

Mental Health News: E-Bulletin February 2009



Update on the National Institute for Mental Health

The Department of Health (DH), with input from Strategic Health Authorities (SHAs), the NHS Confederation, the Association of Directors of Adult Social Services (ADASS) and the National Institute for Mental Health in England (NIMHE), has conducted a review of future arrangements to support the delivery of mental health policy. As the National Service Framework for Mental Health comes to an end in 2009 and with other emerging policy priorities identified via the New Horizons programme, the review looked at how support should be delivered over the next three years in the context of the NHS Next Stage Review and Putting People First.

We wanted to be able to announce the outcome of the review, but are awaiting a formal ministerial statement: we should therefore be reporting on this in our next issue.

Time to Change

Time to Change is England's most ambitious programme to end discrimination faced by people who experience mental health problems.

Vision: To make lives better for everyone by ending mental health discrimination.

Mission: To inspire people to work together to end the discrimination surrounding mental health.

Who are we?

The programme of 35 projects is led by [Mental Health Media](#), [Mind](#), and [Rethink](#). It is funded with £16m from the [Big Lottery Fund](#) and £2m from [Comic Relief](#), and evaluated by the [Institute of Psychiatry](#) at King's College, London.

The programme is backed by international evidence on what works, and has at its heart people with direct experience of mental health problems.

<http://www.time-to-change.org.uk>

Trailblazers for IAPT

Are you involved in the Improving Access to Psychological Therapies development?

Did you know there was a free opportunity to develop your local programme with dedicated time and the support of expert tutors?

The West Midlands Trailblazers (funded by CSIP) is focussing on the IAPT programme and offering priority to the pilot sites.

Pairs who have come course in the past have developed amazing projects which have been ground breaking as well as hugely beneficial for patients.

Read our flier and details for applying to come on Trailblazers:
[follow this link to the flier.](#)

What previous attendees said...

- ✓ Invigorating, motivating, reaffirming of the value of the work I am engaged in
- ✓ What an enlightening experience. This was fantastic.
- ✓ It has given me the support to take on a really big project and enabled me to have support along the way
- ✓ Has given me new knowledge, insights and skills.
- ✓ One of the most positive, inspiring and useful projects I have ever been involved with.
- ✓ One of the best development opportunities I have attended and well facilitated
- ✓ This was probably the best programme I have participated in.
- ✓ The best learning opportunity that I have ever experienced.

There are three modules in May, July and September.
And they are **all free** (you have to be able to attend all three modules).

Please contact Amanda Gatherer (Clinical Lead at CSIP for IAPT)
(amanda.gatherer@csip.org.uk) or
Anand Chitnis (Trailblazers Lead) (anand.chitnis@csip.org.uk) for further details.

This is a great way to put your IAPT ideas into practice, as well as receive professional and personal learning at the highest level.

Places are limited. Apply now.

The closing date for applications has been extended to allow pilots sites to apply - but we cannot wait too long!

Visit <http://www.westmidlands.csip.org.uk/trailblazers2009>
[Trailblazers IAPT 2009 flier](#)

West Midlands CAMHS Annual Conference

Our CAMHS Regional Network Annual Conference was held on Tuesday 24th February and received a very positive reception overall.

Whilst fuller details will appear on our website soon, to view some of the key resources from the conference, go to

www.westmidlands.csip.org.uk/camhsnetwork

Also, if you attended the CAMHS conference but did not complete an evaluation, you can please still do so online, following the link from the above page.
It's not too late: we would very much appreciate your feedback.

The Mental Health Outcomes Compendium

To help you select the right tools for best Mental Health care practice in your field, the Department of Health has published the Mental Health Outcomes Compendium

The Compendium has been co-authored by National Institute for Mental Health in England, Barts and the London School of Medicine, and Department of Health.

The compendium provides information on available outcomes measures tools for use in mental health services. It provides an evidence based evaluation of existing measure to support informed choice. It is designed to support clinicians engaged in service delivery and development who wish to gauge clinical effectiveness and recovery in a balanced, culturally appropriate and ethical manner.

You can download the pdf version, and find out about ordering hard copies, from:

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_093316

Living Well West Midlands celebrates 'Year One' Achievements

You can download the latest newsletter from Living Well West Midlands from our website at <http://www.westmidlands.csip.org.uk/livingwell>

Also, visit Living Well WM's own website at <http://www.livingwellwestmidlands.org>

Here, as well as enjoying a very interesting evaluation of the Mental Well-being projects that LWWM has supported, you can subscribe to receive its newsletter directly.

Headspace Toolkit

The 'Headspace' Toolkit, commissioned by NIMHE, is for Young People who are inpatients of psychiatric units. The newly amended version is now available on the website:

<http://www.headspacetoolkit.org>

The new version takes account of the 2007 amendments to the Mental Health Act 1983.

The Guardian on Mental Well-being

“As a society, we should be doing all we can to avoid and alleviate preventable suffering; as an economy, investment in our mental capital guarantees increased returns...”

Read the rest of *The Guardian's* supplement on Mental Well-being from 18th February, including;

- Preventative measures
- Measuring well-being
- 'New Horizons'
- IAPT
- Mental Health Promotion
- and much more

<http://www.guardian.co.uk/theguardian/2009/feb/18/mental-health-supplement>

Department of Health Social Care Bulletin

The DH's Social Care Bulletin is designed for all staff working in Social Care.

To access a full colour version of the bulletin, complete with easy to follow links, please follow the link below.

Articles in this issue cover:

- New horizons in mental health
- David Behan on care and support services
- Listening to improve abuse policy
- Improving assessment of council services
- Social mobility goals announced
- Your right to request a better service
- New learning disability strategy
- Celebrating dignity in care
- Making the complaints process more friendly
- Update on the future of care and support
- Setting the agenda for 2009

http://www.dh.gov.uk/en/Publicationsandstatistics/Bulletins/Socialcarebulletin/Browsable/DH_094423

National Dementia Strategy Published

(3rd Feb 2009)

The first ever National Dementia Strategy is a landmark document that will transform the quality of dementia care. It sets out initiatives designed to make the lives of people with dementia, their carers and families better and more fulfilled.

<http://www.olderpeoplesmentalhealth.csip.org.uk/everybodys-business/national-dementia-strategy.html>

Welcome to Birmingham!

For Health and other crucial *Migration matters*:

Monday 23rd February at the Migration matters conference, saw the launch of the new website called Welcome of Birmingham

www.welcometobirmingham.org.uk

Developed by Digital Birmingham and co-ordinated by West Midlands Strategic Migration Partnership. Research and guidance has been provided by Refugee council, and provides guidance to new arrivals in various different languages and information which can be printed out.

The site's target group is all new arrivals to Birmingham, with the intention of expanding the website to accommodate information from all over the region.

New arrivals can be refugee and asylum seekers, migrants from in- or outside of the EU, family settlement and international students. The site also aims to provide support to organisations and agencies that work with these groups in Birmingham.

The website content is developed by five themes – living in the UK; money and benefits, employment, learning, children and education, health, housing, transport, safety and the law and culture, leisure and sport and broken down by migration status.

Key features to the website are:

- Welcome DVDs on the home page in 7 languages – Arabic, Dari, Kurdish, Pushto, Polish, Russian, Somali
- Plain English text
- Context sensitive images and logos
- Navigation by theme or status
- Maps to key contacts for support
- Analytics, poll, comments
- Links to websites and translated information.



See over for Events...

CSIP West Midlands Events

Our Conferences provide opportunities for supporting improvement and innovation in the design, commissioning and delivery of relevant services across health and social care.

We aim to make these opportunities available through

- sharing knowledge and encouraging ongoing learning of good practice and new policies (with specific and practical learning outcomes)
 - professional and personal development, and
- networking with other professionals in your own and related fields.

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

4th Annual Delivering Racial Equality Conference

12th March 2009

QEII Conference Centre, London

[Click here for further information](#), or contact Rohit Bhatti:

Tel: 0121 678 4850 / Email: rohit.bhatti@csip.org.uk

Dual Diagnosis Forum

17th March 2009

10:00 - 3:00

BVSC - Conference Centre, Digbeth, Birmingham

Please contact Jackie Sedgwick for further information:

Tel: 0121 678 4846 / Email: jackie.sedgwick@csip.org.uk

West Midlands Regional Acute In-Patient Care Conference

18th March 2009

10:00 - 16:00

Molineux Stadium, Wolverhampton

For further information please contact Taiasha McClean

Tel: 0121 6784853 / Email: taiasha.mcclean@csip.org.uk

Personality Disorder Network Event

25th March 2009
10:00 – 16:00

Edgbaston Cricket Ground, Birmingham

Please contact Jackie Sedgwick for further details:
Tel: 0121 678 4846 / Email: jackie.sedgwick@csip.org.uk

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Other Events

Health and Social Care Awards 2009

The search is on to find the best Health and Social Care teams in England.

Now in their eighth year, the Health and Social Care Awards are designed to celebrate excellence and innovation, and share ideas that improve the lives of patients, service users, carers and staff.

The awards are open to anyone working throughout the NHS, social services, the voluntary, charity and independent sectors in England, and are a fantastic way to showcase your project.

The full list of categories is:

- * Mental Health Well-being Award
- * Leadership for Improvement Award
- * People's Award for Dignity in Care
 - * Transforming Services Award
- * Improving Health and Reducing Inequalities Award
 - * Patient Safety Award
- * Adopt, Adapt and Improve Award
- * Innovative Health and Social Care Technology Award
 - * Success in Partnership Working Award
 - * Excellence in Commissioning Award
 - * NHS Live Award
 - * Low Carbon Award
- * Primary and Community Care Pathways Award
 - * Innovative Acute Care Award

For more information and details of how to apply, visit the
[NHS Institute for Innovation and Improvement website](http://www.nhs.uk/innovation)

**** N.B.** The deadline for entries is midnight on 6 March 2009 ******

Living with personality disorders – what can we do to support better parenting?

Monday 16 March 2009

Leeds

Aims of day:

- to raise the profile of issues concerning personality disorders and parenting with a particular focus on the development of family-focussed policy, services and research
- to share experience and good practice through interactive workshops
- to network in order to strengthen partnership work
- to explore issues facing service users, family members, practitioners, researchers and policy makers

For more information and bookings, go to: <http://www.pmhcnw.org.uk/events/index.asp>

Individual Placement and Support Workshop

20th March 2009

Birmingham

Miles Rinaldi from South West London & St George's Mental Health NHS Trust, will be delivering a Workshop for those Trusts actively considering the development of an Individual Placement & Support Scheme.

Individual Placement and Support (IPS) is a supported employment program model for people with severe mental illness that integrates clinical and vocational services within mental health agencies. The core IPS principles are to--

- Gain competitive, integrated employment
 - Obtain the job directly, rather than through lengthy pre-employment training
 - Integrate rehabilitation and mental health services
- Base job finding, disclosure, and job supports on consumer preferences rather than on providers' judgment
- Provide continuous assessment that is based in competitive work experiences
 - Offer individualized "follow-along" supports

The IPS model uses a "place-train" approach, which assumes that clients benefit from learning on the job more than through pre-employment screening and training in sheltered work settings. IPS employment specialists work directly with clinical teams to ensure coordinated services. IPS specialists begin by helping people to conduct job searches and after securing employment, provide training and follow along support (i.e., counselling, transportation, intervening with an employer) as needed.

For further information please contact Mary Dunleavy at mary.dunleavy@csip.org.uk

**Moving On, from New Ways of Working to
a Creative, Capable Workforce
24 March 2009
London: Chelsea Football Club**

The purpose of the conference is to show the direction of travel for the Mental Health Workforce. New Ways of Working has had a major impact on practitioners, teams and organisations, but it is time to move on.

But to what?

Employers expect workforce flexibility to deliver effective services for service users and carers. Professions want safe and high quality practices. The two should be entirely compatible.

This event "Moving On" will give you the opportunity to learn about those new directions as well as network with Mental Health professionals to discuss future trends.

[To download or view the event flyer please click here.](#)

For more information please contact Dave Moss david@eventprouk.com

Courses Available for Older Adults' Services



- **Family Work Course (Behavioural Family Therapy)**
5 day training course
 - **Caring for Carers Course**
3 day training course for groups of carers and professionals
 - **Family Awareness Training**
1 day training course

For further information please;
visit www.meridenfamilyprogramme.com/events.php or
contact Martin Atchison on 0121 678 2727 or email martin.atchison@bsmhft.nhs.uk.

Mental Health First Aid (MHFA) Training

Mental Health First Aid (MHFA) is the help given to someone experiencing a mental health problem before professional help is obtained.

The aims of Mental Health First Aid are:

- to preserve life where a person may be a danger to themselves or others
- to provide help to prevent the mental health problems developing into a more serious state
 - to promote the recovery of good mental health
- to provide comfort to a person experiencing a mental health problem

MHFA does not teach people to be therapists. However, it does teach people how to recognise the symptoms of mental health problems, how to provide initial help and how to guide a person towards appropriate professional help.

www.mhfaengland.org.uk

MHFA Instructor Training 2009

- London - 1st April
- Swindon - 22nd April
- Newcastle - 22nd April
- Shrewsbury - 18th May
 - London - 4th June
 - Liverpool - 16th June
 - York - 18th June
 - Worcester - 13th July
- London - 14th September
- Newcastle - 20th October
- London - 22nd October
- Manchester - 2nd November

[Follow this link for application details](#)

careif 2009 International Conference

Barbican Centre, London, UK
11th November 2009

Sport, Education & Culture:
Promoting Health, Well-being and Positive Identities for Young People

For details visit: <http://www.careif.ukevents.org>



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