



Yorkshire and the Humber Mental Health Network News

Issue 44

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Welcome!

Welcome to Issue 44 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 published [Mental Health Implementation Plan](#).

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](#).

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Early Intervention in Psychosis Spotlight Audit

The Healthcare Quality Improvement Partnership has published [National Clinical Audit of Psychosis: National report for the Early Intervention in Psychosis Spotlight Audit](#)

[2018/2019](#). This report provides national and organisation-level findings on the treatment of patients by Early Intervention Psychosis Teams in England. It shows improvements in the provision of timely access to evidence-based treatments for people experiencing First Episode Psychosis.

Eating Disorders Guidance Published

NHS England and NHS Improvement have published the following guidance which supports the development and implementation of commissioner, provider and STP/ICS plans to deliver effective community eating disorder services that are integrated with day and/or inpatient care to reduce admissions, length-of-stay and improve outcomes for users, families and carers:

- [Adult Eating Disorders: Community, Inpatient and Intensive Day Patient Care – Guidance for commissioners and providers](#)
- [Addendum – Inpatient and Intensive Day Care Extension to the Community Eating Disorder Guidance](#) (children and young people)
- [Appendices and Helpful Resources for Inpatient and Intensive Day Care – Addendum to the Community Eating Disorder Guidance](#) (children and young people)

Employment Advisers in Improving Access to Psychological Therapies

The Department for Work and Pensions and Department of Health and Social Care have published [Employment Advisers in Improving Access to Psychological Therapies: process evaluation report](#). This research looks at stakeholder views of the Employment Advisers in Improving Access to Psychological Therapies pilot which began in March 2018.

Psychological Wellbeing Practitioner Apprenticeship: Procurement Guidance for Employers

The newly published Psychological Wellbeing Practitioner (PWP) Apprenticeship: procurement guidance for employers, informs Improving Access to Psychological Therapies (IAPT) services of the procurement process they should follow, together with the support available from NHS procurement hubs and Health Education England (HEE). Available at [Health Education England: Apprenticeships section](#), the guidance aims to raise awareness among IAPT services and higher education institutions of the new PWP Apprenticeship and promote applications to this mental health career route. It has been written by NHS England and NHS Improvement in partnership with HEE, and Essex Partnership University NHS Foundation Trust.

Improving Mental Health Support Through Schools and Colleges

NHS staff will work with more schools and colleges through [Mental Health Support Teams](#) (MHSTs), with 123 more teams to be recruited, expanding work to improve mental health support for children and young people as part of the NHS Long Term Plan. Training for all

schools and colleges will also be offered through a £9.3m programme bringing education and mental health services together, co-ordinated by CCGs. The Link Programme, run by the Anna Freud Centre, funded by the Department for Education, and supported by NHS England, will roll out from September for next four years. Details are available from the [Anna Freud Centre](#).

Mental Health Implementation Plan Published

NHS England and NHS Improvement have published [NHS Mental Health Implementation Plan 2019/20 – 2023/24](#). This document provides details of a new framework to help deliver on the NHS Long Term Plan commitment to transform mental health care at the local level. It sets out information on funding, transformation activities and indicative workforce numbers. It also outlines which ambitions will require a national access or coverage trajectory, and which will require local systems to tailor their delivery pace.

National Mental Health Intelligence Network Profiling Tools

2019 ONS report now available on male suicides in prisons:

1,830 deaths in prison custody from 2008 to 2016 were identified after linking with the HM Prison and Probation Service (HMPPS) data. Male prisoners were at an increased risk of dying by suicide compared with the general male population; the risk of male prisoners dying by suicide was 3.7 times higher than the general male population during the nine-year period. The large majority of suicides were male deaths, which accounted for 97% of all suicides (450 deaths) compared with 12 female deaths. The risk of male prisoners dying from drug-related causes was similar to the general male population, with opiates being the most common drug type mentioned in these deaths. For full report visit [ONS webpages](#).

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'.

National Institute for Health Research (NIHR) Signals

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

- [Pulmonary rehabilitation may modestly improve anxiety and depression in adults with chronic obstructive pulmonary disease](#)

The summaries intend to provide decision makers in health and social care organisations with evidence they can use to improve patient care.

The National Institute for Health Research (NIHR) is also interested in receiving research applications to improve the mental health of women and their families in the perinatal period. For the purposes of this call, perinatal mental health is defined as the period from preconception to 24 months after birth. More information on the call for research papers can be found [here](#). The closing date for applications is 1pm on 27 November 2019.

NICE Consultations and Shared Learning

NICE is consulting on the following:

- [Mental wellbeing at work: draft scope consultation](#). The closing date for comments is 9 September 2019.

NICE has published the following outcomes from Quality Standard reviews:

- QS187: [Learning disability: care and support of people growing older](#)
- QS101: [Learning disability: behaviour that challenges](#) (updated)
- QS14: [Service user experience in adult mental health services](#) (updated)
- QS188: [Coexisting severe mental illness and substance misuse](#)

NICE has also published the following updated Clinical Guideline:

- CG113: [Generalised anxiety disorder and panic disorder in adults: management](#) (updated)

Mental Health Reports, Resources and Research

The Centre for Mental Health has published [Arm in arm: the relationships between statutory and voluntary sector mental health organisations](#). This document seeks to raise a number of questions and issues about the relationships between VCSE and statutory organisations in supporting people's mental health and wellbeing. Many of these will require investigation in greater depth and further consideration to develop policy and practice changes where these are needed.

The Care Quality Commission has published a [Joint agreement on escalation of concerns arising from the thematic review of the use of restraint, prolonged seclusion and segregation](#). This agreement, between the CQC and NHS England, outlines which organisations have responsibility to raise and escalate concerns at different levels if CQC inspectors or Mental Health Act Reviewers encounter any concerns on visits to hospitals or adult social care services as part of phase two of the CQC's thematic review of restraint, seclusion and segregation.

The Council for Disabled Children has published [It takes leaders to break down siloes: integrating services for disabled children](#). This report aims to drive change in the design and delivery of services for disabled children and support greater integration for children and young people more generally. The report identifies key factors that are helping and hindering the integration of services around special education needs and disability (SEND).

The Department of Health and Social Care has published [Government response to the](#)

[recommendations of the Public Administration and Constitutional Affairs Committee's Seventeenth Report of Session 2017-19: Ignoring the Alarms follow-up: Too many avoidable deaths from eating disorders](#). This document sets out the government's response to the conclusions and recommendations made in the PACAC report 'Ignoring the Alarms follow-up'.

Health Education England has published its 2019 [Children and Young People's Mental Health Services Workforce Report](#) by the NHS Benchmarking Network which provides a comprehensive baseline analysis of the workforce in 2018, compared with the 2016 survey. Workforce growth is central to the [NHS Long Term Plan](#) and to support planning and delivery the survey describes evidence from all provider sectors, with a growth in the children and young people's mental health workforce overall by 17%, and a 23% increase in the NHS-employed workforce. Contributing providers received bespoke reports outlining how local services compared against national data from their sector.

The Healthcare Quality Improvement Partnership has published [Suicide by people in contact with substance misuse services in the UK: a feasibility study](#). This one-year study by the National Confidential Inquiry into Suicide and Safety in Mental Health looks into the feasibility of establishing a clinical investigation into the frequency and nature of contact with substance misuse services prior to suicide.

The House of Commons Library has published a briefing paper [Tackling loneliness](#). This paper examines the Government's Loneliness Strategy published in October 2018 and outlines progress so far. It also looks at research into the causes and impact of loneliness and possible interventions. It is accompanied by a [reading list](#).

The Mental Health Policy Group has published [Towards mental health equality: a manifesto for the next prime minister](#). This updated manifesto sets out five areas that the next Prime Minister must address in order to improve the lives of people with mental health problems and promote the mental health of the nation.

The Mental Health Policy Group has published [Towards equality for mental health: developing a cross-government approach](#). This report considers the steps that must be taken if the ambition of 'parity of esteem' for mental health is to be achieved in England. Its starting point is the belief that improving the nation's mental health cannot be achieved through a focus on health services alone and that a more ambitious, cross-government approach to mental health is also required.

NHS Benchmarking Network has produced [Children and Young People's Health Service workforce report for Health Education England](#). This report outlines the findings from the second national stocktake of the Children and Young People's mental health workforce. The study indicates a trend of growth, particularly in NHS employed staff,

where numbers have increased by almost a quarter in the two years from 2016 to 2018.

NHS Digital is piloting a [reasonable adjustment flag](#) on patient records which will let doctors, nurses and other health and care staff know that a patient has a learning disability and has specific needs that require adjustments to the services provided so they get the best care. The pilot will run to the end of September to test the technology behind the flag and gather feedback from staff, patients and carers. NHS Digital will then explore a potential expansion.

Public Health England has published [Preventing falls in people with learning disabilities: making reasonable adjustments](#). This guide contains information to help staff in public health, health services and social care to prevent falls in people with learning disabilities. It is also intended to help falls prevention services to provide support that is accessible to people with learning disabilities. It may also be of use to family, carers and friends of people with learning disabilities.

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](#) - Q1 2019/20
- [Learning Disability Services Monthly Statistics](#) AT - July 2019
- [Mental Health Community Teams Activity](#) - Q1 2019/20
- [Mental Health Services Monthly Statistics](#) - Final May, Provisional - June 2019
- [Mental Health Services Monthly Statistics Final](#) - April 2019
- [Mental Health Early Intervention in Psychosis](#) - June 2019
- [Middle-aged generation most likely to die by suicide and drug poisoning](#)
- [Out of Area Placements in Mental Health Services](#) - May 2019
- [Physical Health Checks for People with Serious Mental Illness](#) - Q1 2019/20
- [Psychological Therapies: reports on the use of IAPT services, England](#) - May 2019 final including reports on the IAPT pilots
- [Trends in hospital admissions for mental health and self-harm in children and young people](#)

Dates for your Diary

Yorkshire and the Humber Mental Health Network Events:

- Wednesday 11 September 2019, 10:00-16:00 (1 hour slots throughout the day), **Physical Health in SMI - A Good Practice Sharing Event for South Yorkshire**, Hellaby Hall, Rotherham. To book your place click [here](#).
- Tuesday 15 October 2019, 09:45-15:30, **Yorkshire and the Humber Senior PWP Network**, Leeds. To book your place click [here](#).
- Wednesday 23 October 2019, 09:30-16:00, **Yorkshire and the Humber Crisis and Liaison Network**, Cedar Court Hotel, Wakefield. To book your place click

[here](#).

- Wednesday 6 November 2019, 09:45-15:45, **Yorkshire and the Humber IAPT Providers' Network**, Leeds. To book your place click [here](#).

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 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.
- Monday 14 October 2019, 09:00-17:00, **Improving Mental Health Crisis Care**, London. To book your place click [here](#). NB: There is a cost to attend this event.
- Friday 8 November 2019, 09:00-17:00, **Improving Perinatal Mental Health Crisis Services**, London. To book your place click [here](#). NB: There is a cost to attend this event.
- Tuesday 26 November 2019, 09:00-17:00, **Safeguarding Students: Addressing Mental Health Needs Conference**, Manchester Conference Centre, Manchester. To book your place click [here](#). NB: There is a cost to attend this event.
- Thursday 5 December 2019, 09:00-17:00, **Media and Mental Health: Delivering a Duty of Care**, Manchester. 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?

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 with the words 'Unsubscribe Bulletin' in the subject line.

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