



From the IIMHL and IIDL Update List

Welcome to this bi-monthly edition of Update 15 January 2018

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**



**IIMHL & IIDL 2018
Building Bridges
Beyond Borders**

SAVE THE DATE – NETWORK MEETING
<http://www.iimhl.com/files/docs/20171221a.pdf>

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IIMHL Feature - England

Briefing 52: Adult and older adult mental health services 2012-2016 - An analysis of Mental Health NHS Benchmarking Network data for England and Wales

Centre for Mental Health and the NHS Benchmarking Network, September 2017

The data shows a sustained decrease in the number of adult acute inpatient beds for all but the last year that data was collected. This is continuing a trend over a number of decades. While bed numbers have fallen in recent years, the number of admissions and lengths of stay in hospital have not. And the proportion of people admitted under the Mental Health Act has risen year on year.

Without a clear national blueprint for community mental health care, a current lack of robust and comparable data about the types of support available is making it increasingly difficult to assess the state of secondary mental health services and the growing number of primary care based alternatives. NHS England is undertaking a review of community mental health services at the time of writing, which may provide further evidence on the changing shape of services and a clear direction for further development.

<https://www.centreformentalhealth.org.uk/adult-and-older-adult-mental-health-services-2012-2016>

Other IIMHL Articles of Interest: England

Thriving at Work

The Stevenson / Farmer review of mental health and employers, October, 2017

The Prime Minister announced on 9 January 2017 that she was asking us to carry out an independent review into how employers can better support all individuals currently in employment including those with mental ill health or poor well-being to remain in and thrive through work. *“Many employers are already creating healthy, inclusive workplaces, but more needs to be done so that employers provide the support needed for employees with mental health conditions”*. Prime Minister Theresa May, January 2017

https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/9ade57bb-5094-49f1-8d0d-6d9b54cb932e/Thriving_at_work_UK_2017.pdf?utm_source=General+Subscription&utm_campaign=794642659a-EMAIL_CAMPAIGN_2017_10_31&utm_medium=email&utm_term=0_2bcd693428-794642659a-237768285

Health Equity Psychosocial Pathways and Health Outcomes: Informing action on health inequalities

Public Health England, 2017

“This 69-page report highlights the current evidence that exists about the relationships between social determinants, psychosocial factors and health outcomes. It also provides a conceptual framework that focuses on the psychosocial pathways between factors associated with social, economic and environmental conditions, psychological and psychobiological processes, health behaviours and mental and physical health outcomes.”

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/647709/Psychosocial_pathways_and_health_equity.pdf

Reducing Health Inequalities: system, scale and sustainability

Public Health England, 2017

“This 74-page resource has been produced to support local action to tackle health inequalities, by helping local partners to identify what specific interventions could measurably improve outcomes.”

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/641625/Reducing_health_inequalities_system_scale_and_sustainability.pdf?utm_source=The%20King%27s%20Fund%20newsletters&utm_medium=email&utm_campaign=8634560_NEWSL_HMP%202017-09-05&dm

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.”

To read this article 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

The Future of the Mental Health Workforce

Centre for Mental Health, 2017

The report makes a series of recommendations for government, for the NHS, and for education and training providers. To read this report in full:

<https://www.centreformentalhealth.org.uk/Handlers/Download.ashx?IDMF=fe8b0590-732b-45f6-a0e8-4c5863b08e50>

Just Getting On - Young people's views on gender, emotional well-being and mental health

National Children's Bureau, 2017

This document is for decision-makers, service providers and practitioners whose work impacts on children and young people's emotional and mental health and well-being. It presents young people's views on how they cope with difficulties and seek help, with a focus on the role of gender. In sharing these findings, NCB aims to help further thinking and practice in this area.

https://www.ncb.org.uk/sites/default/files/field/attachment/NCB%20-%20Just%20getting%20on%20-%20YP%27s%20views%20on%20gender%20%2B%20mental%20health%20-%20Aug%202017_0.pdf

PODCAST

What is computerised cognitive behavioural therapy? Who is it aimed at? Does it fill a gap? Who does it work for? Who doesn't it work for? Why?

Mental Health Foundation of England

The panel

- Lauren Chakkalackal, Senior Research Officer at the Mental Health Foundation
- Aaron Kandola, Research Officer at the Mental Health Foundation
- Derek Tracy, Consultant Psychiatrist at Oxleas NHS Foundation Trust, Senior Lecturer at King's College London and member of the British Journal of Psychiatry's editorial board.

The panel discussed [Telephone-supported computerised cognitive-behavioural therapy: REEACT-2 large-scale pragmatic randomised controlled trial](#) in the March 2017 issue of the [British Journal of Psychiatry](#).

<https://www.mentalhealth.org.uk/podcasts-and-videos/computerised-cognitive-behavioural-therapy>

Promoting Mentally Healthy Cities Across IIMHL Countries: I-CIRCLE

This *Make it so* is a quick snapshot (website scan) of healthy cities' endeavours in general with a focus on cities fostering mental health and decreasing addiction in IIMHL and IIDL countries. A key IIMHL leader in this work has been Dr. Arthur Evans formerly of Philadelphia who transformed the city of Philadelphia and included trauma informed approaches in city activities.

This work fits closely with IIMHL's **International City and urban Regional CoLaborative (I-CIRCLE)** which involves cities and urban regions within the eight IIMHL countries working together to problem-solve and spread innovations. The purpose of this collaborative work is to support mental health and wellbeing within urban settings and enable citizens to thrive.

<http://www.iimhl.com/files/docs/Make It So/20180116.pdf>

IIDL Features – England and Canada

A New Way Home: A personalised approach to leaving institutions

Centre for Welfare Reform in association with Citizen Network, England
Frances Brown and John Dalrymple, 2017

People with learning disabilities and challenging behaviour have continued to be placed in long-stay institutions, often a long way from home
This travel guide demonstrates tried and trusted methods for navigating the difficult road home

<http://www.centreforwelfarereform.org/uploads/attachment/596/a-new-way-home.pdf>

“Someone Cares If I’m Not There”

A report by the disability charity ‘Sense’ for the Jo Cox Commission on Loneliness, 2017

There are more than eleven million people in the UK with some form of hearing loss and over two million people are living with sight loss. The extent of the sensory impairment will vary from person-to-person and may coexist – there are 358,000 people in the UK who have both a sight and hearing impairment. Sensory impairments can be congenital (from birth) or acquired and have many causes including age, infection during pregnancy, accidents, illness, genetic conditions or syndromes. Depending on the nature, severity and onset of the sensory impairment, people may experience difficulties in accessing information, communication and mobility. People with sensory impairments use a range of communication methods including British Sign Language, and may require information in additional formats such as large print or braille.

Research has shown that we are all more likely to experience loneliness at certain times of our lives, such as retirement, bereavement or after becoming a parent. Disabled people experience the same life transitions as everyone else, but in addition to this, having a disability means that they are more likely to be chronically lonely than non-disabled people. Each disabled person is unique in terms of the impairments and personal circumstances they face. The causes of loneliness among this group are complex, and can be as unique as the individuals themselves, as the stories and descriptions set out in this report demonstrate.

To read this report in full:

[file:///C:/Users/OEM/Downloads/campaign-loneliness-someone-cares-if-im-not-there%20\(1\).pdf](file:///C:/Users/OEM/Downloads/campaign-loneliness-someone-cares-if-im-not-there%20(1).pdf)
[_someone cares if im not there.pdf](#)

Report: IIDL 2017 Learning Exchange, Canada

Prepared by the Office for Disability Issues, Employment and Social Development Canada, October 17 and 18, 2017

From October 17 to October 20, 2017, members of the International Initiative on Disability Leadership/Sponsoring Countries Leadership Group (IIDL/SCLG) met in Gatineau, Quebec, for a Learning Exchange and Governance Meeting, the theme being “Advancing Inclusion and Leadership through People Centered Innovation”. Representatives from Australia, New Zealand, Sweden, the United States of America and Canada attended. The series of events were hosted by the Office for Disability Issues (ODI), Employment and Social Development Canada (ESDC).

To read the report in full:

<http://www.iimhl.com/files/docs/20171227.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 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.

