



Yorkshire and the Humber Mental Health Network News

Issue 62

February 2021

Welcome!

Welcome to Issue 62 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 again like to draw your attention to the [Focus on Children's and Young People's Mental Health](#).

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

The Mental Health System Improvement Team are running a series of webinars to support strategic, operational, improvement, clinical and informatics leads in Integrated Care Systems, 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.

There is a forthcoming webinar: 'Tees, Esk and Wear Valley's (TEWV) Mental Health Surge Forecast Model' on Friday 26th February 2021 from 10:00 to 11:30. In this webinar, clinicians and planners from TEWV, a large NHS mental health provider in North East and Yorkshire, will present their forecasting model and how it calculates additional population prevalence of mental illness arising directly and indirectly from COVID. Places at the webinar can be booked [here](#).

Focus on Children and Young People's (CYP) Mental Health

This month started with [Children and Young People's Mental Health Week](#) (1-7 February 2021), with the theme of 'Express Yourself'. There are lots of great resources available for both [children and young people](#) and [parents/carers](#). During the week, the Prime Minister [appointed Dr Alex George](#) as a Youth Mental Health Ambassador to advise the government and raise the profile of mental health education and wellbeing in schools.

Next month sees [Eating Disorders Awareness Week](#) (1-7 March 2021) with a focus on Binge Eating, a condition which is more common than Anorexia and Bulimia.

Items of Interest for CYP Stakeholders:

Mind - Educating Mental Health: [Mind](#) would like to hear from mental health professionals with experience of working with secondary school age children as part of their inquiry into mental health in schools. For more information please [click here](#).

Better Health, Every Mind Matters: [Lesson plans](#) are available to help support teaching of relationship, education and health to young people.

Wellbeing for Education Return: New resources are available including a short, recorded webinar – '[Every Interaction Matters](#)' which introduces a simple framework for promoting wellbeing, resilience and mental health, building on education staff's existing roles, skills and personal qualities. This sits alongside the [original content](#) covering issues such as bereavement, loss, anxiety stress and trauma.

Dates for Your Diary on CYP Mental Health:

- Wednesday 24 February, 1.00pm-2.30pm - **Mental Health Support Team (MHST) Development Forum**
- Thursday 25 February, 9.30am-11.00am - **Provider Improvement Forum** (Focus on Access and Waiting Times – open to Commissioners and Business Intelligence Colleagues also).
- Friday 26 January, 9.30am-11.30am - **Enabling the Participation of Young People Facing Marginalisation and Barriers Workshop**. FULLY BOOKED.
- Tuesday 9 March, 1.00pm-3.00pm - **Eating Disorder Learning Collaborative**

- **Eating Disorder Learning Lunches**
- Thursday 4 March, 1.00pm-1.30pm – **Transition, Delivered by Alison Machin**
- Wednesday 17 March, 1.00pm-1.30pm – **Day Programmes / Family Interventions, Delivered by Graham Murphy**
- Monday 12 April, 1.00pm-1.30pm – **Working with our Paediatric Ward Teams, Delivered by Nicky Dawson and Francesca Greenhow**
- Thursday 18 March, 10.00am-12.00noon - **ICS/Commissioner Forum**
- Friday 19 March, 1.00pm-2.00pm – **Participation Working Group**
- Thursday 25 March, 9.30am-12.30pm - **Mental Health Support Team (MHST) Learning/Celebration Event**
- Monday 29 March, 1.00pm-2.00pm - **Eating Disorder Community of Practice**

For more information or to book on any of these meetings please email: [Jenna Wallhead](mailto:jenna.wallhead@yorkshireandhumber.nhs.uk)

Key Contacts:

There have been a number of changes to the Yorkshire and the Humber Children and Young People's Mental Health team. Please see details of team members below:

- Laura Ansboro: Clinical Network Manager – Mental Health
- [Jenna Wallhead](mailto:jenna.wallhead@yorkshireandhumber.nhs.uk): Quality Improvement Manager, Children and Young People's Mental Health
- [Fiona McCulla](mailto:fiona.mcculla@yorkshireandhumber.nhs.uk): Network and Admin Support Officer

Please do not hesitate to contact us if you would like more information on any of the above.

From Response to Renewal: How can we support frontline workers to recover from the pandemic?

With the Covid-19 pandemic leaving many health and care staff burned-out, even as they continue to battle a second wave, what will happen when the crisis is eventually over? And how can the workforce be supported back to recovery? The King's Fund have published a blog to discuss the key building blocks for recovery and the steps leaders will need to take as the system moves from response to renewal. You can access the blog [here](#).

Additionally, Mind have published [Supporting the mental health of NHS staff: the role of NHS leaders in reducing mental health stigma and creating mentally healthy cultures](#). This guide, funded by the British Medical Association and posted on the Mental Health at Work website, aims to provide practical advice, hints and tips to help NHS leaders and line managers to create mentally healthy cultures and support better mental health. It includes information about mental health stigmas, and how to break them down. It is the first of a series of resources aimed at NHS leaders, managers and champions.

Landmark Reform of Mental Health Laws

On 13 January 2021 the Government published [its formal response](#) to the Independent Mental Health Act (MHA) Review's recommendations (2018). The published White Paper sets out plans for major reforms, which aim to give people more choice and control over

their treatment and tackle longstanding health inequalities, including the disproportionate use of the MHA to detain people from Black, Asian and minority ethnic (BAME) communities.

Key legislative reforms include:

- Revised detention criteria to ensure that, in the future, detention only takes place when it is absolutely appropriate;
- Increased safeguards for detained patients, including increased access to advocacy, Mental Health Tribunals, and a new legal framework for patient consent and refusal of medical treatment;
- Introduction of statutory care and treatment plans and a new statutory role, known as the nominated person, who the patient can personally select to represent them; and
- Revising the MHA to be clearer that someone with autism or a learning disability cannot be detained under the MHA unless it is to be assessed and treated for a co-occurring mental health need.

The proposals are now under public consultation for 3 months and more information on the consultation can be found [here](#).

Launch of Resource Hub for Women Planning a Pregnancy with Severe Mental Illness

Tommy's, Kings College London, NHS England and Public Health England have launched new support resources for women who are managing a severe mental illness (SMI) and are planning a pregnancy. The resources are intended to help women with SMI make informed decisions around when to get pregnant, what to watch out for and how to treat their condition during and after pregnancy.

The resources include a new [online information and support hub](#) for anyone with SMI planning a pregnancy, as well as practical [guidance for the frontline healthcare professionals](#) who support them. The [Planning for Pregnancy tool](#) has also been updated so that users with severe mental illness get specific tailored advice and a Top Tips animation has also been produced: https://www.youtube.com/watch?v=DbF7IEhoCwc&feature=emb_logo

Meeting the Mental Health Investment Standard

NHS England and NHS Improvement would like to draw the attention of CCGs to [this briefing](#), which outlines how the validation process should be commissioned and carried out for their 2019/20 year-end position on meeting the Mental Health Investment Standard.

Remote Mental Health Act Assessments Update

Following a recent case brought by Devon Partnership NHS Trusts, the Court has ruled that the physical attendance of the AMHP and doctors is required when assessing a person for detention under Sections 11 and 12 of the Mental Health Act.

NHS England and NHS Improvement have issued a statement setting out their view on the implications of the ruling and the actions Trusts and councils should take. This has been agreed with DHSC and ADASS and can be accessed [here](#).

Samaritans Handbook for Men's Wellbeing Services 2021

The Samaritans has published a new handbook for community based wellbeing groups targeting men called Engaging men earlier: a guide to service design. You can read more and download the handbook on the Samaritans website [here](#).

The Samaritans have highlighted that from their previous research it is crucial to reach men who are struggling early, to prevent them reaching a crisis point. Wellbeing initiatives, like men's sheds, art groups or walking clubs, have an important role to play in this by providing men with meaningful social connections and a sense of purpose. This handbook and its principles can support people who commission, design and run groups so that they can better appeal to and engage men.

National Mental Health Intelligence Network Profiling Tools

The National Mental Health Intelligence Network (NMHIN) have refreshed the recently published [mental health and wellbeing surveillance report](#), with information up to November. It includes a Spotlight on people with [pre-existing mental health conditions](#). The next update will be at the end of February with a new Spotlight on employment and income.

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 have recently published the following shared learning:

- [An A&E Self-harm Follow Up by Compassionate Care Call \(Pilot\)](#)

This example describes a project to improve upon the quality of interventions for people presenting following an episode of self-harm/distress and reduce the risk of further self-harm across Sussex by providing a compassionate timely and effective brief follow-up response to adults and older adults who present at A&E where self-harm and suicide attempts are recorded and captured on the A&E dataset and supporting connections already made via A&E referrals and signposting according to the support plan agreed following psychosocial assessment.

National Institute for Health Research (NIHR) Alerts

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

- [Mindfulness can improve mental health and wellbeing in most cases](#)
- [Lockdown raised anxiety in people with anorexia and their carers, but online resources helped](#)

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 Children's Commissioner has published [The state of children's mental health services 2020/21](#). This report examines the progress that has been made over the past five years as well as looking at the impact the COVID crisis has had on children's mental health. It finds that while there has been an expansion of children's mental health services over the past four years, services are still nowhere near meeting the needs of many hundreds of thousands of children.

The Department of Health and Social Care have published an [Impact assessment of the Mental Capacity \(Amendment\) Act 2019](#). This impact assessment is an updated assessment of the Mental Capacity (Amendment) Act 2019. It provides an assessment of Deprivation of Liberty Safeguards at present and fully funded, as well as for Liberty Protection Safeguards as set out in the Act.

The Education Policy Institute has published [Young people's mental and emotional health: trajectories and drivers in childhood and adolescence](#). Based on data from the Millennium Cohort Study, this report reveals insights into the determinants of young people's wellbeing, including how it is affected by their relationships, background, and use of social media. The study examines the personal experiences of young people in England, at age 11, 14 and 17. The research shows that while the wellbeing of all young people declines by the end of their teenage years, there is a strong gender divide within this: girls see far lower levels of wellbeing and self-esteem than boys – driven by a sharp fall of both during mid-adolescence.

The Journal of Affective Disorders has published a [study](#) used well-established monitoring systems to investigate self-harm presentations in hospital. The study found during the 12 weeks following the introduction of lockdown measures there was a reduction in the number of self-harm presentations to hospital. Reasons for the decrease could reflect a reluctance to attend A&E, people seeking help elsewhere or, for some, the protective effect of lockdown.

The National Survivor User Network has published [What do user-led groups need?](#) This report is the result of 19 interviews commissioned by the National Survivor User Network (NSUN) with community organisations and groups using lived experience to deliver mental health support in England. The research looked to understand what challenges user-led mental health organisations face and to explore what might help user-led organisations delivering mental health support to meet their aims and sustain and develop their activities.

The NHS Confederation Mental Health Network have published [Working together to improve patient care: how PCNs are working in partnership to support people's mental health](#). Mental health disorders are one of the common causes of morbidity in England and primary care plays a key role in supporting patients' mental health and wellbeing, so it has become a priority for many primary care networks (PCNs). This briefing provides examples of three models of partnership working that are currently under way in primary care to support mental health at place level.

NHS England and NHS Improvement has issued [guidance](#) to help commissioners and providers identify potential equality impacts of the COVID-19 pandemic on people with mental health needs and a learning disability and / or autism. It is acknowledged that these people, when contracting COVID-19, may require reasonable adjustments. Moreover, communicating effectively and engaging patients, families and carers is more important than ever during this time of uncertainty.

NHS England and NHS Improvement has also published [new guidance](#) to support best practice in commissioner oversight visits and the quality oversight of CCG-commissioned inpatient care for people with a learning disability and/or autism. These publications include minimum expectations for this work during COVID-19.

The Resolution foundation has published a briefing on [Pandemic Pressures](#). This note explores why so many low-income families report spending more, not less, since Covid-19 gripped the nation in spring 2020. It brings together the findings from two online surveys of a representative sample of working-age adults in the UK fielded by the Resolution Foundation in May and September 2020, and a number of vivid accounts from parents and carers themselves, drawn from the ongoing COVID Realities participatory research programme. The report highlights how increased financial worries amplify the negative impact of the pandemic on the mental health of parents and carers on a low income.

The Women and Equalities Committee has published [Unequal impact? Coronavirus, disability and access to services: government response](#). This is the government's response to the Women and Equalities Committee's interim report on temporary provisions in the Coronavirus Act and the use of these for disabled people. The response states that it has taken several actions to achieve an appropriate balance between responding to the pandemic and ensuring that disabled people have access to the services they need. These relate to Care Act Easements, removing Mental Health Act provisions from the Coronavirus Act and deciding not to renew the modification notice regarding education, health and care assessments.

The Work Foundation have published [Downturn In Workers' Mental And Financial Wellbeing During Covid-19: 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 are experiencing 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:

- [Children and young people eating disorder collection: Q3 2020–21](#)

- [Dementia profile: February 2021 update](#)
- [Emerging Evidence: Coronavirus and Children and Young People's Mental Health Issue 5](#)
- [Imperial College London: Covid-19 patient survey highlights prevalence of PTSD symptoms](#)
- [Mental health bulletin: 2019-20 annual report](#)
- [Mental health services monthly statistics performance: November, provisional December 2020](#)
- [Out of area placements in mental health services: November 2020](#)
- [Psychological therapies: reports on the use of IAPT services, England November 2020, final including a report on the IAPT Employment Advisers pilot](#)
- [Physical health checks for people with serious mental illness: Q3 2020–21](#)

Dates for your Diary

Yorkshire and the Humber Mental Health Network Events:

- Wednesday 24 February 2021, 10:00-12:30, **Yorkshire and the Humber IAPT Providers' Network**, MS Teams. To book your place email [Sarah Boul](#).
- Thursday 4 March 2021, 10:00-12:00, **Yorkshire and the Humber Liaison Mental Health Network**, MS Teams. To book your place email [Sarah Boul](#).

Other Events:

- 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.
- Monday 1 – Wednesday 3 March, **Emerging Minds - Youth Mental Health and Covid-19: What Do We Know and What Should We Do**, Free online conference. For details of how to book click [here](#).
- Thursday 4 March 2021, 10:00-11:15, **Engaging the whole system in preventing and promoting better mental health during COVID-19 and beyond**, Online Event. To book your place click [here](#).
- Wednesday 24 March 2021, 09:00-17:00, **Eating Disorders Summit 2021: Improving Access, Treatment & Recovery Outcomes**, 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.

- Friday 23 April 2021, 09:00-17:00, **Improving Mental Health Support for Asylum Seekers and Refugees**, Virtual Conference. 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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