Yorkshire and the Humber Mental Health Network News

Issue 58
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Welcome!

Welcome to Issue 58 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 published Advancing Mental Health Equalities Strategy.

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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Advancing Mental Health Equalities Strategy

On 16 October NHS England and NHS Improvement released its new [Advancing Mental Health Equalities Strategy](#), which calls on all mental health services to take concrete steps to fight stigma and inequalities across the sector.

This strategy summarises the core actions that we all need to take to bridge the gaps for communities faring worse than others in mental health services. We know there is still so much more to do, and we all have a role to play in challenging racism and eliminating health inequalities. We will continue to work closely with patients, carers, health system leaders and other key stakeholders to ensure we collectively deliver the real and sustainable change our patients and staff deserve.

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

The Centre for Mental Health has worked with NHS colleagues to [build a model](#) based on the best available evidence to forecast how many people may need mental health support as a result of the Covid-19 pandemic. Nationally, in England, the model predicts that up to 10 million people (almost 20% of the population) will need either new or additional mental health support as a direct consequence of the crisis. 1.5 million of those will be children and young people under 18. About two-thirds of people who will need support already have existing mental health needs, including severe mental illness. The report encourages the Government and the NHS can to take steps now to prepare for this additional need among people of all ages. A proactive, timely, compassionate and effective response will help people experiencing mental health difficulties before they reach crisis point.

Call for Evidence: The Impact of Covid-19 on Maternal Mental Health

The Maternal Mental Health Alliance have commissioned the Centre for Mental Health, with funding from Comic Relief, to conduct an urgent rapid evidence review of the impact of Covid-19 on maternal mental health and perinatal mental health services, including voluntary and community sector, working across all 4 UK nations.

- The questions the rapid evidence review is seeking to address are:
- What have been the greatest challenges for expectant mothers, mothers of young infants, their babies and their partners over this period?
- Are there particular groups/cohorts of expectant mothers, mothers of young infants, their babies and partners who have experienced greater difficulty? And how are their needs being addressed (or not)?
- How have services from all sectors and across all four nations adapted to the challenges posed by the pandemic, lockdown, and ongoing restrictions?
- Are there lessons on provision that have been learned from this challenging time?
- What have been the greatest challenges to good quality care over this period, and which have been overcome (and how) and which have not?

Evidence can be provided by attending a virtual evidence giving event, 11am - 1pm on 22 October, 27 October, 4 November and 6 November 2020. [To attend an event, please](#)

complete this form and return to: jan.hutchinson@centreformentalhealth.org.uk

Evidence can also be provided in writing. Please send written statements of evidence of up to 1,000 words to: jan.hutchinson@centreformentalhealth.org.uk marked as 'Evidence for Maternal MH review'.

The Centre for Mental Health are not running interviews or focus groups for service users but would very much like to receive individual accounts. Accounts can be sent directly or can be anonymous and sent on by a service provider/3rd party. Accounts should be sent to jan.hutchinson@centreformentalhealth.org.uk

This call for evidence closes at 5pm Friday 6 November 2020.

Emergency Mental Health Act (MHA) Powers Removed from the Coronavirus Act

On Thursday 1 October it was announced in parliament that the emergency Mental Health Act (MHA) easements in the Coronavirus Act have not been renewed.

If previously enacted, these emergency provisions would have modified mental health legislation to:
- Reduce from two to one the number of doctors' opinions needed to detain someone under the MHA
- Extend legal time limits on the detention of mental health patients.

During wave 1 of the pandemic, we put in place a robust governance process to help identify if there was genuine need to enact these powers of last resort. At that time, it was not deemed that enacting the emergency provisions was warranted due to the hard work of mental health services to continue the safe operation of the MHA. Based on this, the Government has decided that these powers are no longer required in England and that they will not remain part of the Coronavirus Act. Mental Health providers and Local Authorities will need to mitigate a potential increase in staff shortages over the winter period to ensure that the MHA can continue to be used to treat people in a timely way, where this is necessary. Some suggested mitigating actions are included in the published legal guidance for mental health, learning disability and autism, and specialised commissioning services supporting people of all ages during the coronavirus pandemic.

Mental Health of Children and Young People in England 2020 Survey

In July 2020 NHS Digital re-contacted parents, children and young people that took part in the Mental Health of Children and Young People Survey in 2017, to ask them to complete a short online survey to understand their current mental health and well-being.

The children are now aged 5 to 22. The survey also contained questions about experiences during the COVID-19 pandemic including whether children had access to support, the types of activities children were doing during the pandemic and whether they had experienced changes in access to services or delayed seeking help. As this is a follow up study, data is available from 2017 on the same cohort of children. This will allow us to report changes over time in children and young people's mental health. In reporting these findings, we have tried to balance the requirement for data with the urgency of reporting information on this important cohort of children. The report is available here.

New NHS-led Provider Collaboratives Launched
NHS England and Improvement has announced the first 10 NHS-led provider collaboratives for specialised mental health, learning disability and autism services, which are now live.

The provider collaboratives will drive improvements in patient outcomes and experience by taking responsibility for the budget and pathway for their population, with an initial focus on:
- children and young people mental health inpatient services
- adult low and medium secure services
- adult eating disorder services.

There are two animations available, which explains Provider Collaboratives to a less familiar audience. The second link below is an easy read version:
- https://youtu.be/V4J0FX_Ifk4
- https://youtu.be/keBn3IvhELA

Strengthening Mental Health Support for Staff
NHS England and Improvement have announced an extra £15 million to be invested to strengthen mental health support for our people. NHS staff will get rapid access to expanded mental health services that are being rolled out across the country as part of efforts to deal with the second wave of coronavirus. Staff referred by themselves or colleagues will be rapidly assessed and treated by local expert mental health specialists. Those with the most severe needs will be referred to a specialist centre of excellence. The investment will fund outreach work among those deemed most as risk such as critical care staff. Find out more here.

Thinking Differently: A 'First Steps' Guide for Transforming Community Mental Health
All Integrated Care Systems (ICS') in England are now beginning to develop their plans to transform and expand community mental health services and create new models integrated with primary care to support adults and older adults with severe mental health problems from 2021/22. To support this development Rethink Mental Illness' has published a new guide designed to support ICS' to take the first steps needed to redesign community mental health care ahead of NHS transformation funding entering the system next year. The guide is based on lessons from pilot sites and other pioneering work taking place across England.

National Mental Health Intelligence Network Profiling Tools
The National Mental Health Intelligence Network (NMHIN) has published the first Mental health and wellbeing surveillance report, which will be published regularly moving forwards. The report looks at population mental health and wellbeing in England during the COVID-19 pandemic by compiling routinely updated indicators from multiple sources and summarises important findings from ongoing surveys. It is designed to assist stakeholders at national and local level, in both government and non-government sectors.

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 published and update on:

- [Digital therapies assessed and accepted by the Improving Access to Psychological Therapies Programme (IAPT)](#)

National Institute for Health Research (NIHR) Alerts
The latest series of alerts of recently published research by the NIHR contain information on:

- [Anti-inflammatory drugs do not lift depression in bipolar disorder](#)
- [Psychiatric drugs given to children and adolescents have been ranked in order of safety](#)
- [Adopted children can experience lasting mental health problems](#)
- [With the right training, people with learning disabilities can become partners in research](#)
- [Easy-read report: With the right training, people with learning disabilities can become partners in research](#)
- [New research provides insights into the distress experienced by transgender adults](#)

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 All-Party Parliamentary Group on Suicide and Self-Harm Prevention has published an [Inquiry into the support available for young people who self-harm](#). This inquiry explored the experiences of young people who self-harm in accessing support services. In particular, it examined: support services currently available in both clinical and the wider community settings (including schools); plans for improving and expanding this support; and the changes needed to ensure that support is made more effective and widely available. It concludes that young people who self-harm are often made to wait until they reach crisis point before receiving support.

Also recently published has been [The impact of the COVID-19 pandemic on self-harm](#)

[and suicidal behaviour: a living systematic review](). This is a living systematic review run by colleagues in Swansea and Bristol. They are reviewing all studies of COVID-related suicide prevention, and this is continually updated. This paper (which reviews evidence up to 07/06/2020) concludes there is currently not sufficient evidence of an increase in suicide, self-harm and suicidal behaviour or suicidal thoughts associated with the pandemic.

The Alzheimer's Society has published [Worst hit: dementia during coronavirus](). Since the coronavirus (Covid-19) lockdown on 23 March, this investigation found family and friends have spent an extra 92 million hours caring for loved ones with dementia, due to the double impact of lockdown making dementia symptoms worse, and the chronically underfunded social care system leaving them nowhere else to turn. It states that the government must fix social care now, learning lessons to avoid further winter tragedy, as dementia carers struggle with depression, insomnia and exhaustion.

The Care Quality Commission has published [Mental health rehabilitation inpatient services: results from the 2019 information request](). This report raises concerns about the high number of beds situated a long way from the patient's home, which could result in people becoming isolated from their friends and families and cut off from the local services that will provide care following discharge. It makes recommendations to improve the care for people in mental health rehabilitation inpatient services.

The Care Quality Commission has also published [Assessment of mental health services in acute trusts programme: how are people's mental health needs met in acute hospitals, and how can this be improved?]() This report reviews the findings from more than 100 acute hospital inspections. It looks at how well people with mental health needs were cared for across emergency departments, acute medical wards, maternity wards, and children and young people's services. It also tries to identify where trusts, and the wider system, need to improve.

The Centre for Mental Health has published the third [Commission for Equality in Mental Health]() briefing was published this week. This briefing looks at inequalities in outcomes and experience of mental health care. The third briefing from the Commission highlights that people with the poorest mental health too often get the least effective and relevant support. These poorer outcomes from mental health services are dramatically evident for Black people in the UK, who experience more coercive forms of support and are less likely to get access to talking therapies. The briefing explores these inequalities and what would be needed to design a system for equality in outcomes, including an enhanced community sector role, greater coproduction and culturally competent approaches. This briefing precedes the final report of the Commission for Equality, which will set out a bold but achievable agenda for eradicating health inequalities and levelling up our mental health.

The Department for Digital, Culture, Media and Sport has published [Evidence summary for policy: the role of arts in improving health and wellbeing](). This evidence summary draws together literature on the role of arts in improving health and wellbeing. It focuses on how arts engagement can impact on social outcomes, youth development and the prevention of mental and physical illness. It also considers how social prescribing programmes that have used arts interventions can impact on the above three outcomes. This report was commissioned prior to the Covid-19 pandemic and completed in March

2020.

Health Education England has published [Guidance on the support of mental health social workers working in NHS, independent or integrated services](#). This guidance is designed to support all agencies that employ social workers. It has been produced to sit alongside the Local Government Association's employers' guidance and give detailed advice and support to develop the social work role across all mental health settings and organisations. It is based on the learning from the 'social work for better mental health' programme, working across over 70 organisations, assessing and developing their integrated arrangements. It has been updated to reflect the contribution which social work can make to mental health services during the Covid-19 epidemic.

The House of Commons Women and Equalities Committee has published [Unequal impact? Coronavirus, disability and access to services: interim report on temporary provisions in the Coronavirus Act](#). This report looks at Care Act easement provisions and temporary Mental Health Act provisions as well as local authority duties to children and young people with special educational needs. It concludes that these provisions have the potential to substantially restrict or curtail rights that disabled people rely on for their quality of life.

The Institute of Public Care has published [Ordinary and unique lives for adults with a learning disability and/or autism: a six steps approach](#). This paper argues that now is the right time to build on the foundation of health and social care policy and legislation from across the UK through outcome-focused 'integrated' service design, commissioning and performance management approaches. The paper offers a whole-system model of care as the evidence-based framework to describe the support and services needed to promote good outcomes for adults with a learning disability and/or autism.

The Journal of Psychiatric Research has published [The early impact of COVID-19 on mental health and community physical health services and their patients' mortality in Cambridgeshire and Peterborough, UK](#). The report examines service use and mortality in patients of mental health and community health in Cambridgeshire and Peterborough, up to August 2020. The study found referrals and self-presentations to health services dropped substantially at lockdown across mental health and community health in the area and then rose to pre-lockdown levels in liaison psychiatry services. There was a disproportionate increase in death among those with severe mental illness (SMI) during the pandemic.

The King's Fund has published [The courage of compassion: supporting nurses and midwives to deliver high-quality care](#). The review, led by Professor Michael West, sets out eight key recommendations aimed at supporting nurses and midwives to flourish in their work and to provide sustainable, compassionate and high-quality care. The report finds that staff stress, absenteeism and turnover in these professions have reached alarmingly high levels. This has been compounded by the Covid-19 pandemic, which has laid bare and exacerbated longer-term issues including chronic excessive workload, inadequate working conditions, staff burnout and inequalities, particularly among minority ethnic groups. Among the recommendations is an urgent call for a review of how 12-hour shifts affect staff mental health and wellbeing and patient safety, as well as, suggestions to improve working conditions, shift patterns, workplace culture, teamworking, support for new staff, supervision and learning opportunities.

The King's fund has collated a number of [support resources for challenging and stressful times](#). More than six months after the Covid-19 pandemic began many of us are feeling exhausted, anxious and overwhelmed. Now, more than ever, it is so important to take some time to look after your wellbeing and these resources can assist.

The Money and Mental Health Policy Institute has published [Mind the Income Gap](#). The income gap for those with mental health problems is significant and people with mental health problems are more likely to be unemployed, which has been driven in part by inflexible recruitment practices and discrimination from employers and when people with mental health problems are in work, they are more likely to be in the lowest paid occupations and face significant challenges in accessing higher paid jobs. This report takes a longer-term look at the labour market and social security system, to help us understand how outcomes in each drive the mental health income gap and the challenges people with mental health problems can face.

The Nuffield Trust has published [Laying foundations: attitudes and access to mental health nurse education](#). Mental health nurses account for more than a third of the mental health workforce in England and work across a wide range of health and care settings. However, this report finds that the pipeline of people choosing to study and qualify to become a mental health nurse is unable to meet sharply rising demand for this service. It looks at ways more people might be attracted to apply to study mental health nursing – and reasons why numbers are currently limited.

The Samaritans have published [Pushed from pillar to post: improving the availability and quality of support after self-harm in England](#). This report finds that there is no consistently effective support available to people who self-harm. The research identified four key support needs for people who self-harm, which are seen as essential to providing effective care: distraction from immediate self-harm urges; emotional relief in times of stress; developing alternative coping strategies; and addressing the underlying reasons for self-harm. The report makes several recommendations for how the needs of people who self-harm can be met more effectively.

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](#)
- [Learning disability services monthly statistics (assuring transformation: September 2020, mental health statistics data set: July 2020 final)](#)
- [Mental health services monthly statistics performance: July, provisional August 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:
- 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.

- Tuesday 3 November 2020, 14:00-15:30, **Prevention and Promotion for Better Mental Health in local systems during COVID-19 and beyond**, 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.

- Friday 13 November 2020, 09:30-17:00, **The New Normal: Stepping up Suicide Prevention**, Online Event. To book your place and for any questions please email contactus@zerosuicidealliance.nhs.uk

- 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.

- Thursday 3 December 2020, 09:00-16:00, **Tackling Loneliness and Social Isolation in Older People**, Online Event. To book your place click here. NB: There is a cost to attend this event.

- Monday 7 to Thursday 10 December 2020, **Prevention in Mental Health: From Theory to Practice**, Online Event. 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.

- Thursday 21st and Thursday 28th January 2021, 9.00-13:00, **IAPT National Networking Conference**, Online Event. To book your place click here. NB: There is a cost to attend this event.

- Wednesday 27 January 2021, 09:00-16:00, **Mental Capacity in the Time of Coronavirus**, Online Event. 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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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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