

Regional Mental Health Bulletin

Produced by the NHSE/I East of England Regional Mental Health Team



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Welcome to the July edition of our regional mental health newsletter

I do hope you have all had the opportunity to enjoy the beautiful weather we have experienced over the last month. Interestingly, new research released recently by mind.org.uk shows the nation's mental health has benefitted from spending more time in nature since the pandemic. The data coincided with the mental health charity's garden at the RHS Chelsea Flower Show in 2022, which was been designed by eight-time RHS Chelsea gold medal winner, Andy Sturgeon. To find out more about the Mind Garden, including tips on how to connect through nature, visit www.mind.org.uk/chelseafloowershow

The government's discussion paper and call for evidence is seeking views on what we can do to improve everyone's mental health and wellbeing. This consultation closes at 11:45pm on 7 July 2022 so there is still time to submit your responses if you haven't already done so. For further details and links to the consultation please see page three of the newsletter.

As we quickly approach 1st July when Integrated Care Systems (ICSs) will be established across England on a statutory basis I would strongly recommend you take a look at a [The Kings Fund Animation](#) for a helpful overview.

Please do keep sharing any good practice examples or resources you would like us to feature in future editions of this newsletter by emailing eastmentalhealth.pmo@nhs.net, it's always fantastic to hear about the great work around the region.

How to contact the East of England Mental Health PMO

The East of England Mental Health Programme Management Office (MH PMO) aligned with the Mental Health Team Business office has been set up to ensure a co-ordinated and effective process for managing and responding to national, regional, and internal requests.

You can contact the PMO at the email address below.

Contact

eastmentalhealth.pmo@nhs.net

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Get in touch

Do you have content that you would like featured in a future edition of the newsletter or feedback for us? For this and all other enquiries such as being added to the circulation list for this newsletter, please email eastmentalhealth.pmo@nhs.net

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Disclaimer

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News from the Network

Maternal Mental Health Services Dashboard - National Perinatal Mental Health Workspace - FutureNHS Collaboration Platform

The national MMHS Dashboard is now live on the [FutureNHS Collaboration Platform](#).

The new MMHS Dashboard is inspired by and similar to the existing PMH dashboard which has been an essential part of delivery and recovery. You will be able to find all MHSDS data in one place at provider, CCG, STP/ICS, regional and national level. This supports transparent conversations within systems, notably between commissioners and providers.

It also provides an easy view of referral rates from sources such as maternity, general practice, health visiting, primary and secondary mental health. Finally, it supports targeted work to address data quality issues to ensure that what is reported nationally through the MHSDS accurately represents the work being carried out by your service.

For further details, please email: ENGLAND.PerinatalMH@nhs.net

Update from The CYP Transformation and CYP MH Programme Teams:

We would like to provide a brief update on funding following a couple of queries: national finance colleagues have informed us that funding will likely be released to CCGs at the end of May, though details of the amounts have been already shared with them so they should feel confident to continue spending - it's just the actual transfer that has not yet occurred.

As requested, we are linking you to a [new online learning platform](#) – co-developed with HEE - to enable staff to improve their knowledge, skills and confidence when caring for children and young people with mental health needs, autism or learning disabilities.

Please let us know if you'd like to discuss any of this further or if you have any questions.

elfh

elearning for healthcare

Mental health and wellbeing plan: discussion paper and call for evidence

The government is committed to improving mental health and wellbeing outcomes, particularly for people who experience worse outcomes than the general population. To support the development of a cross-government mental health strategy, the Department of Health and Social Care (DHSC) has published a discussion paper to start a national conversation about mental health.

Please follow [this link](#) to explore some information from the National team on a Mental Health and Wellbeing discussion paper, they are particularly seeking comment from those within Core20PLUS communities.

The below "toolkit" contains suggested social media content which is available for sharing.

[Mental Health Stakeholder Comms Toolkit](#)



Support for improving access to Psychological Therapies for Severe Mental Health Problems

Psychological Therapies for Severe Mental Health Problems (PT-SMHP) are a key element of a transformed community-based mental health care for adults and older adults and are a key part of NICE guidelines and are a key priority for patients.

Currently, too few people have access to PT-SMHP and so NHSEI and Health Education England (HEE) have developed a significant national training offer, with over 1,300 therapist training courses offered in 2021/22 and plans in place to expand.

Despite a clear need for more therapists, pressures on services have made it challenging for some systems to support staff to train. We have therefore launched a number of new initiatives to address key barriers faced by systems:

- Recruit to train initiative for dedicated trainee therapist posts (just launched)
- £2m PT-SMHP supervisor funding initiative
- Mental Health and Wellbeing Practitioners

For further information on the PT-SMHP programme please read our [Implementation Guidance](#) and visit our [PT-SMHP resources on NHS Futures](#). You can also contact your regional NHSEI and HEE mental health leads or email england.adultmh@nhs.net.



Priorities for Digital Mental Health

NHSEI has recently shared the 'Priorities for Digital Mental Health'. This document has been developed to amplify the role of digital in delivering on the commitments made under the LTP for Mental Health.

The Priorities set out five key priorities which will inform planning and prioritisation at a local, regional, and national level to the benefit of service users and the mental health workforce.

The development of the Priorities for Digital Mental Health has been informed by engagement across the mental health system. Over 250 individuals were engaged directly in workshops and interviews and another 700+ stakeholders responded to an online survey. These processes engaged over 300 service users and 200 mental health clinicians.

The 'Priorities for Digital Mental Health' have been shared through the FutureNHS platform on the [Mental Health Resource Hub workspace](#).



National service specification for the care of pregnant and post-natal women in detained settings

NHS England is committed to supporting the improvement of health services for women in prison and ensuring equivalence of care with women in the community. An important element of this is maternity service provision, which is supported by the Care of women who are pregnant and post-natal in detained settings service specification. This [service specification](#) sets out information on the expectations and standards required for commissioning bespoke pregnancy and post-natal services for the women's detained setting in England.



Resources



Complex Emotional Needs in Older Adults Webinar

You are invited to attend our upcoming webinar on Complex Emotional Needs in Older Adults on 21st July 2.00 – 3.30pm.

There is a lack of recognition of the distress and support requirements resulting from complex emotional needs (commonly referred to using the term 'personality disorder') in older people. The assumption that needs remain the same as the individual ages allows the neglect of older people's complex emotional needs to persist.

This webinar, chaired by Dr Amanda Thompsell, National Specialty Advisor for Older People's Mental Health, NHS England & NHS Improvement, will introduce a number of recommendations for services to ensure that access to appropriate care and support and associated resources and planning are enabled for older people with complex emotional needs.

Please see the attached agenda for more details. [Please click here to register for the event.](#)

Anti-racism and mental health in schools: free e-learning course

The Anna Freud Centre have created a free online training course designed to improve education staff's understanding of the impact of racism on mental health.

Black and racially minoritised young people can experience racism in many areas of their lives – including at school. Experiencing racism can have significant mental health consequences for young people.

Through this new e-learning course, staff will learn practical strategies for tackling racism in schools, and how to introduce a whole-school approach to anti-racism and mental health. It is completely free and available for anyone to access once they have registered. Visit annafreud.org/antiracismelearning to sign up.

A set of 10 resources for education staff on topics including supporting students who experience racism, microaggressions and writing an anti-racism school policy is available [here](#).



Anna Freud
National Centre for
Children and Families

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Integrated Care Systems

What are the key organisations that make up the NHS? How can they collaborate with partners in the health and care system to deliver joined up care? Watch [The Kings Fund Animation](#) to find out.



Every Mind Matters – Rest and Rewind Series

The Rest and Rewind series features leading UK MCs, rappers and lyricists talking openly about mental health, they offer science based mindfulness techniques to help young people improve their wellbeing.

OHID have had great feedback from young people in testing, talent and in their initial presentations.

Kojey Radical

Mindful Listening

<https://youtu.be/MeuEANiNg6k>

MC Grindah

Body Scan

<https://youtu.be/OtGKaor9ib8>

Miraa May

Tackling Negative thoughts

<https://youtu.be/9q9iDFwXInE>

Krept and Konan

Suicide and Grief

https://youtu.be/nRb-6qtXQ_8

Shaybo

Toxic Relationships

<https://youtu.be/n5tQ7Pc7gg>

In exciting news, the Kojey Radical film was syndicated for free on the Mental Health Awareness YouTube Playlist – and achieved 53k views to-date and YT are keen to pick a second film from the series for World Mental Health Day playlist in October.

This playlist also available for sharing onwards.

<https://www.youtube.com/playlist?list=PLt5nrEHWOIJKGx7UvPD0WM7eVnu-icUAz>

Mental Health First Aid, Mental Health Awareness and Understanding Suicide Intervention/Suicide First Aid

Student Life (www.studentlife.org.uk) in conjunction with Training For Life (www.trainingforlife.org.uk) offers all adult and youth courses that are accredited to Mental Health First Aid England. ½ day (AWARE), 1 day (CHAMPION) and 2-day (MENTAL HEALTH FIRST AID). Course fees start from £100.00 per delegate and full or partial funding is available to non-profit organisations and charities. The National Centre for Suicide Prevention Education & Training also accredits Training For Life to deliver the ½ day (LITE) and 1 day (USI) courses. Fees start from £80 per delegate.

Please contact info@trainingforlife.org.uk for further information or call 01473 353512



Health and Wellbeing Support for Staff

There is a comprehensive package of health and wellbeing support in place for NHS staff which includes access to a 24hr text service, free self-help apps, as well as training, coaching and guidance for teams and leaders and 40 staff mental health and wellbeing hubs in every region of England:

- [Staff mental health and wellbeing hubs](#) have been set up across the country to provide health and social care colleagues rapid access to assessment and local evidence-based mental health services and support where needed. The hub offer is confidential and free of charge for all health and social care staff in England.
- Text Service – staff can seek support using FRONTLINE text service by texting to 85258 for support 24/7.
- Alongside the specialist health and wellbeing support programmes, there is a wide range of health and wellbeing initiatives available to all staff on the [NHS England website](#).

[Priority areas for 2022/23](#) build on the focus for 2021/22 to establish a preventive approach to health and wellbeing which is part of the fabric of organisational culture.



Events

5th July

12.00 – 1.00pm

East of England Eating Disorders Network Webinar - Transition Standards

Further to the article in the network section, there will be a webinar held looking at transition standards. To receive an invite please email eastmentalhealth.pmo@nhs.net

12th July

1.00 – 2.00pm

Personal Health Budget – Lunch and Learn

Monthly sessions are being held for people working in mental health, learning disability and/or autism or related fields, and from all settings, who are thinking about starting a personal health budget (PHB) offer.

Each session will provide an introduction on how to use the PHB Implementation Framework to start your offer – including access to all the tools and resources developed by sites. Followed by a Q&A and a focused discussion to be informed by those attending.

[Click here to register for the event](#)

18th July

2.00 – 3.30pm

Section 140 of the Mental Health Act: What is it? Why is it important? And how can we make it meaningful?

The session will be co-chaired by Jason Brandon (Mental Health Social Work Lead, Office of the Chief Social Worker for Adults, DHSC), and Bobby Pratap (Deputy Head of Mental Health, NHSE/I), who will be joined by speakers from NHS and LA services in Dorset, Birmingham and Liverpool, as well as a lived experience perspective. The session will cover:

- What Section 140 agreements are and why all systems need to have a Section 140 agreement in place
- What a good Section 140 agreement looks like and how developing an agreement can strengthen joint working across health and social care services
- A lived experience perspective on why being able to access a bed quickly is important when a person requires a hospital admission
- Effective leadership of local escalation processes when there are difficulties finding beds or other appropriate care for people.
- Q&A Panel with guest speakers

You can join the event [here](#). If you would like any further information, please contact england.adultmh@nhs.net.

Complex Emotional Needs in Older Adults Webinar

You are invited to attend our upcoming webinar on Complex Emotional Needs in Older Adults. For more details email: england.domainteam@nhs.net

[Please click here to register for the event](#)

**21st July
2.00 – 3.30pm**

East of England Eating Disorders Network Webinar – Naso-gastric tube feeding

This webinar will be on Naso-gastric tube feeding and will be presented by Sarah Fuller. To receive an invite please email eastmentalhealth.pmo@nhs.net

**26th July
12.00 – 1.00pm**

East of England Eating Disorders Network Webinar – FREED

This webinar will be on FREED and will be presented by Amy Semple, AHSN. To receive an invite please email eastmentalhealth.pmo@nhs.net

**30th August
12.00 – 1.00pm**

Inequalities



Nuzhat Anjum

Mental Health Senior
Transformation Manager and
Inequalities Lead

East of England Regional Mental
Health Team

Welcome

Welcome to the Inequalities section of the Regional Mental Health Bulletin. I'm delighted to share some of the valuable work taking place regionally together with some helpful resources on equality and inclusion in mental health services.

We would love to hear from colleagues on the good work which they are undertaking regionally. My contact details can be found to the right.

Get in touch

You can contact Nuzhat about any inequalities related work or suggest content for this section at Nuzhat.anjum1@nhs.net

The Centre for Mental Health have recently shared two exciting publications on A Year in Our Lives - a project in which people shared first-hand accounts of the pandemic and its impact on their mental health.

You can read the first publication '**Reflections on the A Year in Our Lives stories about living through Covid-19**' [here](#).

Alongside David Gilbert's reflective piece, Centre for Mental Health also compiled all the **A Year in Our Lives** submissions into an anthology of over 80 first-hand accounts of living through the pandemic you will find that [here](#).

The Centre for Mental Health also published their '**Ten evidence-based actions that government could take in the forthcoming white paper**' briefing that lists; **Reduce poverty and financial inequality, Tackle racism and Ensure people have good housing as its top 3 actions**. Poverty and income inequality are toxic to mental health, a truth acknowledged by NHS England's new CORE20PLUS5 initiative which links deprivation (the most deprived 20%) to severe mental illness, one of the five conditions it seeks to address.

You can access the briefing and other relevant pages [here](#). You can read the full briefing [here](#).