NHS
Yorkshire and the Humber
Clinical Networks

Yorkshire and the Humber Mental Health Network News
Issue 52
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Welcome!
Welcome to Issue 52 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 Mental Health Reports, Resources and Research section, where lots of new articles have published throughout April.

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:

COVID-19 Social Study

The Behavioural Science and Health academic research team at University College London are recruiting as many people, across as diverse a spectrum as possible, to take part in a study into how loneliness, social isolation and physical distancing are affecting our mental health.

The study is open to all adults in the UK and involves answering a 15-minute online survey now and then answering a shorter 10-minute follow-up survey once a week whilst social isolation measures are in place. To take part in the survey click on the following link: https://www.marchnetwork.org/research

Covid-19: Why Compassionate Leadership Matters in a Crisis

Suzie Bailey and Michael West examine why compassionate leadership matters now, in a time of global crisis, more than ever, and how leaders can best support those health and care workers risking their own health and wellbeing in the fight against Covid-19. Connection and compassion are certain, unchanging and provide a safe refuge in the face of this onslaught on health and care systems and our wider communities. Read the article here.

Coronavirus Information Service on WhatsApp

Public Health England have launched a WhatsApp chatbot tool to ensure that the public have trustworthy information about COVID-19 from GOV.UK and NHS.UK, including advice on prevention, symptoms and staying at home. The new service has already attracted one million messages and you can add 07860 064422 in your phone contacts and then send 'hi' in a WhatsApp message to get started.

Coronavirus Mental Health Response Fund (CMHRF) for Voluntary Sector Mental Health Providers

The coronavirus pandemic means that more people, either with or without an existing mental health problem, are seeking support for their mental health. We know that measures to limit virus spread are impacting negatively on people's mental health, particularly those who depend on formal and informal networks to support their mental wellbeing.

Voluntary sector organisations who provide mental health services in communities across the country are well placed to offer this additional support, but need extra resources so expand their services, which are increasingly overstretched. Thanks to £5m support from the Government, Mind is administering a £5m grant fund in partnership with other leading mental health providers in England.

From 16 April 2020 voluntary sector, mental health organisations in England can apply for grants to help them provide additional coronavirus support. The National Survivor User Network (NSUN) will administer part of the fund to ensure that smaller community organisations who might not meet all the standard eligibility criteria can apply. Details will be available from Monday 20 April on the NSUN website. You can find out more about the fund and how to apply on both the Association of Mental Health Providers website and Mind's website.

The Mental Capacity Act (2005) (MCA) and Deprivation of Liberty

Safeguards (DoLS) during the Coronavirus (Covid-19) Pandemic

The Department of Health and Social Care has issued guidance for Hospitals, Care Homes and Supervisory Bodies on MCA and DOLs. This guidance – valid during the coronavirus pandemic – is for health and social care staff who are caring for, or treating, a person who lacks the relevant mental capacity.

Mental Health Information Update April 2020

NHS Digital is working closely with NHS England and Improvement to understand priorities for datasets and will update all providers and system suppliers immediately if the position changes. The current priorities are that:

- All providers should continue to submit data to MHSDS and IAPT datasets. This should include registering for SDCS Cloud accounts.
- At the request of NHS England, the migration of IAPT version 1.5 to version 2 has been delayed by three months. The revised IAPT v2.0 go live data is 1 July 2020 and you will be able to submit data to SDCS Cloud from 1 August.
- The MHSDS multiple submission window model will go live on 1 April for submission/resubmission of 2019/20 data.
- MHSDS version 4.1 will go live for collection of data from 1 April 2020 and you will be able to submit data to SDCS Cloud from 1 June.

Outcome measurement in EIP: Quality Improvement Webinars

In light of recent events with COVID-19, and to support our colleagues in the NHS, NCAP will be running QI webinars instead of workshops focusing on outcome measurement in EIP teams. The webinars will be recorded and available online to make them accessible to those who would otherwise be unable to attend due to the unprecedented situation. We are inviting NCAP audit leads, QI and governance personnel, EIP team clinicians and other interested staff to attend these regional QI webinars. The webinars will focus on 'outcome measurement' from the EIP audit, what we are measuring and why, and how data can be used to review and improve EIP team quality and individual care.

The webinars will be approximately 90 minutes in duration and will be led by NCAP EIP Clinical Advisors, Dr Paul French and Professor Jo Smith and QI expert, Maureen McGeorge. To book a place on the webinars please use the following link: https://ncap-2020.eventbrite.co.uk

National Mental Health Intelligence Network Profiling Tools

The National Mental Health Intelligence Network (NMHIN) has published data on the proportion of children living with parents reporting symptoms of emotional distress in England for the period 2017 to 2018, including trends data going back to 2010 and breakdown by family type and work status.

Four indicators were updated on the proportion of children living with:

- at least one parent reporting symptoms of emotional distress
- a mother reporting symptoms of emotional distress
- a father reporting symptoms of emotional distress
- both parents reporting symptoms of emotional distress

The update was accompanied by a statistical commentary.

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'.

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 Academy of Medical Sciences (AMS) has published [Survey results: understanding people's concerns about the mental health impacts of the Covid-19 pandemic](#). The AMS, together with the research charity MQ: Transforming Mental Health, is working with researchers and those with lived experience to ensure that mental health is at the heart of research into the impacts of Covid-19. This report describes the findings of a consultation undertaken in late March 2020, the week that the Prime Minister announced the UK lockdown in response to the Covid-19 pandemic.

The British Psychological Society has published [The psychological needs of health care staff as a result of the Coronavirus pandemic](#). This guide is for leaders and managers of health care services who will need to consider the wellbeing needs of all staff working in health care as a result of the Covid-19 outbreak. It offers practical recommendations for how to respond at individual, management and organisational levels, making best use of expertise from their practitioner psychologist and mental health professionals and anticipates the psychological reactions over time, as well as what people may need to recovery psychologically from this pandemic.

Community Care has published [Developing emotional resilience and wellbeing: a practical guide for social workers](#). This guide includes the 'competencies' that support emotional resilience, including self-compassion, self-care and having a flexible range of coping skills; how to ensure emotional literacy allows for 'appropriate empathy', rather than being overwhelmed by concern and distress for others; and specific techniques practitioners can try to develop a personal resilience 'toolbox' that meets their own needs and allows them to respond to different situations.

Health Education England have produced some generic modules that may be of interest when redeploying staff or training volunteers:

- [Five Ways to Wellbeing](#) module introduces the concept of wellbeing and describes how the Five Ways to Wellbeing can be implemented

- [Mental Health Awareness](#) module is designed to give a broad overview of what encompasses mental illness whilst highlighting the link between mental and physical health diagnoses. It also provides some simple guidance on how best to care for someone with mental health difficulties
- All Our Health: Mental Health and Wellbeing is a [bite-sized session](#) to give health and care professionals an overview of mental health and wellbeing - including key evidence, data and signposting to trusted resources to help prevent illness, protect health and promote wellbeing.

The Institute for Public Policy Research (IPPR) has published [Children of the pandemic](#). This report examines how the Covid-19 outbreak is affecting children from mental health and childcare issues, to school closures, social interactions and access to food.

The King's Fund has published [Managing anxiety about loss: a quick-read guide](#). This latest 'Leading through Covid-19' guide focuses on four strategies for surviving and managing our anxiety about loss, which we hope will be useful to you and your teams.

The National Confidential Inquiry into Suicide and Safety in Mental Health has co-authored a [Lancet Psychiatry editorial](#). The editorial outlines:
- The national academic response to mitigating suicide risk associated with the Covid-19 pandemic;
- The need for a wide-ranging interdisciplinary response that recognises the different ways in which the pandemic might heighten suicide risk and applies knowledge about effective suicide prevention approaches;
- Enhanced surveillance of risk factors related to Covid-19.

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

NHS England and NHS Improvement have also published the following service specifications:
- [Enhanced Service Specification Learning Disabilities Health Check Scheme 2020/21 NHS England](#)

NHS Providers has published [NHSEI National Transforming Adult & Older Adult Community Mental Health Care webinar](#). This briefing summarises information from a webinar which shared information and discussed the national vision for transforming community mental health services for adults and older adults.

Public Health England has published [Guidance for the public on the mental health and wellbeing aspects of coronaries (COVID-19)](#). This guide provides advice on how to look after your mental health and wellbeing during the coronavirus (COVID-19) outbreak.

Public Health England has also published COVID-19: guidance on supporting children and young people's mental health and wellbeing which provides advice or parents and carers on looking after the mental health and wellbeing of children or young people during the outbreak.

Public Health England have also updated their Every Mind Matters platform to include new advice, focussed on looking after people's mental wellbeing during the coronavirus (COVID-19) pandemic. It has been updated after new data shows over 4 in 5 (84.2%) Brits are worried about the effect that coronavirus is having on their life, with over half (53.1%) saying it was affecting their wellbeing and nearly half (46.9%) reporting high levels of anxiety.

The Samaritans have published Out of sight, out of mind: why less-well off, middle-aged men don't get the support they need. An ongoing Samaritans research project seeks to build on what is already known about the reasons for the high rates of suicide among less well-off, middle-aged men, by exploring what can be done to drive change. This report brings together the findings of the first stage of this research, which included a review of the evidence relating to existing wellbeing support and suicide prevention services, and primary ethnographic research with this at-risk group. It explores the lived experience of less well-off, middle-aged men and how community-based support services can be made more appealing and effective for them.

The World Health Organisation has published Preparedness, prevention and control of Covid-19 in prisons and other places of detention: interim guidance. This guidance provides useful information to staff and health care providers working in prisons, and to prison authorities. It explains how to prevent and address a potential disease outbreak and stresses important human rights elements that must be respected in the response to Covid-19 in prisons and other places of detention. Access to information and adequate health care provision, including for mental disorders, are essential aspects in preserving human rights in such places.

WHO Europe has published resources on the mental health and psychosocial support aspects of COVID-19.

Young Minds has published Coronavirus: impact on young people with mental health needs. This report looks at the impact the Covid-19 pandemic is having on young people's mental health.

Mental Health Statistics
The following statistics have recently been released please click on the links to review further:
- *New* Autism Statistics reports can be found at: https://digital.nhs.uk/data-and-

information/publications/statistical/autism-statistics/autism-statistics

- Improving Access to Psychological Therapies (IAPT) data for January 2020 Final, and including reports on the IAPT pilots can be found at: http://digital.nhs.uk/pubs/iaptjan20
- Learning Disability Services Monthly Statistics reports can be found at: http://digital.nhs.uk/pubs/ldsm_atFeb20_mhsdsDec19
- Mental Health Services Monthly Statistics reports can be found at: http://digital.nhs.uk/pubs/mhsfinjanprovfeb20
- Quarterly suicide death registrations in England: 2001 to 2018 registrations and Q1 (January to March) to Q4 (October to December) 2019 provisional 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.

- 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.

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.

- Thursday 7 May 2020, 15:00-16:30, **Accessing Mental Healthcare During COVID-19 – The Value in Digital**, Webinar. To book your place click here.

- 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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