



Public Health  
England

Protecting and improving the nation's health

# Mental Health

E-bulletin produced by Public Health England South West Health & Wellbeing Team - October 2016

## Introduction

This Bulletin, which comes out regularly, is designed to keep you in touch with what is happening on the public health mental health agenda both locally and nationally and give you an opportunity to feedback any comments or queries via your local PHE SW mental health leads: Jan Bond (Perinatal and child/adolescent to transition) [jan.bond@phe.gov.uk](mailto:jan.bond@phe.gov.uk) and our new adult mental health lead who will start with us on 31<sup>st</sup> October.

## Whole Family

### **Connect 5 Cascade - Mental Wellbeing Brief Intervention Train the Trainers**

Connect 5 is an evidence-based programme that will equip the workforce to have meaningful conversations around mental wellbeing and increase skills in applying practical evidence-based activities that participants can use in helping someone to improve their mental health and wellbeing.

Health Education England is working with PHE, RSPH and Stockport Council to roll-out the Greater Manchester Connect 5 training programme. This will address the skills and knowledge gap across the core and wider public health workforce in mental health promotion. [Jan.bond@phe.gov.uk](mailto:Jan.bond@phe.gov.uk) will update you when dates for the south west have been agreed.

### **NHS England Pilot sites**

NHS England has announced six pilot sites across the country to drive the design of new approaches to delivering children and young people's mental health services and secure adult mental health services.

Two of the six pilot sites will step up the level of crisis care available in the community for children and young people to prevent them from needing to be admitted to hospital, freeing up local hospital beds.

The other four sites will look at re-locating people in secure mental health services closer to home as well as addressing their surrounding social care needs so they can leave inpatient care and re-integrate into the community as quickly as possible. One of the pilot sites for adults is in the South West: Devon Partnership NHS Trust (with Avon and Wiltshire FT, Cornwall FT, Dorset FT, 2gether FT, Cygnet, Partnerships in Care, Livewell, Somerset Partnership FT).

<https://www.england.nhs.uk/2016/09/mh-pilot-sites/>

## **CQUINS**

The 'Improving services for people with mental health needs who present to A&E' CQUIN and the 'Transitions out of Children and Young People's (CYP) Mental Health Services' CQUIN (Commissioning for Quality and Innovation) aim to incentivise providers to work with partners to improve patient care by delivering services more efficiently and effectively. Further information is available:

<https://www.england.nhs.uk/2016/09/improve-mental-healthcare/>.

## **Mental health blog**

A PHE blog has been launched with a set of links to information and training resources to support mental health promotion in the NHS and in the workplace. This includes:

1. The Adult Psychiatric Morbidity Survey,
2. A set of emerging practice examples in **mental health promotion and prevention training programmes** to support commissioners and workforce development highlighting the importance of building capacity across the system to meet the prevention challenge.
3. The **MECC Consensus statement** launched earlier in the year now recommends mental health and wellbeing as part of all MECC programmes

<https://publichealthmatters.blog.gov.uk/2016/10/10/building-knowledge-and-skills-in-public-mental-health/>

**Data tool updates** (<http://fingertips.phe.org.uk/>)

**Common Mental Health Disorders** (updated September)

Seventeen indicators relating to IAPT for CCGs will be updated for January to March 2016 - eleven indicators in the Quality and Outcomes domain and six indicators in the Services domain.

**Crisis Care** (updated September)

An Indicator Quality Assessment guide will be added to the Crisis Care profile.

**Common Mental Health Disorders** (updated 4<sup>th</sup> October)

The IAPT recovery indicator for CCGs in the Quality and Outcomes domain for the months December 2015 – January 2016 has been corrected. The previously published data used an incorrect denominator.

**Domestic abuse indicator** (updated 4<sup>th</sup> October)

The Domestic Abuse: incident rate per 1,000 population indicator has been updated with data for 2013/14 and 2014/15 in four profiles: Common Mental Health Disorders, Severe Mental Illness, Crisis Care and Children's and Young People's Mental Health and Wellbeing.

## Perinatal

### **South West Perinatal and Infant Mental Health Network - Multi-agency Perinatal and Infant Mental Health Champions Training**

This new two-day 'Train the Trainer' style Perinatal and Infant Mental Health Champions Training will be delivered by The Institute of Health Visiting on behalf of the newly-formed South West Perinatal and Infant Mental Health Network. Up to 20 multi-agency PIMH Champions will be trained during each of three 2-day courses, from agencies working with women perinatally across the South West. Once trained the Champions will be equipped and supported to work in pairs to cascade training to colleagues. Details of the training are yet to be confirmed but will be available in the next couple of weeks.

If you are interested and would like more information when available please email Kelle Dunn, Network Administrator with the SW Maternity and Children's Clinical Network, [kdunn1@nhs.net](mailto:kdunn1@nhs.net)

### **Better Births- SW Maternity and Children's Clinical Network Event Presentations**

Following the launch of the National Maternity Review Better Births report, the SW maternity and Children's Clinical Network held a Better Births event on Tuesday 13th September 2016, at Taunton Racecourse. Further information and presentations are available on the clinical network website:

<http://www.swscn.org.uk/better-births-south-west-event/8287/>

### **MatExp- Sharing best practice in maternity services**

MatExp is a social campaign which uses social media to:

- Encourage and empower users of maternity services to join conversations about their experiences of maternity care, and what really makes a difference to that experience.
- Get health care professionals (in and beyond the NHS) and local communities to listen and work in partnership with women and families to improve maternity experiences.
- To enable anyone to take action to improve maternity experience, however big or small, whoever you are: user, partner, community group or NHS staff.

<http://matexp.org.uk/about-matexp/>

### **Perinatal Mental Health Competency Framework**

Perinatal Mental Health Competency Framework

A framework has been developed out of a need to standardise competencies in perinatal mental health practice across England, and has been commissioned by Health Education England. The use of the framework will be piloted in Devon and is aimed at a wide range of NHS, local authority and school practitioners e.g. Midwives, Health visitors, HV assistants, nursery nurses, IAPT practitioners, children's centre staff, social workers, school counsellors

etc. If you want to know more about this pilot please contact [jan.bond@phe.gov.uk](mailto:jan.bond@phe.gov.uk) when I have more information I will circulate it to you.

### **Neonatal Care- Families kept apart: barriers to parents' involvement in their baby's hospital care**

Bliss has gathered evidence from neonatal units and parents across England, providing a clear picture of the facilities and support that is in place to support parents being actively involved in their baby's care - and also where gaps exist. The report affirms the importance of hands-on parental involvement for bonding and long-term outcomes for both babies and families, and reduces the length of the baby's stay in hospital.

<https://www.bliss.org.uk/News/lack-of-support-services-keeps-thousands-of-parents-from-their-babies>

## **Child and Adolescent**

### **NHS England new funding**

reviewed and reprioritised spending on nationally-led programmes. CCGs have now received notice of an additional £25 million which can be made available for CCGs in 2016/17 to support the implementation of Implementing local transformation plans for children and young people's mental health.

Funding is expected to:

- support CCGs to continue to invest in training existing staff through the CYP IAPT training programme, including sending new staff through the training courses. CYP IAPT collaboratives are recruiting to training places now, so CCGs should be identifying with their partners the staff to send on training course and any additional resources required to release staff; and,
- accelerate plans to pump-prime crisis, liaison and home treatment interventions suitable for under 18s, with the goal of minimising inappropriate admissions to in-patient, paediatric or adult mental health wards. This should include working with NHS England specialised commissioning teams to develop integrated pathways.

Accompanying documents to this notice are embedded below.



CCG letter re CYP MH allocation.docx



Regional note additional CYP MH fun



Copy of CYP Waiting Lists by CCG 26.09.16



QA CYP WL Letter and Template.docx

### **SW Mental Health Strategic Clinical Network- Early Intervention, Prevention and Resilience Working Group**

PHE South West is pleased to be working collaboratively with the Mental Health Strategic Clinical Network. Over the summer this working group has captured examples of work in the south west for early intervention, prevention and resilience in children and young people's mental health. The working group has captured a wide range of activity commissioned by

local authorities. The latest version will be circulated in the next week to local authority children's mental health leads with an invitation to add in more examples of work. The next stage will be to look at outcomes for interventions and consider the development of a south west dashboard . For more information please contact the working group chair:

[jan.bond@phe.gov.uk](mailto:jan.bond@phe.gov.uk)

**The Toolkit for Schools and Colleges:** (measuring and monitoring children and Young People's mental wellbeing) was published earlier this month. It was commissioned by Public Health England from the Anna Freud Centre and is available via the link below.



The toolkit should be of interest to senior leadership teams and those with particular responsibilities for Special Educational Needs and Disabilities (SEND), inclusion, Personal Social Health and Economic education (PSHE), welfare or pastoral support and mental health support. It will also be of interest to partners from the health, voluntary and community service sector who are supporting schools and colleges to improve mental health outcomes for children, young people and their families.

<http://www.annafreud.org/services-schools/mental-health-in-schools/schools-in-mind/resources-for-schools/mental-health-toolkit-for-schools/>

### **Exploring low subjective well-being among children aged 11 in the UK: an analysis using data reported by parents and by children**

This article based on Wave 5 of the UK Millennium Cohort Survey (11-year-olds) presents a opportunity to understand the factors affecting children's subjective well-being making use of information gathered from parents and children. It aims to identify factors which can predict the likelihood of children having low subjective well-being.

<http://link.springer.com/article/10.1007%2Fs12187-016-9421-z>

### **NSPCC: Unhealthy relationships highlighted in new Childline campaign**

As more and more young people are using apps and webcams, Childline has seen a rise in contacts about online sexual abuse. This campaign includes two short 4 minute videos featuring situations where young people may be at risk of sexual assault, sexual exploitation and grooming and uses 'selfie conversations' to question a situation.

<https://www.nspcc.org.uk/fighting-for-childhood/news-opinion/unhealthy-relationships-highlighted-new-childline-campaign/>

### **Anti-bullying app**

An online app has been launched by the Department for Education that lets children report bullying using screenshots of social media. 'Tootoot' is an online platform providing 24-hour support to young people who are victims of bullying or online abuse. Cyber bullying gives bullies the cover of anonymity but the app counteracts this by allowing children to report bullying incidents anonymously themselves.

<mailto:https://www.gov.uk/government/news/thousands-more-children-to-benefit-from-anti-bullying-app>

### **South West Grid for learning- Revenge Porn Helpline**

The South West Grid for Learning (SWGfL) Trust is a not-for-profit charitable trust providing schools and other establishments with safe, secure, managed and supported connectivity and associated services, learning technologies to improve outcomes, and a toolkit for being safer online.

<https://www.gov.uk/government/news/thousands-more-children-to-benefit-from-anti-bullying-app>

### **Child neglect: e-learning and workshop**

SCIE provides multi-agency training and support for the many organisations and practitioners who come into contact with cases of child neglect. This includes a stand-alone e-learning course which provides a basic level of understanding of child neglect and a face-to-face workshop for those that complete the e-learning course.

<http://www.chimat.org.uk/resource/view.aspx?RID=307287&src=KU>

### **Young women at 'highest mental health risk'**

Young women are the highest risk group in England for mental health problems, according to new data from NHS Digital.

<http://www.chimat.org.uk/resource/view.aspx?RID=307522&src=KU>

### **New Statistical Reports**

The Community and Mental Health Team at NHS Digital have published the first of a new series of monthly statistical reports using data from the new Children and Young People's Health Services Data Set. This can be accessed through the following link.

<http://content.digital.nhs.uk/catalogue/PUB21802>

There are 31 tables in the CYPHS data set that include information on the key areas such as personal and social circumstances, diseases and disabilities and scored assessments.

Feedback on the datasets is welcomed by [enquiries@nhsdigital.nhs.uk](mailto:enquiries@nhsdigital.nhs.uk) quoting "CYPHS Monthly Report" in your email title

## Adult

### New Psychosis Data Report

The new Psychosis Data Report: Describes variation in numbers of people with psychosis and their access to care in England, which can be accessed from PHE here. In addition to the report, we have also published accompanying data in excel.

This report shows data for a range of indicators across the psychosis care pathway. It describes their variation across England by local authority or clinical commissioning group. It highlights:

- variation in numbers of people with psychosis
- variation in access to a range of care and support interventions for people with psychosis
- gaps in routine data relating to psychosis
- quality issues with current data relating to psychosis

It is for public health, service planners, commissioners, providers, advocacy groups, and policy makers. Those involved in the local planning and provision of care for people with or at risk of psychosis can use the data to help ensure that services provided meet local needs, are evidence based and to address any gaps in provision. Continued improvement in the collection and reporting of data on psychosis is also encouraged.

The excel spreadsheet shows a breakdown of indicator value for each clinical commissioning group or local authority in the country.

<http://www.yhpho.org.uk/resource/view.aspx?RID=207308>

## Suicide Prevention

### **\*\*Suicide Prevention Local Planning Guidance to Local Authorities and refreshed national strategy\*\***

Over recent months PHE has been preparing new publications which we hope will be published around the time of the Crisis Care Concordat on 25th October.

**Further updates will be released next week.**

Please also see events below for a masterclass on suicide prevention



## Events

### **South West webinar on Health Economics 14 Nov 2016**

The next in the series is a webinar on Health economics: Latest PHE tools to support prevention and early intervention with health economist Rebecca Worboys joining us to give an update on important developments in PHE's work programme. Please register your interest using the online registration form. You will receive further details for each webinar, including joining instructions, prior to the event. For any queries please email:

[Dominic.Gallagher@phe.gov.uk](mailto:Dominic.Gallagher@phe.gov.uk)

### **Access to record level data for Local Authority Public Health Teams - Bristol workshop 17 November 2016**

PHE, NHS Digital and the Association of Directors of Public Health would like to invite local authorities to a workshop to discuss the progress that has been made in accessing births and deaths data and hospital episode statistics through the agreement reached between Public Health England and NHS Digital.

The invitation is targeted at public health intelligence leads and their deputies in the first instance. For more information or to book a place

[The PHE Events website](#).

### **National webinars for mental health**

Information will be published in the next week on a series of 3 national mental health webinars during November. They are likely to include:

- one for elected member MH Champions
- one focused on the question 'what does good look like for mental illness prevention?'
- one for LA and CCG commissioners'

### **Prevention Concordat Stakeholder Event: Bristol 6 December**

Please keep this date free if possible- as soon as I have more information I will circulate it.

### **Early years evidence seminar**

The Early Intervention Foundation are holding a series of Evidence Seminars across England to set out the findings of 'Foundations for Life', EIF's review of what works to support parent child interaction in the early years. The seminars are aimed at those with commissioning responsibility in the early years. Luckily we have an event in the south west.

Location: Bristol

Start date: Thursday, 8th December 2016



<http://www.chimat.org.uk/resource/view.aspx?RID=306946&src=KU>

### **\*\*Suicide Prevention Masterclass\*\***

A masterclass will be delivered on 16<sup>th</sup> January based on the updated 'Guidance for developing a local suicide prevention action plan' due to be published later this month. The venue will be in Taunton. Further information for booking will go out to local authority mental health leads in the next 7 days in order that they can invite their local stakeholders.

### **Childhood in the Digital Age- FREE online learning**

The amount of technology available to children today is greater than in any previous generation, and it is more specifically designed to capture their imaginations. There is heated debate as to how the digital influx is shaping children's development and experience.

Are social media changing the way that children form relationships? How is technology changing the way that children think, and how will it shape the classroom of the future? This exciting new course pulls together the latest evidence from experts in the field to explore these and other questions. You can learn flexibly on this online course- it's free and there are no exams to pass!

<https://www.futurelearn.com/courses/childhood-in-the-digital-age>

### **Perinatal and infant mental health: intrinsic links and integrated strategies**

A day of national expert speakers from the fields of perinatal and infant mental health will bring together Commissioners of Public Health, NHS, and Children's Services, world renowned experts and clinical case studies from the frontline to look at how we can transform early intervention for families, making the case for integrated perinatal and infant mental health services.

Location: Corby

Start date: Tuesday, 15th November 2016

<http://www.chimat.org.uk/resource/view.aspx?RID=305759&src=KU>

## **Contacts**

### **South West Leads**

Perinatal, Child and Adolescent Mental Health: Jan Bond: [jan.bond@phe.gov.uk](mailto:jan.bond@phe.gov.uk)

Adult mental health: Our new lead starts on October 31<sup>st</sup> so please look out for an update at the end of the month with his contact details

Children: Rosanne Sodzi [Rosanne.sodzi@phe.gov.uk](mailto:Rosanne.sodzi@phe.gov.uk)

Drugs and alcohol: Richard Chidwick [Richard.chidwick@phe.gov.uk](mailto:Richard.chidwick@phe.gov.uk) and Ian Keasey [ian.keasey@phe.gov.uk](mailto:ian.keasey@phe.gov.uk)