



Yorkshire and the Humber Mental Health Network News

Issue 47

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Welcome!

Welcome to Issue 47 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 article on the [Physical Health of People with 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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Allocations Formula for Mental Health Services

NHS England has published the following allocations formulas for the 2019/20 CCG allocations round: [Mental health allocations formula for 2019/20 to 2023/24 revenue allocations](#). These should help CCGs to allocate funding for mental health services up to

2023/24.

Approved Mental Health Professionals

The Department of Health and Social Care has published [National workforce plan for approved mental health professionals](#). This document has been written for local authorities, directors of adult and children's social care, NHS Mental Health Trusts and Integrated Care System workforce leads to understand the role of the AMHP in mental health services, to coordinate the development of the AMHP role and the recruitment and retention of AMHPs in their area.

Free Training to Support Mental Health in Schools and Colleges

Clinical Commissioning Groups (CCGs) can now enrol in the [Link Programme](#) which provides free training for education and mental health professionals to improve joint working on children and young people's mental health. Led by the Anna Freud Centre, funded by the Department for Education, and supported by NHS England and NHS Improvement, it brings [education and mental health services together](#) in workshops coordinated by CCGs, to help staff plan and work together more effectively. Initially aimed at Mental Health Support Team trailblazers, the programme is now available to all CCGs who should enrol by [completing this form](#) or emailing linkprogramme@annafreud.org by 30 November 2019.

Inpatient Capacity: Mental Health

The Royal College of Psychiatrists has published [Exploring mental health inpatient capacity](#). This report explores the pressures on inpatient mental health services across STPs in England, drawing on a wide range of datasets, published research and interviews with staff working on mental health services. The report was commissioned by and includes a response from the Royal College of Psychiatrists.

Inpatients with Learning Disability or Autism to be Given Case Reviews

The Department of Health and Social Care has published [All inpatients with learning disability or autism to be given case reviews](#). This document states that all 2,250 patients with learning disabilities and autism who are inpatients in a mental health hospital will have their care reviewed over the next 12 months. As part of the review, the government will commit to providing each patient with a date for discharge, or where this is not appropriate, a clear explanation of why and a plan to move them closer towards being ready for discharge into the community.

Improving care for Autistic People and People with Learning Disabilities

Health Education England has announced two new frameworks to [improve care and support for autistic people and people with learning disabilities](#). The frameworks describe the skills, knowledge and behaviours needed by health and social care staff, and will be used to inform the development and planning of the current and future workforce.

Additionally, NHS Improvement has published an improvement tool and user manual

relating to [reducing deaths of people with a learning disability in NHS acute hospitals](#) (see section headed Self-improvement tool). These documents are intended to bring people together to facilitate discussion on how well people with a learning disability are supported in acute trusts.

Lastly, NHS Digital has published [Experimental waiting times data for autism services](#) for the first time. The data includes the number of new patients referred for suspected autism within the reporting period and waiting times for the first appointment (in weeks). It covers the first three quarters of 2018-19, with breakdowns by age, gender and ethnicity.

Physical Health of People with Serious Mental Illness

People with serious mental illness, such as schizophrenia or bipolar disorder, face noticeable health inequalities and are less likely to have their physical health needs met, both in terms of identification of physical health concerns and delivery of appropriate, timely screening and treatment. Please watch [Mary's story](#) to learn of her experiences and gain a greater understanding of why physical health checks are so important.

Yorkshire and the Humber Mental Health Clinical Network is working with GPs, Practice Staff and Clinical Commissioning Groups to support them delivering quality physical health care interventions to people within this group. Find out more [here](#).

National Mental Health Intelligence Network Profiling Tools

The Mental health and wellbeing JSNA knowledge guide (part of the Mental health and wellbeing: JSNA toolkit) has been revised and expanded, to ensure it is an up-to-date resource that can support the development of JSNAs in 19/20 and 20/21.

Using feedback from regular stakeholder consultation on how to improve the resource we have:

- considerably expanded the chapter on [Living well in older years](#)
- expanded the chapter on [Children and young people](#)
- expanded sections and changed the titles of the prevention focused chapters Understanding people (now [Mental health: population factors](#)) and Understanding place (now [Mental health: environmental factors](#)). The title changes are to more clearly reflect what the chapters provide and to help ensure the right people find the information they are looking for.
- reviewed and updated resources in all chapters

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:

- [Telephone-delivered CBT can provide lasting benefits for people with IBS](#)
- [Combined drug therapy for at least 36 weeks reduces relapse after psychotic depression](#)
- [A nurse-led intervention did not reduce post-traumatic stress disorder symptoms in critical care patients](#)

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 has published [Making the grade: how education shapes young people's mental health](#). This paper examines the learning environment and its impact on young people's mental health and wellbeing.

The Care Quality Commission has published [Community mental health survey 2019](#). The survey looks at the experiences of people receiving community mental health services between September and November 2018. The CQC has published a summary report, quality and methodology report, and technical document. Results are also listed by NHS trust and a [benchmarking report is available for each trust](#).

The General Medical Council has published [Caring for doctors, caring for patients](#). This is the report of a review to help tackle the causes of poor wellbeing faced by medical students and doctors. It includes eight recommendations to help deliver safe, supportive and inclusive environments, and compassionate cultures across the UK.

The Health Foundation has published [Prevention and mental health: understanding the evidence so that we can address the greatest health challenge of our times](#). This resource provides information on the scale of mental health problems in society, what shapes our mental health, an integrated model of mental health, how life events can affect mental health, the relationship between physical and mental health, the meaning of prevention and how society must change to put prevention front and centre. It is aimed at policymakers, health professionals, mental health advocates and their families and friends.

The Local Government Association has published [Reaching out: guide to helping principal and local councils tackle loneliness](#). This guide outlines the current loneliness policy context, uses a range of case studies to demonstrate effective local delivery models working in practice, and provides useful check lists and top tips on how to measure and evaluate outputs.

The Local Government Association has published [Improving transition from children to adult mental health services](#). This report sets out the learning, reflections and recommendations from a conference on improving transition from children and young people's to adult mental health services.

The Mental Health Foundation has published [Doing good does you good](#). This guide illustrates the positive impact that helping others can have on your own mental health. It includes tips and suggestions for how you can get started with helping others.

The Mental Health Foundation has published [Mental Health Foundation Strategy 2020-2025: making prevention happen](#). The strategy provides a vision of a society which puts mental health at its heart which if heeded, would see a sustained reduction in levels and severity of mental ill health and better mental health for all.

The Mental Health Foundation has published [State of a generation: preventing mental health problems in children and young people](#). This report highlights some key risk and protective factors for young people's mental health. It outlines actions for change at the individual, family, community and societal level to support the prevention of mental health problems and the promotion of good mental health for all.

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

Public Health England has published a summary report, as well as a number of other documents, from a review of evidence for universal approaches to [improving children and young people's mental health and wellbeing](#). The documents are intended for strategic and operational leads working on children and young people's mental health.

The World Health Organisation has published [What is the evidence on the role of the arts in improving health and well-being? A scoping review](#). The report reviews arts activities that seek to promote health and prevent ill health, as well as manage and treat physical and mental ill health and support end-of-life care.

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](#) - Q2 2019/20
- [Community Services Statistics](#) - July 2019
- [Mental Health Services Monthly Statistics](#) - Final August, Provisional September 2019

- [Mental Health Early Intervention in Psychosis](#) - September 2019
- [Mental Capacity Act 2005, Deprivation of Liberty Safeguards England, 2018-19](#)
- [Out of Area Placements in Mental Health Services](#) - August 2019
- [Overall Patient Experience Scores: 2019 Community Mental Health Survey Update](#)
- [Physical Health Checks for People with Serious Mental Illness](#) - Q2 2019/20
- [Psychological Therapies: reports on the use of IAPT services, England](#) - August 2019 Final including reports on the IAPT pilots

Dates for your Diary

Yorkshire and the Humber Mental Health Network Events:

- Thursday 13 February 2020, 12:30-16:30, **Yorkshire and the Humber EIP Network**, National Railway Museum York, Leeman Road, York, YO26 4XJ. 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](#).

- 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.
- Tuesday 21 January 2020, 09:00-17:00, **2020 IAPT National Networking Forum**, Manchester. To book your place click [here](#). NB: There is a cost to attend this event.
- Tuesday 28 January 2020, 09:00-16:25, **Managing Mental Health and Wellbeing in the Workplace**, Central Manchester. To book your place click [here](#). NB: There is a cost to attend this event.
- Monday 10 February 2020, 10:00-15:00, **Public Health Masterclass on Gambling Related Harm Reduction - Two Years On: Working together across Yorkshire and Humber**, Venue TBC. To book your place click [here](#).
- Friday 14 February 2020, 09:00-17:00, **Improving Access, Treatment and Support for People with a Diagnosis of Personality Disorder**, London. To book your place click [here](#). NB: There is a cost to attend this event.
- Tuesday 25 February 2020, 10:00 to 15:45, **PHE Public Mental Health Summit**

2020, Manchester. To book your place click [here](#).

- Friday 28 February 2020, 09:00-17:00, **From Harm to Hope, The National Self Harm and Suicide Prevention Conference**, Nottingham Conference Centre. 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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