

North of England Mental Health Development Unit

We're delighted to report that NEMHDU continues to grow, now beginning to branch out into the Yorkshire and Humber and North West regions, as defined by Strategic Health Authority boundaries.

We'd like to thank all our partner organisations and supporters for helping us to embed NEMHDU as a socially-conscious organisation across the North of England, working to improve the mental health and social wellbeing of local communities.

In this edition of our newsletter we bring you a spotlight feature on FReSH—a new Community Interest Company we have recently been working in partnership with.

We also draw your attention this month to the recently published annual report of the National Confidential Inquiry into Suicide and Homicide by people with Mental Illness. The report provides an in-depth analysis of the changing patterns and risk factors behind cases of suicide

and homicide by people in contact with mental health services along with cases of sudden unexplained death amongst psychiatric in-patients. It shows a reduction in the number of in-patient suicides with a contrasting rise in the number of suicides among patients receiving treatment at home.

See page 3 of this newsletter for further details and a link to the report.

As ever, we bring you a round-up of the months policy news relating to mental health, including news of three DH consultations:

1. proposals for commissioners to deliver best value
2. new licensing regime for providers of NHS services
3. joint strategic needs assessments and joint health and wellbeing strategy guidance

With very best wishes, until next month

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Supporting better mental health

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Spotlight on.... FReSH

This month we bring you a spotlight feature on FReSH CIC— Flexible, Responsive, Social Care & Health Community Interest Company:

FReSH is a newly-established Community Interest Company (CIC) based in the North East of England, and began operation in April 2012. It is a social enterprise, committed to using any profits to benefit community resources and enhance well-being.



FReSH operates primarily in the adult health and social care and well-being arenas. The company provides a range of services, research, audit, project-management etc and will support communities and partners to provide high quality, personalised outcomes and opportunities.

Working in association with NEMHDU will provide opportunities for the two organisations to perhaps enhance each others range of skills, experience and ensure that customers' needs are able to be met appropriately – as well as allow for users and carers to ultimately benefit from the fruits of the association.

FReSH has 3 Directors with extensive experience in health and social care, and all of whom previously held senior management/head of service posts in local government and the NHS.



Albert Boyd has worked in various posts within Local Authorities for 33 years. He is a qualified social worker and has worked with children and adults in many different settings, latterly specialising in mental health. He has managed local authority fieldwork, provider, and mental health trust CPN services as General Manager of the Health Trust and Local Authorities Mental Health Partnership, as well as substance misuse services etc

Mike Brown has 40 years experience of working in health and social care – having held numerous posts at a senior management and strategic/partnership level within a complex local authority (and latterly NHS/PCT) environment. These were primarily in the mental health and substance misuse/dual diagnosis, learning disability and related areas. Latterly, he was involved in reviewing public health/well-being commissioning arrangements for local NHS/PCTs.



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Spotlight on.... FReSH—continued...



Sheila Lewis has had over 35yrs experience of working in health and social care. She is a qualified social worker, practice educator, and has managed integrated teams; worked as a senior/operational and commissioning manager for mental health, drug and alcohol and learning disabilities services.

Sheila has experience of working in partnership with NHS/PCT, mental health trust and others, in managing quality and performance, change management, tutoring and training.

For more information about FReSH, visit their website at: <http://www.freshcic.com>

The National Confidential Inquiry into Suicide and Homicide by People with Mental Illness

This annual report was published by the University of Manchester last month. The key findings of the report are:

- In-patient suicides show a sustained fall across all countries.
- There was a substantial fall in in-patient suicides following absconding in England. Numbers were too small for analysis in other countries.
- Deaths under crisis resolution/home treatment are now more frequent than under in-patient care in England and Wales.
- In England and Wales, there has been a fall in the number of patient suicides following refusal of treatment or care.
- There are few suicides by patients refusing treatment or care while under a community treatment order (England and Wales).
- There has been a decrease in the number of patient suicides by overdose of tricyclic antidepressants in England, Wales and Scotland.
- Figures for alcohol misuse/dependence among suicides and homicides are higher in Scotland and Northern Ireland. Drug dependence is higher in Scotland.
- Suicides in Northern Ireland continue to increase in contrast to England, Wales and Scotland.
- The number of patient homicides in England has fallen since a peak in 2006.

Extract from 'key messages for services':

- There have been improvements in patient safety across all countries, especially among in-patients
- Safer prescribing of psychotropic drugs remains an important aspect of suicide prevention
- Services should now focus on safety in crisis resolution/home treatment
- Safety in mental health services could be improved by addressing co-morbid use of alcohol

Read the full report at: <http://www.medicine.manchester.ac.uk/cmhr/>

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.

Personal health budgets easy read leaflet published

22 August, 2012

A revised version of the information leaflet about the personal health budgets pilot programme, in easy read format is published. Personal health budgets is one of the ideas that the NHS is working on to try to make it easier for people to get the NHS care that is best suited to them.

<http://www.dh.gov.uk/health/2012/08/personal-health-budgets/>

Commitments announced on preventing homelessness

16 August, 2012

A report setting out Government commitments to preventing homelessness has been published by the Ministerial Working Group on preventing and tackling homelessness.

The report includes the following commitments by the Department of Health:

- work with the National Inclusion Health Board to improve the evidence base on the health of homeless people and the recording of homeless patients in the health system
- fund Homeless Link to improve outcomes for homeless people with dual drugs/ alcohol and mental health needs. Homeless Link will work with 5 local authority areas to support local services and commissioners to understand and identify clients with dual needs, and to develop and disseminate effective service models
- work with Homeless Link to ensure medical professionals discharging patients who are homeless or at risk of becoming homeless know who to approach for help with meeting housing needs
- explore how to make every contact with a health professional count to reduce health inequalities and prevent homelessness for the vulnerable and excluded in society

Read more and download the full report at:

<http://www.dh.gov.uk/health/2012/08/homelessness/>

Progress in implementing the 2010 Adult Autism Strategy

16 August, 2012

The National Audit Office (NAO) sent a memorandum to the Public Accounts Committee during July 2012 in which they say considerable progress has been made in implementing the Adult Autism Strategy. The NAO state that 24 of the 56 commitments in the strategy have already been fully implemented and highlight work in progress on the remaining commitments.

<http://www.dh.gov.uk/health/2012/08/progress-in-implementing-adult-autism-strategy>

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Policy News—continued

Consultation launched on proposals for commissioners to deliver best value

15 August, 2012

Proposals for regulations to protect patients' interests by ensuring that commissioners always deliver best value are being consulted on by the Department of Health. The consultation sets out proposals for requirements to:

- ensure good procurement practice by commissioners including requirements to act transparently, avoid discrimination and purchase services from the providers best placed to meet patients' needs
- ensure that commissioners enable patients to exercise their rights to choose as set out in the NHS Constitution
- prohibit commissioners from taking actions that restrict competition where this is against patients' interests
- ensure that commissioners manage conflicts of interest and that particular interests do not influence their decision-making.

The closing date for responses is 26 October 2012.

<http://www.dh.gov.uk/health/2012/08/consultation-commissioners/>

Consultation on new licensing regime for providers of NHS services

15 August, 2012

Proposals for implementing a new licensing regime for providers of NHS services have been published for consultation by the Department of Health.

The issues covered by the proposals include:

- who will be required to hold a license from Monitor?
- how can providers challenge proposed changes to license conditions?
- what is the maximum fine that Monitor could impose for breach of license conditions?

The closing date for responses is 22 October 2012.

<http://www.dh.gov.uk/health/2012/08/consultation-licensing/>

Maternal mental health pathway aims to provide a structured approach

9 August, 2012

New guidance provides a structured approach on common issues associated with maternal mental health and wellbeing, from pregnancy through the early months after the birth.

The Maternal mental health pathway focuses on the role of the health visitor but also recognises the essential contributions of partners in midwifery, mental health, general practice and third sector, and also supports professional practice.

The pathway:

- sets out the benefits and principles for health visitors, midwives, specialist mental health services and GPs working together in pregnancy and the first postnatal year, as the basis for the detailed local pathway to meet the physical and mental health and wellbeing needs of parents, babies and families
- builds on good practice and evidence drawn from the professions
- outlines the challenges and potential opportunities
- endorses the practice of joint working and encourages an integrated approach to service delivery

<http://www.dh.gov.uk/health/2012/08/maternal-mental-health/>

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Policy News—continued

Review of national arrangements for providing information and advice to carers

8 August, 2012

The Department of Health has published a review of the service arrangements for providing information and advice to carers. The review found that the service met the initial objectives set for the improvement of advice and information available to carers. It also suggests a way forward towards ensuring a coherent, cost effective approach to services that is aligned with developing policy and delivers a quality service to carers.

<http://www.dh.gov.uk/health/2012/08/review-of-carers-direct/>

New disclosure and barring services: updated definition of regulated activity for adults

7 August, 2012

The government committed to scaling back the Vetting and Barring Scheme and the criminal records regime to common sense levels. To achieve this the Home Office set up a cross government programme to develop the Protection of Freedoms Bill, which received royal assent in May 2012. This means that from 10 September 2012, the definition of regulated activity in relation to safeguarding adults is changing.

<http://www.dh.gov.uk/health/2012/08/new-disclosure-and-barring-services-definition-of-regulated-activity/>

Local Healthwatch regulations – a summary report of engagement

31 July, 2012

From April to June 2012 the Department of Health sought the views of stakeholders and the public relating to the issues around the local Healthwatch regulations. This report sets out the key issues that arose from discussions and provides information on the Department's approach to the drafting of the regulations. <http://www.dh.gov.uk/health/2012/07/healthwatch-engagement/>

Consultation on joint strategic needs assessments and joint health and wellbeing strategy guidance

31 July, 2012

Proposals for the duties of health and wellbeing boards are published today by the Department of Health. The draft guidance, on which views are being sought, provides a framework for NHS and local government to work together to undertake joint strategic needs assessments (JSNA) and joint health and wellbeing strategies (JHWS).

There is an eight-week public consultation on the draft guidance that:

- lays out duties that underpin JSNAs and JHWSs to be undertaken by clinical commissioning groups and local authorities through health and wellbeing boards from April 2013
- explains how JSNAs and JHWSs will fit together with commissioning plans in the health and care system
- sets out how JSNA and JHWS processes will enable the NHS & local government to make real improvements to the health and wellbeing of local people.

Views on the guidance should be fed back by 28 September 2012.

<http://www.dh.gov.uk/health/2012/07/consultation-jsna/>