

Response to COVID-19

Further to [the letter](#) of 31 July 2020 about the third phase of the NHS response to COVID-19, NHS England and Improvement have published a range of supplementary materials to support implementation: [Implementing phase 3 of the NHS response to the COVID-19 pandemic](#). This includes:

1. Urgent actions to address inequalities in NHS provision and outcomes
- 2. Mental health planning**
3. Restoration of adult and older people's community health services
4. Using patient initiated follow-ups as part of the NHS COVID-19 recovery
5. Finance: 2020/21 phase 3 planning submission guidance
6. COVID-19 data collections: changes to weekend collections

IAPT v2.0 and SDCS Cloud transition delayed by one further month

NHS Digital have agreed to postpone the transition to version 2 of the IAPT dataset for one further month by request from NHS England. This will also delay the migration from the legacy Bureau Service Portal (Open Exeter) to the new Strategic Data Collection Service (SDCS Cloud).

IAPT v2.0 will now launch from 1 September and the first submissions to SDCS Cloud will take place from 1 October. IAPT providers should continue to submit data using the IAPT v1.5 standard to the Bureau Service Portal until this time.

This will be the final delay to this important transition and the dates above will not change.

If you experience any service issues using the Bureau Service Portal, please contact our Exeter Helpdesk on 0300 303 4034 or exeter.helpdesk@nhs.net.

If you have any queries, please contact: NHS Digital for Technical queries: enquiries@nhsdigital.nhs.uk or NHS England IAPT team for policy queries: England.mentalhealth@nhs.net

Launch of Samaritans' New Media Guidelines and Online Resources for Journalists

Samaritans' have launched their new [sixth edition media guidelines](#) to reflect the significant changes within the media landscape and the very latest research into the effects of media portrayals, to support the highest standards of journalism. We know that the current climate has created new challenges, adding more pressure on journalists to produce of the moment reports, which can be particularly difficult when dealing with a sensitive and very complex topic.

Following a lengthy consultation with industry leaders and journalists, we have created a new online hub of resources covering some additional topics to help journalists and programme makers further understand the issues surrounding suicidal behaviour and offering practical tips on covering these topics. These include; celebrity suicides, inquests, youth suicides, self-harm and suicide clusters, and covering these issues in documentaries and drama.

Coverage of suicide can influence how people behave in a crisis and their beliefs about

the options open to them. The media has a unique opportunity to inform and educate the public about suicide, encouraging important conversations, changing attitudes and behaviours and promoting help seeking. This can save lives.

Mental Health Services and Covid-19: Preparing for the Rising Tide

While ostensibly a physical health issue, Covid-19 has and will continue to have huge implications for mental health providers and the individuals they support. [This report](#) from the NHS Reset campaign considers what mental health services need to prepare for the expected surge in demand. It also highlights how the health and care system can 'reset' the way care and support are planned and delivered in the aftermath of Covid-19.

Mental Health and Primary Care Networks

The King's Fund and the Centre for Mental Health have published a new report, [Mental health and primary care networks](#) (PCNs). The report explores why new approaches to mental health in primary care are needed and discusses this in the context of both the development of PCNs and the implementation of NHS England's community mental health framework. The report argues that these two key policy developments are potentially mutually reinforcing, and mental health trusts are encouraged to engage actively with PCN leaders as they look to implement the community mental health framework.

We are the NHS: People Plan 2020/21 – Action for us all

NHS England has recently published its [People Plan](#). This plan sets out the actions that NHS England, NHS Improvement and Health Education England will take, over the remainder of 2020/21, to support transformation across the whole NHS with a focus on workforce growth, changing the culture of the NHS and supporting the government commitment to expand our primary care workforce, including GPs and nurses. There are also commitments to expand the mental health workforce.

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 published an updated quality standard:

- [Decision making and mental capacity](#)

This quality standard covers decision-making in people aged 16 and over using health

and social care services, who may lack capacity to make their own decisions (now or in the future). It aims to support implementation of the aims and principles of the Mental Capacity Act 2005 and relevant codes of practice. It is not a substitute for these.

NICE has also published updated guidance on:

- NG:181 [Rehabilitation for adults with complex psychosis](#)

The recommendations from this guideline have been included in the [NICE Pathway](#) on rehabilitation for adults with complex psychosis, which brings together everything NICE have said on rehabilitation for adults with complex psychosis in an interactive flowchart. There is brief information about the guideline for people using services, carers and the public at [Information for the public](#).

National Institute for Health Research (NIHR) Alerts

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

- [Some antidepressants can help people quit smoking, but other medications may offer greater benefits](#)
- [Combined drug and psychological therapies may be most effective for depression](#)
- [Ambulance staff who respond to suicides need more support](#)
- [Loneliness in people with dementia is linked to social isolation and depression](#)

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 Behavioural and Cognitive Psychotherapy Journal has published [The acceptability and feasibility of group cognitive behavioural therapy for older adults with generalised anxiety disorder](#). This report describes a mixed method evaluation of the acceptability and feasibility of an Overcoming Worry Group and provides evidence for an Overcoming Worry Group as an acceptable and feasible group treatment for older adults with generalised anxiety disorder.

The Campaign to End Loneliness has published [The psychology of loneliness: why it matters and what we can do](#). This report looks at how psychological approaches can help tackle loneliness. It is focused on older people but has lessons for all adults. It gathers the current research and evidence available to us about what we can learn from psychology, as well as making policy recommendations for how this learning can be applied and help the millions of lonely people across the UK.

The Centre for Mental Health has published [A Spending Review for wellbeing](#). This briefing paper estimates that the economic and social cost of mental ill health in England has grown in the past decade to almost £119 billion a year. It sets out evidence-based priorities for how the 2020 Spending Review can improve the nation's mental health and tackle mental health inequalities. The focus is on how areas of public spending outside of NHS revenue funding (already agreed) can be used to greatest effect.

The Centre for Mental Health, in partnership with the Local Government Association, has also published [Our place: local authorities and the public's mental health](#) – highlighting the critical role of local authorities in public mental health. The report explores the key role local authorities play in improving the mental health of their communities and reducing inequalities. Drawing on leading edge case studies from local councils across England (including a case study from Leeds), it shows that local leadership and close partnership with communities can help to promote public mental health. It demonstrates that local councils are uniquely able to bring organisations and communities together, creating a strong sense of place and shared commitment to improving mental health and reducing inequalities.

The Children's Society has published [Life on hold: children's well-being and Covid-19](#). This report looks in depth at the impact of coronavirus (Covid-19) and the associated lockdown on young lives. The charity's annual survey of children's wellbeing was completed by just over 2,000 young people and their parents between April and June. It found 18 per cent of children were dissatisfied with their lives overall. That is a marked increase in a figure that has ranged from 10 per cent to 13 per cent over the past five years, and the coronavirus crisis and lockdown is likely to explain the worrying surge.

The Housing Associations' Charitable Trust (HACT) has published [Breathing Space: an evaluation of Orbit's mental health programme](#). Orbit, an affordable homes provider, commissioned HACT to evaluate its Breathing Space programme. The programme is a mental health service established to support Orbit clients in achieving positive improvements in their mental health.

The King's Fund have published [Where is the new NHS going wrong when it comes to mental health?](#) Providing joined-up services to support people's physical and mental health needs has long been a challenge, but could primary care networks be a solution? Jihad Malasi, Mental Health Commissioner of Thanet Clinical Commissioning Group, shares his experience providing mental health care in his 17 years as a doctor and considers how primary care networks could be the answer to holistic mental health primary care.

Public Health England has published [new recommendations for primary and community health care providers in England](#). The updated guidance includes new information for clinical and non-clinical staff on wearing face coverings. Other updated guidance includes [Covid-19: guidance for the public on mental health and wellbeing](#) and [Covid-19: guidance on supporting children and young people's mental health and wellbeing](#).

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>
- [Annual household wellbeing survey of 2,000 parents and their children: children's wellbeing in lockdown](#)
- [Learning disability services monthly statistics \(assuring transformation: May 2020\)](#)

[mental health statistics dataset: March 2020 final](#))

- Mental Health Services Monthly Statistics reports can be found at: <https://digital.nhs.uk/pubs/mhsmayprfprovjun20>
- [Out of area placements in mental health services: April 2020](#)
- [Psychological therapies: reports on the use of IAPT services, England, April 2020 final, including reports on the IAPT pilots](#)
- [Psychological therapies: annual report on the use of IAPT services 2019-20](#)

Dates for your Diary

Yorkshire and the Humber Mental Health Network Events:

- Thursday 8 October, 10:00-12:00, **Yorkshire and the Humber Liaison Mental Health Network**, MS Teams. To book your place email [Denise Friend](mailto:Denise.Friend@york.gov.uk).
- Tuesday 3 November 2020, 09:30-15:30, **Yorkshire and the Humber Senior PWP Network**, MS Teams. To book your place email [Sarah Boul](mailto:Sarah.Boul@york.gov.uk).
- Wednesday 18 November 2020, 09:30-15:30, **Yorkshire and the Humber IAPT Providers' Network**, MS Teams. To book your place email [Sarah Boul](mailto:Sarah.Boul@york.gov.uk).

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](#).

- Wednesday 9 September, 14:00-15:00, **Supporting mental health and wellbeing of people from BAME communities during and after COVID-19**. Virtual Workshop. To book your place click [here](#).
- Thursday 10 September 2020, 09:00-13:00, **Mental Capacity in the Time of Coronavirus**. Virtual Workshop. To book your place click [here](#). NB: There is a cost to attend this event.
- 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.
- Tuesday 8 December 2020, 09:30-16:00, **NHS Employee Wellbeing Conference**, Live Streamed. 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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Denise Friend, Quality Improvement Lead: Adult Mental Health
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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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