



## Yorkshire and the Humber Mental Health Network News

Issue 48

December 2019

### Welcome!

Welcome to Issue 48 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 [Survey on Services to Help People with Severe Mental Illness to Stop Smoking](#).

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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**Addressing Inappropriate Mental Health Out of Area Placements**

## **Webinar Recording**

Claire Murdoch, National Director for Mental Health at NHS England recently led a webinar on addressing inappropriate mental health out of area placements. Please see [here](#) for the presentations and [here](#) for the recording.

## **Free Mental Health First Aid Training for your Workplace**

As part of the EMPOWER three-year study on the benefits of Mental Health First Aid training, The Centre for Mental Health is looking for employers to join the study and in doing so, receive free Mental Health First Aid training. The study will commence in January 2020. Please see [here](#) for more information.

## **Improving Mental Health Services**

The Royal College of Psychiatrists has published [Improving mental health services in systems of integrated and accountable care](#). This report aims to better understand the priorities and lessons for improving mental health services in established and emerging ICSs and makes recommendations that reflect the opportunities and challenges in doing so. It is recognised that further lessons and priorities will emerge as more ICSs are established across the country.

## **Trauma-informed Approaches for Women**

The Centre for Mental Health and Agenda have published [A sense of safety: trauma-informed approaches for women](#). This report explores how trauma-informed approaches are being implemented by public services. It summarises the findings of interviews and site visits to a range of services for women including substance misuse, homelessness, mental health, the criminal justice system, and domestic and sexual abuse and exploitation.

## **Survey on Services to Help People with Severe Mental Illness to Stop Smoking**

The Mental Health Consortium has been commissioned to investigate how to best help people with severe mental illness to stop smoking. The project is funded by the Voluntary Community and Social Enterprise Health and Wellbeing Alliance and will report on challenges and successes. It will also make recommendations on how interventions can be improved.

Please complete this [survey](#) by 13 January 2020 so we can learn from you about what is working.

## **Unconventional Health and Care: Five Organisations Delivering Care Differently**

This King's Fund long read discusses five unconventional health and care organisations; including the mental health services delivered by NAVIGO in North East Lincolnshire. The long read identifies that these are organisations that have considered deeply the needs of people in their care and found substantively different ways of supporting them, in some cases adopting practices that might seem unusual or even risky to people working in traditional health and care services.

To read the article in full click [here](#).

### **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'.

### **NICE Consultations and Shared Learning**

NICE has recently reviewed the following [Clinical Knowledge Summaries](#):

- Depression in children

Clinical Knowledge Summaries are concise, accessible summaries of current evidence for primary care professionals.

NICE are also currently recruiting committee members for the Self Harm in over 8s guideline committee. They are looking for:

- Adults Social worker
- Children and young people's Social Worker
- Community support/third sector worker or service manager
- Mental Health Commissioner
- Paramedic
- Community Pharmacist

For more information and how to apply please click [here](#). The closing date is 5pm, Wednesday 1 January 2020

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

The Mental Health Foundation has published [Empowering people through physical activity](#). This report presents the findings from a study of a physical activity intervention based in Northern Ireland for people with severe and enduring mental health problems. The study aimed to increase knowledge about what works to engage people with severe and enduring mental health problems in sustained physical activity to a level that is improving and protecting their physical health.

The National Confidential Enquiry for Suicide and Self-Harm (NCISH) has released their [2019 Annual Report](#). The 2019 report provides findings relating to people who died by suicide in 2007-2017 across all UK countries. Additional findings are presented on the number of people convicted of homicide, and those under mental health care.

NHS England and NHS Improvement have published [Implementing routine outcome](#)

[monitoring in specialist perinatal mental health services](#). This document focuses on good practice examples, tools, tips and information to help perinatal mental health services embed appropriate perinatal mental health outcomes measures at a local level, using outcome measures that are already part of the Mental Health Services Dataset.

NHS Providers has published [A place to work: system approaches to workforce challenges in the NHS](#). This briefing examines how trusts are working with their staff and local partners to enable the workforce to adapt to new ways of collaborative working. It shares examples of how NHS trusts and foundation trusts have worked together and with partners across the wider system to develop joined-up workforce solutions, support the workforce with system transformation, tackle challenges in recruitment and retention, and address skills gaps.

The Office for National Statistics has published [Being disabled in 2019](#). This statistical collection explores outcomes for disabled people across a range of areas of life including crime, education, social participation, housing, and well-being and loneliness.

QualityWatch has published a summary of [mental health indicators](#) which shows how quality in NHS mental health care varies over time. While some measures show an improvement, such as access to psychological therapies, other measures, such as follow-up for patients discharged from psychiatric inpatient care, show a decline in quality.

## **Mental Health Statistics**

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

- [Mental Health Early Intervention in Psychosis](#): October 2019
- [Mental Health Bulletin 2018-19 Annual Report](#)
- [Mental Health Services Monthly Statistics](#): Final September, Provisional October 2019
- [Out of Area Placements in Mental Health Services](#): September 2019
- [Psychological Therapies: reports on the use of IAPT services, England](#): September 2019 Final including reports on the IAPT pilots and Quarter 2 2019-20 data
- [Quarterly suicide death registrations in England](#): 2001 to 2018 registrations and 2019 Quarter 1 (Jan to Mar) to Quarter 3 (July to Sept) provisional data

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

- 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](mailto:sarah.boul@nhs.net) with the words "Links and Partner Organisations" in the subject line.

**Who produces this bulletin?**

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