



## Yorkshire and the Humber Mental Health Network News

Issue 63

March 2021

### Welcome!

Welcome to Issue 63 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 extensive update from the National Mental Health Intelligence Network](#).

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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## **Do Not Attempt Cardiopulmonary Resuscitation (DNACPR) and People with a Learning Disability and/or Autism**

NHS England and NHS Improvement have stated that it is never acceptable for a DNACPR order to be placed on someone's record because they have a learning disability, or autism, or both. 'Learning disability' and 'Down's syndrome' should never be a reason for issuing a DNACPR order or be used to describe the underlying, or only, cause of death. Please use [the resources in our letter](#), consult the [COVID-19 specialty guides](#), and use the information and advice on the [FutureNHS collaboration platform workspace](#) and on our [website](#), to ensure care and advance care planning is always appropriate, accessible and reflects each individual's needs and wishes. New [public and patient facing DNACPR guidance](#) has also been published on nhs.uk, we encourage you to share it across your local system networks.

## **Eating Disorders Awareness**

March 2021 hosted Eating Disorders Awareness Week and Professor Prathiba Chitsabesan, Associate National Clinical Director for Children and Young People's Mental Health, has written two new guidance pieces to support this area of work:

- [The first piece for parents and guardians](#) includes what kind of signs and symptoms to look out for in children and young people;
- [The second piece for children and young people](#) focuses on the types of symptoms they may have and where they can get help.

In order to support higher demand for services, adult eating disorder services have adapted by increasing delivery of support via virtual channels including phone and video. In these difficult times, getting help early remains key, which is why we are funding the introduction of [First Episode Rapid Early Intervention for Eating Disorders \(FREED\)](#) - 18 sites have been funded to set up this service to help young people in the early stages of an eating disorder. This is part of the [NHS LTP](#) commitment to provide an additional £1 billion a year by 2023/24 to expand and improve adult community mental health care which includes adult eating disorder services.

As part of the Yorkshire and the Humber Clinical Network work programme for Eating Disorders we have developed a programme of learning lunches, established a community of practice and commissioned training from BEAT and South Yorkshire Eating Disorder Association (SYEDA). We are currently developing resources for education practitioners and will launch our annual benchmarking exercise in April 2021 in order to identify best practice, gaps in service provision and areas for improvement.

## **Expanded Mental Health Support for Staff**

NHS England and NHS Improvement have launched [40 new mental health support hubs](#) across the country to provide NHS staff with access to mental health services.

Services can be accessed over the phone with onward referral to online and one-to-one expert help from qualified mental health clinicians, therapists, recovery workers and psychologists.

The hubs are free and offer confidential advice and support, in addition to the [health and wellbeing advice](#) and resources already available. NHS staff will be encouraged to reach out directly for help, but hubs will proactively contact staff groups who are most at risk so they get the care they need as quickly as possible.

### **Free Faith-based Mental Health Counselling Support for Muslims Working in the NHS**

Inspired Minds and the Lateef Project have partnered with the NHS England and NHS Improvement NHS Muslim Network and their Health and Wellbeing team to provide a [confidential and Islamic-based counselling service](#) for our NHS people, delivered by qualified counselling therapists.

### **National Launch of Children and Young People's Mental Health (CYP MH) Early Intervention in Psychosis (EIP) Survey**

Every year an audit is undertaken to assess the delivery of EIP services, however many CYP access EIP care and treatment through their general CYP mental health team. This CYP-focused survey will provide the baseline data to understand the EIP offer for all 14-18-year olds and will supplement the National Clinical EIP audit data. All NHS funded CYPMHS, including specialist EIP teams for under 18s are invited to take part in the survey and are asked to register their site or service [here](#). The survey will support national, regional and local teams to understand current coverage, service model and functions commissioned across areas to improve the quality of care delivered for 14-18 years old experiencing first episode psychosis.

### **NHS launches 'Op Courage' Veterans' Mental Health Service**

On Thursday 4 March 2021, Simon Stevens, Johnny Mercer, Minister for Defence People and Veterans and Kate Davies CBE, Director of Health and Justice, Armed Forces and Sexual Assault Services Commissioning, launched the new NHS Veterans' Mental Health High Intensity Service (HIS), at the annual Veterans' Mental Health Conference organised by Kings College London Centre for Military Health Research.

From October 2020, the HIS started to mobilise across England, providing a much-needed service for veterans who are struggling with their mental health, are in a mental health crisis and/or need urgent and emergency care and treatment. Details of these services are available [here](#).

As part of this announcement, [Op COURAGE: The Veterans Mental Health and Wellbeing Service](#), was also launched as the new overarching name for the three NHS veterans mental health services (Veterans' Mental Health Transition, Intervention and Liaison Service (TILS), Veterans' Mental Health Complex Treatment Service (CTS) and Veterans' Mental Health High Intensity Service (HIS)). Also launched was the document, ['Healthcare for the Armed Forces community: a forward view'](#) that sets out nine commitments for NHS England and NHS Improvement, which have been informed by the views and experiences of the Armed Forces community. Each commitment

provides information on what the NHS will do, in partnership with the MOD, the Office for Veterans' Affairs, Armed Forces charities and other organisations, to improve the care and support delivered to this population.

### **Preconception Perinatal Serious Mental Illness Best Practice Guidance**

Three new perinatal mental health best practice guides have been published and are now available to access on the FutureNHS Collaboration platform (you will need a FutureNHS Account to access the guides):

- [Involving and supporting partners and significant others in specialist perinatal mental health services](#)
- [Delivering preconception to women of childbearing age with serious mental illness](#)
- [A good practice guide to support implementation of trauma-informed care in the perinatal period](#)

To support implementation of the Best Practice Guides and delivery of the Perinatal Mental Health Long Term Plan commitments, the National Perinatal Mental Health Team will be hosting a series of workshops over the spring. To register for the workshops please follow the links below:

- Thursday 15 April, 11am to 1pm: [Partners mental health assessment](#)
- Thursday 22 April, 12pm to 1pm: [Implementing trauma informed care](#)
- Thursday 13 May, 12pm to 1pm: [Supporting partners and significant others](#)
- Friday 21 May, 11am to 1pm: [Psychological therapies](#)

You will need to register for the workshops in order to receive an invite. If you have any questions, please email [ENGLAND.PerinatalMH@nhs.net](mailto:ENGLAND.PerinatalMH@nhs.net). Please do share details of the workshops with colleagues and wider networks.

### **Psychological First Aid Training for Those Supporting Children and Young People Affected by COVID-19**

People that care for, or work with, children and young people that have been affected by COVID-19 (or other emergencies or individual crises) will be able to access a [new online Psychological First Aid \(PFA\) training course](#).

The online course offers training for staff and volunteers on how to provide practical and emotional support to children and young people affected by emergencies or crisis situations. As you will be aware, children and young people can be very resilient, but crises such as COVID-19 can severely impact their mental health. Getting the right support early on can help prevent problems occurring or worsening.

By releasing this course, we hope to build on the successes of [the adult PFA Covid-19 course](#) released last year which has attracted over 100,000 sign-ups. This version is written specifically for those who work with or come into contact with children and young people. The training has been developed with input and advice from range of experts, government and charitable organisations including NHS England, the Anna Freud Centre, the Department for Education and emergency response experts such as Dr Lynne Jones OBE and the British Red Cross.

The course is available for all frontline workers such as teachers, health and social care workers, charity and community volunteers and anyone who cares for or is regularly in contact with children and young people aged up to 25, including parents and caregivers. It is free, takes about three hours to complete (split into three sessions that the learner can complete at their own pace) and no previous qualifications are required.

On completion, participants will have an understanding of what Psychological First Aid is, be able to identify who would benefit from support and how best to give help across the different age groups and also for those who might need extra support because of different needs.

### **Testing Mental Health, Learning Disability and Autistic Inpatients**

NHS England and NHS Improvement have published a [letter](#) explaining their recommendations to support access to timely PCR testing for all NHS mental health, learning disability and autism inpatients in all NHS and independent settings serviced by Pillar 1 testing facilities.

For many mental health, learning disabilities and autism (MHLDA) patients self-isolating for longer than is necessary is detrimental to their recovery and adds to their distress. Trusts are therefore asked to consider their operational processes and adopt certain recommendations including prompt transportation of swabs to laboratories and clearly marking MHLDA swabs as urgent.

### **National Mental Health Intelligence Network Profiling Tools**

The National Mental Health Intelligence Network (NMHIN) have refreshed the recently published [COVID-19 mental health and wellbeing surveillance report](#). All chapters are updated and there is a new chapter in the [Spotlight](#) section on [Employment and income](#)

Some of the updated key headlines include:

A [qualitative study](#) has described aspects of the pandemic that may be impacting on mental health among older adults. Risks to wellbeing include mortality concerns, fears about the virus, grief for the loss of normality, restricted access to health services and restricted access to activities that protect wellbeing. Factors that are protective of wellbeing included the slower pace of life, maintaining a routine, socialising and use of past coping skills. Many participants drew on their resilience and life experience to self-manage fear and uncertainty associated with the pandemic, using their time during lockdown to reflect or organise end-of-life affairs.

A [qualitative study](#) has described aspects of the pandemic that may be impacting on mental health among adults with pre-existing mental health conditions. Feeling safe but isolated at home, disruption to mental health services, cancelled plans and changed routines, uncertainty and lack of control, and rolling media coverage were identified as potential risk factors. Five coping strategies and protective factors were also identified; previous experience of adversity, feeling less accountable to others, engaging in hobbies and activities, staying connected with others and perceived social support.

A [qualitative study](#) has described aspects of the pandemic that may be impacting on mental health among creative freelance workers (such as musicians and actors). Findings

suggest the pandemic is affecting their psychological wellbeing through employment loss, financial instability and work dissonance (such as problems transitioning to online work).

A [qualitative study](#) has described aspects of the pandemic that may be impacting on mental health among frontline health and social care professionals. The participants were interviewed between May and September 2020, and expressed difficulties such as communication challenges (virtual consulting and difficult conversations) and changing work conditions (longer working hours, fatigue and exhaustion), but also positive factors such as increased team unity at work and a greater reflection on what matters in life.

A study of [staff working in intensive care units](#) during the pandemic has reported potentially elevated rates of clinically significant mental health problems, most notably Post Traumatic Stress Disorder. However, the same study also found that more than half of the respondents reported good wellbeing.

A qualitative study has described aspects of the pandemic that may be impacting on mental health among [adults with long term health conditions](#). The authors identified four overarching themes. These were high levels of fear and anxiety related to perceived consequences of catching COVID-19, the impact of shielding/isolation, the experience of healthcare during the pandemic and anxiety created by uncertainty about the future. Acceptance, support and understanding of the needs of adults with long term conditions supported coping during isolation.

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:

- [A simple checklist reliably identified paranoia in adolescents with mental health problems, research shows](#)
- [Pregnancy loss leads to post-traumatic stress in one in three women](#)

Alerts are short, accessible summaries of health and care research which is funded or supported by NIHR. This is research which could influence practice and each Alert has a message for people commissioning, providing or receiving care.

### **Mental Health Reports, Resources and Research**

The Centre for Mental Health and the Maternal Mental Health Alliance has published [Maternal mental health during a pandemic: A rapid evidence review of COVID-19s impact](#). The report explores the growing evidence about the pandemic's impact on perinatal mental health and the services that support women and families during this time and brings together all of the available data collected during the pandemic looking at the mental health challenges that women during and after pregnancy have faced. The evidence shows a significant increase in maternal mental health problems across the UK over the last 12 months.

Hft has published [The impact of the challenges to the social care sector in 2020](#). This report offers an annual snapshot of the financial health of the social care sector as well as outlining the impact of some of the key challenges posed by the Covid-19 pandemic. For the third year running, the most commonly cited cost pressure was rising wage bills, with lack of fee income at a close second. It finds that 62 per cent of providers reported a rise in absenteeism related to mental health conditions and that all social care providers funded some form of mental health support for their workforce.

The Lancet Regional Health – Europe has published [Prevalence of mental disorders, suicidal ideation and suicides in the general population before and during the COVID-19 pandemic in Norway: A population-based repeated cross-sectional analysis](#). This population-based study, using structured diagnostic interviews, found no rise in mental disorder during the first 6 months of the COVID-19 pandemic and no rise in suicide or suicidal ideas.

The Partnership for Responsive Policy Analysis and Research (PREPARE) has published [Understanding clinical decision-making at the interface of the Mental Health Act \(1983\) and the Mental Capacity Act \(2005\)](#). The Mental Health Act (1983) (MHA) and the Mental Capacity Act (2005) (MCA) both provide a legal means by which people can be deprived of their liberty and admitted to hospital on a formal basis when they lack capacity to consent to their admission and treatment. A key interface of the MHA and the MCA arises where an individual lacks the capacity to decide whether to be admitted to hospital to receive care and treatment, and are not objecting to admission or treatment, then the decision of which Act to use for these purposes is that of professionals involved. This report looks at that decision-making process.

Public First has published [The other pandemic: the impact of Covid-19 on Britain's mental health](#). In February 2021 Public First polled 4,000 people and held 12 in-depth focus groups with people from across Britain. The findings, published in this report, show that coronavirus has taken a toll on mental health in all parts of society – but especially women, the less well-off and young people.

Rethink Mental Illness has launched a new guide called [Keep thinking differently](#) to support areas to continue their journey of community mental health transformation with new investment entering systems from next month. The guide outlines how to overcome common challenges in the process and develop a path forward in partnership with local authorities, experts by experience and the voluntary sector. It follows on from previous resource [Thinking differently](#) and together they outline all steps required to deliver this redesign.

The Royal College of Paediatrics and Child Health has recently launched a study to establish the incidence rates of ARFID presenting to secondary health care, referral pathways, patterns of presentation, and clinical features. ARFID is used to describe restrictive eating patterns which result in significant health problems, including weight loss, poor growth, nutritional deficits or poor emotional wellbeing. Further information can be found [here](#).

Tommy's has published [Delivering preconception care to women of childbearing age with serious mental illness](#). This guide is for health care professionals involved in the care of women with serious mental illness (SMI) in primary and secondary care. It aims to provide the latest evidence to support health care professionals having informed conversations on the considerations regarding mental and physical health for women of childbearing age with SMI, whether or not they are planning a pregnancy.

### **Mental Health Statistics**

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

- [Autism waiting time statistics: Q1 2019–20 to Q2 2020–21 and Q3 \(October to December\) 2020-21](#)
- [BMA poll reveals huge scale of pandemic impact on GP mental health](#)
- [Mental health services monthly statistics: performance December 2020, provisional January 2021](#)
- [Out of area placements in mental health services: December 2020](#)
- [Psychological therapies: reports on the use of IAPT services, England – December 2020, final including a report on the IAPT Employment Advisers pilot and Q3 2020–21 data](#)
- [The impact of Covid-19 on key workers' mental health](#)

### **Dates for your Diary**

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

#### **Children's and Young People's Mental Health:**

- **Eating Disorder Learning Lunches (all commencing at 1pm)**
  - 12 April 2021 – Working with paediatric ward teams
  - 29 April 2021 – Pica
  - 12 May 2021 – Outcomes of family based approaches
  - 26 May 2021 – Early intervention and prevention
- Thursday 29 April, 9.30am-11.30am – **Provider Improvement Forum**
- Thursday 29 April, 1.30pm-3.00pm – **MHST Development Forum**

To access any of the CYP Mental Health events please contact [Jenna Wallhead](#).

#### **Adult Mental Health:**

- Tuesday 20 April 2021, 10:00-12:00, **Yorkshire and the Humber Eating Disorders Stakeholder Event**, MS Teams. To book your place email [Denise Friend](#).

- Tuesday 11 May 2021, 10:00-12:30, **Yorkshire and the Humber Senior PWP Network**, MS Teams. To book your place email [Sarah Boul](mailto:sarah.boul@nhs.net).
- Wednesday 26 May 2021, 10:00-12:30, **Yorkshire and the Humber IAPT Providers' Network**, MS Teams. To book your place email [Sarah Boul](mailto:sarah.boul@nhs.net).

#### Other Events:

- 1 April to 30 April is **Stress Awareness Month**. Click [here](#) for helpful resources.
- 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.
- Thursday 6 May 2021, 09:00-17:00, **Understanding the Mental Capacity Act 2005 and the Mental Health Act 1983**, 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**

- 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 [england.yhscn@nhs.net](mailto:england.yhscn@nhs.net) with the words "Links and Partner Organisations" in the subject line.

### **Who produces this bulletin?**

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