

Mental Health News: E-Bulletin

November-December 2008



Choice and medication website launched

A new website offering information about medications used in the mental health setting to help people make informed decisions about treatment was launched at the House of Commons, to mark World Mental Health Day (10th October 2008).

The website, www.choiceandmedication.org.uk, is the result of a successful collaboration between the United Kingdom Psychiatric Pharmacy Group (UKPPG), the Pharmaceutical Schizophrenia Initiative (PSI) and the National Institute for Mental Health in England (NIMHE).

Dr Ian McPherson, Director of NIMHE, said:

“I am delighted that NIMHE has been able to support this project which helps make informed choice a reality and benefits both service users and mental health professionals”.

He explained: “The toolkit we have produced will enable service users, clinicians and carers to make those informed and inclusive decisions about appropriate medication and empower service users to have a real say in their treatment.”

Further developments and enhancements will improve the website over next year.

University of East Anglia Professor Stephen Bazire (site author, UKPPG committee member, and Chief Pharmacist, Norfolk and Waveney Mental Health NHS Foundation Trust) declared:

“We anticipate this new site [...] provides the missing link that can, and should, be used by all mental health professionals.”

Mental Health/ Adult Education Newsletter

Please note that the latest Mental Health/ Adult Education newsletter has been published, and you might particularly be interested in the article re: the consultation process on the refresh of the Learning and Skills Council's Mental Health Strategy.

There is also an advertisement for a social enterprise travel agency - set up by

people with mental health problems - which is independent, fully bonded, and offers a full service business and leisure travel needs.

The Newsletter is available (in pdf format) at the following link:
www.niace.org.uk/mentalhealth/newsletter.htm

3 Keys to a Shared Approach

The document “**3 keys to a Shared Approach**” highlights the crucial challenge of achieving personalisation not only in how services respond to people’s mental health problems but also in how their problems are assessed in the first place.

You can now download the document either via the NIMHE website at <http://www.nimhe.csip.org.uk> or at www.3keys.org.uk
There is to be a formal launch and implementation plan for “3 keys...” early next year, but details have not been worked up as yet.

Latest MHA 2007 Implementation Bulletin

The latest implementation programme bulletin for the Mental Health Act 2007, Update 11, is now available at: www.mhact.csip.org.uk/news
This is a bumper issue, crammed full of material relevant to the bulk of the Amendments coming into force on November 3rd 2008. Please read and digest!

The only outstanding parts relate to Independent Mental Health Advocacy (IMHA), Age Appropriate Treatment and the Deprivation of Liberty Safeguards (DOLs).
Everything else **has now changed**.
You can find more info on the NIMHE Mental Health Act website <http://www.mhact.csip.org.uk>
or relevant DoH web pages:

www.dh.gov.uk/en/Healthcare/NationalServiceFrameworks/Mentalhealth/DH_089882

Take Part in the **Big Drink Debate** for the West Midlands



Go to: www.bigdrinkdebate.co.uk

'No Secrets': Department of Health Safeguarding Adults Consultation Document

The DH published a consultation document re: Safeguarding Adults on 16th October 2008. To obtain as much from this consultation as possible, it needs to be circulated widely within our organisation and to other stakeholders and interested parties as appropriate. Within the document you will find details on how to contribute to the consultation and also how to order printed copies should you wish to do so.

It is also worth noting that within the West Midlands Region we have a wide range of events and conferences and workshops planned around Safeguarding Adults, some of which bring agencies together so that we may make a regional multi-agency response. Most of you will now be aware of this programme of events, but if you require any assistance, please do not hesitate to contact Lorraine Barnes at lorraine.barnes@csip.org.uk or Sandra Hudson at: sandra.hudson@csip.org.uk.

The consultation document and other information is available here:
www.dh.gov.uk/en/Consultations/Liveconsultations/DH_089098

Mental Health Day Services E-bulletin

The Mental Health Day Services E-Bulletin is available from the below link:
<http://www.socialinclusion.org.uk/publications/DSEBDec07.pdf>

It includes information on:

Change in Day Services – A Leaflet for Service Users
Comment on the LSC Mental Health Strategy
New Delivery of 'blueSCI' DVD

Foresight Report

The Foresight report on mental capital and wellbeing has been launched and NIMHE played an important role in this. The summary and full reports from the project are available at the link below, (downloadable in .pdf format), or you can order hard copies of reports and a CD containing all the reports:

<http://www.foresight.gov.uk/OurWork/ActiveProjects/MentalCapital/ProjectOutputs.asp>

DRE Matters

Introducing the first DRE Newsletter - reporting on the developments, successes and concerns highlighted for BME communities on mental health and wider issues in the Delivering Race Equality Action Plan.

<http://www.westmidlands.csip.org.uk/dre>

Mental Health and Well Being in the West Midlands

Please go to the link below to view presentations and the conference report from this year's Annual Excellence in Public Health Conference - Mental Health and Well Being in the West Midlands

www.wmpho.org.uk/excellence/default.aspx?id=490



SPRU/DWP Mental Health and Employment Report

The Social Policy Research Unit has published a further Department of Work & Pensions - commissioned report on mental health and employment in which NIMHE assisted to facilitate the research.

Both a summary, and full report are available at:

<http://php.york.ac.uk/inst/spru/pubs/social.php>

The research explored what helps people who experience mental health problems to manage work and retain their employment. 38 people who felt they had sustained employment whilst experiencing mental health problems were interviewed about their experiences, the impacts of their condition on their working lives and what had helped them to stay in their job.

Some implications for policy from the results of this research include:

- 1) The potential for alternative legislation to the Disability Discrimination Act in order to underpin a broader focus on employee mental well-being
 - 2) Continued activities to raise awareness of mental health issues amongst employers and effective strategies to bring about sustained behavioural change
 - 3) Further investment in increasing access to talking therapies, possibly including financial support for workplace Employee Assistance Programmes for smaller enterprises
 - 4) Further initiatives to enable smaller organisations to access Occupational Health Services
 - 5) Training to ensure that Occupational Health staff are confident and competent in their approach to supporting individuals experiencing mental health problems
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Social Care Bulletin

Issue 8 of the Social Care Bulletin, designed for all staff working in social care, has now been published. To access a full bulletin, complete with easy-to-follow links, please follow the link:

www.dh.gov.uk/en/Publicationsandstatistics/Bulletins/Socialcarebulletin/Browsable/DH_090539

Articles in this issue cover: Individual budgets; NCAS Conference report; Putting People First; Learning Disabilities; PoPPs; Dignity Champions; Care and Support; Mental Health; Safeguarding Vulnerable Adults; Local Area Agreements.

Following a successful pilot issue last year, the bulletin is now being produced quarterly (next published in March 2009). To receive an email alert when each new issue is published, send your details to: SocialCareBulletinSubscription@dh.gsi.gov.uk
Please include your name, job title, organisation, full postal address, telephone number and email address.

Tell us what you think; we value your feedback, so send your views on the bulletin and what you'd like to see in future editions to: socialcarebulletin@dh.gsi.gov.uk

Early Intervention in Psychosis and the 'IRIS Initiative'

On 10 October, during the Mental Health World Day, CSIP / NIMHE launched the IRIS website, at: www.iris-initiative.org.uk. This website is the result of a collaboration work between Iris and NIMHE and is dedicated to practitioners, services and people who have an interest in EI in Psychosis.

New resources available on the website include guidance to help practitioners decide acceptability criteria for early intervention.

On the IRIS website, you can read comments on the contribution of Early Intervention in Psychosis from Professor Louis Appleby, National Director for Mental Health.

Meaningful Lives, an international consensus statement on education and work for young people with psychosis, has also been published.

Contact for information: david.shiers@csip.org.uk, Tel: 07771 961 023

NHS Mental Health Specialist Library

The Depression Annual Evidence Update 2008 is now live at <http://www.library.nhs.uk/mentalHealth/Page.aspx?pagename=DEPRESSION>

The Mental Health Specialist Library has searched the four major databases (Cinahl, Embase, Medline and PsycInfo) for the latest evidence on depression published between January 2007 and the end of August 2008. This search retrieved over

2,000 hits. The site also has a link to the NHS Choices depression pathway, at <http://www.nhs.uk/Pathways/depression/Pages/Avoiding.aspx>

CSIP Long Term Conditions – the team formerly known as CSIP Physical and Sensory Impairment

We are delighted to be able to announce that as of the 01 October 2008 the CSIP Physical and Sensory Impairment team is known as the CSIP Long Term Conditions team. The name change has been both encouraged and welcomed by colleagues at the Strategic Health Authorities and the Department of Health.

Although our main focus has previously been the National Service Framework for Long Term Conditions, our closer engagement with Strategic Health Authorities has meant that we have been increasing our activity with the next stage review. There are obvious connections with the wider Long Term Conditions agenda and we are able to share this local intelligence with DoH policy leads on a regular basis.

We believe that this change will assist us to engage much more effectively with the SHAs and move this agenda closer to both Primary Care and Local Authority commissioners. We will retain our role as PSI champions within CSIP, but intend to broaden our appeal to reflect the 'brave new world' of putting people first. To support the engagement of the Long Term Conditions Team the content of the Long Term Neurological Conditions Website will be broadened to both encompass all long-term conditions and also highlight the regional activity of the LTC team. These changes will be additional to the current NSF content which will maintain a prominent position on the website.

Go to: <http://www.ltc-community.org.uk/>

There is now a Long Term Conditions Team regional lead based in each of the ten SHA regions: for the West Midlands Region, we have Jon Whiting:
contact jon.whiting@csip.org.uk.



For forthcoming events, see over...

CSIP West Midlands Events

<p>Valuing People PCP Network Event</p>	<p>5th December 2008</p> <p style="text-align: center;">BVSC 138 Digbeth Birmingham</p> <p>10:00 - 15:30</p>	<p>Please contact Jackie Robinson for further details:</p> <p>Tel: 0121 678 4853 Email: jackie.robinson@csip.org.uk</p>
<p>Valuing People LD Workforce Network</p>	<p>9th December 2008</p> <p style="text-align: center;">BVSC 138 Digbeth Birmingham</p> <p>10:00 - 15:30</p>	<p>Please contact Jackie Robinson for further details:</p> <p>Tel: 0121 678 4853 E-mail: jackie.robinson@csip.org.uk</p>
<p>Valuing People Family Leadership Programme</p>	<p>10th December 2008</p> <p style="text-align: center;">Apollo Hotel 10:00 - 15:30</p>	<p>Please contact Jackie Robinson for further details:</p> <p>Tel: 0121 678 4853 Email: jackie.robinson@csip.org.uk</p>
<p>Review of Adult Safeguarding (Police)</p>	<p>12th December 2008</p> <p style="text-align: center;">Arden Hotel 09:00 - 17:00</p>	<p>Please contact Lorraine Barnes for further information</p> <p>Tel: 0121 678 4854 Email: lorraine.barnes@csip.org.uk</p>
<p>Review of Adult Safeguarding (Housing Sector)</p>	<p>17th December 2008</p> <p style="text-align: center;">Arden Hotel 09:00 - 16:00</p>	<p>Please contact Lorraine Barnes for further information</p> <p>Tel: 0121 678 4854 Email: lorraine.barnes@csip.org.uk</p>

For all of our main events, please check the page
www.westmidlands.csip.org.uk/events

For previous issues of this e-bulletin, and to subscribe to receive it regularly, please go to www.westmidlands.csip.org.uk/ebulletins

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

Other events

"Caring with Confidence"
An Opportunity for Organisations to Develop the Services they offer to Black & Minority Ethnic (BME) Carers

**27th, 28th & 29th January 2009,
BVSC, Digbeth, Birmingham**

A 3-day training event aimed at mental health organisations wishing to develop the services they offer to BME Carers.
The course is free.

For further information please contact Paula Conneely or Peter Woodhams at The Meriden Programme on paula.conneely@bsmhft.nhs.uk or peter.woodhams@bsmhft.nhs.uk, or telephone 0121 678 2710
Application packs can be requested from Maria Albanese at maria.albanese@bsmhft.nhs.uk, or by telephoning 0121 678 2712



www.meridenfamilyprogramme.com

Working with Families in Older Adult Services

**9th - 13th February 2009
Uffculme Centre, Queensbridge Road
Moseley, Birmingham, B13 8QY**

A 5-day course aimed specifically at people who work with older adults with mental health problems and their families. The Behavioural Family Therapy model of working with families is an evidence-based approach that is highlighted in the NICE guidelines for schizophrenia. A large number of clinicians from older adults' services in the West Midlands have completed the training and the model is being increasingly used with older adults.

To discuss booking a place on the course please contact Martin Atchison on 0121 678 2727, or email martin.atchison@bsmhft.nhs.uk
To book a place please contact Sam Farooq on 0121 678 2712 or email at sam.farooq@bsmhft.nhs.uk