



Yorkshire and the Humber Mental Health Network News

Issue 53

May 2020

Welcome!

Welcome to Issue 53 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 [Mental Health Awareness Week](#); being kind to yourself and others has never mattered more than it does right now.

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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COVID-19 Mental Health Improvement Network

The Royal College of Psychiatrists on behalf of NHS England and Improvement has created the COVID-19 Mental Health Improvement Network. The aim of the network is to support mental health teams to share and learn from each other to maintain and improve

safety in response to the COVID-19 pandemic. The network offers a space where you can:

- Share changes you are making, challenges and learning in response to
- COVID-19
- Discuss with other mental health services and professionals
- Upload resources, policies, procedures and guidance to a shared library

The network facilitators will also:

- Organise webinars and other virtual learning opportunities
- Curate accessible learning across the network
- Provide Quality Improvement Coach support

The network is open to anyone that works in a mental health service. To join, or for any questions, please email: covid19network@rcpsych.ac.uk.

Improving Access to Psychological Therapies (IAPT) Manual Updated

The National IAPT Programme have advised that the IAPT Manual has been updated to now include information on the following:

- As well as some essential editorial corrections to clarify the text, a number of more substantial corrections have been made in this version 4 of the IAPT Manual, these include IES-R measure replaced by PCL-5 in table 6 and throughout the document including an update on the cut-off point for PCL-5 scale specified at 32 and above. Also within table 6 a new row has been added for 'Health anxiety (hypochondriasis)', BIQ scale recommendation measuring for anxiety symptoms or MUS in body dysmorphic disorder and the removal of CSRI.
- We have also expanded the definition of 'entering treatment' in section 6.4.1 and added a new section in 6.4.3 on 'Finishing a course of treatment'.
- There has also been an inclusion of two accredited bodies to table 1 on page 73 who are the Association of Christian Counsellors Accreditation and National Counselling Society Accredited Professional registrants.

The updated IAPT Manual can be accessed [here](#).

Maternal Mental Health Alliance Plea to PLAN

In the uncertain times of COVID-19 three things remain clear:

1. Perinatal stress and mental health needs are increased from an already high level
2. If left untreated, mental illness during pregnancy or in the first year after birth will continue to have a [devastating impact](#) during and beyond the pandemic
3. Perceived and real access to care at every level is reduced, and a proactive approach is needed to overcome barriers.

To ensure women and families in the UK receive the care they need and deserve during the pandemic, we are urging national and local decision-makers to [PLAN](#) with the mental as well as physical health needs of women and their families in mind.

Mental Health Awareness Week

Mental Health Awareness Week falls this month, 18 – 24 May and the theme for this year is kindness. During these testing times being kind to each other could not be more

important. To find out more about mental health awareness week and how to get involved click [here](#).

Our Frontline

The Samaritans have partnered with Shout, Mind, Hospice UK and The Royal Foundation to launch Our Frontline, a round-the-clock one-to-one support service for health, care, emergency and key workers.

Our Frontline offers round-the-clock one-to-one support, along with a collection of resources, tips and ideas chosen to support your mental health. Text frontline to 85258 for a text conversation or call 116 123 for a phone conversation with the Samaritans – all in confidence, with a trained volunteer, at any time. Further information is also available here: www.mentalhealthatwork.org.uk/ourfrontline/

Older People's Mental Health Competency Framework

This [interim framework](#) has been developed by HEE and guided by several experts connected with Older People's health. The purpose of the framework is to support the delivery of excellent services across disciplines which are directly or indirectly involved in supporting and promoting older people's mental health.

HEE continues to evaluate the framework and will publish the final version later this year, however, it is particularly relevant in light of COVID-19 implications to make this resource accessible now. This framework:

- Does not supersede previous policies or protocols; enhances existing procedures.
- Can be used to aid recruiting or in a team discussion to improve awareness and training.
- Designed to be accessed and used by all in a mental health capacity.

YoungMinds Webinars

YoungMinds is commissioned by NHS England to support embedding participation into our work to improve children and young people's mental health. Their current focus has been on a series of open access webinars, which they will be delivering in the coming weeks. One will focus on parent/carer participation and the other will focus on participation in governance. More information and registration forms can be found on the Amplified events page: <https://youngminds.org.uk/youngminds-professionals/our-projects/amplified/amplified-events/>

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 BABCP has recently published a study by colleagues from the University of Sheffield, Sheffield IAPT and the Yorkshire and the Humber Clinical Lead for PWP's Heather Stonebank: [The acceptability and feasibility of group cognitive behavioural therapy for older adults with generalised anxiety disorder](#). This proof-of-concept study provides evidence for an Overcoming Worry Group as an acceptable and feasible group treatment for older adults with generalised anxiety disorder.

The Centre for Mental Health have published a new report [More Than a Number](#). This report explores key themes around weight management for people with severe mental illness based on the first-hand experiences of service users and professionals, as well as from published research.

The Centre for Mental Health have also published [COVID-19 and the Nation's Mental Health](#). According to this report, the global Covid-19 pandemic is likely to increase the number of people in Britain experiencing a mental health problem in the next two years. It uses evidence from previous global epidemics and from the aftermath of the 2008 banking crisis to estimate what effect Covid-19 will have on the UK population's mental health.

The Department of Health and Social Care has published [Coronavirus \(Covid-19\): guidance for care staff supporting adults with learning disabilities and autistic adults](#). This guidance is for care workers and personal assistants who support adults with learning disabilities and autistic adults. The guidance will help care staff to keep people with learning disabilities and autistic people safe; support them to understand the changes they need to make during the Covid-19 outbreak; and protect their own wellbeing.

Equally Well UK have published [Looking after your health during covid-19: a guide for people living with severe mental illness](#). This is a short guide for people with severe mental illnesses on practical ways to protect and support physical health during this uncertain and unsettling time. Equally Well UK and NHS England/NHS Improvement have worked with experts by experience and clinical professionals to create this resource.

The King's Fund have released their latest bite-sized resources from their [Leading through Covid-19 series](#). The latest resource sets out five tips to help retain your team's collective strength and explore how noticing your breathing can help to anchor you.

The Office for National Statistics has published [Personal and economic wellbeing in Great Britain: May 2020](#). This report looks across personal and economic well-being during the period October 2019 to April 2020. It aims to understand the impact of the Covid-19 pandemic on people and households in Great Britain.

Public Health England has published [Coronavirus \(Covid-19\): health and wellbeing of the adult social care workforce](#). This guidance includes advice for people working in adult social care on managing their mental health and for employers on how to take care of the wellbeing of their staff during the Covid-19 outbreak.

The Social Market Foundation has published: [Recreating parks: securing the future of our urban green spaces](#). In this briefing paper, the cross-party thinktank states that parks and green spaces should be seen as a tool of health care in the same way as medicines and therapies. Giving the NHS a role in supporting parks and green spaces would allow doctors to make more use of social prescribing techniques where patients are told to take exercise and spend time outdoors to boost physical and mental health.

Mental Health Statistics

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

- 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/iaptfeb20>
- Learning Disability Services Monthly Statistics reports can be found at: http://digital.nhs.uk/pubs/ldsm_atApr20_mhsdsFeb20
- Mental Health Services Monthly Statistics reports can be found at: <http://digital.nhs.uk/pubs/mhsfinjanprovfeb20>
- [Out-of-area placements in mental health services: February 2020](#)

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**, MS Teams. To book your place email [Sarah Boul](#).
- Wednesday 8 July 2020, 09:30-15:30, **Yorkshire and the Humber IAPT Providers' Network**, MS Teams. 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](#).

- **ONLINE LIVE Self Harm and Suicide Awareness Level 2 (intermediate) training**
Via Zoom
Tuesday 26th May 2020 from 13:30-16.30 BST
£45 per place (discounted from our face to face rate of £65)
Anyone is welcome to attend- information provided is CPD-accredited and relevant to those working with children and young people as well as adults
Eventbrite link: <https://www.eventbrite.co.uk/e/online-live-self-harm-and-suicide-awareness-level-2-intermediate-training-tickets-104515785528>
- **ONLINE LIVE Suicide Risk and Domestic Abuse Awareness Level 2 (intermediate) training**
Thursday 4th June 2020 from 13:30-16.30 BST
£45 per place (discounted from our face to face rate of £65)
Anyone is welcome to attend- information provided is CPD-accredited and relevant to those working with children and young people as well as adults
Eventbrite link: <https://www.eventbrite.co.uk/e/online-live-suicide-risk-and-domestic-abuse-level-2-intermediate-training-tickets-104627144606>
- Friday 11 September 2020, 09:00-17:00, **Virtual Reality in Mental Health and Psychological Therapies**, 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.
- Wednesday November 18th 2020, 09:00-17:00, **Suicide Bereavement: Using our collective Voice, Manchester**. 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:

Sarah Boul, Quality Improvement Manager: Adult Mental Health
sarah.boul@nhs.net, 07584362063

Denise Friend, Quality Improvement Lead: Adult Mental Health
denise.friend@nhs.net, 07795668907

Twitter: @YHSCN_MHDN #yhmentalhealth

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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