



Yorkshire and the Humber Mental Health Network News

Issue 54

June 2020

Welcome!

Welcome to Issue 54 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 new training being offered from Public Health England to deliver [Psychological First Aid](#).

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:

- [Black Minds Matter](#)
- [COVID-19 and the Nation's Mental Health: Forecasting Needs and Risks in the UK](#)
- [COVID-19 Resources for Children and Young People and Families](#)
- [Centre for Mental Health and Kidney Research UK: Statement of Intent](#)
- [Mentally Healthy Universities](#)
- [New Content Added to Perinatal Mental Health e-learning Programme](#)
- [Psychological First Aid Digital Training](#)
- [National Mental Health Intelligence Network Profiling Tools](#)
- [National Institute for Health Research \(NIHR\) Signals](#)
- [Mental Health Reports, Resources and Research](#)
- [Mental Health Statistics](#)
- [Dates for your Diary](#)
- [Contacts](#)
- [Links and Partner Organisations](#)

Black Minds Matter

The psychological pressures faced by many people during the COVID-19 pandemic are significant, but there remain huge gaps when it comes to addressing mental health issues among Black, Asian and Minority Ethnic (BAME) people.

BAME communities are often less likely to seek help than white people, according to the Race Equality Foundation and in response [Black Minds Matter](#) has been founded to provide free counselling services for black people.

Black Minds Matter was launched on 1 June 2020 and is a charitable organisation aiming to enable as many black people as possible to get specialised help. Black Minds Matter aim to fulfil this by connecting black individuals and families with professional mental health services across the UK.

COVID-19 and the Nation's Mental Health: Forecasting Needs and Risks in the UK

The Centre for Mental Health has published [a report](#), which considers the mental health of the nation during and after COVID-19. 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's mental health.

COVID-19 Resources for Children and Young People and Families

The British Psychological Society (BPS) have produced guidance for key workers and their families on navigating the emotional effects of the pandemic. The [booklet for parents](#) gives some straightforward tips on how they can help their children to cope, which includes:

- Asking the child questions and talking to them
- Giving the child choices over their time
- Making their routine as consistent as possible, particularly at bedtime
- Helping them to understand and share their feelings

In addition to the guidance for parents, there is also an [advice sheet aimed at their children](#) to answer the questions they may have.

The Tavistock Clinic have also produced a [podcast](#) on communicating with children about COVID-19 to help families navigate discussions around the pandemic and the impact it may be having.

Centre for Mental Health and Kidney Research UK: Statement of Intent

The Centre for Mental Health and Kidney Research UK are working together to seek:

- A commitment from key stakeholders both within the kidney community and beyond to fund mental health research in a number of areas, including developing evidence-based interventions for kidney patients.
- A commitment from the NHS in every part of the UK to fund and evaluate models of collaborative care and liaison services for people with kidney disease that can be implemented into clinical practice.

- To help patients to support each other, by funding and developing peer support networks and mentoring schemes.
- To ensure all staff in kidney disease services have the necessary knowledge and skill, and the right supervision, to look after patients' mental and physical health
- To secure access to psychological and physical rehabilitation therapies delivered by professionals who understand the specific circumstances of people living with kidney disease.
- To make kidney disease services fully trauma-informed, for example by creating clinical environments that promote wellbeing and a sense of safety.

Kidney Research UK and the Centre for Mental Health will work together to better understand the links between mental health and kidney disease, to generate evidence of how to improve treatment for those in need, and to promote this evidence to ensure the mental health needs of kidney patients are also addressed by others. Read more about this at [Centre for Mental Health](#) and [Kidney Research UK](#).

Mentally Healthy Universities

An improved approach to mental health and wellbeing at universities has been set out by Universities UK (UUK). UUK has published a refreshed version of its strategic framework, Stepchange: mentally healthy universities, calling on universities to prioritise the mental health of their students and staff by taking a whole university approach to mental health, meaning that mental health and wellbeing is considered across every aspect of the university and is part of all practices, policies, courses and cultures.

Recommended actions within the new framework include:

- demonstrating visible leadership and senior ownership of mental health as a priority to promote open conversations and sustain change
- working closely with students and staff to develop mental health strategies and services
- ensuring accessible and appropriately resourced support for mental health and wellbeing for all students and all staff
- focusing on staff mental health; inclusion of mental health in staff performance discussions and provision of appropriate training for line managers and supervisors
- clarification of the key role of academic staff in supporting the mental health of students through appropriate training and development
- commitment to assessments and course work that stretch and test learning without imposing unnecessary stress

The framework can be accessed [here](#).

New Content Added to Perinatal Mental Health e-learning Programme

Health Education England e-Learning for Healthcare has been working with the Institute of Health Visiting, the National Workforce Skills Development Unit at The Tavistock and Portman NHS Foundation Trust, maternity and general practice leads and HEE's Mental Health team to add new content to the Perinatal Mental Health e-learning programme.

The Perinatal Mental Health programme is designed to help educate and develop the

workforce's confidence and competence in caring for people with perinatal mental health problems. The planned updates to the existing e-learning programme are particularly timely, aiming to support key health and care colleagues working with pregnant mothers and new parents, during the additional challenges posed by the COVID-19 pandemic.

The new content covers six sessions to complement the existing e-learning programme. Each of the six e-learning modules last around 20-30 minutes. For more information about the Perinatal Mental Health programme, including details of how to access, please visit: <https://www.e-lfh.org.uk/programmes/perinatal-mental-health/>.

Psychological First Aid Digital Training

Public Health England have launched an updated [Psychological First Aid \(PFA\) digital training module](#), aimed at all frontline and essential workers and volunteers.

The course aims to increase awareness and confidence to provide psychosocial support to people affected by COVID-19. PFA is a globally recognised training in emergency situations and we have developed this new course as part of our national incident response, and in partnership with NHS England, Health Education England, FutureLearn and E-Learning for Health.

The course is free, and no previous qualifications are required. It takes around 90 minutes to complete and is also available in three sessions for the learner to complete at their own pace. By the end of the course, outcomes will include: understanding how emergencies like the COVID-19 pandemic can affect us, recognising people who may be at increased risk of distress and understanding how to offer practical and emotional support.

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) Alerts

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

- [Cancer screening across the world is failing people with mental illness](#)

Alerts are short, accessible summaries of health and care research which is funded or supported by NIHR. This is research which could influence practice and each Alert has a message for people commissioning, providing or receiving care.

Mental Health Reports, Resources and Research

The British Medical Journal has published [Mitigating the psychological effects of social isolation during the covid-19 pandemic](#). This article explores how to mitigate the psychological effects of social isolation during the pandemic through the use of primary care, remote consultations and social prescribing.

The Commonwealth Fund has published [Mental health conditions and substance use: comparing US needs and treatment capacity with those in other high-income countries](#). This data brief examines the mental health burden in the United States compared with 10 other high-income countries (including the United Kingdom) that participate in the Commonwealth Fund's annual international health policy survey. It also looks at the relationship between mental health burden and social determinants of health, differences in seeking care, access and affordability of care, mental health and substance use disorder outcomes, and health system capacity.

The Department of Health and Social Care 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 Department of Health and Social Care has published [Coronavirus \(Covid-19\): looking after people who lack mental capacity](#). This provides guidance for health and social care staff who are caring for, or treating, a person who lacks the relevant mental capacity.

Girlguiding has published a research briefing: [Early findings on the impact of Covid-19 on girls and young women](#). This report summarises research of 7,000 members and reveals how girls and young women aged 4–18 in the UK are coping with the changes to their daily lives during the Covid-19 pandemic. It reveals more than half of girls aged 15–18 feel lockdown has had a negative impact on their mental health – amid high levels of worry, stress and loneliness.

The Institute for Fiscal Studies has published [The mental health effects of the first two months of lockdown and social distancing during the Covid-19 pandemic in the UK](#). This report discusses the impact of Covid-19 on mental health. It finds that mental health in the UK has worsened substantially as a result of the Covid-19 pandemic, particularly for groups that already had lower levels of mental health before Covid-19, such as young adults and women.

The Institute of Labor Economics has published [When to release lockdown? A wellbeing framework for analysing costs and benefits](#). It is politicians who have to decide when to release the lockdown, and how to do this. In doing so, they have to balance many considerations, often using limited or conflicting information, so that only the roughest of judgements can be made. For example, in the case of Covid-19, one has to compare the economic benefits of releasing the lockdown with the social and psychological benefits, and then compare the total of these with the increase in deaths that would result from an early exit. This paper proposes a way of doing this more systematically.

The King's Fund has published [Staying connected and making space to think: a quick-read guide](#). When people are stressed and anxious, creating a shared, safe space to think

and to maintain and develop relationships with colleagues is important. This Leading through Covid-19 guide explores how to use virtual conversations to take stock and prepare for next steps.

The Local Government Association has published [Loneliness, social isolation and Covid-19: practical advice](#). This guide is intended for directors of public health and others leading the response to the loneliness and social isolation issues arising from the Covid-19 pandemic.

The Mental Health Foundation has published [The Covid-19 pandemic, financial inequality and mental health](#). This briefing discusses the mental health effects of financial inequalities in the context of the Covid-19 pandemic. It draws evidence from the Coronavirus: Mental Health in the Pandemic research – a UK-wide, long-term study of how the pandemic is affecting people's mental health. The study is led by the Mental Health Foundation, in collaboration with the University of Cambridge, Swansea University, the University of Strathclyde and Queen's University Belfast.

National Voices has submitted to the Health and Social Care Select Committee Inquiry on ['Delivering core NHS and care services during the pandemic and beyond'](#). This submission sets out its view on the primary ongoing health and care needs during the acute and next phases of the crisis, focusing on some major conditions as well as mental health and health inequalities.

NHS Providers has published [Spotlight on: the impact of Covid-19 on mental health trusts in the NHS](#). This briefing sets out the immediate challenge of Covid-19 for mental health trusts, how the sector has responded and what is needed to navigate the next phase. It argues that NHS trusts providing mental health and learning disability services have been playing a critical role, both to maintain services and to respond to the current environment alongside their colleagues in the acute, community ambulance and primary care sectors.

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.

The World Psychiatric Association has published an editorial on [Addressing mental health needs: an integral part of COVID-19 response](#). The editorial focusses on strategies to guide efforts to strengthen mental health care in countries recovering from COVID-19.

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>
- [Coronavirus and loneliness, Great Britain: 3 April to 3 May 2020](#)
- Improving Access to Psychological Therapies (IAPT) data including reports on the IAPT pilots can be found at: <http://digital.nhs.uk/pubs/iaptmar20>

- [Learning disability services monthly statistics: assuring transformation, April 2020; mental health statistics data set, February 2020, final](#)
- Mental Health Services Monthly Statistics reports can be found at: <http://digital.nhs.uk/pubs/mhsfinmar20>
- [Out of area placements in mental health services: March 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](mailto: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](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 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.
- Friday 18 September 2020, 09:00-17:00, **Decision Making and Mental Capacity: Ensuring Best Practice and Adherence to the NICE Guideline**, 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.
- Monday 21 September 2020, 09:00-17:00, **Improving the Management of People with Coexisting Severe Mental Illness and Substance Misuse**, London. To book your place click [here](#). NB: There is a cost to attend this event.
- Wednesday November 18 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?

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.

Disclaimer: *The content of this bulletin does not necessarily reflect the views of NHS England, but is provided as a rapid information service for staff interested in Mental Health and the Clinical Networks in Yorkshire and the Humber. All links from this bulletin are provided for information only. A link does not imply endorsement of that site. We do not accept responsibility for the sites linked to, or the information displayed there.*