



Yorkshire and the Humber Mental Health Network News

Issue 57

September 2020

Welcome!

Welcome to Issue 57 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 recently launched [Mental Health Conversation Training](#).

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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Every Mind Matters for Children and Young People

New Public Health England (PHE) data shows that over half of parents surveyed said the mental wellbeing of their children has been one of their biggest worries during COVID. Research shows that COVID has caused an increase in anxiety in young people, and a third of children report being more worried, sad and stressed than before lockdown. PHE's new Better Health - Every Mind Matters campaign offers NHS-approved tips and advice to empower parents and carers to look after their children's mental wellbeing, with the support of the nation's leading mental health and children's charities. Search Every Mind Matters for expert tips and advice to support children and young people with their mental wellbeing, or for more information, visit: <https://www.nhs.uk/oneyou/everymind-matters/>

Mental Health Conversation Training

People with management, supervisory and supportive roles can have a significant impact on the mental wellbeing of their teams and communities. With this in mind Our NHS People alongside [March on Stress](#), are offering REACT (Recognise, Engage, Actively listen, Check risk, and Talk about specific actions) mental health short, remote live training. This training is aimed at equipping NHS managers, supervisors and those with caring responsibilities for NHS people to confidently hold supportive and compassionate mental health and wellbeing conversations, during and beyond COVID-19. Find out more about the training [here](#).

MBBRACE Report and Need to Review Face to Face Interventions

MBBRACE published a rapid review of UK COVID-related maternal deaths during the first three months of lockdown (March-May 2020) last week. In relation to mental health care, the report reinforced that:

- Communication with other teams is paramount
- The threshold for mothers accessing perinatal mental health services needs to reflect the high risk, rapidly changing presentations seen during the perinatal period, to ensure that all mothers who require this care have access to it
- Face to face contact will be essential for some mentally unwell mothers

Trusts should ensure that they reflect on the learning from this report and note that there are also other patient groups for whom face to face contact is essential. NHS England and Improvement would suggest that given reports of increasing admissions and acuity of cases within acute care that services audit local crisis pathways to ensure optimum provision of intensive face to face intervention where it is needed.

National Trauma Informed Care Community of Practice

The Northern Clinical Network for Mental Health is responsible for hosting a National platform for Trauma Informed Care (TIC) via NHS Futures. This forum is for anyone interested in understanding TIC and contributing to a national database of successful projects and programmes. It is timely as the new Community Mental Health Transformation funding values TIC as a key element of service development. There are currently about 400 members - providers, commissioners and people with lived

experience. There is a rapidly developing collection of valuable resources. You can request access to this resource [here](#).

Revised Who Pays Guidance

New [Who Pays? guidance](#) has been published this week, outlining new rules for establishing which NHS organisations have responsibility for commissioning and paying for care. The key changes for mental health are:

- Revised rules for determining CCG responsibility for out-of-area placements for NHS CHC
- Revised rules for determining CCG responsibility for patients detained in hospital under the Mental Health Act and receiving aftercare on discharge
- A new national procedure for resolving inter-CCG disputes

If you have any queries about this new guidance, please contact:

england.responsiblecommissioner@nhs.net

Revised NHS Disciplinary Procedures from Imperial College Healthcare NHS Trust

In May 2019, NHS Improvement circulated recommendations for NHS disciplinary procedures, developed by an independent panel that examined the suicide of nurse Amin Abdullah in 2016. These included giving better support to staff through disciplinary procedures, further training for those conducting investigations and hearings, and regular written updates to staff under investigation if their case is delayed. Imperial College Healthcare NHS Trust, where Amin worked, has completely redesigned its disciplinary procedures following his tragic death, and has [now published the revised policy](#) on its website. NHS England and NHS Improvement encourage all organisations to read this policy and reflect on their organisation's approach in light of Imperial's work.

Total Men's Health Project Online Health and Wellbeing Webinars

The Total Men's Health project are running online health and wellbeing sessions for all men aged between 16-20 in the Yorkshire and Humber region. The sessions are very relaxed and engaging and participants will not be asked to do anything that they might not be comfortable with, for example people will not be asking to share mental health issues, but obviously if people feel comfortable doing so, and they are relevant experiences, sharing is welcome. The sessions are 2 hours long and will cover 4 different topics: Health and emotions, managing stress and making choices, building resilience and knowing where to turn. For more information please contact: l.ali@mesmac.co.uk.

Transforming Mental Health Social Work: Launch of Report

Please see [here](#) for the final report of two major national conferences, which were hosted jointly by HEE and Skills for Care earlier this year about the role and development of mental health social work. These conferences brought together hundreds of delegates from around the country to preview some of the toolkits and resources being developed, share learning and hear from some of the foremost experts in the health and care system about the future of mental health social work.

Mental Health Social Work and Approved Mental Health Professionals play a crucial role in mental health services. Working across the NHS, local authorities, voluntary and

independent sectors, they ensure that the social model of mental health is at the core of our integrated services. Having mental health social workers as part of the multi-disciplinary team offers patients better, more holistic care and a rights-based perspective, which is truly person-centred. They emphasise preventive care and independence for people who need care and support. Their skills are essential to meet the requirements of the NHS Long Term Plan.

Understanding the Case for Community-based Services that Support People with Complex Emotional Needs: A Qualitative Study

The Mental Health Policy Research Unit is conducting a qualitative research study that seeks to gain understandings and insights about community-based services that support people who have a 'personality disorder'. This research study is being funded by the National Institute for Health Research and has obtained ethical approval for the research from King's College London. Assistance is requested to advertise the study, and to recruit interview participants through your service/network. They are particularly keen to recruit more people from African and Caribbean backgrounds and from LGBTQ+ groups.

The Research Objectives for the Study:

- To explore the views of people with lived experiences and professionals regarding how community services address the needs of people with complex emotional needs
- To explore the views of people with lived experiences and professionals regarding best-practice features of community services for people with complex emotional needs
- To explore the views of professionals regarding the education and training around service provision for people with a diagnosis of 'personality disorder'.

The qualitative study will involve semi-structured interviews with up to 30 people with relevant lived experiences (i.e. people who have been given a diagnosis of a 'personality disorder' and/or have complex emotional needs related to 'personality disorder' features), and around 3 focus group interviews (of 6-8 people in each group) with relevant professionals (i.e. professionals from health services, non-statutory community third-sector services, local authority services and commissioners with responsibility for mental health service provision).

If you would like further information on this study, please contact Josephine Ocloo or Ruth Stuart via CEN@kcl.ac.uk.

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:

- [Community pharmacies: promoting health and wellbeing](#)

This quality standard covers how community pharmacies can support the health and wellbeing of the local population. It describes high-quality care in priority areas for improvement.

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:

- [Most people caring for relatives with dementia experience loneliness](#)
- [Delirium, persistent fatigue and post-traumatic stress disorder were common after severe infection in previous coronavirus outbreaks](#)

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 Centre for Mental Health has published [Our place: local authorities and the public's mental health](#). This report, produced together with the Local Government Association, examines the initiatives of nine local councils that are rising to the challenge of promoting good mental health and preventing poor mental health in their communities. These councils seek to improve population mental health, reduce inequalities and prevent mental ill health in their communities through a combination of strategic and practical approaches. The report presents learning from these areas, prior to the pandemic and in the midst of the challenges brought by Covid-19, alongside an overview of the evidence for prevention and the national policy context.

The Children's Society has published [The good childhood report 2020](#). This report finds that there has been a continued decrease in average happiness with life among 10-15 year olds in the UK. It discovered that 15 year olds in the UK were among the saddest and least satisfied with their lives in Europe and that the coronavirus (Covid-19) pandemic

affected children's happiness due to the lack of choice they had in life.

Friends, Families and Travellers has published [Suicide prevention in Gypsy and Traveller communities in England](#). The suicide rate for members of the Traveller community is six times higher than the general population, yet Gypsy and Traveller communities are not recognised as a high-risk group, nor mentioned once in the government's National Suicide Prevention Plan. This paper assesses 79 local suicide prevention plans that represent 113 local areas to see whether the high suicide rate in Gypsy and Traveller communities has been identified and mitigated against on a local level. It finds that only 5 out of 79 local suicide prevention plans in England mention Gypsy and Traveller communities.

Healthwatch Enfield has published [Telephone befriending: a valuable service during lockdown](#). In response to the coronavirus outbreak, Healthwatch Enfield staff and volunteers staffed a telephone befriending scheme from April to August 2020. This report gives a snapshot of issues raised by residents identified as being vulnerable or at risk by the scheme. It highlights the impact of social isolation on health and wellbeing including mental health issues on residents, with those with ongoing health needs being particularly affected.

The National Autistic Society has published [Left Stranded: The impact of coronavirus on autistic people and their families in the UK](#). The coronavirus outbreak has affected everyone, but it has left many autistic people and their families completely stranded. This report, supported by four other leading autism organisations, highlights the often disproportionate and devastating impact the mental health, wellbeing and education prospects of hundreds of thousands of autistic people and their families.

NHS Employers has published [Improving performance by improving staff wellbeing: North Bristol NHS Trust](#). This case study sets out how North Bristol NHS Trust (NBT) improved performance across the board and saved hundreds of thousands of pounds by prioritising and enhancing staff health and wellbeing. The trust launched a new staff wellbeing programme in January 2018, which was shaped by staff feedback from a series of surveys and staff listening events. Two themes emerged: workload, and staff health and wellbeing. NBT created comprehensive plans to address both issues simultaneously.

NHS Providers has published [Getting it right for everyone: meeting the needs of people with a learning disability and autistic people in NHS services](#). Based on extensive interviews with the leaders of seven trusts in the NHS providing good or outstanding care to people with a learning disability and people with autism, and broader ongoing engagement with trusts providing these services, this report sets out in detail the common themes behind high-quality care, offering detailed case studies of how these services have succeeded.

Public Health England has published a new report [here](#) using real time data and evidence to examine the mental health and wellbeing of the population during the pandemic. The report is regularly updated with the most recent information available. A new spotlight section describing a different aspect of inequality will be added [here](#) regularly, with old spotlights also available.

Public Health England has also updated the following sets of guidance:

- [Covid-19: guidance on supporting children and young people's mental health and wellbeing](#)
- [Covid-19: guidance for the public on mental health and wellbeing](#)

The Royal College of Psychiatrists has published [Next steps for funding mental healthcare in England: prevention](#). The RCPsych has identified four areas that must be fully and sustainably resourced if access to the quality of mental health services in England that has been promised by the government is to be realised. These are: infrastructure; prevention; people; and technology. This paper focuses on prevention and considers the next steps for funding mental health care in England, with a specific focus on public health and prevention, promoting resilience in social care, and budgeting for workforce growth, education and training.

Sisters Not Strangers has published [Hear us: the experiences of refugee and asylum-seeking women during the pandemic](#). This report describes the experiences of 100 asylum-seeking women from England and Wales during the Covid-19 pandemic. Its key findings highlight how the pandemic has impacted on this group's physical and mental health and access to food and housing.

[Social Psychiatry and Psychiatric Epidemiology](#) have recently published a paper, which describes a survey examining UK mental health staff's views of the impact of the pandemic on mental health care and mental health service users. The paper also suggests directions for future research and service development.

The What Works Centre for Wellbeing has published [How has Covid-19 and associated lockdown measures affected loneliness in the UK?](#) This briefing highlights findings from the Covid Social Study, as part of ongoing data analysis work with University College London. This study has surveyed more than 70,000 people since March 2020, asking different questions about their experiences and wellbeing over the past few months, including asking people about loneliness.

Mental Health Statistics

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

- [Autism waiting time statistics: Q1 to Q4 2019-20 and Q1 \(April to June\) 2020-21](#)
- [Coronavirus and depression in adults, Great Britain: June 2020](#)
- [Employment of people with mental illness](#)
- [Learning disability services monthly statistics \(assuring transformation: July 2020,](#)

[mental health services dataset: May 2020 final](#))

- [Maternal Mental Health Alliance: maps showing the provision of specialist perinatal mental health](#)
- [Mental health services monthly statistics performance: June, provisional July 2020](#)
- [Out of area placements in mental health services: June 2020](#)
- [Psychological therapies: reports on the use of IAPT services, England June 2020, final including reports on the IAPT pilots and Q1 data 2020-21](#)

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](#).
- Tuesday 3 November 2020, 09:30-15:30, **Yorkshire and the Humber Senior PWP Network**, MS Teams. To book your place email [Sarah Boul](#).
- Wednesday 18 November 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](#).

- 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.
- Tuesday 22 September 2020, 11:00-12:00, **Mental Health and COVID-19: The Risks to Human Rights**, Online Event. To book your place click [here](#).
- Thursday 1 October 2020, 10:00-15:00, **Tackling Inequalities across Yorkshire and the Humber: Barriers and benefits to being active**, Online Event. To book your place click [here](#).
- Thursday 8 October 2020, 12:00-13:00, **Personalising Digital Tools for People with Learning Disabilities: Challenges and Solutions**, Online event. To book your place click [here](#).

- Monday 10 November 2020, 08:30-12:00, **Mental health in England and COVID-19 - managing the impact on young people, vulnerable groups and frontline workers, and learning from service delivery during the pandemic**, Online event. 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:

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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