Yorkshire and the Humber Mental Health Network News

Issue 50
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Welcome!

Welcome to Issue 50 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 CCG and Prescribed Specialised Services CQUIN Guidance for 2020/21.

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.

Contents:

Children's Mental Health Services

The Children's Commissioner has published The state of children's mental health services. This third annual briefing sets out the provision of Children and Young People's Mental Health Services. It also looks ahead to assess whether current

Government plans go far enough to meet demand. This year's briefing shows that while the NHS has made tangible progress in the provision of mental health services for children, the current system is still far away from adequately meeting the needs of all of the estimated 12.8% of children in England with mental health problems.

CCG and Prescribed Specialised Services CQUIN Guidance 2020/21

[The CQUIN webpage](#) now contains the combined CCG and prescribed specialised services CQUIN guidance for 2020/21 and the CCG CQUIN 2020/21 indicator specifications. The guidance describes how CQUIN will operate in 2020/21 and includes the mandated national indicators. Commissioners must implement the guidance and applicable indicators for all their contracts, to take effect from 1 April 2020. The CQUINS for Mental Health include:

- Use of anxiety disorder specific measures in IAPT
- Outcome measurement across specified mental health services
- Biopsychosocial assessments by MH liaison services
- CAMHS needs formulations in inpatient and community services
- D/deaf communications assessments in CAMHS and adult inpatient services
- Routine outcome monitoring in perinatal inpatient services

NHS Long Term Plan: What People Need

Healthwatch has published [What people want from the next ten years of the NHS](#). This report summarises the views of over 40,000 people on how they would like the NHS Long Term Plan priorities to be implemented locally. The report covers access to services, improving people's experiences of digital services, people's experiences of different conditions, person-centred care, prevention and social prescribing, **mental health**, carers, people's experiences of service integration and transport to healthcare.

Physical Ill-health and Cardiovascular Disease Prevention in People with Severe Mental Illness

NHS RightCare has developed a toolkit for physical ill-health and Cardiovascular Disease (CVD) prevention in people with severe mental illness (SMI). The toolkit defines the core components of an optimal service for people with SMI who are at risk of developing CVD. The toolkit has been developed in collaboration with Public Health England, NHS England's National Clinical Director for Cardiovascular Disease Prevention, the British Heart Foundation, MIND, Rethink Mental Illness, University College London, and the National Institute for Health and Care Excellence (NICE). It provides a national case for change and a set of resources to support local health systems concentrate their improvement efforts where there is greatest opportunity to address variation and improve population health. The toolkit can be accessed [here](#).

Voyage of Recovery for Early Intervention in Psychosis

This summer colleagues in Early Intervention in Psychosis services in Yorkshire and the Humber will be taking part in a "Voyage of Recovery" challenge around the coast of England. Each of the legs of the voyage will involve 10 young people, with up to five leaders from their local Early Intervention in Psychosis services, and three permanent crew, who will teach the young people to sail the boat themselves. The voyage is an experiment in adventure therapy to support young people affected by psychosis. It aims to

address factors which keep people stuck in their life situation – and in services – by providing a radically different environment in which to develop confidence, new skills, engage in physical activity and explore a fresh perspective on life. To find out more, and support this excellent cause, 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'.

National Institute for Health Research (NIHR) Signals

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

- [Increasing omega-3 intake does not prevent depression or anxiety](#)

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

As part of the NICE suite of resources for local partnerships, we have recently published a resource on **mental health.** You will find it on the [resources for local partnerships](#) page of the NICE website.

The resource supports delivery of the mental health objectives and commitments made in the 5YFV for Mental Health and the NHS Long Term Plan, and is set out in sections as follows:

- Mental wellbeing, suicide prevention and community engagement
- Children and young people mental health
- Adult common mental health problems
- Adult mental health: serious mental illness, community, acute and crisis care
- Perinatal mental health
- Mental health and the justice system
- Dementia

The resource:

- brings together in one place the key NICE guidance and quality standards that support service transformation, integration and improved mental health care and

outcomes
- signposts to quality standards to help you identify where improvement is needed
- provides case studies of how organisations have used NICE guidance /standards successfully to improve care and quality
- was developed with input from national organisations, and local and regional mental health programmes and teams.

NICE has also updated the following Clinical Guideline:
CG185: Bipolar disorder: assessment and management (updated)

Mental Health Reports, Resources and Research

The Care Quality Commission has published Monitoring the Mental Health Act in 2018/19. This is the CQC annual report on the use of the Mental Health Act. It looks at how providers are caring for patients, and whether patients' rights are being protected. The report finds there has been an improvement in the number of people being given information about their rights and being offered the support of an Independent Mental Health Advocate (IMHA). However, services need to do more to ensure that they are complying with their human rights duties.

The Centre for Mental Health has published Commissioning liaison psychiatry services. The research in this report sought to identify the challenges faced by commissioners of liaison psychiatry services, and to see if these challenges were shared by hospital managers and mental health clinicians working within the services. The report outlines a number of recommendations, including calls for acute hospitals to take a thorough audit of all mental health provision, and to adopt the outcome measurement framework proposed by Royal College of Psychiatrists.

The Department of Health and Social Care has published Evidence scope: loneliness and social work. This evidence scope was commissioned by the Chief Social Worker for Adults to look at the role of social workers in preventing and reducing loneliness and isolation.

The Department of Health and Social Care has published The government response to the third annual Learning Disabilities Mortality Review (LeDeR) Programme report. This document sets out the government's response to each recommendation in the third LeDeR annual report published in May 2019. It also provides an update on the actions identified in its response to the second annual LeDeR report published in 2018.

The Health Foundation has published What the quality of work means for our health. This long read presents new analysis exploring changes in the labour market and what they mean for health inequalities. The research shows that 36% of UK employees report having a low-quality job and that people in low-quality jobs are much more likely to have poor health and twice as likely to report their health is not good. This paper argues that to improve health, quality of work needs to be addressed.

The Healthcare Quality Improvement Partnership has published [Hospital initiated prescription of psychotropic medication for behavioural and psychological symptoms of dementia: spotlight audit 2019](). This audit was carried out using data gathered from the case notes of people with dementia who had been prescribed psychotropic medications at some point in their hospital admission. It reports on the types of medications used to treat behavioural and psychological symptoms of dementia (BPSD) in hospital and what symptoms are most frequently targeted.

Healthwatch has published [Young people's mental health & wellbeing research](). This report sets out more than 20,000 young people's views about their experiences of mental health support. The key findings suggest young people would like their mental health support to include: better education and communication; more options for treatment and personalised care; and opportunities for peer support with others who have a mental health condition.

The King's Fund has published [What are health inequalities?]() This explainer provides an overview of how inequalities are experienced in England's population. It examines inequalities relating to life expectancy, healthy life expectancy, avoidable mortality, long-term health conditions, prevalence of mental ill-health, and access to and experience of health services. It also explores pathways to health inequalities and interactions between the factors driving health inequalities.

The Local Government Agency has published [Building resilience: how local partnerships are supporting children and young people's mental health and emotional wellbeing](). This report sets out the findings of research looking at how local government and its partners can work most effectively together to deliver a coherent and joined-up offer of support for children and young people's mental health.

The Mental Health Foundation has published [Tackling social inequalities to reduce mental health problems: how everyone can flourish equally](). This report describes the extent of inequalities that contribute to poor mental health in the UK today. It makes a case for why addressing inequalities can help to reduce the prevalence of mental health problems and makes a strong call for cross-sectoral action on mental health. The report concludes with proposed actions to address mental health inequalities.

NHS England and NHS Improvement have published [Population Health Management: Understanding how integrated care systems are using population health management to improve health and wellbeing](). This document briefly summarises four case studies covering: identifying and supporting people with poor housing and poor health (Blackpool); using data to identify frailty (Leeds); seeing the link between physical and mental health Bournemouth); and targeted support for communities with poorer outcomes (Berkshire West).

The National Institute for Health Research has published [Better health and care for all](#). This review brings together NIHR-funded research for and about health and social care services for people with learning disabilities. It features 23 recent studies with important findings for those who commission, deliver, work in and use these services which range from qualitative research on user experience to randomised trials of complex new services. Many of these studies involved people with learning disability and family carers in the research and in delivering some of the interventions.

The Parliamentary and Health Service Ombudsman has published [Maintaining momentum: driving improvements in mental health care](#). This report presents the findings of a survey asking people about their experiences of using NHS mental health services. The survey found that one in five people did not feel safe while in the care of the mental health services that treated them; over half of people with mental health problems in England said they experienced delays to their treatment; and 42% said that they waited too long to be diagnosed.

The Royal College of Physicians has launched an online [mental health and wellbeing resource](#) which aims to open up the conversation about physicians' mental health issues and their impact.

The Royal College of Psychiatrists has published [Spotlight on: What impact does adjusting for need have on mental health spend per head?](#) This first in a series of articles about how mental health data is used, considers how adjusting for the needs of local population provides a different perspective on spending per head for mental health services across the country.

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](#): Q3 2019/2020
- [Mental Health Early Intervention in Psychosis](#): December 2019
- [Mental Health Services Monthly Statistics](#): Final November, Provisional December 2019
- [Mental Health Community Teams Activity](#): Q3 2019/20
- [Out of Area Placements in Mental Health Services](#): November 2019
- [Physical Health Checks for People with Serious Mental Illness](#): Q3 2019/20
- [Psychological Therapies: reports on the use of IAPT services, England](#): November 2019 Final including reports on the IAPT pilots

Dates for your Diary
Yorkshire and the Humber Mental Health Network Events:
- Tuesday 3 March 2020, 09:30-15:30, **Yorkshire and the Humber Senior PWP**

Network, Novotel, Leeds. To book your place click here.

- Wednesday 18 March 2020, 09:30-15:30, **Yorkshire and the Humber IAPT Providers' Network**, The Met Hotel, Leeds. To book your place click here.

- Thursday 19 March 2020, 09:30-16:00, **Yorkshire and the Humber Psychological Therapies in Severe Mental Illness Network Launch**, Hilton, York. 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.

- 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.

- Thursday 14 May 2020, 09:00-17:00, **Transforming Mental Health Crisis Care**, 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?
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