



briefing.

policy into practice

National Mental Health
Development Unit

www.nmhdu.org.uk

ISSUE 1

OCTOBER 2009

• WELCOME

• OCTOBER SPOTLIGHT

• PRACTICE AND POLICY

Key developments:

- New IAPT sites and NHS stressline
- Involving users and carers
- Providing age appropriate services
- National Acute Care Declaration
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Welcome to the first edition of the National Mental Health Development Unit (NMHDU) news briefing on programme developments and related policy and practice news.

If you would like to know more about our work, contact [Tony Jameson-Allen](#). For more information go to our [website](#).

[Click here to subscribe or unsubscribe to future editions](#)

OCTOBER SPOTLIGHT

A new era in mental health – last call to contribute to New Horizons consultation

The *New Horizons* consultation sets out the Government's ideas for improving everyone's mental well-being and the services in England that provide mental health care. The consultation formally closes this Thursday (15 October). Responses to date reflect a wide variety of perspectives and perceptions of mental health. The *New Horizons* strategy aims to create more mentally healthy communities as well as continuing the improvements in services we have seen in recent years. The NMHDU has been supporting the consultation. Go to the [New Horizons consultation site](#) and have your say on the future of mental health.

World Mental Health Day Gets Moving

World Mental Health Day (Saturday 10 October) saw a flurry of activity to raise the awareness of the importance of good mental health and wellbeing. Care Services Minister Phil Hope announced a new wave of 52 new talking therapy services, as part of the [Improving Access to Psychological Therapies programme](#). 100,000 extra people with depression and anxiety disorders will now be able to access psychological therapies. Go to [Policy and Practice](#) for further updates on the IAPT programme. [Get Moving week](#) (3-11 October) saw over 300 events taking place across the country, with over 30,000 people dancing or walking their way to better mental wellbeing.

Counting the cost of the economic downturn – innovative mental health approaches

A number of NMHDU programmes are taking a lead in supporting the NHS and other service providers respond to the mental health impact of the economic downturn. Read more in our [Policy and Practice](#) section. Debt and related issues can be a major source of distress, particularly among those with mental ill health. The NMHDU has linked with the Financial Services Authority, as part of the [National Strategy for Financial Capability](#) on a range of initiatives to help frontline mental health professionals support people who might otherwise find it hard to access reliable information on debt or other financial problems. Initiatives include plans to disseminate money guidance factsheets to acute mental health service settings.



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Key programme developments

Improving Access to Psychological Therapies – 52 new sites to go live

The IAPT programme is on course to treat 900,000 people in the first three years, as 52 new IAPT sites go live over the coming weeks. 1,500 more therapists have now been employed since the start of the programme. The IAPT team have also been involved in the set up of the NHS Credit Crunch stressline, providing a new route for people experiencing distress related to their financial circumstances to access appropriate support. The helpline has been promoted through GP practices, NHS Direct and the National Debt helpline. Download this [leaflet](#) or go to the [IAPT site](#) for further information.

Involving people who use services and carers in our work

We aim to involve users and carers in all aspects of our programmes. To help ensure that involvement is as effective and far-reaching as possible, we are working with a consortium of user and carer organisations, led by the [National Survivor User Network](#) to assess and promote involvement in all aspects of its work programmes. Go to our [website](#) to find out more.

Working together to provide age appropriate services for under-18s

This [practice guide and briefing](#) for adult, and child and adolescent mental health service commissioners provides guidance about working together to meet the new duty which comes into force in April 2010, requiring hospital managers to ensure that all under 18s in inpatient care are placed in an age appropriate environment. A joint conference will take place on 21 October to consider how providers and commissioners can work together to get ready for the legislation change. A range of DVDs and supporting training resources are available on the [NMHDU website](#). Contact [Louise Appleby](#) for further information on the conference.

National Acute Care Declaration – Working with acute care providers to drive quality of care

A *National Acute Care Declaration* will be launched at the NHS Confederation Mental Health Network conference in November. The Declaration (developed as part of the NMHDU Improving Mental Health Care Pathways programme) aims to engage leaders, managers and practitioners to drive up the quality of acute care and collectively respond to the issues highlighted in the [Pathway to Recovery](#) report and more recently the [Care Quality Commission](#) survey of acute mental health inpatients. For further information and to download three recently published guides *Getting the Medicines Right*, *Talk Well* (a Star Wards publication) and *Strategies to Reduce Missing Patients*, go the [Virtual Ward](#) or contact [Yvonne Stoddart](#).

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Mental Health World Class Commissioning – Quick Guide

The NMHDU and [Commissioning Support for London](#) has published a *Quick Guide to Mental Health World Class Commissioning* for clinicians and other mental health professionals, guiding them through the awareness, knowledge and application of World Class Commissioning principles in mental health. Go to the [NMHDU website](#) for further information.

Commissioning in a downturn – Investing to save in early intervention services

Investing in mental health services can save money in the short term as well as over the longer term. Research into the impact of early intervention services in psychosis has estimated that NHS Trusts who invest in dedicated early intervention (EI) services for people with psychosis could enjoy a potential cost saving of 35% over a one and three year period. The national EI programme, supported by 10 regional leads, has been instrumental in building the evidence around the benefit of EI services, in both financial and human terms. The programme ran a seminar on the 8 October for mental health commissioners to promote the evidence for an “invest to save” approach to EI. Go to the [IRIS](#) and [NMHDU](#) websites for further information.

Open Secrets

Two NMHDU programmes, *Delivering Race Equality* (DRE) and *Shift*, are collaborating to help reduce stigma about mental health problems in black and minority ethnic communities. The programmes jointly commissioned *Open Secrets*, an award winning short film, which deals with issues around feelings of shame at the onset of mental illness in a middle class Asian family. Plans for facilitated events to showcase the film, which is available in English, Hindi and Gujarati, are being finalised with DRE community development workers across the regions. For further information on the facilitated events go to the [NMHDU](#) website. The programme's dedicated [newsletter](#) for CDWs has also just been published.

Support for regions in dual diagnosis strategy

Regional events are being planned across England to promote the *Dual Diagnosis Themed Review* report (DH, 2008) and enable areas to develop and improve local dual diagnosis strategies. [Developing a Capable Dual Diagnosis Strategy](#) has just been published by the programme team. A briefing, *Seeing double*, produced jointly with the NHS Confederation, has also just been published. For further information go to the [NMHDU](#) and [PROGRESS](#) website or contact [Ann Gorry](#) or [Tom Dodd](#).

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Improving Mental Well-being through Impact Assessment

The NMHDU has been supporting the development of [New Horizons](#), which sets out a dynamic new approach to improving well-being across the population. Linking with this wider vision, the NMHDU has published [Improving Mental Well-being through Impact Assessment](#). The report rounds up the work carried out so far with this new methodology – its benefits and examples of use across England. It aims to enable a shift from systems geared to manage the consequences of poor wellbeing (including crime, unemployment) to ones that tackle its determinants. Go to the [NMHDU](#) website for further information on this programme and download the toolkit.

Personal health budget evaluation sites announced

On Thursday 8 October, the Care Services Minister announced that 20 sites across England have been selected to participate in a study to identify the benefits of personal budgets for health and the people who will benefit most from them. 8 of the 20 evaluation sites selected are mental health themed. Personal health budgets are a key part of achieving an NHS that provides flexible responses care, announced as part of Lord Darzi's *High Quality Care for All* review. The NMHDU is playing a lead role, alongside DH and NHS colleagues, in promoting the development of personal health budgets in mental health. Go to the [NMHDU](#) website for further information. View the [press release](#) here.

National Suicide Prevention Programme Annual Report Published

[The national suicide prevention strategy annual report on progress 2008](#) has been published. The report highlights progress made on a number of specific initiatives during 2008 as well as outlining some key issues for 2009. The suicide rate continues to fall and is now the lowest rate on record. In addition, there has been a further fall in the rate of suicide amongst young men under the age of 35. There has also been a further reduction in suicides amongst mental health in-patients and in prisons.

We cannot afford to be complacent however. Previously periods of high unemployment or severe economic problems have had an adverse effect on the mental health of the population and have been associated with higher rates of suicide. PCTs and other front-line agencies are aware of the situation and continue to identify and support vulnerable individuals who are at risk. Further information is available from [Keith Foster](#) or [Donna Terry](#) or go to the [NMHDU](#) website.

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Independent Mental Health Advocacy (IMHA) training resource

A series of training days for independent mental health advocates is underway. Over 400 mental health advocates have been trained already with further sessions planned. The programme is also running specialist workshops for advocates of children and young people.

Other resources are available, including the [IMHA services flowchart](#), [Shoulder to Shoulder](#), a DVD training resource that features the perceptions of people drawn from the voluntary and statutory services and the [IMHA \(Level 4\) workbook for independent study](#). These are also available from [Marketa Simonova](#).

Promoting routine assessment for violence and abuse

This programme works with clinicians and other mental health professionals to help promote a consistent approach to the disclosure of patient experience of violence and abuse during routine assessment. The programme is running a national conference on 23 November to look at the issues involved for learning disability staff.

In September, the programme also completed a successful 2 day "train the trainer" in the West Midlands region. Similar training days will be rolled out across other SHA regions over the coming months. For information on the event and training go to the [NMHDU](#) website.

Primary Care Practitioner E-Learning Resource

[Primhe](#) and the West Midlands regional development centre, supported by the NMHDU, have developed a practical and comprehensive collection of learning resources and materials to support professional development around early intervention in psychosis (EIP). Read the recent article in the [RCGP news](#) or go to the [IRIS website](#) for further information.



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Featured Case Study

This section features a case study example where national support, led or supported by the NMHDU, has directly contributed to improved quality and innovation of services or the promotion of wider approaches to mental health and wellbeing.

The Lancashire Care Pilot

This edition features the **Lancashire Care Pilot**, which used an innovative approach to deal with the key issue of the inappropriate placement of under-18s on adult mental health wards. Read the [case study overview](#) and [report](#) here.

This is an excellent report by Lancashire Care Trust and The Junction which details a review of inpatient services at the Trust by young service users, with recommendations for changes to ensure that young people get a service which is more appropriate. The report references the *11 Million, Pushed into the Shadows* and the *Out of the Shadows* reports. It draws on the *Safe and Appropriate Care Standards for Young People on Adult Wards* developed by the Royal College of Psychiatrists' Research and Training Unit commissioned by the NMHDU Children and Young People's Mental Health Act Implementation programme, and recently commended in the Mental Health Act Commission Biennial Report.



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NMH DU PROGRAMME OVERVIEWS

For our first edition only, we are including an overview of our programme areas, to help you better understand how we work. Our programmes work collaboratively across themes and service areas to ensure a focused as well as “big picture” approach to the challenges and opportunities of improving mental health and wellbeing.

Improving Access to Psychological Therapies

The [Improving Access to Psychological Therapies](#) programme works directly with Strategic Health Authorities (SHAs) and Primary Care Trusts (PCTs) to provide new services for people experiencing depression and anxiety disorders. £173m over three years will fund 3,600 newly trained therapists, in primary care settings. There are 35 active schemes in PCTs with a further 52 coming on stream. Visit the [IAPT website](#) to find out more.

Promoting Equalities in Mental Health

This programme area includes the *Delivering Race Equalities* (DRE) mental health programme; the *Gender Equality and Women's mental health* programme and *Mental Health in Later Life* workstreams. For more information, go to the [NMH DU website](#) and [Mental Health Equalities](#) website.

Promoting Social Inclusion and Social Justice

This programme support in the development of social inclusion and social justice for people using mental health services. It contains two major workstreams, the [Public Service Agreement \(PSA\) 16 Project](#), and [Shift](#). The PSA 16 project takes a cross-government, multi-agency approach and works directly with the deputy regional directors of social care in the regions. This work is currently in development and is linking where appropriate with the [New Horizons](#) agenda and is led for the NMH DU by [Zoe Robinson](#). Go to the [NMH DU](#) and [Shift](#) websites for further information.

Improving Mental Health Care Pathways

This programme focuses on the development of evidence-based care pathways, robust care planning and effective interventions across primary, secondary and specialist care settings. It includes the Early Intervention in Psychosis, Acute Care Pathways Development, Mental Health Advocacy, Mental Health Act 2007 Implementation – Children and Young People and Dual Diagnosis workstreams.

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Population mental health and well-being

This programme aims to help support the increasing importance of mental health and well-being across the population, engaging with a range of public and social policies including current and emerging mental health policy. Go to the [NMHDU site](#) for more information.

Personalisation in mental health

This is an emerging programme to provide national support for the development of personalisation in mental health. Personalisation is a key theme within *New Horizons*. Go to the [NMHDU website](#) for further information.

Effective commissioning in mental health

This programme supports the development of high quality mental health commissioning. Aligned to *World Class Commissioning* objectives, the programme is overseen by a programme board chaired by Dr Hugh Griffiths, Deputy National Clinical Director for Mental Health, with membership that includes high level representation from commissioners and key partners. Further information available on the [NMHDU website](#).



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[Click here](#) for the full list of forthcoming events organised or supported by the National Mental Health Development Unit.

Key Autumn Events

[World Class Mental Health Commissioning: Making an Impact?](#)

19 October, London

[Working Together to Improve Age Appropriate Services for Under 18 year olds](#)

21 October, Leicester

[National Children and Adult Services conference](#)

21 – 23 October, Harrogate

[Mixed Race, Mixed Racism and Mental Health](#)

29 October, London

[NHS Confederation Mental Health Network conference](#)

12 November, Birmingham

[Mind conferences](#)

25-27 November, Brighton

[Psychological Therapies in the NHS](#)

26 and 27 November, London

[Mental Health Today Exhibition and Conference, Sponsored by NMHDU](#)

8 December, London

More information about this event is also [here](#).