International Initiative for Mental Health Leadership
Lead the change you want to see: Connecting leaders globally

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IIMHL AND IIDL UPDATE

Welcome to this bi-monthly edition of Update for 15 May 2016.

IIMHL and IIDL aim to improve client outcomes through leadership development in the mental health, addiction and disability sectors.

Update allows the rapid transfer of new knowledge through sharing information about upcoming Leadership Exchanges, as well as key national documents, training and webinars.

Please feel free to share this e-bulletin with others.

IIMHL / IIDL Leadership Exchange 2017
Theme: Contributing Lives, Thriving Communities
27th February to 3rd March 2017

The next Leadership Exchange takes place across Australia and New Zealand, with the Combined Meeting being hosted in the beautiful city of Sydney, Australia.

We urge members to book accommodation for this event as early as possible using the link below. Sydney is hosting many international events at this time (e.g. Mardi Gras) and accommodation will be at a premium. All rooms are King rooms or twin share (two single beds) for the excellent price of A$329.00, given the high cost of hotel rooms in Sydney.

http://www.hilton.com/en/hi/groups/personalized/S/SYDHITW-GIIMH-20170226/index.jhtml?WT.mc_id=POG

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IIMHL Feature - England

Wellbeing in Four Policy Areas: Report by the All-Party Parliamentary Group on Wellbeing Economics
September 2015

The All Party Parliamentary Group on Wellbeing Economics was set up to:
- Provide a forum for discussion of wellbeing issues and public policy in Parliament
- Promote enhancement of wellbeing as an important government goal
- Encourage the adoption of wellbeing indicators as complimentary measures of progress to GDP
- Promote policies designed to enhance wellbeing.

The New Economics Foundation (NEF) provides the secretariat to the group.

Wellbeing evidence has real, distinctive, and wide-ranging policy implications: from interventions to build people's resources and resilience, such as mindfulness, to major structural changes to address the root causes of low wellbeing, such as insecurity, poverty, and social isolation. It also helps capture the value of the intangible things which enrich our lives, such as arts and culture. Of course, our inquiry has only scratched the surface – but we believe that it illustrates the enormous potential dividends of applying a wellbeing approach more systematically. Realising this potential demands far-reaching changes to the way policy is made and implemented, at both national and local level. But the prize is policy and public services which are more efficient and effective at improving people's lives.

https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/Wellbeing_in_four_policy_areas_2014.pdf

Other IIMHL Articles of Interest - England

Student Mental Wellbeing in Higher Education: Good practice guide
Universities UK, 2015

Universities have an important role to play in providing support for students with mental health difficulties. Over the last five years the proportion of disabled students who declared a mental health condition increased from 5.9% in 2007-08 to 9.6% in 2011-12 and from 0.4% to 0.8% of the entire student population .

This guidance updates the Guidelines on Student Mental Health Policies and Procedures for Higher Education published in 2000 by taking account of the requirements of today's students, the increasing diversity of higher education providers and the different policies and practices that have emerged across the four nations of the United Kingdom. Implicit within the guidance is an understanding that all higher education policies and procedures should serve natural justice, and thereby support and recognise students' rights.

https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/StudentMentalWellbeing_In_Higher_Education_good_practice_guide.pdf

A Better Understanding: Psychiatry's Social Contract
Mental Health Foundation, August 2015

This report looks at psychiatry's "Contract with Society" across the UK. Two key questions are considered: what is the nature of the "contract" between psychiatry and society, and what responsibilities and expectations are there on both sides to enable high quality NHS psychiatric care to be provided across the UK? The authors sought evidence from published literature on the issue; two online surveys; twelve interviews with senior figures in the field of mental health; and two focus groups involving service users and carers. The authors looked at psychiatry's role, responsibilities and relationships with not only society as a whole – the general public across the UK – but also with specific interested parties, including other health and social care professionals; health service managers; service users, carers and families; commissioners of services; the media; and policy-makers and politicians.

To read this article in full:
https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/A_better_understanding_psychiatrys_social_contract.pdf

Involvement for Influence
4Pi National Involvement Standards

This report sets out its main tasks as developing national involvement standards in mental health and hardwiring involvement into the planning, delivery and evaluation of mental health services. It presents the 2015 version of the NIP 4Pi standards for involvement (Principles; Purpose; Presence; Process; Impact). The aim of the 4Pi standards is to provide a framework, both for establishing good practice in the involvement of service users and carers in mental health care, service delivery and policy, and for monitoring and assessing that involvement.

The 4Pi framework has been developed by mental health service users and carers. The involvement of people with lived experience of mental distress and their carers and family members has formed the basis of the work. However the framework has

universal relevance: it is simply a means to enable services, organisations and individuals to think about how to make involvement work well. This project demonstrates user and carer leadership, realising the vision 'nothing about us without us'.

http://www.nsun.org.uk/assets/downloadableFiles/4PiNationalInvolvementStandards FullReport20152.pdf

The Language of Mental Wellbeing, 2015
4Pi National Involvement Standards

This document has been written as a companion piece to the National Involvement Partnership (NIP) 4Pi Standards for Involvement. It aims to: 1) introduce readers to the language of mental wellbeing by providing an overview of terms that have been, and continue to be used in this area; provide a resource, alongside the Service User Involvement in Policy and Carer Involvement documents, that enables readers to use it for reference purposes; 3) report on the findings of a recent survey of 103 NSUN members with regard to their preferred terms; 4) provide a basis for informing NSUN's future work on this topic.

https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/4Pi_LANGUAGEOF MENTALWELLBEING_V42.pdf

Psychological Support for People Living with Cancer: Commissioning guidance for cancer care in London
The London Mental Health Strategic Clinical Network (SCN) and Transforming Cancer Services Team for London, 2015

Earlier diagnosis and improvements in treatment mean that more Londoners are surviving cancer. The impact of psychological morbidity when living with and beyond a cancer diagnosis is now well recognised and has consequences, not only in terms of quality of life but also in overall healthcare outcomes and costs. Despite this, the provision of emotional and psychological support across the capital is often limited and certainly inconsistent. London is also rated as the poorest region for patient experience when it comes to cancer treatment. The London Mental Health Strategic Clinical Network, in partnership with the Transforming Cancer Services Team for London, has produced this guidance to support commissioners and service providers in improving psychological support across the cancer pathway.

http://www.londonscn.nhs.uk/wp-content/uploads/2015/06/mh-cancer-commissioning-guide-062015.pdf

Inequalities in life expectancy: Changes over time and implications for policy
Kings Fund 2015

Our health is determined by a complex mix of factors including income, housing and employment, lifestyles and access to health care and other services. There are significant inequalities in health between individuals and different groups in society.

These inequalities are not random. In particular, there is a 'social gradient' in health; neighbourhood areas with higher levels of income deprivation typically have lower life expectancy and disability-free life expectancy. This relationship (known as the

'Marmot curve') formed an important part of the independent and influential report on health inequalities, *Fair society, healthy lives* (the Marmot Review).

To read more:
http://www.kingsfund.org.uk/publications/inequalities-life-expectancy

How to Manage Stress
MIND, 2015

This comprehensive booklet is for anyone who wants to learn how to manage stress. It explains what stress is, what might cause it and how it can affect you. It also includes information about ways you can help yourself and how to get support, as well as providing tips for friends and family.

https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/how_to_manage_stress_2015.pdf

Community Engagement: Improving health and wellbeing and reducing health inequalities
National Institute for Health and Care Excellence (NICE), 2016

This guideline from NICE covers community engagement approaches to reduce health inequalities, ensure health and wellbeing initiatives are effective and help local authorities and health bodies meet their statutory obligations. The guideline complements work by Public Health England on community engagement approaches for health and wellbeing.

https://www.nice.org.uk/guidance/ng44

IIDL Feature - England

The Right Care in the Community
Sheila Hollins, 5 November 2015

The United Kingdom is once again embarking on a hospital closure programme to return people with learning disabilities to their home communities. This article while applauding this move and openly acknowledging that we all thrive best when we are in warm, loving relationships, examines the complexity of building truly inclusive and accepting communities for people with an intellectual disability.

http://www.iimhl.com/files/docs/20160515a.pdf

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Join IIMHL / IIDL

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