



Yorkshire and the Humber Mental Health Network News

Issue 51

March 2020

Welcome!

Welcome to Issue 51 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 article on [Staying Mentally Well During COVID-19](#).

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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Staying Mentally Well During COVID-19

First, and most importantly, we hope this bulletin finds you, your teams and loved ones safe and well. You might be worried about coronavirus (also known as COVID-19) and how it could affect your life. This includes being asked to stay at home and avoid other people. This situation is difficult and may be making you feel anxious or stressed, but there are lots of things you can try that could help your wellbeing during this time.

The [Every Mind Matters platform](#) has been updated to include 10 tips to help if you are

worried about coronavirus and tips around mental wellbeing if you are staying at home. Additionally, click [here](#) to find links to a variety of mental wellbeing resources you can also access and share.

Adolescent Secure to Adult Secure Inpatient Services

NHS England and NHS Improvement have published [Transitions from adolescent secure to adult secure inpatient services: practice guidance for all secure services](#). This guidance aims to outline good practice standards and give clear guidance for the positive transition of young people from adolescent secure inpatient units to adult secure inpatient units.

Integrated Care Systems and Mental Health

The Centre for Mental Health has published [Integrated Care Systems and mental health](#). This briefing sets out how improving population mental health can prevent other health problems and make the whole NHS more effective and efficient. It identifies three key opportunities for system leaders to take as well as highlighting several challenges facing ICSs, such as whether mental health will get prioritised, how the workforce can be sufficiently expanded, and how well ICSs work in partnership with local authorities, voluntary and community groups and people who use health and care services.

NHSX Consultation on Digital Health Technology Standard

On the 27th February NHSX announced the opening of a national consultation on the newly drafted Digital Health Technology Standard. This Standard is being developed by NHSX to bring together existing industry and health standards in a consistent, transparent and accessible way. This is intended to streamline how health technologies are reviewed and commissioned by the NHS and social care, and to provide clearer guidance to support digital health technology developers.

We are keen to make sure that the feedback of mental health developers, providers, clinicians, and commissioners are considered in the development of the Standard. Therefore we urge you to review the Standard and complete the consultation, both of which can be found [here](#). Please also share this email with anyone you think may be interested in providing input into the development of this Standard.

Questions

When reviewing the NHSX Standard, we have a few questions specific to the assessment of digital mental health products that we would like feedback on.

We are focusing on digital mental health products that are patient-facing, and that are commissioned, prescribed or recommended by the NHS or NHS clinicians. When thinking about the assessment of digital products it may be helpful to consider them according to the functional categories used by NICE in their [standards framework](#): inform, communicate, monitoring, behaviour change, self-manage and treat.

- Is the NHSX Standard sufficient for the assessment of all categories of digital mental health products? Or is there anything not included within this Standard that needs to be considered as necessary when assessing all or some categories of digital mental health products?

- If all categories of digital mental health products met the NHSX Standard would this provide you with sufficient assurance to incorporate them into mainstream care with confidence? If not, why not?

Please email your response to england.mhdigital@nhs.net.

Smoking and Mental Health

Public Health England has published [Health matters: smoking and mental health](#). This resource focuses on smoking among people living with a broad range of mental health conditions, ranging from low mood and common conditions such as depression and anxiety, to more severe conditions such as schizophrenia and bipolar disorder. There are also a range of infographics to compliment the main content, case studies and blogs. The infographics cover topics ranging from the role of e-cigarettes in supporting a smoke free NHS, to the effectiveness of quitting methods, and very brief advice for smokers. [You can download the full suite of infographics 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 been consulting on the following interventional procedure:

- [Transcranial magnetic stimulation for auditory hallucinations: interventional procedure consultation](#)

The outcome of the consultation is expected on 17 June 2020.

Mental Health Reports, Resources and Research

The Advisory Group on Health Body Image for Young People has published [Body image: we are more than what we look like](#). This review, commissioned by the Scottish Government, sets out key recommendations for helping young people achieve good body image and recognise that we are much more than what we look like.

The Health Foundation has published [Improving health by tackling market failure](#). This long read explores what market failure is, its relevance for health, and how the government might intervene to improve the population's health. It explores two examples; the success of reducing smoking and how a market failure approach might be used to tackle obesity.

The House of Common's Library has published the following briefing: [Mental health statistics: prevalence, services and funding in England](#). The briefing looks to answer the following questions How common are mental health problems? How long do people wait to access therapy for depression and anxiety? Do mental health services work for everyone? How much is spent on mental health services?

The House of Common's Library has also published the following briefing: [Support for students with mental health issues in higher education in England](#). The briefing paper sets out data on the prevalence of mental health conditions in higher education students in England and outlines the action higher education providers, the government and the Office for Students are taking to help students with mental health issues.

The House of Common's Library has also published the following briefings:

- [Coronavirus: employment rights and sick pay](#)
- [Eating Disorders Awareness Week 2020](#)

The House of Lord's Library has published the following briefings: [Mental Health: Unregistered Practitioners](#). This House of Lords Library briefing contains a selection of material relevant for the forthcoming question for short debate on the impact of treatment by unregulated and unregistered persons offering psychotherapy or counselling services.

The House of Lord's Library has also published the following briefing:

- [Loneliness: Care Homes](#)

The Local Government Association has published [Suicide prevention: how do you know that your council is providing effective suicide prevention?](#) This document explores how councils can take action to reduce suicides.

The Mental Health Foundation has published [Londoners did](#). The Thrive LDN was launched in 2017 with the aim of creating a collective movement across London, supporting everyone to speak openly about mental health and have an equal opportunity to thrive. This report illustrates how this partnership of Londoners is delivering real change in their communities.

The National Audit Office has published [Gambling regulation: problem gambling and protecting vulnerable people](#). This report examines the extent to which gambling regulation effectively and proportionately protects people from gambling-related harms and addresses emerging risks, based on established principles of good regulation.

The NHS Confederation has published [Bringing care back home: evaluating the New Care Models for children and young people's mental health](#). This economic evaluation

describes the quantitative changes which have been observed in six New Care Models pilot sites, including changes in out-of-area bed use, length of stay and distance from home. It focuses on the financial impact of investing in new, community-based services which offer treatment locally in place of out-of-area beds.

The NHS Confederation has published [Supported housing: improving outcomes in mental health patient pathways](#). This briefing explores the impact that high-quality supported housing for people with mental health problems can have on patient outcomes, the entire patient pathway and NHS finances. It also looks at the current context in mental health services, and the opportunities and barriers that exist to implementing more high-quality supported housing.

NHS England and NHS Improvement have published [Mental Health Investment Standard \(MHIS\): Categories of Mental Health expenditure](#). This document provides details of the MHIS categories which have been updated to reflect the priorities of the NHS Long Term Plan and this has led to considerable change to some category descriptors. Whilst these categories differ from the 2019/20 Operational Planning template, they are consistent with recently submitted strategic plans.

NHS England and NHS Improvement have published [Specialised Services Quality Dashboards – Mental Health metric definitions for 2020/21](#). These dashboards are designed to provide assurance on the quality of care by collecting information about outcomes from healthcare providers.

NHS England and NHS Improvement have published [Mental Health Price and Activity Matrix \(MH PAM\) Template \(Schedule 2B\) for 2020/21](#). This spreadsheet should be used to document the price and activity specifications for all NHS England Specialised Commissioning Mental Health Services.

NHS Providers has published [Mental health services: meeting the need for capital investment](#). This briefing summarises the findings of a survey sent to NHS mental health trusts and foundation trusts to gather evidence on the sector's capital funding needs. The findings suggest that two thirds of NHS mental health trusts will not receive the funding they need this year to invest in urgent repairs or upgrade their facilities.

The Race Equality Foundation has published [Racial disparities in mental health: literature and evidence review](#). This report draws on published research from the last five years examining racial disparities in mental health. It covers prevalence, access to services, assessment, treatment and recovery. The report also sets out recommendations to health agencies, professionals and the voluntary sector.

Rethink Mental Illness and the Royal College of Psychiatrists have published [In sight and in mind: making good on the promise of mental health rehabilitation](#). This report

summarises responses to Freedom of Information requests and discussions with clinicians, patients and carers regarding the current provision of mental health rehabilitation services across England and the use of out-of-area care for people who require these services. The report identifies gaps in the system and outlines priorities for change and how to achieve them.

Mental Health Statistics

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

- [Learning Disability Services Monthly Statistics](#): January 2020, MHSDS: November 2019 Final
- [Learning Disability Services Monthly Statistics](#): February 2020, MHSDS: December 2019 Final
- [Mental Health Early Intervention in Psychosis](#): January 2020
- [Mental Health Services Monthly Statistics Final](#): December 2019, Provisional January 2020
- [Out of Area Placements in Mental Health Services](#): December 2019
- [Psychological Therapies: reports on the use of IAPT services, England](#): December 2019 Final including reports on the IAPT pilots and Quarter 3 2019-20 data

Dates for your Diary

Yorkshire and the Humber Mental Health Network Events:

- Tuesday 30 June 2020, 09:30-15:30, **Yorkshire and the Humber Senior PWP Network**, Novotel, Leeds. To book your place email [Sarah Boul](mailto:Sarah.Boul).
- Wednesday 8 July 2020, 09:30-15:30, **Yorkshire and the Humber IAPT Providers' Network**, The Met Hotel, Leeds. To book your place email [Sarah Boul](mailto:Sarah.Boul).

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](#).

- 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.
- Monday 21 September 2020, 09:00-17:00, **Prevention and Management of Violence and Aggression**, 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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