



Yorkshire and the Humber Mental Health Network News

Issue 49

January 2020

Welcome!

Welcome to Issue 49 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 campaign launched by Age UK and NHS England to [encourage older people to access treatment for mental health conditions](#).

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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Every Mind Matters and Heads Together Campaign

Public Health England has launched a new [Every Mind Matters film](#) during the Emirates FA Cup third round weekend. All 32 FA Cup third round fixtures were delayed by one minute whilst a new film, narrated by His Royal Highness The Duke of Cambridge, was played before the matches. The film encourages football fans to 'Take A Minute' to start taking action to look after their mental health and that of their family and friends.

Gambling and Mental Health

The National Mental Health Director has written to the heads of top gambling firms demanding urgent action to [tackle betting-related ill health](#) following reports that gambling companies continue to nudge losing punters into more betting.

Mental Health Workforce Report

The British Medical Association has published [Measuring progress: commitments to support and expand the mental health workforce in England](#). This report highlights the concerns of doctors and other health professionals about the growing scale of mental health problems, and the demand for mental health care which is outpacing both the available resources and the workforce needed to care for people with mental health needs.

Older People's Mental Health

Age UK and NHS England have launched a campaign to [encourage older people to access treatment for mental health conditions](#). The campaign aims to boost the number of older people getting the help they need by writing to GPs to urge them to look out for the symptoms of mental health problems in older people, along with making them aware of the NHS support services available.

National Mental Health Intelligence Network Profiling Tools

A new Exploring Inequality domain has been added to [Common mental health disorders profile](#). Using the Inequalities tab this domain will provide a breakdown of selected IAPT indicators by: age, sex, ethnic groups, sexuality, disability, deprivation decile and problem descriptor. The new Health Inequalities in Mental Health introduction page provides a summary on inequalities in mental health, explains how to assess health inequalities using our profile and links to further resources. There has also been a refresh to the [Perinatal mental health profile](#) homepage. The redesign aims to simplify and enhance the users' experience by improving access to the data that matters to them.

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](#)

- [Group cognitive behavioural courses may reduce fatigue from rheumatoid arthritis](#)

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

NICE Consultations and Shared Learning

NICE is currently consulting on the following:

- [Transcranial magnetic stimulation for obsessive-compulsive disorder: interventional procedure consultation](#)

The closing date for comments is **4 February 2020**.

- [Rehabilitation in adults with complex psychosis and related severe mental health conditions: draft guidance consultation](#)

The closing date for comments is **5 February 2020**.

Mental Health Reports, Resources and Research

The Centre for Health Economics at the University of York has published [Care plans substantially reduce risk of ending up in hospital for patients with severe mental health problems](#). This major study has found that seeing the same doctor and having a dedicated care plan has a significant beneficial impact on people with a severe mental illness.

The Centre for Mental Health has published [Trauma, challenging behaviour and restrictive interventions in schools](#). This review of literature on the impact of seclusion, restraint and exclusion on children's mental health finds evidence that the use of restrictive interventions can make the problems they seek to resolve worse, creating a circle of trauma, challenging behaviour, restriction and psychological harm.

The Centre for Mental Health's Commission for Equality in Mental Health Commission has published [Briefing 1: Determinants of mental health](#). This briefing finds that mental health inequalities are closely linked to wider injustices in society. It explores actions that can be taken to reduce mental health inequalities, from communities and local services to national policies. These include action to reduce income inequality, housing insecurity and poor working conditions as well as changes to education and the provision of early years support to families.

The Healthcare Quality Improvement Partnership has published [How are secondary care psychological therapy services for adults with anxiety and depression performing?](#) This spotlight report focuses on the delivery of psychological therapies in secondary care adult mental health services between 2018 and 2019. It examines their performance in relation to access and waiting times; appropriateness of therapy; service user involvement; outcome measurement; and therapist training and supervision.

The House of Commons Library has published the following briefings: [Learning disability](#),

[Mental health in policy, Mental health statistics: prevalence, services and funding in England](#) and [Autism](#). These briefings summarise policies and services for people with a learning disability or mental health issues in England.

The Mental Health Foundation has published [Emotional support for sight loss](#). This research carried out by MHF Scotland, Royal Blind and Scottish War Blinded explores the mental health impacts of visual impairment. The findings highlight that sight loss can have a significant emotional and psychological impact on people's lives, with fear, isolation, loss of self-esteem and depression having an impact. The findings also reveal emotional support is rarely offered by statutory health services, leaving many people with sight loss to cope on their own.

The Mental Health Foundation has published [Single Parents Wellbeing: an evaluation of five Wellbeing Workshops in South Wales created and facilitated by Single Parents Wellbeing for single parents](#). This report provides an evaluation of five Wellbeing Workshops to promote the health and wellbeing of single parents and their families.

The Mental Health Foundation has published [Healthy social media](#). This report presents the social media experiences of young people and other stakeholders that attended an engage event in May 2019 and offers their recommendations on how to maintain a healthy social media life in regards to body image.

NHS England and NHS Improvement have published [Psychological professions vision for England 2019-24](#). This document aims to maximise the collective impact of the psychological professions to deliver the objectives of the NHS Long Term Plan. It has been developed by the Psychological Professions Workforce Group at NHS England and NHS Improvement and Health Education England.

NHS England and NHS Improvement have published [Taskforce Charter: National Quality Improvement Taskforce for children and young people's mental health inpatient services](#). This document provides details of the NHS England / Improvement vision for mental health, learning disability, and autism inpatient services to be delivered to the consistently high standard that children and young people deserve.

NHS Providers has published [Mental health funding and investment](#). This briefing looks at the financial and investment challenges facing mental health providers including their current financial position, the impact of stigma on investment in mental health provision, how mental health services are commissioned, contracted and paid for, the transparency and governance of funding flows, as well as setting out a number of solutions to financial problems mental health trusts face.

The Royal College of Psychiatrists has published [Technology use and the mental health of children and young people](#). This report explores the use of technology among children and young people and its impact on mental health. It also provides practical guidance and makes recommendations, including a number aimed at government and technology companies.

Mental Health Statistics

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

- [Health and Care of People with Learning Disabilities, Experimental Statistics: 2018 to 2019](#)
- [Learning Disability Services Monthly Statistics](#): December 2019, MHSDS: October 2019 Final
- [Learning Disabilities Health Check Scheme, England](#): Quarter 2, 2019-20
- [Mental Health Early Intervention in Psychosis](#): November 2019
- [Mental Health Services Monthly Statistics](#): Final October, Provisional November 2019
- [Out of Area Placements in Mental Health Services](#): October 2019
- [Psychological Therapies: reports on the use of IAPT services, England](#): October 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](#).
- Tuesday 3 March 2020, 09:30-15:30, **Yorkshire and the Humber Senior PWP Network**, Leeds, venue to be confirmed. To book your place click [here](#).
- Wednesday 18 March 2020, 09:30-15:30, **Yorkshire and the Humber IAPT Providers' Network**, Leeds, venue to be confirmed. 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 2020.

For further information, and to check course availability, email: wdu@york.gov.uk or visit the website [here](#).

- Monday 3 February 2020, 09:00-17:00, **Improving the Physical Health Outcomes for people with Serious Mental Illness**, London. 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.
- Tuesday 17 March 2020, 08:30-16:30, **Mental Health: Supporting NHS Workforce Resilience Conference and Exhibition**, Bridgewater Hall, Manchester. To book your place click [here](#). NB: There is a cost to attend this event.
- Friday 24 April 2020, 09:00-17:00, **IAPT Service Good Practice Forum**, Holiday Inn Liverpool City Centre, Liverpool. To book your place click [here](#). NB: There is a cost to attend this event.
- Monday 4 May 2020, 09:00-17:00, **Improving Mental Health Support for Asylum Seekers and Refugees**, 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:

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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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