Yorkshire and the Humber Mental Health Network News

Issue 39
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Welcome!

Welcome to Issue 39 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 our mental health reports, resources and research section, as a significant amount of mental health publications have been released in the last month.

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:

Atlas of Shared Learning Case Studies

NHS England has added the following case studies to its Atlas of Shared Learning:

- Implementing a mobile dental unit into a mental health inpatient ward

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 Data Collection for IAPT Workforce

The [Five Year Forward View for Mental Health](#) commits to expand IAPT services by an additional 600,000 people annually by 2020/21. To achieve this, 4,500 additional therapists will be recruited and trained, allowing 3,000 existing therapists to be co-located in primary care by 2020.The Strategic Data Collection Service will track CCG progress toward these workforce targets. The first submission window opened on 27 February and will cover the nine-months to December 2018. To provide a baseline, the first submission will also ask for numbers at 31 March 2018. Subsequent collections will take place quarterly. [See IAPT workforce collection guidance](#).

Population Screening: People with Severe Mental Illness

Public Health England has published [NHS population screening: improving access for people with severe mental illness](#). This document provides information for commissioners and screening providers to help improve access to screening for people with severe mental illness residing in mental healthcare settings.

STOMP-STAMP Pledge Resources

NHS England has recently published [STOMP-STAMP Pledge Resources](#).

STOMP -STAMP (Stopping over medication of people with a learning disability, autism or both-Supporting Treatment and Appropriate Medication in Paediatrics) pledge resources are intended for organisations and individuals that work with children and young people with a learning disability, autism or both, to show their commitment to STOMP and STAMP.

Think Autism: Review of National Autism Strategy

The Department of Health and Social Care has launched a consultation on a [review of the national autism strategy](#). The government is reviewing the 'Think Autism' strategy published in 2014 and extending it to cover children as well as adults. It wants to hear about people's experiences of care and support to find out where people think progress has been made and where more needs to be done in the future. The consultation closes on 16 May 2019.

Transforming Mental Health Support

[Care Not Containment](#) is an independent report developed by an expert group to explore how mental health services could be changed to reduce the reliance on restrictive environments and shift to earlier interventions. It highlights the deficiencies in the way in which mental health support is currently organised and delivered in many places, and

argues for the implementation of a new approach, focused on the right care at the right time in the right setting, and prioritising people's independence, rights and wellbeing.

National Mental Health Intelligence Network Profiling Tools

The National Mental Health Intelligence Network (NMHIN)are in the process of updating the Perinatal Mental Health fingertips profile, which supports planners, providers and stakeholders to plan services, undertake needs assessments and benchmark against similar populations. NMHIN wish to hear from people who engage with data on Perinatal Mental Health from any background please contact mhdnin@phe.gov.uk for further information.

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 a quality standard for:

- Coexisting severe mental illness and substance misuse: quality standard consultation. The closing date for comments is 10 April 2019.

These consultations aim to give stakeholders the opportunity to comment on the quality standard.

NICE has published the following Surveillance Reports:

- Obsessive-compulsive disorder and body dysmorphic disorder: treatment (CG31, 2005): 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:

- Transforming Mental Health Care for Children and Young People with Long-Term Conditions: Mental Health and Psychological Wellbeing Drop-In Centre
- Our Medicines - Our Way: A person centred approach to supporting adults with a learning disability to manage their medicines

National Institute for Health Research (NIHR) Signals

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

information on:

- [Cognitive behavioural therapy may help ease depression in the workplace](#)

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 Care Quality Commission has published [Monitoring the Mental Health Act in 2017/18](#). This report finds there has been some improvement in the quality of care planning for patients who are subject to the Mental Health Act but there are continued concerns about the quality and safety of mental health wards.

The Centre for Mental Health has published [Economic Theories Relevant to Public Service Provision](#). This briefing explains the most widely used economic theories in relation to public services. It sets out the principles behind each theory and how it can be applied to decision-making about public policy and service commissioning. The briefing is the first of a two-part series, the second of which will focus on how theory applies to the funding, commissioning and provision of mental health support.

Health Education England has published [NHS Staff and Learners' Mental Wellbeing Commission](#). This is the final report from the commission which set out to discover and review evidence of good practice where the mental health and wellbeing of staff and learners in NHS organisations has been made an organisational priority. The report contains a series of recommendations which will be considered as part of arrangements to develop the Workforce Implementation Plan.

The Healthcare Financial Management Association has published [Mental Health Confidence Survey – Summary of Results](#). This briefing summarises responses from a survey asking providers and commissioners of mental health services how confident they were that their system would meet the requirements set out in Implementing the Five Year Forward view for Mental Health and the Mental Health Investment Standard.

The House of Commons Library has published [Autism – overview of UK policy and services](#). This briefing provides an overview of policies and services for people with autism, primarily in England.

The Money and Mental Health Policy Institute has published [A Silent Killer: Breaking the link between financial difficulty and suicide.](#) There is rarely one single factor that drives people to take their own life. Instead, typically, a range of social issues, life events, cognitive and personality factors are combined. The report suggests that people in problem debt are three times more likely to have considered suicide than people who are not in problem debt. Persistent poverty and financial insecurity can increase the risk of becoming suicidal, as can sudden triggers like the intimidating and threatening letters people receive from lenders.

NHS Confederation has published [Hope not Hopelessness: Improving physical](#)

healthcare for individual with severe mental illness. This report argues a culture change is needed so staff in mental health give the same attention to a person's physical health as they do to mental health.

The NHS Confederation Mental Health Network has published Using digital technology to design and deliver better mental health services; perspectives from Australia and the USA. This report explores what the UK might learn from colleagues in the USA and Australia engaged in work relating to making better use of digital technology in the mental health sector.

NHS England has published Beyond the High Fence: From the unheard voices of people with a learning disability, autism or both. This document sets out views of people with a learning disability and autistic people who are, or have been, in hospital, setting out what more needs to happen to improve quality of care and support people to make a successful return to their communities.

NHS Improvement has published Economic Evaluation of Interventions: Reducing acute out of area placements in mental health. This guide outlines one approach to the evaluation of data to reduce acute out of area mental health placements. It is accompanied by a case study examining the impact of a crisis house facility.

NHS Providers has published Mental Health Services: Addressing the care deficit. This report summarises feedback from mental health trust leaders which was intended to gain a deeper understanding of the current operating environment and its impact on those leading and delivering frontline services. It identifies the key challenges and their impact on the services mental health trusts provide.

Skills for Health have published Co-production in Mental Health: Not just another guide. This guide identifies the issues that both hinder and support co-production and illustrates examples and case studies that show how other initiatives are working co-productively in a variety of settings and with transferable learning. The guide has also developed a set of top tips that will support progress towards co-production in mental health services.

Mental Health Statistics
The following statistics have recently been released please click on the links to review further:
- Children Living with Parents in Emotional Distress: 2019 Update
- Learning Disability Services Monthly Statistics: Provisional Statistics January 2019, MHSDS: November 2018 Final
- Learning Disabilities Health Check Scheme, England: Quarter 3, 2018-19
- Learning Disability Services Monthly Statistics: Provisional Statistics at: February 2019, MHSDS: December 2018 Final
- Mental Health Early Intervention in Psychosis: January 2019
- Mental Health Services Monthly Statistics: Final December 2018, Provisional

January 2019
- [NHS Workforce Statistics:](#) December 2018 (Including supplementary information on Mental Health workforce)
- [Out of Area Placements in Mental Health Services](#): December 2018
- [Psychological Therapies: Reports on the use of IAPT services, England](#): December 2018 final, including reports on the IAPT pilots and quarter 3 2018-19 data
- [State of the North East 2018: Public Mental Health and Wellbeing](#)

Dates for your Diary
Yorkshire and the Humber Mental Health Network Events:
- 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](#).

- 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.

- Thursday 16 May 2019, 09:00-17:00, **Improving Student Mental Health Outcomes**, Mary Ward House Conference and Exhibition Centre, London. 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.

- Tuesday 21 and Wednesday 22 May 2019, **Alzheimer's Society Annual Conference**, Kia Oval, London. To book your place click [here](#). NB: There is a cost to attend this event but a 10% discount can be deducted using the code ASAC19GENTEN

- Friday 21 June 2019, 09:00-17:00, **Improving the Physical Health Outcomes of People with Serious Mental** Illness, 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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