

Mental Health News: E-Bulletin

March 2009

Time for Transition: NHS Regional Development Centre

As we have already publicised, the Care Service Improvement Partnership (in every region of England) ceases to exist as an organisation on 31st March 2009, and we in the West Midlands become part of [NHS West Midlands](#).

Initially we will continue to specialise in service improvement and development across the fields of **Mental Health, Children & Families** and **Offender Health & Social Care**, and from 1st April will be known as the

[NHS West Midlands Regional Development Centre](#).

Also from 1st April, our new website will be available at <http://www.wmrdc.org.uk>.

The new site features many improvements over its predecessor, including for example online forums and blogs.

Email addresses for the whole of our team will also change into the format firstname.lastname@wmrdc.org.uk (although for several months emails to a CSIP address will be forwarded automatically).

We are all looking forward to working as part of NHS West Midlands, continuing to make our very positive contribution to service development and having a closer and stronger relationship with the rest of the NHS in the region.

Should any of our readers have any questions about our new organisational arrangements and their impact, please in the first instance contact enquiries@wmrdc.org.uk.

Look out for our new bulletin coming soon.....

New National Mental Health Delivery Unit

A new agency to ensure national mental health policies bring about real improvements for patients and carers will start work on 1 April, Care Services Minister Phil Hope announced on 17th March.

The new agency - the **National Mental Health Development Unit** - will succeed the current **National Institute for Mental Health in England**.

The change follows a review of mental health service delivery, taking into account Lord Darzi's NHS Next Stage Review and the need for more personalised services. From April, the ten strategic health authorities* will oversee much of the regional and local delivery of new mental health policies, with support from the new Development Unit.

The Development Unit will continue the momentum in co-ordinating support for key mental health projects such as:

- Improving Access to Talking Therapies;
- promoting Equalities in Mental Health services for different groups, based on race, gender and age;
- promoting Social Inclusion and Social Justice for people with Mental Health problems;
- promoting Well-being and Mental Health for the whole population; and
- supporting effective Mental Health Commissioning.

The unit will be led by Dr Ian McPherson, former head of the National Institute for Mental Health.

Care Services Minister Phil Hope said:

"The National Mental Health Development Unit will make sure that mental health services around the country continue to go from strength to strength.

"New Horizons and the Darzi review mean we must actively promote public mental health and well-being, as well as spreading best practice and maintaining world-class mental health services everywhere. The National Mental Health Development Unit will help us do this."

Louis Appleby, National Director of Mental Health Services, said:

"The National Institute for Mental Health demonstrated the importance of having a national body to help care for our mental health. Mental health care reform is as important as ever and I look forward to working with the National Mental Health Development Unit in supporting the delivery of the next generation of mental health policies."

Dr Ian McPherson, Director of the National Mental Health Development Unit said:

“I am privileged to lead this new unit. I recognise that some people may be concerned that as the National Institute for Mental Health is ending, the national profile of mental health could be reduced. I am determined that will not happen.

“I look forward to working with former National Institute for Mental Health colleagues as they establish new regional arrangements to deliver mental health services in a manner more suited to the post-National Service Framework era.”

For more background and reactions to the creation of the NMH DU, please go to <http://nmhdu.org.uk>

Gap between Rich and Poor damages Mental Health

Evidence released by the Mental Health Foundation shows the impact of the poverty gap to both individual and collective mental health.

The report, '*Mental Health, Resilience and Inequalities*', shows how the gap between rich and poor affects the mental health of individuals by causing psychological and physiological changes. It also argues that mental health is key to understanding wider health and social issues.

Read the report at:

<http://www.mentalhealth.org.uk/publications/mental-health-resilience-and-inequalities-report>

On its publication this month, the report was also discussed in the guardian:

<http://www.guardian.co.uk/society/2009/mar/11/mental-health-inequality>

DH Care Networks Bulletin

The latest edition of the Department of Health's Care Networks Bulletin is now available, including the following main articles:

- Department of Health issues fresh advice on transforming adult social care
 - New reports study impact of telecare funding
 - Individual budgets benefit carers
 - All change at care networks
 - CSED joins networks family
 - ICN-commissioned evidence base on integration takes off
 - Children's services commissioning pathfinders sought
 - Integrated care pilots decision draws near

Go to: <http://www.dhcarenetworks.org.uk/nl/view.cfm?nid=419>

All Change at DH Care Networks!

24th March was 'D-Day' for the networks formerly hosted by the Care Services Improvement Partnership (CSIP) and the Care Services Efficiency Delivery (CSED) programme. The networks have changed their domain name as part of their evolving identity and relationship to the regions and the Department of Health.

The new domain name is www.DHcarenetworks.org.uk

Accessing the Networks

For individual networks just add the network name. For example, the personalisation network will be www.DHcarenetworks.org.uk/personalisation, while the CSED programme website material can be reached at www.DHcarenetworks.org.uk/csed.

You will still be able to access the networks or programmes through the old web addresses but they will redirect you to the new domain.

Mental Health Indicators for Scotland

Considerable focus is now given to Scotland's mental health – both positive mental health (mental well-being) and to improving the lives of people experiencing mental health problems. NHS Health Scotland previously established a national set of adult mental health indicators for Scotland to enable monitoring of mental health (mental health problems and positive mental health) and associated contextual factors of the adult population of Scotland.

They have now analysed the available data for these indicators, follow this link for details: <http://www.scotpho.org.uk/mentalhealthadults2009>

Mental Health Day Services E-Bulletin

National Day Services Modernisation Network (meetings)

Following a very successful first event, Network meeting dates, venues and topics for the coming year have now been set and are as follows:

6th May 09, Birmingham: 'Day Services and Personalisation'
13th August 09, Bristol: 'User-run Day Services'
12th November 09, London: 'Changing Roles of Staff'
10th February 10, Manchester: 'Day Services and Partnership Working'

National Social Inclusion Programme – Vision and Progress

The National Social Inclusion Programme published its 'Vision and Progress' report

on 12th March, setting out the programme's achievements since the Social Exclusion Unit's 2004 publication 'Mental Health and Social Exclusion'.

The report reviews the progress made over the last four years at national, regional and local level across the statutory and non-statutory sectors in promoting the social inclusion agenda for people with mental health problems. It also provides an assessment of the remaining and continuing challenges that need to be addressed for improved outcomes for people with mental health problems.

The report can be downloaded from www.socialinclusion.org.uk.

With NSIP finishing on the 31st March, work on many of these ongoing challenges will continue at the newly formed **Inclusion Institute** at the University of Central Lancashire's International School for Communities, Rights and Inclusion. More details about this work will follow in future e-bulletins.

For more details about future work and e-bulletins, contact:

ben.taylor@londondevelopmentcentre.org.

Schizophrenia: NICE Guidelines Updated

One of the recently published new and updated guidelines from the National Institute for Health and Clinical Excellence is entitled:

'Core interventions in the treatment and management of schizophrenia in primary and secondary care (update)'

Visit the NICE website to view the full text and details, and a quick reference guide:

<http://www.nice.org.uk/Guidance/CG82>

Event

Spirit Possession and Mental Health Conference

29th June 2009 / London

Spirit possession is recognised world wide across many cultures and by several religions. Spirit possession is often seen as an idiom of distress causing a change in behaviour and mental well being. Spirit possession is also included in the ICD 10 and DSM IV classifications of mental disorders, yet the extent to which it is recognised and /or discussed in clinical practice is less than we would expect, even in UK cities where there resides a diverse population.

This one day event will consider the critical themes and debates on spirit possession from an anthropological, social, psychological, medical and religious perspective using a range of illustrative case study, clinical practice, research and short film presentations.

The aims of the conference:

- Discuss possible definitions of and different kinds of spirit possession
- Debate the key elements which typify spirit possession
- Discuss who can make a diagnosis of spirit possession and how such a diagnosis might be made
- Compare and contrast how spirit possession might be viewed by clinicians, religious leaders, healers, the "patient", family and community members
- Discuss the value of using the patient's explanatory model of the illness
- Reflect upon the key issues associated with defining what is "normal" and "abnormal"
- Discuss folk healing practices in different cultures and "treatment" options including exorcism
- Consider whether there is a need to enhance joint working between mental health professionals and traditional healers.

For full details and booking information, go to
<http://www.bme-mentalhealth.org.uk>

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To give us any feedback on this e-bulletin, please contact enquiries@wmrdc.org.uk

We look forward to sending you future issues of our bulletin, from ...


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