



## Yorkshire and the Humber Mental Health Network News

Issue 46

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### Welcome!

Welcome to Issue 46 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 lots of new documents have been published throughout October.

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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### Community Mental Health Framework for Older Adults

NHS England and NHS Improvement have published [The community mental health](#)

[framework for adults and older adults](#). This framework describes how the Long Term Plan's vision for a place-based community mental health model can be realised, and how community services should modernise to offer whole-person, whole-population health approaches, aligned with the new Primary Care Networks.

### **Every Mind Matters**

Public Health England has launched England's first NHS campaign to improve mental health literacy. [Every Mind Matters](#) is designed to help people take simple steps to look after their mental health, improve their mental wellbeing and support others. The new platform will enable people to create a personalised action plan recommending a set of self-care actions to deal with stress, boost mood, improve sleep and feel in control. A film to promote Every Mind Matters was also aired on 7 October 2019 across ITV, Channel 4 and Sky channels.

### **Mental Health Support for Doctors and Dentists**

The Department of Health and Social Care has announced that all NHS doctors and dentists in England now have 24/7 access to confidential advice and support through [NHS Practitioner Health](#). Staff can access support 24/7 through a dedicated phone line and a crisis text service available through the night. The service is currently staffed by 200 experts whose training is tailored to understand the specific circumstances of clinical life.

### **Mental Health in Emergency Departments**

The Royal College of Emergency Medicine has published [Mental health in emergency departments: a toolkit for improving care](#). The toolkit provides resources that emergency departments (EDs) can use to develop and improve the care provided to patients with mental health issues. Resources include guidelines, example assessment aids, example business cases and standards for EDs.

### **National Clinical Audit of Anxiety and Depression**

The Healthcare Quality Improvement Partnership has published [How are inpatient mental health services for people with anxiety and depression performing?](#) This report presents the main findings of the National Clinical Audit of Anxiety and Depression carried out by the Royal College of Psychiatrists between 2017 and 2018. It focuses on inpatient services run by NHS mental health trusts in England. The main report is accompanied by a technical report.

### **The Journey of Recovery Supporting Young People Overcoming Trauma**

Following the Manchester Arena bombings an animation has been created as an educational tool to help schools, colleges and universities, as well as other young people, understand what people dealing with a traumatic experience are going through and how best to support them. You can watch the animation and download supporting materials here: <https://thejourneyofrecovery.co.uk/>

## **World Mental Health Day**

The 10 October 2019 was World Mental Health Day; this year, the focus was on suicide prevention. The following resources have been published to raise awareness:

- the World Health Organisation has published some [resources on suicide prevention](#)
- the House of Lords Library has published [Suicide in the UK: statistics and prevention strategies](#); this includes the prevalence of suicide; key statistics and analysis; and suicide prevention strategies
- the Mental Health Foundation has produced a [suicide prevention graphic \(WAIT\)](#) to help support people who may be suicidal
- Public Health England have produced a blog [Prioritising mental health](#) which examines the ways in which PHE is prioritising improving mental health and the lives of people living with mental illness.

## **National Mental Health Intelligence Network Profiling Tools**

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'.

## **National Institute for Health Research (NIHR) Signals**

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

- ['Last resort' antipsychotic remains the gold standard for treatment-resistant schizophrenia](#)

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.

## **Mental Health Reports, Resources and Research**

The Association of Directors of Public Health have launched the What Good Looks Like

series developed with PHE and partners. Each publication sets out the guiding principles of what good looks like for population health programmes in local systems. This includes the **What Good Public Mental Health Looks Like**. Available to download here: <https://www.adph.org.uk/2019/06/what-good-looks-like/>

The Centre for Mental Health has published [Life after loss: an economic evaluation of specialist counselling after baby loss](#). This report is an economic evaluation of the baby loss charity Petals, which provides counselling to women and their partners who have experienced the death of a baby. The evaluation calculates that the national provision of counselling to 4,822 mothers would cost £3.17 million per annum, which would create a national safety net of support to help parents at this immensely difficult time. No such service currently operates across England and Wales. The report highlights that specialist baby loss counselling is inexpensive, effective and reduces government expenditure.

The Centre for Mental Health has published [A new approach to complex needs: Primary Care Psychological Medicine – first year evaluation](#). This report highlights how a psychological service working in GP surgeries in Nottingham is improving the health of people with unexplained, persistent physical symptoms of illness. The service has saved more money than its staffing costs in its first year.

The Department for Education has published [State of the nation 2019: children and young people's wellbeing](#). This report evaluates wellbeing in children and young people, including: statistics on the wellbeing of children and young people in England; wider indicators on their happiness with their relationships, self-reported health and experiences with school; and an in-depth analysis of psychological wellbeing in teenage girls.

The House of Commons Library has published a debate pack on [Women's mental health](#). Although this is aimed at MPs, it contains background information, statistics, and parliamentary and press material, as well as suggested further reading which may be useful for anyone interested in this topic.

The House of Commons Library has also published the following briefing papers:

- [Rough sleepers: access to services and support \(England\)](#) - provides an overview of the support and services that are available for rough sleepers and the challenges rough sleepers can face in accessing them
- [Suicide prevention: policy and strategy](#) - examines suicide prevention policies and strategies throughout the UK

The King's Fund has released a podcast [On the frontline: policing and mental health](#). The podcast focusses on the role played by the police in responding to people in mental health crisis. The podcast features three expert guests who unpack this issue from a police, policy and lived-experience perspective.

NHS Benchmarking has published: [2019 mental health \(inpatient/CMHT\) project](#).

NHS England and NHS Improvement have published [Improving identification of people with a learning disability: guidance for general practice](#). This guidance sets out what practices need to do in 2019/20 and 2020/21 onwards to maximise the number of patients receiving a learning disability annual health check and being protected with influenza vaccination.

Public Health England has published [Health Matters: rough sleeping](#). This latest edition of Health Matters focuses on the scale of rough sleeping in England, the causes and consequences of rough sleeping (including the links with poor physical and mental health, prevention and effective interventions) and relevant calls to action.

The Royal College of Psychiatrists has produced the following online mental health resources:

- [Obsessive-compulsive disorder](#) (OCD)
- [Memory problems and dementia](#)

These resources are designed for both patients and friends and family; they break down each diagnosis, discuss symptoms, explore treatment options and provide links to further support.

The Royal College of Psychiatrists has also published [Delivering the NHS Long Term Plan's ambition of ageing well: old age psychiatry as a vital resource](#). This guidance aims to help local areas plan and deliver specialist services, led by old age psychiatrists, to meet the needs of older people. It includes good practice examples of collaboration and innovations involving old age psychiatrists across different health and social care settings.

## **Mental Health Statistics**

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

- [Learning Disability Health Check Scheme, England](#): Quarter 1, 2019-20
- [Learning Disability Services Monthly Statistics](#): September 2019, MHSDS: July 2019 Final
- [Mental Health Services Monthly Statistics - Final July, Provisional August 2019](#)
- [Mental Health Early Intervention in Psychosis - August 2019](#)
- [Out of Area Placements in Mental Health Services - July 2019](#)
- [Psychological Therapies: reports on the use of IAPT services, England - July 2019 Final including reports on the IAPT pilots](#)
- [Personal well-being in the UK](#): April 2018 to March 2019

## **Dates for your Diary**

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

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

- 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.
- Friday 29 November 2019, 13:00-16:30, **Northern IAPT Practice Research Network Annual Meeting**, York Medical Society, York. The event is FREE of charge for network members and IAPT staff. Register your place online before Friday 22 November: <https://www.eventbrite.com/e/northern-iapt-practice-research-network-annual-meeting-tickets-78598816175>
- 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.
- Monday 9 December 2019, 09:00-17:00, **Preventing Suicide, Saving Lives, London**. 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](mailto:sarah.boul@nhs.net), 0113 8253458 / 07584362063

Charlotte Whale, Quality Improvement Manager: Adult Mental Health  
[charlotte.whale@nhs.net](mailto: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](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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