



### From the IIMHL and IIDL Update List

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Welcome to this bi-monthly edition of Update 30 June 2017.

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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Please join us for the next Leadership Exchange in Stockholm Sweden, May 28 – June 1, 2018. Details to come in the near future!

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## **IIMHL Feature - England**

### **Treat as One: Bridging the gap between mental and physical healthcare in general hospitals**

A report published by the National Confidential Enquiry into Patient Outcome and Death - London, January 2017

Professor Lesley Regan NCEPOD Chair stated:

“There is no doubt in my mind that this is an important report. It is the first time anyone has critically examined the way physicians and surgeons respond to the mental health disorders of patients admitted to acute general hospitals for management of their co-existing physical ill health. It is also a timely publication, when viewed in the light of our increasing recognition of the importance of Parity of Esteem between mental and physical wellbeing. It has been acknowledged for many years that mental health services are a Cinderella of our NHS, but after reading this report you may rightly conclude that those mental health patients being treated for physical disorders are seriously disadvantaged.

By definition, all the patients in this report had dual pathology: the physical problem that triggered the admission to a general hospital, together with the underlying mental health disorder which added to the complexity of management. I suspect that many clinicians reading this report will be surprised by the magnitude of the problem. The recruitment period was confined to one month in 2014 and yet 11,980 patients met the study criteria of dual pathology.

Twenty one recommendations were made in this 112-page report.

To read this report in full:

[http://www.ncepod.org.uk/2017report1/downloads/TreatAsOne\\_FullReport.pdf?utm\\_source=The%20King%27s%20Fund%20newsletters&utm\\_medium=email&utm\\_campaign=7926580\\_NEWSL\\_ICB%202017-02-22&dm\\_i=21A8,4PW6S,FLWRH5,HRHWV,1](http://www.ncepod.org.uk/2017report1/downloads/TreatAsOne_FullReport.pdf?utm_source=The%20King%27s%20Fund%20newsletters&utm_medium=email&utm_campaign=7926580_NEWSL_ICB%202017-02-22&dm_i=21A8,4PW6S,FLWRH5,HRHWV,1)

### **Other IIMHL Articles of Interest:**

#### **A Summary of Age: UK's Index of Wellbeing in Later Life**

Age UK Policy and Research Department, Dr Marcus Green, Professor José Iparraguirre, Dr Susan Davidson, Phil Rossall and University of Southampton Professor Asghar Zaidi, 2017

There has been no single and coherent measure covering wellbeing for older people in the most important domains of life. Up to now, there has been no way to measure in the round:

- What is important in later life;
- How older people are doing;
- Where and why wellbeing is low;
- What effect various policy and practical levers might have in improving wellbeing.

Responding to this gap, we have created an Index of Wellbeing in Later Life, which will support evidence-informed advocacy and policymaking, with coherent and person-centred quantitative intelligence.

<http://www.ageuk.org.uk/Documents/EN-GB/For-professionals/Research/AgeUK-Wellbeing-Index-Summary-web.pdf?dtrk=true>

### **Implementing the Mental Health Forward View**

NHS, 2017

This document lays out a roadmap for delivering the commitments made in the Five Year Forward View for Mental Health to people who use services and the public. When implemented, this will lead to an additional one million people receiving high-quality care by 2020/21: a decisive and unprecedented step towards closing the treatment gap for mental health.

The chapters in this document set out national-level objectives, costs and planning assumptions. In each case, trajectories and assumptions should be treated as indicative to support localities in developing their own plans. Localities will need to assure that their own plans reflect both the existing investment and provision locally and the gap they have identified to meet the objectives in this plan.

<https://www.england.nhs.uk/wp-content/uploads/2016/07/fyfv-mh.pdf>

### **Inclusion Health: Education and Training for Health Professionals, 2016**

Study commissioned and funded by the Department of Health to inform the work of the National Inclusion Health Board

This 180-page report is the output of a study of the education and training that healthcare professionals need, and also receive about Inclusion Health, to enable them to work effectively with vulnerable people who are either homeless, Gypsies and Travellers, Roma, sex workers or vulnerable migrants. The study was commissioned, by the Department of Health, to look at the situation in England and to inform the National Health Inclusion programme. Healthcare professionals are educated and trained in higher education institutions across the United Kingdom.

Much of the UK wide healthcare workforce is mobile and during their career many professionals will work in more than one devolved nation. With this in mind the study considered the education and training about Inclusion Health across the devolved administrations.

[https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/Inclusion\\_Health\\_education\\_UK\\_2016.pdf](https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/Inclusion_Health_education_UK_2016.pdf)

### **Feelings Matter: Emotional wellbeing and arthritis**

Arthritis Care, 2017

This booklet looks at some common experiences of people with arthritis and includes stories from some of them. It is also packed with ideas on how to feel better. It's all about learning to live well with arthritis and what that means for you. The emotional effects of arthritis can have just as much of an impact as the physical symptoms. It's important to take what steps you can to promote your emotional health, as this helps to find purpose in all that you do and engage with the world around you. This, in turn, can increase your confidence. If you have a long-term condition such as arthritis this is

especially important, because maintaining a positive mental attitude can help you cope with change, uncertainty and potentially stressful situations.

[https://www.arthritiscare.org/assets/000/001/678/Emotional\\_wellbeing\\_final\\_web\\_original.pdf?1489502083](https://www.arthritiscare.org/assets/000/001/678/Emotional_wellbeing_final_web_original.pdf?1489502083)

### **The Relationship between Poverty, Child Abuse and Neglect: An evidence review** Joseph Rowntree Foundation, 2016

“This report identifies and discusses evidence about the relationship between poverty and child abuse and neglect.

It explores the economic costs of child abuse and neglect and outlines broad policy implications, with a particular focus on the UK.”

<https://www.jrf.org.uk/report/relationship-between-poverty-child-abuse-and-neglect-evidence-review>

### **Bringing Together Physical and Mental Health: A new frontier for integrated care** Kings Fund, 2016

Chris Naylor, Preeti Das, Shilpa Ross, Matthew Honeyman, James Thompson, Helen Gilbert, March 2016

The case for seeking to support physical and mental health in a more integrated way is compelling, and is based on four related challenges: – high rates of mental health conditions among people with long-term physical health problems – poor management of ‘medically unexplained symptoms’, which lack an identifiable organic cause – reduced life expectancy among people with the most severe forms of mental illness, largely attributable to poor physical health – limited support for the wider psychological aspects of physical health and illness.

[https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/Bringing\\_together\\_physical\\_and\\_mental\\_health\\_Kings\\_Fund\\_2016.pdf](https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/Bringing_together_physical_and_mental_health_Kings_Fund_2016.pdf)

### **Mental Health Toolkit for Employers**

Business in the Community & Public Health England, 2016

Mental health is an integral part of how we feel about our jobs, how well we perform and how well we interact with colleagues, customers and clients. With 1 in 6 employees currently experiencing mental health problems, mental health is an essential business concern. There is a strong relationship between levels of staff wellbeing and motivation and performance. Taking a positive, proactive approach to mental health at work can help you grow your staff and your organisation.

The ambition of this toolkit is to help your organisation – whether business, public sector or charitable – support the mental health and wellbeing of your employees. It will help you take positive actions to build a culture that champions good mental health and provide a greater understanding for how to help those who need more support.

[https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/mental\\_health\\_toolkit\\_for\\_employers\\_Business\\_community\\_UK\\_2016.pdf](https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/mental_health_toolkit_for_employers_Business_community_UK_2016.pdf)

## **IIDL Feature - England**

## **Workforce Development for People with Intellectual Disabilities: The perspective from people with intellectual disabilities**

NHS Health Education England working across Kent, Surrey and Sussex (HEE KSS)  
September 2016

The aim of the report is to convey to HEE KSS an in-depth review of opinions and perspectives of individuals who have a learning disability from across Kent, Surrey and Sussex, asking them what they would like their workforce to know. In order to reach those with more complex needs the report will also include the views of a small number of families.

"At the heart of good support, people with learning disabilities need the workforce to be patient and kind, have a positive demeanour and ensure the people they support are given a voice. They also value reliability and for promises not to be broken. The workforce need to be experts in their area of speciality, which should include understanding health needs (both physical and mental), making connections with family and the local area and encouraging people to be more independent - whether it is through learning to use public transport, to cook a meal, to handle money or to find a job. People had high aspirations and the workforce needs to address this".

<https://www.mentalhealth.org.uk/sites/default/files/workforce-development-for-people-with-intellectual-disabilities-the-perspective-from-people-with-intellectual-disabilities.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>

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