



From the IIMHL and IIDL Update List

Welcome to this bi-monthly edition of Update for 30 November 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 and we would be delighted if you would join us on Facebook.

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IIMHL / IIDL Leadership Exchange 2017

Theme: Contributing Lives, Thriving Communities

27th February to 3rd March 2017

- To register: <http://www.iimhl.com/iimhl-leadership-exchange-2017-sydney#Register>
- To select an IIMHL match: <http://www1.iimhl.com/Meetings/Themes.asp>
- To select an IIMHL or IIDL match: <http://www.iimhl.com/iimhl-leadership-exchange-2017-sydney#Theme>
- To view the **DRAFT AGENDA** for the Combined Meeting IIMHL and IIDL: http://www.iimhl.com/files/docs/2017_Draft_Agenda.pdf

Note: An electronic travel authority (ETA) is required for members living outside of Australia and New Zealand. The cost is A\$20.00 and you can apply on line at <https://www.eta.immi.gov.au/ETAS3/etas>

Available for downloading and sharing with your networks, are two flyers that describe the IIMHL and IIDL Leadership Exchange - Leadership Matches and Combined Meeting. Please share widely!

[2017 IIMHL Leadership Exchange Announcement](#)
[2017 IIDL Leadership Exchange Announcement](#)

Each country has an allocation of places, so waiting lists may start if the allocation is reached early.

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- **Other IIMHL Articles of Interest -**

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- [Improving Health and Wellbeing Outcomes in the Early Years](#)
- [Suicide Prevention, What Works?](#)
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Wales

- [Promoting Emotional Health, Well-being and Resilience in Primary Schools](#)
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IKEN-MH Webinar

'Perspectives on Child and Youth Mental Health and Youth in Care'

October 2016

IIDL Feature Articles - New Zealand

- [The New Zealand Disability Support Workforce: 2015 survey of NZDSN member organisations](#)
- [Making Citizenship and Rights Real in the Lives of People with Intellectual Disabilities](#)

IIMHL Feature - Australia

Honest, Open, Proud Program

Keith Mahar notes:

Honest, Open, Proud (HOP)—formally known as Coming Out Proud (COP)—utilizes disclosure and contact strategies to counter self-stigma; research shows that people living with mental illness who are publicly “out” about their illness have better physical

and mental health, functioning and relationships. The program consists of three sessions related to the subject of self-disclosure: 1) Pros and cons of disclosing, 2) Strategies for self-disclosing and 3) Shaping personal stories in ways that reflect disclosure goals. HOP is usually run by pairs of trained leaders with lived experience. HOP has a comprehensive, user-friendly manual; step-by-step workbook and corresponding worksheets; fidelity measure; and leader training program which can be obtained from www.HOPprogram.org. The program goal is to empower and prepare participants to “come out” with their mental illness and reduce self-stigma by being open and honest about their authentic lives. Coming out also works against public stigma by challenging stereotypes and prejudice through engagement with the public and people with lived experience.

To read more: <http://www.iimhl.com/files/docs/20161130a.pdf>

Other IIMHL Articles of Interest: Ireland

Technology, Mental Health and Suicide Prevention in Ireland – a Good Practice Guide

ReachOut Ireland. Chambers D and Murphy F, 2015.

ReachOut Ireland has been commissioned by the Health Service Executive’s National Office for Suicide Prevention to develop good practice guidelines for the safe delivery of online mental health information and support. The development of these guidelines has been informed by the Technology and Mental Health Network (TMHN) which ReachOut Ireland convenes.

http://www.hse.ie/eng/services/list/4/Mental_Health_Services/NOSP/Resources/goodpracticeonline.pdf

Improving Health and Wellbeing Outcomes in the Early Years

The Institute of Public Health and the Centre for Effective Services, 2016

The Institute in Ireland partnered with the Centre for Effective Services to produce a volume linking research and practice relating to the early years. The early years have been increasingly recognised in research and policy as a pivotal time in the life course, providing the foundations for numerous health-related outcomes. The lifelong effects of the early years’ experience includes impacts across many aspects of health and wellbeing; including inter alia obesity, heart disease, mental health, educational achievement and economic status. This publication brings together academic authors to consider the rationale and evidence regarding early interventions, as well as practitioners providing on-the-ground examples of what can be achieved.

[http://www.publichealth.ie/sites/default/files/documents/files/IPH_CES_report_AW%20\(2\).pdf](http://www.publichealth.ie/sites/default/files/documents/files/IPH_CES_report_AW%20(2).pdf)

Suicide Prevention, What Works?

5th International Conference took place in November 2015, Titanic Centre, Belfast

Thank you to Fergus Cumisky - 3 videos are on this one link:

- Joe Rafferty, CEO Mersey Care NHS Trust – ‘Zero Suicide – An Entire System Approach’

- Dr Claire McCauley – ‘Exploring Young Adult Service User Perspective On Mental Health Recovery’
- Dr Christabel Owens – ‘Preventing suicide at the micro–social level: Understanding the needs of concerned family members and friends’

<http://www.contactni.com/Contact-Conference-2015-Suicide-Prevention-What-Works.php>

National Clinical Programme For the Assessment and Management of Patients Presenting to Emergency Departments following Self-Harm

Health Service Executive & College of Psychiatrists of Ireland, March 2016

Suicide is well recognised as a serious public health issue with 11,126 self-harm presentations to Emergency Departments (ED) in Ireland and 459 deaths in 2014. It requires a diversity of responses: social, educational, occupational and health related. This 60-page Clinical Programme is a part of an overall strategy and specifically addresses the care and treatment required by people who present to the Emergency Departments (ED) of acute hospitals following an episode of self-harm or with prominent suicidal ideation.

To read the full article:

<http://www.hse.ie/eng/about/Who/clinical/natclinprog/mentalhealthprogramme/selfharm/nationalclinicalprogsselfharm.pdf>

Other IIMHL Articles of Interest: Scotland

Mental Health in Scotland – a 10 year vision

Scottish Government, July 2016

This 12-page document was put out for public consultation in July. “We would now like your views on:

- a) our priorities for transforming mental health in Scotland;
- b) the early actions we propose to take to deliver this transformation; and
- c) how we should measure success over the 10 year period.”

The new Mental Health Strategy: **Our priorities Our framework** sets out the priorities that we think will deliver significant improvements in the mental health of the population of Scotland. To read more:

<http://www.scottishrecovery.net/wp-content/uploads/2016/08/mentalhealthstrategy.pdf>

Keeping Mothers and Babies in Mind

The Mental Welfare Commission for Scotland (MWCS), 2016

This report highlights a geographically mixed level of service in hospitals and in the community. The report findings also outline:

- Women cared for in specialist mother and baby units had a more positive response than women receiving treatment in non-specialist mental health wards.
- Community services for women with perinatal mental ill-health remain limited. Only five of Scotland’s 14 health boards offered a local specialist community mental health service.

- Over 90% of (81) consultant psychiatrists across Scotland, surveyed as part of the report, said they would value local perinatal expertise when treating women during pregnancy and after childbirth.
- Over the last four years, the number of admissions to Mother and Baby Units (MBUs) combined has been in the region of 100 per annum. According to regional birth rates across Scotland, some health boards are consistently under-referring women for MBU care.
- Dr Gary Morrison, Executive Director (Medical) at the Commission, said:

Our report contains a number of recommendations for health boards and community mental health teams, including ensuring better training, better child-friendly facilities for families on general mental health wards, and better specialist community services.

We also recommend that the Scottish Government create a national managed clinical network for perinatal mental health in Scotland. Doing this would allow a much greater sharing of expertise, and a better chance of any woman receiving good quality care, whether in hospital or at home.

To read more:

<http://www.scottishrecovery.net/keeping-mothers-and-babies-in-mind/>

Place and Communities

NHS Scotland, 2016

NHS Health Scotland is a national Health Board working with and through public, private and third sector organisations to reduce health inequalities and improve health. We are committed to working with others and we provide a range of services to help our stakeholders take the action required to reduce health inequalities and improve health.

- Place – the combined physical, social and cultural environment – has an important influence on health and health inequalities.
- Those living in areas of greater deprivation are less likely to experience the beneficial aspects of place and more likely to be exposed to environmental factors that have a negative impact on their health and wellbeing.
- Physical and social environments that nurture good health can help to reduce health inequalities.

<http://www.healthscotland.com/uploads/documents/27414-Place%20and%20Communities-06-16.pdf>

What is Mental Health Recovery?

Scottish Recovery Network, 2015

This short animation explains what SRN mean by recovery and the work we are doing to achieve our vision of 'A Scotland where mental health recovery is a reality for all'.

<https://vimeo.com/140041493>

Other IIMHL Articles of Interest: Wales

Promoting Emotional Health, Well-being and Resilience in Primary Schools

University of Sussex, 2016

This report synthesises evidence on promoting emotional health, well-being, and resilience in primary schools.

[https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/romoting Emotional Health Well being and Resilience in Primary Schools PPIW 2016.pdf](https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/romoting_Emotional_Health_Well_being_and_Resilience_in_Primary_Schools_PPIW_2016.pdf)

Adverse Childhood Experiences and their impact on health-harming behaviours in the Welsh adult population

Public Health Wales, Jan 2016

Adverse Childhood Experiences (ACEs) are an increasing international concern. There is a growing body of evidence that our experiences during childhood can affect health throughout the life course.

Findings show that ACEs have a major impact on the development of health-harming behaviours in Wales and the prevention of ACEs is likely not only to improve the early years experiences of children born in Wales but also reduce levels of health-harming behaviours such as problem alcohol use, smoking, poor diets and violent behaviour. To read the article in full:

<http://www.cph.org.uk/wp-content/uploads/2016/01/ACE-Report-FINAL-E.pdf>

IKEN-MH Webinar

'Perspectives on Child and Youth Mental Health and Youth in Care' October 2016

Recording: <http://www.mentalhealthcommission.ca/English/media/3792>

Presentation: [http://www.mentalhealthcommission.ca/sites/default/files/2016-11/IKEN-MH Webinar 3.pdf](http://www.mentalhealthcommission.ca/sites/default/files/2016-11/IKEN-MH_Webinar_3.pdf)

Overview: <http://www.mentalhealthcommission.ca/English/initiatives/11863/iken-mh-webinar-series-archive>

IIDL Features - New Zealand

The New Zealand Disability Support Workforce: 2015 survey of NZDSN member organisations

Te Pou o te Whakaaro Nui & NZDSN (New Zealand Disability Support Network). (2016). Auckland: Te Pou o te Whakaaro Nui.

This report presents the results of the 2015 New Zealand Disability Support Network (NZDSN) and Te Pou o te Whakaaro Nui (Te Pou) survey of the workforce employed by 123 NZDSN member organisations. It highlights workforce areas that have changed since previous surveys, identifies areas for further research and makes recommendations for future workforce development strategies.

The information in this report will be useful for future national workforce planning and development.

<http://www.tepou.co.nz/uploads/files/resource-assets/the-new-zealand-disability-support-workforce-2015-survey-of-nzdsn-member-organisations-final-v2.pdf>

Making Citizenship and Rights Real in the Lives of People with Intellectual Disabilities

IHC, 2016

A nation of valued individuals leads to stronger communities and a better society for all. Without a doubt there have been significant advances for people with intellectual disabilities in New Zealand but progress has not been good enough. People with intellectual disabilities continue to experience persistent disadvantage and be defined by the labels others give them. Too often people are positioned as 'other' and seen as a 'burden'. There are too many gaps and there is a way to go before we can say people with intellectual disabilities are living valued and good lives as citizens where no voice is unheard and no rights ignored. This report outlines what has happened and what needs to happen to make rights, citizenship and valued lives real for people with intellectual disabilities and identifies some indicators and possible measures for tracking progress.

https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/Making_citizenship_and_rights_real_IHC_2016.pdf

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Join IIMHL / IIDL

Any leader in mental health, addiction and disability services can join IIMHL or IIDL free by using this link: <http://www1.iimhl.com/Join.asp>

Please note: We try to find articles, new policies, research that has been released or opinion pieces we think are interesting to reflect on. Sometimes those who receive these may feel it is not accurate either for its use of data or not aligned with their views. IIMHL does not endorse any article it sends out as we try to rapidly share information.

