



Yorkshire and the Humber Mental Health Network News

Issue 60

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Welcome!

Welcome to Issue 60 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 article on [staff mental wellbeing support](#). We would also like to wish you a merry and safe Christmas!

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:

- [Anticipating and Responding to Changes in Mental Health Demand in the Context of COVID-19 Webinar Series](#)
- [Can Connecting People with Nature Improve Mental Health?](#)
- [Community Mental Health Survey 2020](#)
- [General Practice Extraction Service \(GPES\) for Physical Health Checks for People with Severe Mental Illness \(PH SMI\)](#)
- [Legal Guidance for Services Supporting People of All Ages during the Coronavirus Pandemic: Mental Health, Learning Disability and Autism, Specialised Commissioning](#)
- [Mental Health Nursing Competence and Career Framework](#)
- [NHS Mental Health Dashboard](#)
- [Staff Mental Wellbeing Support](#)
- [Staying Mentally Well: Winter Plan 2020 to 2021](#)
- [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](#)

Anticipating and Responding to Changes in Mental Health Demand in the Context of COVID-19 Webinar Series

The Mental Health System Improvement Team (MHSIT) in NHS England and NHS Improvement are hosting a weekly webinar series that will support strategic, operational, improvement, clinical and informatics leads in ICS/STPs, CCGs and providers in using models and tools to understand emerging and future mental health demand in the context of COVID-19, and the capacity implications for systems.

To support phase 4 2021/22 planning the second webinar from MHSIT will focus on How to Use Demand Forecast Models in Service Planning. The webinar will take place on Friday 15th January 2021 from 10:00 to 11:30 and you can register to attend [here](#).

Future webinars in this series will introduce:

- Demonstrations of each of the four models developed by systems to forecast the possible impact of COVID-19 on demand for mental health services.
- A review of emerging evidence on the mental health impacts of the COVID-19 pandemic

Can Connecting People with Nature Improve Mental Health?

The Department for Environment, Food and Rural Affairs, Department of Health and Social Care and Natural England have announced that seven sites across England will receive a share of over £5.5 million to research how nature can be used to improve mental health and wellbeing.

The test and learn sites, two of which are in the Yorkshire and the Humber region, will focus on communities hardest hit by coronavirus and assess how to connect people to activities such as walking, cycling, horticulture and conservation tasks, or offer supported visits and activities to tackle loneliness. Find out more about the research initiative [here](#).

Community Mental Health Survey 2020

The Care Quality Commission (CQC) has published the results of the 2020 Community Mental Health Survey. This survey looks at the experiences of people receiving community mental health services between 1st September 2019 and 30th November 2019, with responses from 17,601 people being gathered between February 2020 and June 2020. A statistical summary of the underlying survey data, together with national data tables and benchmarking information can be found at: www.cqc.org.uk/cmhsurvey

The fieldwork for the 2020 survey was undertaken between February 2020 and June 2020, encompassing the first COVID-19 national lockdown. Analysis suggests that the survey findings have been impacted by this, and as such the CQC do not consider the 2020 results comparable with previous years.

General Practice Extraction Service (GPES) for Physical Health Checks for People with Severe Mental Illness (PH SMI)

The NHS Long Term Plan commits to 280,000 people with a Severe Mental Illness (SMI) receiving a full annual physical health check in 2021-22 rising to 390,000 in 2023-24.

Currently PH SMI data is collected quarterly via the Strategic Data Collection Service (SDCS). This collection method can be resource intensive to administer and the data is not as robust as a direct extract from GP clinical systems. Therefore, NHS Digital have been directed to establish a PH SMI GPES data collection to help monitor this. The move to GPES will eventually reduce the burden on systems and improve the quality and completeness of data.

The SDCS will continue to run alongside the GPES extract until the data is of sufficient quality and coverage to terminate this arrangement. General Practices have recently received an invitation to participate in the collection and it is essential that all practices accept the invitation. Further information can be found [here](#). NHS Digital will extract a full year of data initially and thereafter on a quarterly basis. The first extract is scheduled to take place in the second half of 2020-21 financial year and will cover the previous financial year of 2019-20.

CCGs are asked to communicate the importance of this data extract to practices and continue to submit data to the quarterly SDCS collection for PH SMI. If practices have any technical questions regarding this collection, please contact primarycare.domain@nhs.net.

Legal Guidance for Services Supporting People of All Ages during the Coronavirus Pandemic: Mental Health, Learning Disability and Autism, Specialised Commissioning

NHS England and NHS Improvement have [updated guidance](#) on safeguarding the legal rights of people receiving mental health, learning disability and autism services, including specialised commissioned services, during the pandemic. This includes updates following the removal of the emergency Mental Health Act provisions from the Coronavirus Act, with an additional section (Annex F) sharing best practice for supporting people to isolate safely in mental health inpatient settings.

Mental Health Nursing Competence and Career Framework

Health Education England (HEE) have published the [Mental Health Nursing Competence and Career Framework](#). The New Roles in Mental Health Nursing Implementation Group in 2019 reported that there is a clear case that more mental health nurses are required both in the NHS and in private and voluntary organisations and agencies.

The Framework offers a useful guide for employers to encourage a diversity of applications, including people with lived experience, by describing what mental health nurses do, and the skills, knowledge and abilities they need to carry out this role. This is in line with HEE's commitment to a diverse and inclusive workforce which can provide person-centred, culturally appropriate care. For more information or enquiries, please contact mentalhealth@hee.nhs.uk.

NHS Mental Health Dashboard

The latest version of the [NHS Mental Health Dashboard](#) has been published by NHS England and NHS Improvement. This dashboard is intended to help monitor progress against the delivery of the NHS Long Term Plan and is published on a quarterly basis.

The NHS Long Term Plan is a solid foundation to deliver mental health services in the context of COVID-19. It will expand capacity and improve quality of effective mental health services and is tackling a treatment gap that is all the more important to address during the pandemic. The dashboard provides the greatest transparency ever in assessing how NHS mental health services are performing, alongside technical details explaining how mental health services are funded and delivered.

Staff Mental Wellbeing Support

The spread of COVID-19 is affecting the mental health of everyone in the NHS, from nurses, doctors and porters to caterers, procurement teams and service managers. As we head further into winter, now, more than ever, it's important that we look after ourselves and each other. Free, confidential, emotional support specifically for NHS staff is available from the Samaritans. You can access the NHS support line on 0800 0696 222. It is open 7am to 11pm, seven days a week, including over the Christmas period. The line is independently run by Samaritans, with trained volunteers on hand to support you when you've had a tough day, are feeling worried or overwhelmed, or just have a lot on your mind. Samaritans is there for everyone, not only those in crisis or feeling suicidal.

NHS England and NHS Improvement have also put in place a comprehensive package of emotional, psychological, and practical support for NHS staff available at people.nhs.uk.

You can also access helplines and text services via the following:

- Send the text 'FRONTLINE' to 85258 to start a conversation - this service is free on all major mobile networks and is a direct support for those who may be struggling to cope and need help.
- Listening Line - For all NHS staff, call 0800 0696 222 07:00-23:00
- Bereavement and loss support call 0300 3034434 07:00-23:00

Staying Mentally Well: Winter Plan 2020 to 2021

The Department of Health and Social Care has published plans to support people's wellbeing and mental health during the COVID-19 pandemic this winter. This plan sets out the support that will be in place in the immediate term to help support individuals to stay well during the second wave of the coronavirus and winter months ahead. The plan can be accessed [here](#) and an easy read version [here](#).

National Mental Health Intelligence Network Profiling Tools

The National Mental Health Intelligence Network (NMHIN) has published the second [Mental health and wellbeing surveillance report](#). 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 now includes two new Spotlights on gender and ethnicity.

The National Mental Health Intelligence Network (NMHIN) has also been conducting further developments on their suite of mental health profiling tools including two new indicators showing premature mortality in adults with severe mental illness in the severe mental illness and mental health and wellbeing JSNA profiles. They show variation at local authority level and between genders. Additionally, the suicide prevention profile has been updated with three years of life lost due to suicide indicators at County and UA level

(persons, males and females) in the suicide data domain for the period 2017 to 2019.

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:

- [Teenagers' use of antidepressants is rising with variations across regions and ethnic groups](#)
- [The long term severity of psychosis could be predicted by an early test of coordination and balance](#)

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.

The NIHR and UK Research and Innovation (UKRI) have also launched a [£20m joint research call](#) to fund ambitious and comprehensive research into the longer term physical and mental effects of COVID-19 in non-hospitalised individuals.

Mental Health Reports, Resources and Research

The Care Quality Commission (CQC) has published their annual report [Monitoring the Mental Health Act](#). This year's report focuses on the impact of the COVID-19 pandemic on patients detained under the MHA, and on the services that care for them. It recognises examples of innovation and good practice locally in responding to the unprecedented challenges of the last 9 months, as well as identifying things that could have gone better. Overall, the report found that mental health inpatient services have coped well with COVID-19, but there will likely be unmet need resulting from the lockdowns and disruption to service delivery.

The Fawcett Society has published [Unlimited potential: report of the Commission of Gender Stereotypes in Early Childhood](#). This report warns that harmful gender stereotypes are significantly limiting children's potential, causing problems such as lower self-esteem in girls and poorer reading skills in boys. It finds that stereotypes contribute towards the mental health crisis among children and young people, are at the root of girls' problems with body image and eating disorders, higher male suicide rates and violence against women and girls.

Frontiers in Endocrinology has published [Cardiometabolic Risk in First Episode Psychosis Patients](#). This cross-sectional study presents a clinical overview of the cardiometabolic

risk profile in young people with first episode psychosis in the UK. The article concludes that Young people with psychosis are at increased risk for cardiometabolic disorders due to elevated clinical markers and health risk behaviours. Physical health interventions (including health behaviour advice) are needed early in the treatment process to address this increased risk for cardiometabolic disorders in individuals recently diagnosed with psychosis.

Housing LIN has published [Finding our own way home: a 'big conversation'](#). This report, jointly written by the Housing LIN and Learning Disability England, outlines the key results from research conducted into the housing opportunities and blockages for people with a learning disability and/or autism.

The Institute for Healthcare Improvement has published [A guide to promoting health care workforce well-being during and after the Covid-19 pandemic](#). This guide provides ideas and lessons learnt to improve the wellbeing of the health care workforce, including actions that individuals, leaders and organisations can take to support the health care workforce during the Covid-19 pandemic and beyond. It aims to support health care leaders at all levels with actionable tools for combating health care workforce burnout, fatigue and emotional distress.

The NHS Confederation has published [Digital inclusion in mental health - a guide to help increase choice and improve access to digital mental health services](#). This guide aims to help mental health service providers ensure all individuals in need of mental health services have choice in the care they receive, and nobody is excluded due to a lack of digital access, confidence or skills.

NHS England and NHS Improvement have [published guidance](#) on winter funding for post-discharge support for mental health patients. An additional £50 million is being allocated and ringfenced in 2020/21 to improve their journey through inpatient services and ensure that when they are ready to leave inpatient facilities, they have the community support they need to do so.

Public Health England have published [Covid-19 deaths of people identified as having learning disabilities: summary](#). This review, commissioned by the Department of Health and Social Care, looked at: deaths from Covid-19 of people with learning disabilities; factors impacting the risk of death from Covid-19 of people with learning disabilities; and deaths in care settings of people with learning disabilities. It found the death rate up to six times higher from coronavirus during the first wave of the pandemic than the rate in the general population.

The Royal Foundation has published [State of the nation: understanding public attitudes to the early years](#). The insights contained within this report highlight the need to help people understand the importance of the early years. The report suggests that parents and carers need more support and advice to ensure good mental health and wellbeing as they raise young children.

University College London has published a [report](#) that uses data from the Millennium Cohort Study, and presents the prevalence of psychological distress, self-harm and attempted suicide in young people aged 17. The findings suggest high levels of mental health difficulties, especially in females and LGB+ young people. The report also

examines a subset of young people who completed the survey during lockdown (age 19), and found young women experienced the largest increase in mental ill-health during the pandemic.

What Works Wellbeing have 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.

The Work Foundation has published [Downturn in Workers' Mental and Financial Wellbeing During Covid-19: The Hardest Hit are those that can Least Afford it](#). The COVID-19 crisis has impacted almost all aspects of our lives to an unprecedented extent. With large numbers of workers furloughed, on reduced hours, or having lost their jobs, many experienced a fall in income in spring and summer 2020. This briefing explores the extent to which such falls in income are impacting mental wellbeing.

Mental Health Statistics

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

- [Community mental health survey 2020](#)
- [Covid-19 mental health and wellbeing surveillance: spotlights](#)
- [Royal Pharmaceutical Society: annual survey on mental health and wellbeing](#)

Dates for your Diary

Yorkshire and the Humber Mental Health Network Events:

- 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 or visit the website [here](#).

- 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.
- Thursday 28 January 2021, 09:00-17:00, **Suicide Prevention in a Changing World**, 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.
- Wednesday 10 February 2021, 09:00-17:00, **Improving the Physical Health Outcomes of People with Serious Mental Illness**, Online Event. To book your place click [here](#). NB: There is a cost to attend this event.
- Wednesday 24 February 2021, 09:00-17:00 Working with Children and Young People's Anxiety, Depression and Traumatic Symptoms, 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 with the words "Links and Partner Organisations" in the subject line.

Who produces this bulletin?

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