



From the IIMHL and IIDL Update List

Welcome to this bi-monthly edition of Update 15 November 2017

IIMHL organises systems for leaders to share innovations, network and problem solve across countries and agencies. The overall aim is to promote mental health and well-being for everyone. This includes developing leaders who can create the best possible conditions for mental health in all sectors across the life-span. Equally, it includes developing leaders who can deliver the best possible outcomes for people who use mental health and addictions services and their families.

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.

**IIMHL & IIDL Leadership Exchange 2018
Stockholm, Sweden, May 28 - June 1**



REGISTER NOW!

<http://www.iimhl.com/iimhl-leadership-exchange-2018-stockholm>

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IIMHL Feature - Scotland

ACEs Routine Enquiry Seminar

Dr Warren Larkin, June 2017

The Scottish Adverse Childhood Experiences (ACEs) Hub (co-ordinated by NHS Health Scotland) held a seminar in June 2017 on routine enquiry to learn and share examples of practice in this area.

The keynote presentation was from Dr Warren Larkin, Consultant Clinical Psychologist and Clinical Lead, Department of Health on the Adverse Childhood Experiences Programme & Visiting Professor, The University of Sunderland.

He gave a presentation on the REACH approach (Routine Enquiry about Adversity in Childhood) which he developed to support organisations to become more trauma-informed and to support professionals to routinely ask about adversity in their everyday practice. This includes up-to-date research on the area.

<http://www.healthscotland.scot/media/1554/warren-larkin.pdf>

Other IIMHL Articles of Interest: International (Scotland and Other)

See Me: End mental health discrimination

2017 - Scotland

Stigma Relating to Individual Mental Health Conditions

This section contains some key information on mental health conditions and the reality of the stigma and discrimination that people face. It also contains information on some of the common experiences related to each diagnosis.

“Stigma around mental illness hasn't gone away. People still believe that mental illness isn't an illness, that it's the sufferer to blame for feeling that way because how can your mind control the way you feel-it's surely the person who controls it? Wrong.” – Paula Swan

The conditions described in this section are not an exhaustive list and if we get requests to provide information on other mental illnesses we will create new pages in time. If you want more information on a specific diagnosis, there are some suggested links to follow on each page. All information provided has been reviewed by people with lived experience of the condition.

<https://www.seemescotland.org/stigma-discrimination/stigma-relating-to-individual-mental-health-conditions>

Scotland's National Dementia Strategy

Scottish Government, 2017

This is Scotland's third national dementia strategy. It builds on the progress over the last ten years in transforming services and improving outcomes for people with dementia, their families and carers. Setting out 21 new commitments, the strategy provides a framework for further action to ensure the realisation of a shared vision where people with dementia and those who care for them have access to timely, skilled and well-coordinated support from diagnosis to end of life which helps achieve the outcomes that matter to them.

<http://www.gov.scot/Resource/0052/00521773.pdf>

Report and presentations Second EU Compass on Mental Health and Well-being online

European Union Compass Forum - June 2017

The 2nd EU Compass Forum on Mental Health and Well-being took place in Luxembourg on 8-9 June 2017. The event was attended by diverse stakeholders such as policy makers and EU Member State representatives, non-governmental stakeholders from advocacy groups and care organisations, as well as mental health care providers, professionals, and service users. They discussed the implementation of policy recommendations of the Joint Action European Framework for Action on Mental Health and Well-being and the outcomes of activities related to the work of the EU Compass during 2016-2017. The focus of this year's Forum was Mental Health at Work, Mental Health at Schools, and Prevention of Suicide.

The full reports and presentations of this meeting are to be found on the website of the European Commission.

The 3rd EU Compass Forum on Mental Health and Well-being will take place on 8-9 February 2018, the two themes being Community Mental Health and Mental Health in all Policies. Please contact Vianey Zwezerijnen (VZwezerijnen@trimbos.nl) if you would like to be invited to the Forum.

https://ec.europa.eu/health/mental_health/events/ev_20170608_en

Urban Green Space Interventions and Health: A review of impacts and effectiveness

WHO Europe, Hunter et al (2017)

Interventions on green space in urban settings can help address public health issues related to obesity, cardiovascular effects, mental health and well-being. However, knowledge on their effectiveness in relation to health, well-being and equity is incomplete. To explore the effectiveness of urban green space interventions to enhance healthy urban environments, the WHO Regional Office for Europe reviewed research findings, local case studies and Environmental Impact Assessment/Health Impact Assessment experiences, and assessed their impacts on environment, health, well-being and equity. This report provides the three working papers prepared for a meeting, and presents the discussion and conclusions on what intervention components have been found to be effective in maximizing the environmental, health and equity benefits derived from urban green spaces.

To read this article in full:

http://www.euro.who.int/_data/assets/pdf_file/0010/337690/FULL-REPORT-for-LLP.pdf?ua=1

Mental Health in the Workplace

World Federation for Mental Health, 10th October 2017

This year's theme, "Mental Health in the Workplace," addressed the value of promoting well-being in work settings of all kinds, from agriculture to industry, finance, government, technology, and beyond. Mental health is often neglected as a key aspect of employees' overall health, yet the World Health Organization points out that depression heads the list of causes of illness and disability worldwide.

<http://www.mhinnovation.net/sites/default/files/downloads/resource/WMHD%202017%20Report%20%281%29.pdf>

The Impact of Mental Health and Psychosocial Support Interventions on People Affected by Humanitarian Emergencies: A systematic review

Oxfam Policy and Practice, 2017

The [Humanitarian Evidence Programme](#) is a partnership between Oxfam GB and the Feinstein International Center at the Friedman School of Nutrition Science and Policy, Tufts University. It is funded by the United Kingdom (UK) government's Department for International Development (DFID) through the Humanitarian Innovation and Evidence Programme. This systematic review (210 pages), commissioned by the Humanitarian Evidence Programme and carried out by a team from the EPPI-Centre, University College London (UCL), draws together primary research on mental health and psychosocial support (MHPSS) programmes for people affected by humanitarian crises in low- and middle-income countries (LMICs).

<http://policy-practice.oxfam.org.uk/publications/the-impact-of-mental-health-and-psychosocial-support-interventions-on-people-af-620214>

The Impact of Protection Interventions on Unaccompanied and Separated Children in Humanitarian Crises

Oxfam Policy and Practice, 2017

During conflicts and crises, children often face multiple stressors that can have significant impacts on their physical, cognitive, social and emotional development. Because unaccompanied and separated children (UASC) have lost the care and

protection of their primary caregivers, they face a heightened risk of abuse, neglect, exploitation and violence (Maestral International, 2011). As a result, programming for UASC cases is often prioritized in the context of humanitarian interventions (Maestral International, 2011; Hepburn et al., 2004).

See also stand-alone executive summary and evidence brief. It forms part of a series of humanitarian evidence syntheses and systematic reviews commissioned by the [Humanitarian Evidence Programme](#).

<http://policy-practice.oxfam.org.uk/publications/the-impact-of-protection-interventions-on-unaccompanied-and-separated-children-620204>

Mirror, Mirror 2017: International Comparison Reflects Flaws and Opportunities for Better U.S. Health Care

Commonwealth Fund, 2017

Eric C. Schneider, Dana O. Sarnak, David Squires, Arnav Shah, and Michelle M. Doty

Comparing countries' health care system performance using standardized performance data can offer benchmarks and other useful insights about how to improve care. Among the 11 countries we studied, the U.S. was ranked last in overall health system performance, while spending the most per capita on health care. The insurance, payment, and delivery system of the ACA have improved some aspects of health care system performance, but the U.S. still greatly lags countries with universal health insurance coverage. The top performing countries—the U.K., Australia, and the Netherlands—could offer important lessons to the U.S. and other countries. New Zealand ranked fourth.

<http://www.commonwealthfund.org/interactives/2017/july/mirror-mirror/#chapter5>

IIDL Feature - UK

Advancing Care Research with Care Homes

NHS National Institute for Health Research, 2017

Over 400,000 older people live in 19,000 independently owned care homes in the UK. In recent years, the number of care home residents living with severe frailty has risen and the care needs of individuals have become greater. Many now live longer with multiple conditions, including long-term physical and mental health problems. Meeting these care needs is the responsibility of a great number of professionals, including care home staff and a range of visiting NHS professionals. Finding the most effective ways to organise care, so that it genuinely meets the needs of care home residents, is the focus of much of the current research in this field. This review of research funded by the National Institute for Health Research (NIHR) reports on three main themes relating to the care of care home residents:

- Living Well – maintaining good health and quality of life
- Ageing Well – managing long-term conditions associated with ageing
- Dying Well – ensuring a good quality end of life

To read this article in full:

<http://www.dc.nihr.ac.uk/themed-reviews/advancing-care-themed-review.pdf>

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