Statistics](#): Final November, Provisional

December 2018

- [Out of Area Placements in Mental Health Services](#): November 2018
- [Physical Health Checks for People with Serious Mental Illness \(SMI\)](#): Q3 2018/19
- [Psychological Therapies: reports on the use of IAPT services, England](#): November 2018 final, including reports on the IAPT pilots
- [Suicide Prevention Profile](#): February 2019 update

Dates for your Diary

Yorkshire and the Humber Mental Health Network Events:

- 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](#).
- Thursday 2 May 2019, 12:30-16:30, **Yorkshire and the Humber EIP Network**, Novotel, Leeds. To book your place please 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 2019.

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

- 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.
- Monday 4 March 2019, 09:00-17:00, **Adult Safeguarding Summit 2019**, 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.
- Friday 15 March 2019, 09:00-17:00, **Improving Mental Health Crisis Care**, De Vere West One, London. 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.

- Monday 20 May 2019, 09:00-17:00, **Improving Mental Health Support for Asylum Seekers and Refugees**, London. To book your place click [here](#). NB: There is a cost to attend this event.
- Wednesday 26 June 2019, 09:00-17:00, **PWP National Networking Forum 2019**, Birmingham City Football Ground, Birmingham. 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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