



### From the IIMHL and IIDL Update List

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Welcome to this bi-monthly edition of Update 30 September 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**

### **Prevention Concordat for Better Mental Health**

Public Health England, August 2017

Marking a significant national step forward for prevention and reducing health inequalities, England has now launched a Prevention Concordat for Better Mental Health.

Drawing on recommendation two of the [Five Year Forward View for Mental Health](#), Public Health England have led the creation of the first Prevention Concordat for Better Mental Health [Consensus Statement](#). The statement captures a new shared agreement to support local and national action around preventing mental health problems and promoting good mental health. The aim is to galvanise cross-sector action to increase the adoption of effective prevention planning arrangements in all areas of England.

The Prevention Concordat statement and suite of [10 supporting resources](#) was co-produced through active collaboration and engagement with key partners across the country.

The Chief Executive's blog states some clear commitments and the need for a focus on leadership

<https://publichealthmatters.blog.gov.uk/2017/08/30/moving-forward-with-the-prevention-of-mental-health-problems/>

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Gregor Henderson, National Lead Mental Health and Wellbeing -

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

### **Better Mental Health: Joint Strategic Needs Assessment (JSNA)**

Public Health England, 2017

The release of this toolkit signals the National Mental Health Intelligence Network's (NMHIN) intent to support the development of mental health and wellbeing joint strategic needs assessments (JSNAs). It has been developed for those seeking to understand the breadth and complexity of mental health issues in their area, such as JSNA and mental health leads in local authorities and clinical commissioning groups

(CCGs). It helps people to consider factors that affect mental health and wellbeing and to identify some of the key data, information and knowledge that local areas may use to build a picture of need.

There are seven documents linked to this Toolkit.

(Part of Prevention Concordat for Mental Health)

<https://www.gov.uk/government/publications/better-mental-health-jsna-toolkit>

### **Stepping Forward to 2020/21: The mental health workforce plan for England**

A report from Health Education England to support the delivery of the Five Year Forward View for Mental Health in England, July 2017

Mental health has never had such a strong focus and support. Following the publication of The Five Year Forward View for Mental Health, the Government has committed to a more proactive and preventative approach to mental health by investing £1bn in:

- Improved access to services at an earlier stage
- Services accessible at the right time
- Services delivered in a more integrated way
- Embedding mental health services into the NHS

[https://www.hee.nhs.uk/sites/default/files/documents/CCS0717505185-1\\_FYFV%20Mental%20health%20workforce%20plan%20for%20England\\_v5%283%29.pdf](https://www.hee.nhs.uk/sites/default/files/documents/CCS0717505185-1_FYFV%20Mental%20health%20workforce%20plan%20for%20England_v5%283%29.pdf)

### **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, February 2017

Age UK aims to measure how older people in the UK are doing. We are using the term **wellbeing** as the main outcome of interest. We need to be able to understand where and why wellbeing is low to inform our influencing activity, and to gain an understanding of the policy and practical levers for improving wellbeing.

Age UK's Index of Wellbeing in Later Life allows us to:

- Focus on older people, rather than all ages;
- Cover most aspects of people's lives by using multiple indicators of wellbeing in one single measure;
- Focus on objective as well as subjective aspects of life and wellbeing

To read this article in full:

[https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/91b08020-0836-463e-a64f-c43dcd8d5333/AgeUK\\_Wellbeing\\_Index\\_Summary\\_web.pdf](https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/91b08020-0836-463e-a64f-c43dcd8d5333/AgeUK_Wellbeing_Index_Summary_web.pdf)

### **The Other One in Four: How financial difficulty is neglected in mental health services**

The Money and Mental Health Policy Institute, December 2016.

Tasneem Clarke, Rose Acton and Merlyn Holkar

This 36-page report looks at the problems of chronic underfunding of mental health services and the problems people with mental health issues have with money. The report offers solutions:

- How to effectively tackle the link between financial difficulty and mental health problems
- The case for more systematic provision of support for people with both mental health problems and problem debt

[https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/94504c04-10ea-4401-b132-553dacb2249f/The\\_other\\_one\\_in\\_four.pdf](https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/94504c04-10ea-4401-b132-553dacb2249f/The_other_one_in_four.pdf)

### **Integration and the Development of the Workforce**

Skills for Health Working Paper, February 2017

While this report looks at healthcare generally, it also applies to mental health and substance abuse services. These are our key messages:

- The integration agenda is one that will be present for the foreseeable future.
- One of the most profound areas for the transformation of the workforce is that of shifting the mindsets of those working in health and social care to work beyond traditional boundaries, in different teams and settings.
- It is evident that high-quality integrated care will not be achieved through command and control, but from the concerted effort and the millions of small steps of those working every day in both health and social care.
- The skills of leaders, professionals and support workers will need to be shaped to achieve these everyday steps.
- High-quality workforce planning skills will be an essential feature of success in the move towards integrated care.

[http://www.skillsforhealth.org.uk/index.php?option=com\\_mtree&task=att\\_download&link\\_id=189&cf\\_id=24](http://www.skillsforhealth.org.uk/index.php?option=com_mtree&task=att_download&link_id=189&cf_id=24)

### **Research Scoping Review: What works to improve the social networks and prevent social isolation for people with mental health problems**

National Development Team for Inclusion, May 2017

This paper provides a review of research into what works to improve the social networks and prevent social isolation for people with mental health problems. The document is intended for practitioners who work with people with mental health problems to help inform their work.

To view the key findings and the full article:

<https://www.ndti.org.uk/resources/publications/what-works-to-improve-the-social-networks-and-prevent-social-isolation-for>

### **Dying from Inequality: Socioeconomic disadvantage and suicidal behaviour**

Samaritans, 2017

There is no single reason why people take their own lives. Suicide is a complex and multi-faceted behaviour, resulting from a wide range of psychological, social, economic and cultural risk factors which interact and increase an individual's level of risk. Socioeconomic disadvantage is a key risk factor for suicidal behaviour, and this report seeks to explain the reasons why.

To read this article in full:

[https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/62ce933b-b119-4d47-9b29-a3b17ec57441/Samaritans\\_Dying\\_from\\_inequality\\_report\\_summary.pdf](https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/62ce933b-b119-4d47-9b29-a3b17ec57441/Samaritans_Dying_from_inequality_report_summary.pdf)

### **Children and Young People's Mental Health: Time to deliver**

The Report of the Independent Commission on Children and Young People's Mental Health

Emily Frith, Education Policy Institute, 2016

"This is the final report from an independent commission that was tasked to reflect on the progress made in transforming children and young people's (CYP) mental health services following the government's promised investment of £1.4bn. The report highlights that the government decision not to ring fence the CYP funding is putting the transformation process at risk. The commission also found that there is little clarity around whether the CYP funding is reaching frontline services, and with increasing pressures on the NHS, there is a risk that the investment may be spent on other priorities."

[http://epi.org.uk/wp-content/uploads/2016/11/time-to-deliver-web.pdf?utm\\_source=The%20King%27s%20Fund%20newsletters&utm\\_medium=email&utm\\_campaign=7739984\\_NEWSL\\_HMP%202016-11-18&dm\\_i=21A8,4LW7K,FLWRH5,H5SV1,1](http://epi.org.uk/wp-content/uploads/2016/11/time-to-deliver-web.pdf?utm_source=The%20King%27s%20Fund%20newsletters&utm_medium=email&utm_campaign=7739984_NEWSL_HMP%202016-11-18&dm_i=21A8,4LW7K,FLWRH5,H5SV1,1)

### **WEBINAR - Australia and Canada**

#### **The Global/Local Mental Health Atlas: Project development and implications for mental health**

Luis Salvador-Carulla, Professor and Head of the  
Centre for Mental Health Research, Australian National University

On September 18, 2017, The Centre for Addiction and Mental Health's EENet Toronto and the International Initiative for Mental Health Leadership presented a webinar, featuring Luis Salvador-Carulla. Dr. Salvador-Carulla discussed a new approach to planning mental health services, with the ultimate goal to improve mental health service delivery in Canada.

<http://eenet.ca/resource/webinar-recording-globallocal-mental-health-atlas-project-development-and-implications>

## **IIDL Feature - England**

### **State of Caring 2017**

Carers UK, July, 2017

Carers UK carries out an annual survey of carers to understand the state of caring in the UK. This year over 7000 people shared their experience of what it's like to be a carer in 2017.<sup>1</sup> This is the largest State of Caring Survey carried out by Carers UK to date.

Carers are reaching 'breaking point' as they struggle to take even a day away from care responsibilities for years at a time, research by Carers UK has found. 4 in 10 (40%) of unpaid carers have not had a break in over one year, whilst one in four (25%) had not received a single day away from caring in five years.

The charity's report, *State of Caring 2017*, found that carers most frequently listed access to breaks as one of three factors which could make a difference in their lives (42%). Respondents explained their own personal reasons for needing a break, listing diverse benefits ranging from the opportunity to spend time with partners and children to being able to see a doctor for their own health conditions. Yet few are able to take regular breaks, with only 16% of carers currently buying or receiving a break from caring in the form of services such as respite or alternative care provisions.

To read this article in full:

<http://www.carersuk.org/news-and-campaigns/press-releases/one-in-four-unpaid-carers-have-not-had-a-day-off-in-five-years>

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