

# North of England Mental Health Development Unit

**Welcome** to our October newsletter—a bumper edition packed with some exciting features and news, reflecting a busy month in the world of mental health.

This month's spotlight feature on pages 2-3 is on the National Survivor User Network (NSUN), who are setting up a new Mental Healthwatch scheme, designed to share information with and between service users wanting to be involved in their local Healthwatch.

This is very timely as October has seen the launch of Healthwatch England—the new national consumer champion for health and social care (see page 5). Healthwatch England will support Local Authorities to set up local Healthwatch organisations that will start on 1 April 2013. Local Healthwatch organisations will build on the strengths of the existing Local Involvement Networks (LINKs).

We also bring news of an exciting project to introduce Youth Mental Health First Aid to the North East (page 4) —a

partnership between Mental Health First Aid England and NEMHDU, funded by NHS North East. With one in ten children between the ages of one and 15 having a mental health disorder (*Office for National Statistics, 2005*) this project has the potential to make a huge impact in the area.

World Mental Health Day—10th October—saw the Department of Health announce that it has become the first government department to sign up to the national anti-stigma campaign 'Time to Change'. Read more about this and the campaign on page 6.

As ever, we end with our round-up of policy news and publications.

We wish you all a safe and happy Halloween and Guy Fawkes night.

Until next time,  
Dave and Paul

**Dave Belshaw and Paul Johnson  
Directors, NEMHDU**



Supporting better mental health

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## Spotlight on...NSUN

This month we bring you a spotlight feature from the National Survivor User Network



### **The National Survivor User Network (NSUN) for mental health wants you to help ensure that service-users are listened to in the new NHS.**

From April next year the government's controversial NHS reforms come into effect with a number of new bodies where NSUN wants the voice of mental health service-users to be heard loud and clear.

When this happens the individuals involved often gain in skills and confidence, aiding their personal recovery; services are improved and made more efficient through the input of those who actually use them and stigma is broken down as stereotypes are challenged through direct contact.

Nationally, having gained service-user places on the mental health strategy ministerial advisory group and the joint commissioning panel, we are lobbying for representation on the new bodies like NHS Commissioning Board, which will arrange secure mental health and GP services.



Lucy Rolfe and Jacqueline Dyer, service-user members of the ministerial advisory group on the mental health strategy, who NSUN helped recruit

At a local level primary care trusts (PCTs) are being replaced by GP-led clinical commissioning groups (CCGs) who will be responsible for arranging hospital and community care. In addition your county/borough council will be handed public health, or prevention, from the defunct PCT and it will also host a new body called the 'health and wellbeing board'. This board will bring together the CCG with those who arrange social care, housing and other services for the council and those who provide the services like NHS hospitals. Every year the health and wellbeing board will set the strategic direction for services and seek to integrate, or join up, different services.

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## National Survivor User Network—continued...

By law the health and wellbeing board will have to include its local healthwatch and this is where mental health service-users can gain some influence. To that end NSUN is starting a 'Mental Healthwatch' scheme designed to share information with and between service-users wanting to be involved in their local healthwatch. Many CCGs, which will commission most local health services, will also have a place on their board for healthwatch representatives potentially giving service-users more influence.

Healthwatch can try and use this influence to persuade CCGs to properly involve service users in their commissioning decisions. Mental Healthwatch can help by providing details of these examples of best practice and provide training and facilitation to make them happen anywhere commissioners are persuaded of their value.

Through NSUN Mental Healthwatch members can share information with counterparts across the country to compare good and bad practice and alert us to trigger campaigns and share resources.

Mental Healthwatch members will be able to communicate with each other through NSUN's website forum, weekly ebulletin, regular printed newsletter and in time we can organise conferences, training and regional events.

Recession, benefit cuts and service reductions are badly affecting people with mental health conditions. But amongst the gloom there is also growing recognition that when we have control over our own lives, services and budgets, and are given the chance to help each other, better outcomes often result with improved recoveries and saved money.

To find out more and join Mental Healthwatch contact [info@nsun.org.uk](mailto:info@nsun.org.uk)



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## **£50,000 to train region's schools and sports clubs to improve young people's mental health**

Schools and sports clubs across the region will be able to take a direct step towards improving the mental health of young people aged 11-18 with an allocation of £50,000 for Youth Mental Health First Aid training.



The project will see a minimum of 240 Youth Mental Health First Aiders trained. These organisations will have the opportunity to earn the Youth MHFA Mark of Excellence, which will be awarded at a regional celebration event.

NHS North East has commissioned the programme and Mental Health First Aid England (MHFA) will be managing the training while working in partnership with the North of England Mental Health Development Unit (NEMHDU) to deliver the project.

Teachers and coaches at a mix of schools, Rugby Union clubs and cycling clubs will be trained to spot the early signs of mental health problems in young people as well as trained how to help, protect and prevent mental ill health in the young people they work with.

MHFA training is part of a worldwide movement to abolish the stigma associated with mental ill health and improve people's knowledge of mental health issues.

The youth MHFA course is designed to address the specific issues our young people face today. Research shows that early intervention is key in preventing the escalation of mental ill health in adulthood, while promoting recovery. This means that investment in an emotionally and mentally healthy childhood is paramount to the wellbeing of our future generations.

It is most likely that mental health issues will be spotted at school or at after school sports clubs, because this is where young people spend the majority of their time. If organisations across the region hold the Mark of Excellence they will be setting a prime example to other schools and youth clubs across the country.

The first phase of the project will start in November where an invitation to participate will be advertised and 15 organisations from a mix of schools, Rugby Union clubs and cycling clubs will be recruited to take part.

Dave Belshaw, NEMHDU Director, said:

"We are excited to see this project up and running in the North East. We supported the adult version of Mental Health First Aid for many years and I heard countless stories of it making a real difference to people's lives, if we can do that for just a handful of young people then the investment will repay itself tenfold. Imagine how many young people 240 Instructors will come into contact with."

For more information about Mental Health Fist Aid, including Youth MHFA, visit: <http://www.mhfaengland.org/>



## **Healthwatch England, the new national, statutory consumer champion for health and social care in England, launched on 1st October**

A key milestone in achieving the government's vision set out in the White Paper 'Equity and excellence: Liberating the NHS', Healthwatch England exists to ensure the public's voice is heard at the national level.

Health Minister, Norman Lamb said:

"I'm pleased to welcome the launch of Healthwatch England today -England's new national consumer champion for health and care services. We want to put people at the heart of our health and care services and Healthwatch England will play a vital part in these plans. It will make sure that people have a stronger voice and greater influence, through the experiences they share about their care, to drive improvements."

Chair Anna Bradley said:

"Our job is to argue for what is in the interest of those who use services. Health and social care can be a complex world to understand, however our starting point is simple: it's about people – their experiences, and needs. We will actively seek views from all sections of the community to build a national picture of what matter most to local people and make sure their views and experiences are really listened to, analysed and acted upon. Better health and social care services has to be the result."

### **How will Healthwatch England ensure the legacy of LINks isn't lost?**

- Local Healthwatch is substantially different from LINks with a significantly broader responsibility and need for engagement.
- Working with partners including LGA and NALM, best practice from the LINks will be captured and made available to all newly formed local Healthwatch organisations.
- Those strong LINk organisations transitioning into local Healthwatch will be encouraged to share their practice across the 152 local authority areas through the Healthwatch England 'Hub' and workshops.

### **What power does Healthwatch England 'actually' have to improve poor practice?**

- Healthwatch England is NOT a regulatory body such as the Care Quality Commission and does not have direct responsibility to change practice.
- However, the organisation does have a statutory remit to collate evidence of service shortfalls and issues nationally to ensure the regulators, other arms length bodies and Government department's respond accordingly.

For more information visit the Healthwatch website at:

<http://www.healthwatch.co.uk>

# Health becomes first government department to sign Time to Change mental health pledge

**time to change**  
let's end mental health discrimination

On 10th October—World Mental Health Day - the department of Health became the first government department to sign up to Time to Change, the mental health anti-stigma programme.

Care Services Minister Norman Lamb said:

"We need to change the way we think about Mental Health problems and by signing up to the Time to Change pledge, we are able to show our support to stopping the discrimination people face at work due to their condition. This is just one small step in the right direction and we fully support any action taken that can bring about a change in the way we as a society see people with mental health problems."

Time to Change seeks to end mental health discrimination. The programme has launched a TV advert encouraging people to talk about mental health.

In funding the Time to Change anti-stigma programme, the department wants to encourage a wide range of organisations to act as catalysts for change. This is part of the department's mental health strategy *No Health without Mental Health* that states mental health will be given equal priority with physical health.

## What is Time to Change?

Time to Change is an anti-stigma campaign run by the leading mental health charities Mind and Rethink Mental Illness. It is funded by the Department of Health and Comic Relief.

This is the first project in England that aims to change behaviour, rather than just attitudes. The project aims to:

- Improve public attitudes towards people with mental health problems by 5%
- Reduce discrimination by 5%
- Reduce the number of areas of life in which people experience discrimination
- Increase the confidence and ability of people with mental health problems to address discrimination
- Improve the social capital of people with mental health problems.

To find out more about time to change visit the website at:

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

## Policy News

The next few pages give a quick round-up of recent national policy announcements and publications, with links to the relevant pages on the Department of Health and partner organisation websites.

### **Department of Health annual report and accounts for 2011 to 2012 published**

18 October, 2012

The Department of Health has published its annual report and accounts for 2011 to 2012. This report provides parliament and the public with an account of how the Department of Health has spent the resources allocated to it. It provides commentary on Departmental performance, structural and transition changes and progress against the structural reform plan.

Read the Department of Health annual report and accounts 2011 to 2012:

[https://www.wp.dh.gov.uk/publications/files/2012/10/23735\\_HC-66-DoH.pdf](https://www.wp.dh.gov.uk/publications/files/2012/10/23735_HC-66-DoH.pdf)

### **Review of the Provider Market for Mental Health Services,**

10 October 2012

Commissioned by the Department of Health and produced jointly by the NHS Confederation's Mental Health Network and Mental Health Strategies, this report maps out how NHS funding is spent across the country, including how much is spent on services provided by statutory and non-statutory organisations.

<http://www.nhsconfed.org/Documents/Provider-Landscape-Study.pdf>

### **Director of public health role outlined**

5 October, 2012

Key information about the role of the director of public health in the new public health system is published by the Department of Health.

The information describes both the statutory and non-statutory elements of the role, and outlines arrangements that are designed to allow local authorities to have confidence in the director of public health appointments they make, and to build on their own good practice while meeting national requirements.

This is supported by a factsheet on the new public health role of local authorities, outlining the Department of Health's vision for public health in local government and highlighting how the director of public health will lead and champion health improvement across the local authority.

<http://www.dh.gov.uk/health/2012/10/public-director/>

### **Guidance for NHS trusts on the NHS friends and family test**

4 October, 2012

Guidance for NHS trusts on the NHS friends and family test has been published by the Department of Health. The guidance details the background, requirements and implications of putting into practice a national friends and family test within the NHS.

<http://www.dh.gov.uk/health/2012/10/guidance-nhs-fft/>

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## Policy News—continued

### **Health intelligence requirements for local authorities set out**

28 September, 2012

The Department of Health has set out the health intelligence requirements for local authorities and the actions local areas may wish to take to support their new public health duties from an information and intelligence perspective.

<http://www.dh.gov.uk/health/2012/09/health-intelligence/>

### **NICE to help drive standards in social care**

28 September, 2012

From April 2013, the role of the National Institute for Health and Clinical Excellence (NICE) will expand to include social care. The Department of Health has agreed an initial list of joint NHS/social care quality standard topics for NICE to start working on. These include:

- autism in adults and children
- mental well-being of older people in residential care
- the transition between health and social care, including discharge planning, admission avoidance, reducing readmissions and reducing unnecessary bed occupancy
- medicines management in care homes
- management of physical and mental co-morbidities of older people in community and residential care settings.
- domiciliary care
- transition between children and adult services
- child maltreatment.

<http://www.dh.gov.uk/health/2012/09/nice-social-care/>

### **Briefing gives short overview of the ban on age discrimination**

28 September, 2012

This briefing, 'Implementing a ban on age discrimination in the NHS – making effective, appropriate decisions' gives a short overview of the ban on age discrimination. It is specifically aimed at those who plan, commission or provide NHS services, whether in the NHS, voluntary or private sectors.

<http://www.dh.gov.uk/health/2012/09/briefing-age-discrimination/>

### **Department publishes Deprivation of Liberty Safeguards Funding Factsheet**

25 September, 2012

The Department has published the Deprivation of Liberty Safeguards (DOLS) Funding Factsheet for 2013-14 (PDF, 83K). It announces funding for new local authority responsibilities for assessing and authorising a Deprivation of Liberty in a hospital setting. Local authorities will take on these new responsibilities from 1 April 2013.

[http://www.dh.gov.uk/health/files/2012/09/Deprivation-of-Liberty-Safeguards\\_Funding-Fact-Sheet-for-2013-14.pdf](http://www.dh.gov.uk/health/files/2012/09/Deprivation-of-Liberty-Safeguards_Funding-Fact-Sheet-for-2013-14.pdf)

### **PbR update ten – September 2012**

24 September, 2012

The Department has published the tenth Payment by Results (PbR) update, which includes information on PbR for adult mental health services.

<http://www.dh.gov.uk/health/2012/09/pbr-update-ten/>