



## Yorkshire and the Humber Mental Health Network News

Issue 59

November 2020

### Welcome!

Welcome to Issue 59 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 [Help Us Help You Mental Health Campaign](#).

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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## **Age UK IAPT for Older People Campaign**

Age UK and NHS England and NHS Improvement are joining forces to support older people's mental health this winter. In [a new release](#) published in November Age UK revealed that a third of older people aged 60 and over were feeling more anxious (34%) and less motivated to do the things they enjoy (36%) since the start of the pandemic. It is essential that older people are encouraged to seek help for their mental health issues and this [joint campaign](#) seeks to promote talking therapies/IAPT services. Older people can speak to their GP about talking therapies or [refer themselves](#) to their local service.

## **Access to Shielding Patient List Data for Mental Health, Dementia, Learning Disability and Autism Providers**

Mental health, dementia, learning disability and autism providers can now access details of their local populations who have been identified as clinically extremely vulnerable to COVID-19. As a result, they will be able to identify the sub-set of clinically extremely vulnerable people currently or recently under their care, so that they can review their care plans and, where appropriate, contact and support them in line with policy and [guidance](#). NHS Digital will grant providers access to CCG-level information, in line with its [application process](#) and terms of release.

## **Alcohol and Mental Health**

Alcohol Awareness Week will be taking place from 16th to 22nd November 2020. It is an event run by Alcohol Change UK to raise awareness of the impact that alcohol can have, and campaign for change to drinking habits. The focus this year is on **alcohol and mental health** as alcohol is sometimes used by people to try and manage symptoms of anxiety and depression, but studies show that excessive drinking is likely to make symptoms worse.

For some insightful and impactful stories about the lives of those struggling with alcohol and how they've managed to make a change for the better, please visit:

<https://alcoholchange.org.uk/get-involved/campaigns/alcohol-awareness-week-1/the-alcohol-awareness-week-blog>

## **Children and Young People's Mental Health New Roles Survey**

To build on the success of the Children's Wellbeing Practitioners (CWPs) and ensure their sustained, extended contribution to delivering the Long Term Plan, the curriculum of CWPs is being reviewed by the National Psychological Professions Workforce (NPPW) Core Group with a view to potentially expanding the scope of practice and the training. Furthermore, in order to support CWP and Educational Mental Health Practitioner (EMHP) retention post qualification with career development opportunities, extend their scope of practice and ensure sufficient supervisory capacity, the development of a new Children and Young People's Mental Health (CYP MH) Senior Band 6 role is being considered. You are invited to volunteer your views on the proposals being considered by completing a short survey [here](#).

The survey is designed to inform these developments, to align training with CYP MH needs and service development to improve access to evidence based interventions set out in the NHS Long Term plan - and acknowledging the likely increase in mental health problems post Covid-19. The survey closes on 27<sup>th</sup> November.

## **Competence Framework for Mental Health Peer Support Workers**

Health Education England (HEE) has published [The Competence Framework for Mental Health Peer Support Workers](#), together with its background document and curriculum.

The framework will help those involved in mental health care services who wish to deepen their understanding of the MH PSW role, and will be useful to team members working with MH PSWs, to their managers and to commissioners. It will support the work of MH PSW supervisors and peer coordinators, and those delivering education and training to them. It applies principally to formal paid MH PSW roles in NHS mental health services, but will also be helpful to the voluntary sector, social enterprises and community organisations that want to offer peer support to people with mental health needs. If you have any comments or feedback on the framework please email [mentalhealth@hee.nhs.uk](mailto:mentalhealth@hee.nhs.uk)

## **First Episode Rapid Early Intervention for Eating Disorders (FREED)**

Eating disorders cause serious physical and mental health problems which can last decades and the longer the delay in effective treatment starting, the more likely that mental and physical harm will accrue. It is vital, therefore, that young people with eating disorders access care as early as possible. NHS England and NHS Improvement has announced that it will scale up First Episode Rapid Early Intervention for Eating Disorders (FREED); an early intervention service to support young people in the early stages of eating disorders. This new NHS service, which is to be rolled out in 18 sites across the country, builds on a successful scheme shown to provide vital help to 16-25-year-olds with an eating disorder in London, described by some as ‘the gold standard’ of care. Find out more about FREED [here](#).

## **Help Us Help You – Mental Health Campaign**

We are delighted to announce that the NHS launched its first national campaign on mental health services on 17 November 2020. There has never been a more important time to look after the mental health of the nation – and we want to remind everyone that the NHS is here for mental health, even during the pandemic.

Help Us Help You – Mental Health is a two-month campaign aiming at increasing awareness of NHS talking therapies services (IAPT). It will encourage adults with mental health issues to seek help and consider accessing NHS talking therapy via their GP or through self-referral. It will have a specific focus on BAME groups and people struggling with unemployment.

Mental health is a top priority of the NHS, and we count on your support to promote the campaign. The campaign resources can be accessed and downloaded for free [here](#). The campaign webpage is now live here: [NHS.UK/Talk](https://www.nhs.uk/talk) and the social media link is: #HelpUsHelpYou

## **Modelling the Mental Health Impacts of COVID-19**

The Strategy Unit has released a major new model that looks at pandemic-related demand for mental health services across England. The model was produced as part of

the Strategy Unit's [collaboration](#) with national think tanks. Using the model, there is an estimated increase in new referrals of around 11% and associated costs of £1 billion a year for the next three years. This is around 8% of the annual NHS budget spent on mental health services. These figures are also in addition to the approximately 500,000 people that were not able to access services during the first national lockdown.

These headline estimates are useful for drawing attention to the scale of coming demand. But the real value of the model is in local planning. There are two elements to this: a web-based interactive version; and the code underpinning the model. Both are available here: <https://www.strategyunitwm.nhs.uk/mental-health-surge-model>  
Local systems and trusts can use local data and assumptions to produce estimates for their own area and their services. Certain population groups are known to be more at risk, including people affected by domestic violence, older people living alone and the newly unemployed. The model uses early published evidence for each group's vulnerability to various conditions such as anxiety, depression and grief. The results allow local services to see where increased demand is likely to come. This forms an essential basis for planning a response and supporting some of the most vulnerable in our society.

If you have any questions about the tool please contact [strategy.unit@nhs.net](mailto:strategy.unit@nhs.net).

### **Real World Public Mental Health Podcast Series**

Public Health England (PHE) have published the first in a series of podcasts focussing on public mental health. [This podcast](#) is released in conjunction with PHE's webinar on 3rd November 2020: [Prevention & Promotion for Better Mental Health in Local Systems \(COVID-19\)](#).

In the podcast Stu King chats with [Dr Jonathan Campion](#), Director for Public Mental Health & Consultant Psychiatrist at South London & Maudsley NHS Foundation Trust. Stu and Jonathan look at Jonathan's journey into Public Mental Health (PMH), including gathering evidence for determinants of mental disorder and wellbeing, and evidence for interventions. He has also worked in local implementation, writing guidance for needs assessments. Turning to current PMH, they look at impacts and costs of mental disorder and wellbeing (8:37). Plus, causes and risk factors which can increase them (11:34), such as COVID-19, through reduced social interactions and the infection itself (13:37). Jonathan shares examples of cost effectiveness and societal benefits of interventions, such as parental, school and workplace (21:39). However, there is an implementation gap (33:33). With a minority of those with mental disorder in UK receiving treatment, Jonathan shares causes of this gap (35:42) and actions that can narrow it (41:01).

### **Supporting Health And Promoting Exercise (SHAPE) Study Published**

Please see [here](#) for the recently published results from the Supporting Health And Promoting Exercise (SHAPE) physical health study in Worcester. The study focussed on Early Intervention in Psychosis: Effectiveness and Implementation of a Combined Exercise and Health Behaviour Intervention Within Routine Care. It is the first evaluation of a combined exercise and health behaviour intervention programme specifically targeting First Episode Psychosis (FEP) in the UK. The aim was to develop positive health behaviours and prevent weight gain in people with FEP. The study shows that early intervention to address physical health risks can improve health behaviours and prevent weight gain with sustained benefits at 12-month follow-up.

## 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'.

## National Institute for Health Research (NIHR) Alerts

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

- [Prozac may be the best treatment for young people with depression – but more research is needed](#)
- [Recommendations from male students help shape mental health support for this high-risk group](#)

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.

Additionally, [six new research projects](#) have been funded by the NIHR and UK Research and Innovation to investigate and reduce the impact of the COVID-19 pandemic on mental health. The projects will focus on reducing the negative effects of the pandemic on the mental health of three at-risk groups: healthcare workers, children and younger people, and those with serious mental health problems.

## Mental Health Reports, Resources and Research

Age UK has published [The impact of Covid-19 to date on older people's mental and physical health](#). This research finds that some older people are coping with the pandemic, but a sizeable minority are finding life incredibly tough. Those who are not very well and have long-term health conditions were particularly likely to report that this is an extremely challenging time for them. The research was made up of a survey of older people, their friends, families, and loved ones (promoted across the Age UK social media channels for two weeks in August 2020 and completed by 569 people) and representative online polling of 1,364 people over the age of 60, conducted by Kantar Polling in September

2020.

The Care Quality Commission has published [Out of sight – who cares? A review of restraint, seclusion and segregation for autistic people, and people with a learning disability and/or mental health condition](#). This report tells the story of restrictive practices from the perspective of people who have experienced it first-hand and looks at how long-term segregation was used. The review finds that the environment of mental health hospitals was often not therapeutic. It also finds that some people were admitted without proper assessment and did not have an assessment of their needs while in hospital, resulting in the lack of a clear care and treatment plan.

The Care Quality Commission has also published [Children and young people's mental health review: findings from a questionnaire to health and wellbeing boards on local actions](#). This report contains an update on work carried out in 2018 looking at the quality of mental health services for children and young people, as well as the access to these services. It sets out the findings of a 2019 independent follow-up self-assessment questionnaire, to find out the extent to which health and wellbeing board areas in England had progressed with implementing the local recommendations made.

The Centre for Mental Health and Commission for Equality in Mental Health has published [Mental health for all?](#) This final report of the Commission finds that mental health inequalities mirror wider economic and social inequalities. Wealth and power inequalities put at risk the mental health of people experiencing poverty, racial injustice and discrimination. This creates sharp social divisions, meaning that many groups of people face two or three times the risk of mental ill health. Yet the same groups of people find it harder to get help for their mental health, and in some cases also get poorer outcomes when they do. This report highlights, however, that effective action is possible. It sets out what a system designed for equality would look like, and how communities, local organisations, public services and national government can work together to generate change at scale.

Hogrefe has published [The Impact of Infectious Disease-Related Public Health Emergencies on Suicide, Suicidal Behaviour, and Suicidal Thoughts A Systematic Review](#). This systematic review included 8 papers examining the effects of five epidemics on suicide-related outcomes. The findings support an association between previous epidemics and increased risk of suicide-related outcomes.

Independent Age has published [Minds that matter: understanding mental health in later life](#). This report looks at the life events and circumstances that can affect people's mental health in later life, including bereavement, loneliness, ill health and caring responsibilities. Focusing mainly on anxiety and depression, the report also describes people's mixed experiences of seeking support from GPs, therapists and other services. It highlights the common barriers and makes recommendations for what needs to change to improve support for older people and ensure they can live a mentally healthy later life.

The King's Fund has published an infographic on [How can we manage stress in challenging times?](#) Drawing on research, best practice guidelines and expert clinical opinions, the COVID Trauma Response Working Group has created rapid guidance for planners putting in place psychological support for staff in the early stages of dealing with the Covid-19 outbreak. The infographic is a quick reference version of the detailed

guidance available on the traumagroup.org website.

NHS Digital has published [Mental Health of Children and Young People in England, 2020: wave 1 follow up to the 2017 survey](#). This is the first in a series of follow-up reports to the Mental Health and Young People Survey (MHCYP) 2017, exploring the mental health of children and young people in July 2020, during the coronavirus (Covid-19) pandemic, and changes since 2017. Experiences of family life, education and services, and worries and anxieties during the Covid-19 pandemic are also examined.

Public Health England has published [Guidance for the public on the mental health and wellbeing aspects of coronavirus \(Covid-19\)](#). This includes advice and information on how to look after your mental health and wellbeing during the coronavirus (COVID-19) outbreak and includes an easy read version.

What Works Wellbeing has published [How has Covid-19 and the associated lockdown measures affected mental health and wellbeing in the UK?](#) This briefing provides insights into how mental health conditions have changed and which risk factors need to be recognised when supporting people's mental health.

## **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](#)
- [COVID-19 mental health and wellbeing surveillance report](#)
- [Learning disability services monthly statistics \(assuring transformation: September 2020, mental health statistics data set: July 2020 final\)](#)
- [Mental health of children and young people in England, 2020: wave 1 follow up to the 2017 survey](#)
- [Mental health services monthly statistics performance: August, provisional September 2020](#)
- [Mental Health Act statistics, annual figures: 2019-20](#)
- [Mental Capacity Act 2005, Deprivation of Liberty Safeguards, England: 2019-2020](#)
- [Out of area placements in mental health services: August 2020](#)
- [Psychological therapies: reports on the use of IAPT services, England, August 2020, final including reports on the IAPT pilots](#)
- [University College London social study: women and ethnic minorities have found the pandemic psychologically more challenging](#)

## **Dates for your Diary**

### **Yorkshire and the Humber Mental Health Network Events:**

- Wednesday 2 December 2020, 09:30-11:00, **North East and Yorkshire and the Humber EIP Network**, MS Teams. To book your place email [Sarah Boul](#).
- Thursday 21 January 2021 2020, 10:00-12:00, **Yorkshire and the Humber Liaison Mental Health 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](mailto:wdu@york.gov.uk) or visit the website [here](#).**

- 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 December, 15:00-16:30, **My Story: Our Future, a project about storytelling and living with psychosis**, Online Event. To book your place click [here](#).
- 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 14 January 2021, 09:00-16:00, **Depression in Adults: Supporting People Through COVID-19**, Online Event. 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.
- Thursday 15 April 2021, 08:30-16:15, **Learning Disabilities and Autism: Equality and Empowerment**, The Studio, Manchester. To book your place click [here](#). NB: There is a cost to attend this event.
- Tuesday 20 April 2021, 08:30-16:15, **Mental Health: Supporting NHS Workforce Resilience**, The Studio, 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:

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## 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](mailto:sarah.boul@nhs.net) with the words "Links and Partner Organisations" in the subject line.

### Who produces this bulletin?

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