

NHS England has added the following case studies to its [Atlas of Shared Learning](#):

- [Reducing 'enhanced observations' on a mental health ward](#): North Staffordshire
- [The 'Getting Clozapine Right' initiative at Northern Devon Healthcare NHS Trust](#)
- [The Intensive Support Team – supporting positive changes for people with learning disabilities](#): North Staffordshire

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.

Another Way Campaign Launched

The 'Another Way' campaign launched by Doncaster Council during mental health awareness week features a short video of men from across Doncaster and encourages people to talk openly about how they're feeling, either by speaking to friends and family, or by contacting supporting organisations such as the Samaritans – 116123. To view the full campaign video, visit www.yourlifedoncaster.co.uk/anotherway. There is **help**. There is **hope**. There is **another way**.

Investing in Primary Care for Effective Suicide Prevention

The Centre for Mental Health and Samaritans have published [Strengthening the frontline: investing in primary care for effective suicide prevention](#). This report reviews the evidence about what GPs and their colleagues could do to help save lives among people with suicidal feelings. It identifies five areas for improvement including the provision of ongoing training for GPs; investment to enable longer appointments and continuity of care for patients; provision of emotional support for GPs; effective care pathways between services; and easy access to further support.

New Funding for Rough Sleepers with Mental Illness and Substance Misuse

NHS England and Public Health England have announced, as part of the NHS Long Term Plan, [New funding for rough sleepers living with mental illness and substance misuse](#). £1.9 million will be given to councils by Public Health England to help improve the health of rough sleepers. The funding will be awarded to projects involving partnerships between local authorities and Clinical Commissioning Groups (CCGs) that test models aimed at improving access to health services for people who are sleeping rough. Successful projects will focus on improving access to health services for people with co-occurring mental ill-health and substance misuse problems who are currently, or at risk of returning to, sleeping rough.

New Technical Guidance on CCG PH SMI Data Collection Published

NHS England has published updated technical guidance to support the CCG data collection for people with serious mental illness (SMI) receiving a full physical health check. The guidance for use in 2019/20 is now available [here](#).

The updated indicator for 2019/20 asks CCGs to report quarterly on the delivery of physical health checks for people on the SMI register in any setting, including the relevant

follow-up interventions and access to national screening. The first return to the 2019/20 collection will be in July 2019.

Reminder of Dedicated Mental Health Services for British Armed Forces Veterans

The [NHS Long Term Plan](#) sets out a commitment to expand the care and treatment for veterans, with a key focus on mental health services. This relates to the Veterans' Mental Health Transition, Intervention and Liaison Service and the Veterans' Mental Health Complex Treatment Service which, over the next five years, will be increased in terms of capacity and accessibility. Please ensure GP practices are aware of these services and are identifying and recording which of their patients are veterans to support appropriate referrals (the [GMS1 form](#) can help with this). For more information on these services, which are available across England, visit the [NHS website](#) and see this [leaflet](#).

National Mental Health Intelligence Network Profiling Tools

The Mental Health Intelligence Network is in the process of updating its **Children and Young People's Mental Health and Wellbeing Fingertips Profile**. The profile is designed to support planners, providers and stakeholders to plan services, undertake needs assessments and benchmark against similar populations. The MHIN are planning to add an additional section focusing on services linked to children and young people's mental health and wellbeing. As part of this process, a consultation process with stakeholders across England who have an interest in Children and Young People's Mental Health and Wellbeing is being conducted. If you do have an interest, please complete our survey on the profile and its upcoming services section [here](#), which should take no more than 10 minutes to complete.

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 has published the following Shared Learning:

- [Running Cognitive Stimulation Therapy \(CST\) groups as part of core Community Mental Health Team \(CMHT\) work](#): Norfolk and Suffolk NHS FT

National Institute for Health Research (NIHR) Signals

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

- [Goal-setting can help people with early-stage dementia improve function](#)

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 and the Mental Health Foundation have published [Engaging with complexity: providing effective trauma-informed care for women](#). This document provides a brief guide to the principles of trauma informed care for women. It provides insights, guidance and advice for public sector service providers and commissioners who are looking to adopt trauma-informed approaches in their own organisations.

The Children's Commissioner has published [Far less than they deserve: children with learning disabilities or autism living in mental health hospitals](#). This report shows how too many children are being admitted to secure hospitals unnecessarily. It warns that the current system of support for those with learning disabilities or autism is letting down some of the most vulnerable children in the country. The report also finds evidence of poor and restrictive practices and sedation.

The Care Quality Commission has published [Interim report: segregation in mental health wards for children and young people and in wards for people with a learning disability or autism](#). This interim report from the CQC review of restraint, prolonged seclusion and segregation for people with a mental health problem, a learning disability and or autism presents initial findings on the use of long-term segregation on mental health wards for children and young people and wards for people with a learning disability and/or autism. The final report will be published in Spring 2020. In the meantime, the CQC has made a number of recommendations for immediate action.

The Healthcare Quality Improvement Partnership has published [The Learning Disabilities Mortality Review annual report 2018](#). This is the third annual report of the Learning Disabilities Mortality Review (LeDeR) programme. It presents information about the deaths of people with learning disabilities aged 4 years and over notified to the programme from 1 July 2016 – 31 December 2018. In addition, NHS England has published [Learning Disability Mortality Review \(LeDeR\) Programme: action from learning](#). This report provides examples of the local changes that have been made to services so far and highlights the extensive work which is happening nationally in response to common themes raised through LeDeR reviews across the country.

The Local Government Association has published [Improving children and young people's mental health and emotional wellbeing](#). This report provides details of the Children and Young People's Mental Health and Emotional Wellbeing Peer Learning Programme which looked at how to prioritise early help and free up acute care for the most vulnerable in order to achieve change. Barnsley and Kirklees councils took part in

the programme.

The Mental Health Foundation has published [Body image: how we think and feel about our bodies](#). This report presents data on the extent of body image concerns, how body image impacts on mental health and sets out individual actions people can take to improve how they feel about their bodies as well as national priorities for regulation, policy and practice.

NHS England has issued a podcast on [Integrated care: mental health support for schools](#). The podcast is a discussion between clinicians and system leaders talking about the benefits of improving mental health provision in schools. It includes examples illustrating how working in an integrated way with young people and community partners, is bringing more mental health support into schools, with a strong focus on prevention.

Public Health England has published the following case studies relating to substance misuse and mental health support:

- [Making substance misuse and mental health support more inclusive](#): explains how a service for young people in North Yorkshire works with other agencies to focus on all their emotional wellbeing, substance misuse and mental health needs
- [Mental health and substance misuse: joined-up services](#): explains how joining up mental health, alcohol and drug misuse services in a Derby hospital provided better support for people with addiction and mental health problems

RAND Europe has published [A scoping study on the link between exposure to or interaction with the natural environment and mental health outcomes](#). This study looks at scientific literature regarding the impact that exposure to nature has on mental health. It finds that while the topic area is expanding, the evidence base is currently in its infancy and therefore weak. However, there is emerging evidence suggestive of a positive association between nature and mental health.

The Royal College of Psychiatrists has announced two new [tools which aim to tackle inequalities in mental health care by involving patients in service design](#). The tools are intended for use by local health system leaders and have been developed by the National Collaborating Centre for Mental Health to support best practice in mental health care for groups experiencing inequalities.

The Royal College of Psychiatrists has published [Position statement on early intervention for eating disorders](#). This position statement sets out the Royal College of Psychiatrists' view, with supporting evidence, that early intervention for eating disorders is essential. It also makes recommendations for actions to improve service provision in this area.

Mental Health Statistics

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

- [Children and Young People Eating Disorder Collection](#): Q4 2018/19
- [Learning Disability Services Monthly Statistics Provisional Statistics](#): At April 2019, MHSDS: February 2019 Final
- [Mental Health Community Teams Activity](#): Q4 2018/19
- [Mental Health Early Intervention in Psychosis](#): March 2019
- [Mental Health Services Monthly Statistics](#): Final February, Provisional March 2019
- [Out of Area Placements in Mental Health Services](#): February 2019
- [Physical Health Checks for People with Serious Mental Illness](#): Q4, 2018/19
- [Psychological Therapies: reports on the use of IAPT services, England](#): February 2019 including reports on the IAPT pilots
- [Quarterly suicide deaths in England, provisional](#)
- [Suicide prevention profile](#): May 2019 update

Dates for your Diary

Yorkshire and the Humber Mental Health Network Events:

- Tuesday 4 June 2019, 10:00-15:30, **Yorkshire and the Humber Senior PWP Network**, Park Plaza, Leeds. To book your place please email [Sarah Boul](#).
- Wednesday 12 June 2019, 09:45-15:45, **Yorkshire and the Humber IAPT Providers' Network**, Malmaison, Leeds. To book your place please email [Sarah Boul](#).
- Thursday 15 August 2019, 12:30-16:30, **Yorkshire and the Humber EIP Network**, Radisson, York. 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 10 June 2019, 09:00-17:00, **Sexual Abuse and Mental Health**, De Vere West 1, London. To book your place click [here](#). NB: There is a cost to attend this event.
- Wednesday 12 June 2019, 09:00-12:30, **Learning Disabilities and Autism Care in England**, London. To book your place click [here](#). NB: There is a cost to attend this event.

- 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.
- Friday 21 June 2019, 09:00-17:00, Mental Health Crisis Care Road Map, Manchester. 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.
- Thursday 11 July 2019, 09:00-17:00, **IAPT Clinical Skills Forum: Long Term Conditions**, The Etihad Stadium, Manchester. To book your place click [here](#). NB: There is a cost to attend this event.
- Wednesday 25 September 2019, 09:00-17:00, **IAPT Employment Advisors National Networking Forum**, 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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