

# North of England Mental Health Development Unit

**Welcome** to our March newsletter—compiled as the snow falls so it's not feeling much like Spring!

However, despite the cold, we are about to see the emergence of the new Health and Social Care organisational changes, stemming from the Health and Social Care Act 2012. Starting on page 3 we've included a brief overview of some of the key players in the new world of commissioning, and we've updated our Health and Social Care organisational 'map' which you can link to from page 5.

Both of these are intended to provide some clarity and links to further information in what is a very complex organisational environment—if you come across any other helpful publications that explain the new health and social care system please do let us know so that we can share the news.

Our spotlight feature this month is about a new website to help young people with mental health problems, which is just about to go live. The website has been developed by and for young people and

will provide a directory of mental health services—see page 2.

We also bring news of some practical tools that have been developed for mental health commissioners—the mental health commissioning pack has been developed by the Joint Commissioning Panel for Mental Health and the Strategic Health Authorities Mental Health Leads Group—see page 7.

See page 6 for details of our next event which focuses on implementation of the mental health strategy; and feedback from our last event—liaison psychiatry.

As ever, we close with our round-up of policy news, and a new link to the Department of Health Website, which moved to a new address this week.

With very best wishes for a happy and peaceful Easter.

Dave and Paul

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



Supporting better mental health

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## Spotlight on... Change UR Mind



This month we focus on the launch of the **Change UR Mind website** to help young people in the North East with mental health problems.

Since early 2012 a group of young people who have first-hand experience of mental health have been working together to develop the first North East Mental Health Youth Board called 'Change UR Mind'.

Funded by the Clinical Innovations Team (NHS North East) and delivered by the Regional Youth Work Unit – North East, in partnership with Young Minds, the board aims to provide support, guidance and representation to young people living in the North East between the ages of 11 – 25 years who have, or know someone who has, mental health issues.

With the board now approaching 40 members, they are beginning to have an impact across the North East. One of the main aims of the board is to campaign regularly and from June they will be launching their first anti-stigma campaign 'labels are for products not for people'. They have also been working on developing a website, <http://www.changeurmind.org.uk> which we are launching this week.

One of the main purposes of the website is to provide an online directory of mental health services that are available to under 25's in the North East. They will be adding to the directory over time and if anyone wants to see their service promoted on the website they can contact Michele Deans at [michele@rywu.org.uk](mailto:michele@rywu.org.uk).

The website will also provide valuable information to those who may want to find out more about mental health issues for either themselves or their friends or family. The website features a number of case studies, written by members of the youth board, as well as news, events and projects from across the region.

The launch of the website marks an important step forward for the group, in their first year of existence they have gone from talking to action and it is hoped that the board will go from strength to strength in the coming months and years ahead. If you would like further information on the work of the board please email Michele Deans at [michele@rywu.org.uk](mailto:michele@rywu.org.uk).

## **The New Commissioning World...**

Significant changes to the way in which health care and social care services are commissioned come into force from 1st April 2013 - Primary Care Trusts and Strategic Health Authorities will close and Clinical Commissioning Groups will take the lead responsibility for commissioning most health and social care services.

In this article, we bring you an overview of the key new players in the commissioning world across the North of England:

### **NHS Commissioning Board**

#### **NHS North of England**

(1 of 4 NHS Regions nationally)

#### **Clinical Senates:**

North East, North Cumbria, Hambleton & Richmondshire  
Yorkshire and the Humber  
Greater Manchester, Lancashire and South  
Cheshire and Mersey

#### **NHS Commissioning Board Local Area Teams:**

Cumbria, Northumberland, Tyne and Wear  
Durham, Darlington and Tees  
Greater Manchester  
Cheshire, Warrington and Wirral  
Merseyside  
Lancashire  
North Yorkshire and Humber  
South Yorkshire and Bassetlaw  
West Yorkshire

**Health  
and  
Wellbeing  
Boards**

#### **Clinical Commissioning Groups**

**Local  
Health  
watch**

### **NHS Commissioning Board**

The NHS Commissioning Board is accountable to the Secretary of State for managing the overall commissioning revenue limit and for delivering improvements against a number of measures of health outcomes. The Board will in turn hold clinical commissioning groups to account for their performance.

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## The New Commissioning World—continued...

The NHS Commissioning Board will:

- Provide national leadership on commissioning for quality improvement, for instance by developing commissioning guidelines based on quality standards and by designing tariffs and model NHS contracts.
- Promote and extend public and patient involvement and choice
- Ensure the development of clinical commissioning groups and hold them to account for outcomes and financial performance
- Commission certain services that are not commissioned by clinical commissioning groups, such as the national and regional specialised services
- Allocate and account for NHS resources
- Work with Monitor to ensure commissioning decisions are fair and transparent and competition is promoted

NHS North of England is one of the four regional offices of the NHS Commissioning Board and hosts the regions Commissioning Support Units.

The nine Local Area Teams in the North of England are amongst the 27 local teams of the NHS Commissioning Board across the country.

### Clinical Senates

Clinical Senates will bring together a range of professionals to take an overview of health and healthcare for local populations and provide a source of strategic, independent advice and leadership on how services should be designed to provide the best overall care and outcomes for patients. Clinical Senates will draw on a variety of health and wider care perspectives, including those of professionals who sometimes go unheard.

To support the better integration of services, they will include public health specialists and adult and children's social care experts.

They will provide a clinically led and strategically focussed space for commissioners and providers to come together and determine the most clinically appropriate way to configure services for the future.

Reinforcing the critical importance of clinical leadership in the health service, Clinical Senates will help Clinical Commissioning Groups, Health and Wellbeing Boards and the NHS Commissioning Board to make the best decisions about healthcare for the populations they represent by providing clinical advice and leadership at a strategic level.

Each Clinical Senate area will have a senate and network support team, supporting four nationally agreed strategic clinical networks:

- mental health, dementia and neurological conditions
- cancer
- maternity and children
- cardiovascular

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## **The New Commissioning World—continued...**

Strategic Clinical networks and their support teams will be hosted by Local Area Teams of the NHS Commissioning Board.

### Clinical Commissioning Groups

Clinical Commissioning Groups (CCGs) are groups of GPs responsible for commissioning most of the health and care services for their residents.

Clinical Commissioning Groups will work with patients and healthcare professionals and in partnership with Local Authorities. All GP practices must belong to a Clinical Commissioning Group.

### Health and Wellbeing Boards

CCGs will work in partnership with new Health and Wellbeing Boards, whose core purpose is to join up commissioning across the NHS, social care, public health and other services that the board agrees are directly related to health and wellbeing.

All upper tier local authorities will have a statutory duty to establish a health and wellbeing board. At the heart of this role is the development and publication of the joint strategic needs assessment (JSNA).

### Local HealthWatch

Local HealthWatch organisations are replacing Local Involvement Networks and will be funded via and accountable to local authorities. At least one representative of local HealthWatch will sit on the new local authority health and wellbeing boards helping to ensure that the consumer voice is integral to the wider, strategic decision-making across local NHS services, adult social care and health improvement.

HealthWatch will give local communities a bigger say in how health and social care services are planned, commissioned, delivered and monitored to meet the health and wellbeing needs of local people and groups, and address health inequalities. It will strengthen the voice of local people and groups, helping them to challenge poor quality services.

This is a very brief overview of some of the changes to health and social care structures - further detail can be found in our health and social care structure publication at: <http://www.nemhdu.org.uk/publications>.

*This article has been compiled using the latest publicly available information and to the best of our knowledge is correct at the time of publishing. If you know of any amendments/updates we need to make, please get in touch—contact details on the front page.*

## **Implementing No Health without Mental Health—FREE Event for the North East**

Friday 3rd May 2013; 12:00noon - 4:00pm; Durham

This event will provide an opportunity for members of health and wellbeing boards, providers and commissioners of mental health and acute care services, third sector organisations, service users and carers, to:

- Hear from regional speakers **Wendy Balmain** - Deputy Director, DH Adult Social Care, North of England; and **John Lawlor** - Area Team Director, Cumbria, Northumberland and Tyne & Wear LAT - on the importance of effective delivery of the mental health strategy from social care and health perspectives
- Examine where we are in relation to strategy implementation
- Cross reference our organisations against the criteria in the implementation framework
- Develop local action plans to enhance delivery of the strategy

Download the booking form from: <http://www.nemhdu.org.uk/events>.

Closing date for bookings: 19th April.

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## **Liaison Psychiatry Developments and Opportunities – Evaluation**

This very successful event was held on 4th March 2013 at the Durham Centre. The 56 delegates heard from keynote speakers Matt Fossey - Senior Associate at the Centre for Mental Health and co-author of the report 'Psychiatric Liaison in the Modern NHS'; and Sarah McGeorge - Nurse Consultant/Acting Clinical Director from Tees, Esk and Wear Valleys NHS Foundation Trust and team members: Julie Crampton, Helen Howe, Susan Martin and Michelle Roberts.

Matt's presentation focused on the case for liaison psychiatry, considering the economic evidence, the clinical evidence and the policy drivers. This was very well received with many people commenting on the usefulness of a clear update and summary of evidence.

Sarah and her team focused on the Older People's liaison service in Durham and Darlington, presenting a series of case studies which delegates found to be an excellent way of sharing information about the service.

Two workshops focused on:

- liaison psychiatry and high frequency attenders; and
- the use of liaison psychiatry when working with older people and those with delirium.

Both workshops generated very lively debate and received extremely positive feedback on being both interesting and informative.

Overall, delegates felt the event was very useful and left them feeling informed and enthused about the future development of liaison psychiatry services. Presentations and the full evaluation summary can be found at:  
<http://www.nemhdu.org.uk/events/events/past-events--courses/>

## **Mental Health Commissioning; practical tools available for 2013**

One in four adults experience mental illness at some point during their lifetime, and one in six experience symptoms at any one time – making mental illness the largest single cause of impairment in our society.

A range of tools to help commissioners deliver first class mental health services has been developed by the Joint Commissioning Panel for Mental Health in collaboration with the Strategic Health Authorities (SHA) Mental Health Leads' Group (MHLG).

The JCP-MH is a partnership between the Royal Colleges of Psychiatrists and General Practitioners, service users and carers, the Association of Directors of Adult Social Services, voluntary organisations and other key stakeholders. Building on the publication of a series of best practice commissioning guides during 2012, the JCPMH joined forces with the MHLG to produce a mental health commissioning pack aimed at:

- supporting and facilitating improved commissioning of mental health and wellbeing, using a values-based commissioning model where the needs of service users are central to thoughts and actions
- supporting regional leadership and network development
- producing practical tools that are piloted with local commissioners to ensure they work in practice
- inspiring the new systems in place from April 2013 to raise commissioning expectations and deliver improved outcomes
- helping commissioners to deliver the Mental Health Strategy Implementation Framework and assure the National Commissioning Board that clinical leadership for mental health within commissioning organisations is being prioritised as reform of the NHS progresses.

Commissioning in mental health is complicated and involves people with a range of experiences and skills in health, social care and the third sector. The commissioning pack will help Clinical Commissioning Groups (CCGs) to make cases for change; understand service costs; know more about local pressures; develop service specifications and contracts, and measure the impact of investment in terms of outcomes agreed at a national level.

It will also include a range of high quality free 'tools' such as cost prediction and care pathway profiling that will enable commissioners to quickly access reliable information about mental health needs, costs, benefits and outcomes.

The work of the JCP-MH supports the development of local and strategic networks of CCG mental health leads. Each region will have access to a bespoke leadership development programme which will include:

- knowledge and skills development
- individual coaching and mentoring
- access to, use of, and opportunities to influence further development of the commissioning pack.

The mental health commissioning pack is available at <http://www.jcpmh.info/>

## 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.

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Please note: From 26 March the Department of Health website has moved and can now be found at:

<https://www.gov.uk/government/organisations/department-of-health>

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### **Government Response to the Health Select Committee's Eighth Report of Session 2012-13 on the National Institute for Health and Clinical Excellence**

22 March 2013

Responds to the Health Select Committee's recommendations on the future of the National Institute for Health and Clinical Excellence (NICE).

<https://www.gov.uk/government/publications/government-response-to-the-health-select-committee-report-on-the-future-of-nice>

### **Guidance on commissioning weight management services published**

19 March, 2013

This document provides best practice guidance to help improve the commissioning of weight management services in local areas. It is aimed at local authorities, in particular Directors of Public Health, and commissioners of weight management services.

<http://www.dh.gov.uk/health/2013/03/guidance-commissioning-weight/>

### **'Making a Difference in Dementia' nursing vision and strategy launched**

15 March 2013

A new nursing vision and strategy for dementia care has been launched by the Department of Health at the Healthcare Innovation Expo.

It makes clear that every nurse can make a difference to the care of people with dementia.

This new resource will support the Prime Minister's Dementia Challenge by:

- raising the profile of the wider nursing contribution to dementia care
- describing what is expected of all nurses to meet the level and quality of care expected in all care settings

The vision demonstrates the 6Cs for dementia care by including nursing values and behaviours. It builds on 'Compassion in Practice', the national vision for nurses, midwives and care staff. The 'Making a Difference to Dementia' vision recognises the unique and specialist contribution of all nurses and their teams who are involved in the care of someone with dementia at different stages along their care pathway.

<https://www.gov.uk/government/news/making-a-difference-to-dementia-nursing-vision-and-strategy-launched>

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## Policy News—continued...

### New technology to improve children's mental health services

15 March, 2013

Norman Lamb, Care and Support Minister announced £2million today for new handheld computers to boost children's mental health services.

Children and young people will be able to use tablet computers in their therapy sessions to give them and their therapist instant access to information that details how close they are to achieving treatment goals.

<http://www.dh.gov.uk/health/2013/03/tech-childrens-mental-health/>

### Transparency in Outcomes: A Framework for Quality in Adult Social Care

13 March 2013

Sets out indicators for measuring adult social care outcomes for 2012 to 2013.

<https://www.gov.uk/government/publications/the-adult-social-care-outcomes-framework-2012-to-2013>

### England to host international initiative for mental health leadership in 2014

13 March, 2013

Norman Lamb, Minister of State for Care Services has accepted an invitation for England to host the 2014 exchange.

The exchange will help the NHS, local government and partners to speed up improvements to services, and support and improve mental health services by learning from experts from across the world. It will also provide an opportunity to showcase some of the innovative work in England on mental health, through programmes Increasing Access to Psychological Therapies (IAPT) and Time to Change.

Healthcare professionals from several countries will visit and observe daily activities across England, sharing their experiences with staff, followed by an opportunity for everyone to come together to share innovation and best practice from the visits.

The exchange will take place in June 2014 and will aim to build long term collaboration between leaders in mental health in the NHS, local government, charities and user organisations, allowing the continued sharing of information and learning for the benefit of people living with mental health problems.

<http://www.dh.gov.uk/health/2013/03/iimhl-2014/>

### Supporting hospitals to become dementia-friendly

13 March, 2013

This letter to chief executives of acute trusts follows up on a campaign by The Dementia Action Alliance launched in October 2012, aimed at encouraging all hospitals to commit to becoming dementia-friendly by March 2013.

To support hospitals in becoming dementia-friendly, the Dementia Action Alliance website (<http://www.dementiaaction.org.uk/dkit>) has a self-assessment resource available.

<http://www.dh.gov.uk/health/2013/03/dementia-hospital/>

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## Policy News—continued...

### **CQC Care Update (Issue 2)**

March 2013

The CQC has brought together the findings from our inspection reports and themed reviews, the views and experiences of people who use services and data from other sources to produce this report. The report focuses on the impact that dementia is having on the quality of care that people receive. You'll also find out about the number of services that are providing a good quality of care, compared to those that need to make improvements, and the progress that services have made since the findings in the first Care Update.

This report found that in more than half of primary care trust areas in England, care home residents who have dementia are more likely to go into a hospital with a problem such as a urinary infection, than people without dementia. Overall, those with dementia who are already in hospital are more likely to stay there longer, be readmitted and die in hospital than others in similar circumstances who do not have dementia.

<http://www.cqc.org.uk/public/reports-surveys-and-reviews/reports/care-update-issue-2>

### **Call to action on reducing avoidable deaths**

5 March, 2013

Improvements in the fight against the 5 major causes of death, including new plans to tackle cardiovascular disease, could save 30,000 lives by 2020, Health Secretary Jeremy Hunt has announced today.

Jeremy Hunt outlined his ambition to cut avoidable deaths from the 5 major causes – cancer, heart, stroke, respiratory and liver disease – and to make life expectancy in England among the best in Europe.

*Living well for longer: a call to action on avoiding premature mortality* also highlights the links between mental health and physical health conditions.

<http://www.dh.gov.uk/health/2013/03/mortality/>

### **Commissioning high-quality care for people with long-term conditions**

1 March 2013

Research summary published by the Nuffield Trust. This report highlights the findings of an in-depth study of commissioning, funded by the National Institute for Health Research Health Services and Delivery Research (NIHR HS&DR) Programme. The authors warn that new clinical commissioning groups (CCGs) will, in a climate of financial austerity, need to make sure that, alongside collaborative discussion and service planning, they leave space for transactional work such as contract specification, service review and decommissioning.

<http://www.nuffieldtrust.org.uk/publications/commissioning-high-quality-care-people-long-term-conditions>

### **Direct payments for healthcare consultation**

1 March, 2013

A public consultation on changes to the regulations for direct payments for healthcare is published today. Direct payment, where money is given directly to an individual for the management of their NHS care, is one way of managing a personal health budget. They are currently only lawful within DH-approved pilot sites.

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## **Policy News—continued...**

### **Direct payments for healthcare consultation—continued...**

The Government's intention is to roll out personal health budgets more widely, including extending the use of direct payments, by updating the regulations so that they can be offered across the country.

The consultation proposes some changes to the regulations based on learning from the recent pilot programme and discussions with personal health budget holders, healthcare professionals and other organisations.

It discusses what will be excluded, for example acute and unplanned care and access to GP services. It also asks for views on issues including eligibility, paying family members for carrying out administrative functions, allowing local authorities to make direct payments for healthcare and separate bank accounts.

The closing date for responses is 26 April.

<http://www.dh.gov.uk/health/2013/03/direct-payments-consultation/>

### **Guidance for local authority charging on public health activity**

28 February, 2013

Guidance published contains information on what health improvement activity local authorities can charge for and what services must be free at the point of use, just as they were when provided by the NHS. This is for local authority charging for public health activity.

From April 2013 upper tier and unitary local authorities in England have a new duty to take steps as they consider appropriate for improving the health of the people in their areas.

<http://www.dh.gov.uk/health/2013/02/la-ph-charging/>

### **Mental health Payment by Results arrangements for 2013-14**

28 February, 2013

The link below provides links to the components of the mental health PbR 2013-14 final package;

<http://www.dh.gov.uk/health/2013/02/pbr-mental-health/>

### **Mental Health Bulletin: Annual report from MHMDS returns**

#### **- England 2011-12, initial national figures**

19 February 2013

Published by the NHS Information Centre for Health and Social Care. The figures in this annual report provide a more comprehensive picture of people using adult specialist mental health services than has been published before. The new version of the dataset (MHMDS v4) that underpins this annual report was introduced in April 2011/12, with changes to the way some data was collected and processed and these have contributed to a significant increase in overall numbers. The report also uses the latest population figures from the 2011 census.

<https://catalogue.ic.nhs.uk/publications/mental-health/services/ment-heal-bull-mhmds-anua-retu-2011-12/Publication%20Report.pdf>

*(If you have problems with this link please copy and paste it into your browser bar)*