



Yorkshire and the Humber Mental Health Network News

Issue 45

September 2019

Welcome!

Welcome to Issue 45 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 launch of our [new programme for Psychological Therapies for people with a Serious Mental Illness](#).

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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New Programme for Psychological Therapies for people with a Serious Mental Illness

A programme for Psychological Therapies (PT) for people with a Serious Mental Illness (SMI) has recently been established within NHS England and NHS Improvement. This is

in response to low levels of provision of NICE recommended psychological therapies; Five Year Forward View for Mental Health; impact of Early Intervention in Psychosis standard increasing access to CBTp and FI; and Long-Term Plan commitments.

In recognising its commitment to PT-SMI, the Clinical Network has recently appointed a Clinical Lead to this programme and considered specific focus for the clinical network team leading on this programme against the deliverables required. We are delighted to welcome Fiona Cooke, Physical Health Lead from Bradford District Care NHS Foundation Trust to the role of Clinical Lead. Fiona says:

"It's a pleasure to be offered the opportunity to work alongside colleagues regarding PT SMI. Alongside Physical health, psychological therapy is one of my other passions. Having worked for some time in an Early intervention team I have been able to experience a psychological approach to working with individuals with SMI, and seen first-hand the impact this can have on service users.

This exciting programme offers clinicians an opportunity to identify existing provision and training needs. This will then lead to opportunities to develop skills in evidence based psychological therapies and recovery improving service user and staff experience of services.

It will enable and facilitate the development of clinical networks to share and encourage best practice and service innovation".

The key deliverables for this programme are:

- Commissioning training courses to improve capacity to deliver PTs for SMI
- Raising profile amongst providers and commissioners of the importance of Psychological therapies within community-based MH care
- Developing guidance and standards as needed to support implementation of Psychological Therapies
- Ensuring we can measure improvement in access

Partnership working with all stakeholders is key to take forward the PT-SMI programme of work within Yorkshire and the Humber and **stakeholder event will be held on Thursday 7th November** to engage with all partners to identify priorities and develop an action plan.

Please contact [Denise Friend](#) for any further information at this stage.

New NHS Gambling Clinic Opens in Leeds

The first NHS gambling clinic and support services, outside of London, has opened in Leeds. In partnership with charity GamCare, the new support service for people with gambling problems is launching, operating at a number of different venues across the city.

The Leeds Community Gambling Service is the first service of its kind and involves an ambitious collaboration between gambling support charity GamCare, Leeds and York Partnership NHS Foundation Trust (LYPFT) and Leeds City Council. It is being funded by national charity GambleAware and will form part of the wider NHS Northern Gambling Service funded by NHS England.

Perinatal Mental Health Resources

NHS England and NHS Improvement in the North West are raising awareness and sharing guidance regarding perinatal mental health for health care professionals. If you're a GP, Midwife, Health Visitor, or any professional who interacts with pregnant women and new mums, please follow the links below to helpful online resources:

- <https://www.youtube.com/watch?v=3xTfgAMjC7Q&feature=youtu.be>
This video covers birth trauma, postnatal depression and a partner's perspective of antenatal depression, postnatal anxiety & bonding difficulties.
- <https://www.youtube.com/watch?v=Unid96ezWwl&feature=youtu.be>
This video covers antenatal anxiety, maternal obsessive compulsive disorder, postnatal anxiety, postpartum psychosis, & postnatal depression.

Promoting Independence Project Sheffield

People with mental health conditions in Sheffield are to benefit from £3m funding, which will focus on their rehabilitation, through the [Promoting Independence Project](#).

The project has been set up to empower people who are currently living in full-time residential or nursing care as a result of mental health conditions to make the move towards supported housing and independent living. Those experiencing the effects of a serious mental health condition will be helped to have full and active lives whilst living in their own home. They will be supported to move towards independence, leading to improvements in their wellbeing and quality of life.

The service will be delivered by a South Yorkshire Consortium made up of South Yorkshire Housing Association, a charity, Together for Mental Wellbeing and Abbeyfield Grange Limited, all local mental health residential providers. This model has been chosen because it will allow the funding of this new service and mean that the same number of beds in residential and nursing care will still be funded as well.

Promoting Mental Wellbeing for Children and Young People

Recent figures found that 1 in 10 primary school children have experienced some kind of mental health disorder. Emotional problems like anxiety and depression are among the most common issues, and boys in that age group are twice as likely to be affected.

Claire Murdoch, NHS England and NHS Improvement's Mental Health Director, recently visited a school, accompanied by Kathryn Pugh, Deputy Head of Mental Health, Children and Young People's Mental Health Programme Lead, to find out how the school are supporting their pupil's mental health. The school shared their journey to achieving Silver status through the Carnegie Centre of Excellence Mental Health in Schools Award with Claire and Kathryn, and the approaches that they use to promote positive well-being for all.

As well as regularly learning and practicing breathing and mindful techniques, they also take part in the daily mile, can visit Colin the school gecko at break and lunchtimes, and have peer mentors that look out for vulnerable pupils for children to talk to.

In the Long Term Plan (LTP) the NHS have committed to continue to expand children and young people's mental health care. In the next 10 years, the NHS will continue to widen access to community-based mental health services, including through new support in

schools and colleges. By 2023/24, at least an additional 345,000 children and young people aged 0-25 will be able to access support via NHS-funded mental health services and [school or college-based Mental Health Support Teams](#).

National Mental Health Intelligence Network Profiling Tools

New data on suicide age-standardised rates at County and UA level was added to the suicide prevention profile for the period 2016 to 2018.

The following indicators were also updated on 3 September 2019 as part of the Official Statistic schedule:

- One children leaving care indicator in the Related risk factors domain at County & UA level (April 2016 to March 2017, and April 2017 to March 2018)
- Two estimated prevalence of common mental disorders indicators in the Related risk factors domain at County & UA, District, CCG and STP level (2017)
- Two treatment at specialist alcohol or drug misuse services indicators in the Related service contacts domain at County & UA level (April 2015 to March 2016, and April 2016 to March 2017)
- Two IAPT indicators in the Related service contacts domain at CCG and STP level (March 2019)
- Six mental health services indicators in the Related service contacts domain at CCG and STP level (January to March 2019)

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:

- [Closer links between police and health services can improve experiences for people in mental health crisis](#)

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:

- [Community pharmacies: promoting health and wellbeing: topic engagement](#). Closing date for comments: Wednesday 2 October 2019.
- [Violence and aggression: short-term management in mental health, health and community setting: surveillance consultation](#). Closing date for comments: 2 October 2019.

NICE have published the following case study:

- [Benzodiazepine/Hypnotics de-prescribing](#)

The case study illustrates how NICE guidance has been implemented and has been added to the NICE Shared Learning website.

NICE has published the following outcomes from Quality Standard reviews:

- QS189: [Suicide prevention](#)

NICE has also published the following updated Clinical Guideline:

- NG87: [Attention deficit hyperactivity disorder: diagnosis and management](#)

NICE has also published the following MedTech Innovation Briefing:

- MIB193: [Alpha-Stim AID for anxiety](#)

Mental Health Reports, Resources and Research

The Association of Directors of Public Health Yorkshire and Humber Problem Gambling Working Group has published [Public health framework for gambling related harm reduction](#). This framework offers a menu of possible interventions to reduce gambling related harm.

The Centre for Mental Health has published [Social care funding and mental health](#). This policy briefing explores what a fair and sustainable funding settlement for social care needs to look like in order to deliver parity of esteem for mental health and sufficient funding to support people of working age as well as those in later life.

Health Education England e-Learning for Healthcare (e-LfH) has worked with Public Health England to launch five new sessions as part of the [All Our Health e-learning programme](#). All Our Health aims to improve the knowledge, confidence and skills of health and care professionals in preventing illness, protecting health and promoting wellbeing and one of the five new topics covers mental health and wellbeing.

The Healthcare Quality Improvement Partnership has published [Mental healthcare in young people and young adults](#). This review looks in detail at the mental healthcare provided to young people from the unique perspective of the overlap between physical

and mental healthcare, the quality of physical and mental healthcare provided and how patients with mental health conditions use healthcare services. The aim of this study was to identify areas of care that can be improved for all patients aged between 11 and 25 years.

The Healthcare Quality Improvement Partnership has published [National Maternity and Perinatal Audit Clinical Report 2019](#). This report presents measures of maternity and perinatal care based on births in English, Welsh and Scottish NHS services between 1 April 2016 and 31 March 2017. The report also provides contextual information describing the characteristics of women and babies cared for by NHS maternity services during this time period.

Healthwatch has published [Mental health and the journey to parenthood](#). This report shares what parents have said about their experiences of mental health problems during and after pregnancy and calls on services to give people more opportunities to talk about their mental wellbeing.

The King's Fund has published a position papers setting out their views on major issues in health care, including [Mental Health](#).

The National Autistic Society has published [The Autism Act, 10 years on: a report from the All Party Parliamentary Group on Autism on understanding, services and support for autistic people and their families in England](#). This report is the result of a wide-ranging inquiry across all the areas the autism strategy covers and the issues that matter most to autistic people and their families. The Act has led to welcome improvements in some areas of support and there has been an increasing recognition of autism among commissioners and the public. However, there is still considerable unmet need.

NHS Confederation has published [Five funding priorities for the NHS](#). Ahead of the 2019 Spending Review, this briefing sets out what the NHS Confederation believe to be the key funding priorities for the NHS which are: workforce, capital investment, social care, public health and mental health.

NHS England has produced a [Social prescribing link worker welcome pack](#). The welcome pack includes useful information to help link workers in primary care networks find out more about their role and what support is available.

Mental Health Statistics

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

- [Learning Disability Services Monthly Statistics](#): August 2019, MHSDS: June 2019 Final

- [Mental Health Services Monthly Statistics](#): Final June, Provisional July 2019
- [Mental Health Early Intervention in Psychosis](#): July 2019
- [Out of Area Placements in Mental Health Services](#): June 2019
- [Psychological Therapies: reports on the use of IAPT services, England](#): June 2019 final including reports on the IAPT pilots and Quarter 1 2019-20 data
- [Suicide prevention profile](#): September 2019 update
- [Suicides in the UK](#): 2018 registrations
- [Quarterly suicide death registrations in England](#): 2001 to 2018 registrations and 2019 provisional data

Dates for your Diary

Yorkshire and the Humber Mental Health Network Events:

- 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 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:

Sarah Boul, Quality Improvement Manager: Adult Mental Health
sarah.boul@nhs.net, 0113 8253458 / 07584362063

Charlotte Whale, Quality Improvement Manager: Adult Mental Health
charlotte.whale@nhs.net, 0113 8249346 / 07796611108

Twitter: @YHSCN_MHDN #yhmentalhealth

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.

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