



## Yorkshire and the Humber Mental Health Network News

Issue 42

June 2019

### Welcome!

Welcome to Issue 42 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 recently produced workbook [Enhancing Resilience: Finding Inner Strength to Managing the Demands of Clinical Practice](#).

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:

- [Improving the Care and Treatment of Individuals within Prisons and Immigration Removal Centres who have been Detained under the Mental Health Act](#)
- [CCG Funding Leads to Expansion of Well Bean Cafés](#)
- [Enhancing Resilience: Finding Inner Strength to Managing the Demands of Clinical Practice](#)
- [Seminar on Youth Suicide Bereavement and Risk](#)
- [National Mental Health Intelligence Network Profiling Tools](#)
- [Mental Health Reports, Resources and Research](#)
- [Mental Health Statistics](#)
- [Dates for your Diary](#)
- [Contacts](#)
- [Links and Partner Organisations](#)

### Improving the Care and Treatment of Individuals within Prisons and Immigration Removal Centres who have been Detained under the Mental Health Act

NHS England and NHS Improvement have [launched a consultation](#) on proposed guidance relating to individuals held within prisons and immigration removal centres who

have been detained under the Mental Health Act for assessment and treatment within mental health inpatient services. As commissioners of mental health inpatient services and adult psychiatric intensive care units, CCGs are encouraged to share their views on the proposed guidance. In particular, feedback is sought on proposed changes to the timescales for transfer to hospital and remission back to the secure estate, as well as the dispute resolution process. The deadline for responding is 19 July 2019.

### **CCG Funding Leads to Expansion of Well Bean Cafés**

People in Leeds will benefit from an expansion of the city's Well Bean mental health crisis cafes following a cash boost of £314,000 from the local NHS Clinical Commissioning Group. The recent funding announcement enables Touchstone, in partnership with Leeds Survivor Led Crisis Service, to expand its Well Bean crisis cafés with a new venue planned for west Leeds. This is in addition to the two existing Well Bean crisis cafés in the city. The rapid growth of the Well Bean initiative follows the success of the original café at Lincoln Green, which has had more than 4,000 people through its doors since opening in November 2016. Between October and December 2018 there were 490 referrals to the café and 421 visits. The late-night cafés provide people with a safe space and support if they find themselves with nowhere else to turn to when other mental health services are closed. Read more about the Well Bean Cafes [here](#).

### **Enhancing Resilience: Finding Inner Strength to Managing the Demands of Clinical Practice**

The University of Exeter, in conjunction with clinical input from colleagues in the Yorkshire and the Humber IAPT Network, have produced a workbook to aid the enhancement of resilience in clinical practice. The Enhancing Resilience workbook is based on an evidence-based psychological treatment known as 'Strength-Based' Cognitive Behavioural Therapy (CBT). An assumption with this approach is that many in clinical practice are already resilient in at least some areas they enjoy, value or are successful in. Even when they may consider these areas to be quite small. The workbook can be accessed [here](#).

### **Seminar on Youth Suicide Bereavement and Risk**

On Wednesday 24 July 2019, 12:00-14:00 at Leeds Trinity University Dr Warren Bartik, a Clinical Psychologist and Director of the Psychology Clinic with the University of New England (UNE), New South Wales Australia, will be presenting a seminar on the findings of a piece of research focussing on youth suicide bereavement and risk. There is limited research investigating the risks for rural young people exposed to the suicide of friends and the aim of this study was to better understand the impact of suicide bereavement on rural young people. The findings support the recommendation that guidelines and interventions following a youth suicide need to better target peripheral friends due to their greater suicide risk, and closer friends due to greater risk for other mental health concerns. To book a place at the seminar click [here](#).

### **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.

**New local estimated prevalence of common mental health disorders has been published** for people aged 16 and over, and aged 65 and over. Estimates are based on [2014 Adult Psychiatric Morbidity Survey](#) and 2017 ONS resident populations for [County and UA](#), [District and UA](#), [CCG](#) and [STP](#) areas. Due to differences in [methodology](#) the new estimates are not comparable with previous local prevalence data for common mental health disorders.

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 Care Quality Commission has published the latest [Declare Your Care: Survey Results Data](#). The data indicates that people from a black and minority ethnic (BME) background are less likely than those from a non-BME background to raise concerns about the standard of care they receive, particularly in relation to mental health.

The Centre for Mental Health has published [Workplace Bullying in Charities and the Implications for Leadership](#). This document shines a light on the experiences of people who have been bullied in a charity workplace. It highlights the emotional harm it causes, making six recommendations to create safer systems, processes and cultures.

NHS England has published [Assurance Engagement of the Mental Health Investment Standard – Briefing for Clinical Commissioning Groups](#). This document outlines how the validation process should be commissioned and carried out for CCGs to validate their 2018/19 year-end position on meeting the Mental Health Investment Standard (MHIS).

NHS England has published [Specialised Service Quality Dashboards – Mental Health Restrictive Practice Metric Definitions for 2019/20](#). These Specialised Services Quality Dashboards (SSQD) are designed to provide assurance on the quality of care by collecting information about outcomes from healthcare providers. These thirteen SSQDs relate to mental health restrictive practice.

The Royal College of Psychiatrists has published a [Position Statement on](#)

[Antidepressants and Depression](#). The statement calls on NICE to update its antidepressant withdrawal advice to reflect the wide range of experiences patients have. It suggests greater focus is needed on how to assist patients who have problems when withdrawing from antidepressants and more research to quantify how many people have problems when stopping antidepressants.

The Royal College of Psychiatrists has launched a new website [Mental Health Watch](#). The site is intended to show how well the mental health system in England is performing. It uses 25 key indicators to measure the health of mental health on the following themes: Access, Care, Finance, Leadership, Quality and Workforce. Many of the indicators can be tracked at CCG, STP level or nationally.

### **Mental Health Statistics**

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

- [Mental Health Early Intervention in Psychosis](#): April 2019
- [Mental Health Services Monthly Statistics](#): Final March, Provisional April 2019
- [Out of Area Placements in Mental Health Services](#): March 2019
- [Psychological Therapies: reports on the use of IAPT services, England - March 2019](#): including reports on the IAPT pilots and quarter 4 2018-19 data

### **Dates for your Diary**

#### **Yorkshire and the Humber Mental Health Network Events:**

- 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](mailto:wdu@york.gov.uk) or visit the website [here](#).**

- 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.
- Tuesday 23 July 2019, 08:30-12:30, **Next steps for mental health services in England - prevention, specialised services and service user engagement**, Central London. To book your place click [here](#). NB: There is a cost to attend this event.

- Monday 16 September 2019, 09:00-17:00, **Improving Access, Treatment and Support for People with a Diagnosis of Personality Disorder**, De Vere West One, London. To book your place click [here](#). NB: There is a cost to attend this event.
- Tuesday 17 September 2019, 09:00-17:00, **IAPT Evidence Based Workforce and Digital Delivery**, King Power Stadium, Leicester. 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](mailto:sarah.boul@nhs.net) with the words "Links and Partner Organisations" in the subject line.

## Who produces this bulletin?

This bulletin is provided for anyone working with, or interested in, Mental Health and the Clinical Networks in Yorkshire and the Humber. The bulletin is provided on an opt-out basis. If you received this email in error, or no longer want to receive the bulletin, email [sarah.boul@nhs.net](mailto:sarah.boul@nhs.net) with the words 'Unsubscribe Bulletin' in the subject line.

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