



### From the IIMHL and IIDL Update List

**Welcome to this bi-monthly edition of Update 15 February 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>  
**REGISTER NOW! - <https://iimhl.se>**

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## IIMHL Feature

### The Netherlands

#### Foundation for Benchmarking Mental Healthcare (SBG) 2017 Annual Report

This Annual Report was published as a 6 minute YouTube movie.

We announce here our latest addition: *the E-index for efficiency (Casemix corrected outcome divided by Casemix corrected costs)*.

This is the English version of our Annual Report here: <https://www.youtube.com/watch?v=7LTWwIKDg8Q&feature=youtu.be>

Prof. dr. E. (Edwin) de Beurs  
Executive Director of R&D

## Other IIMHL Articles of Interest - Ireland

The **Health Service Executive (HSE)** provides public health and social care services including mental health services to everyone living in Ireland. The Mental Health Services include:

- Area based Mental Health Services including approved in-patient residential centres and all community based teams
- Child and Adolescent Mental Health, General Adult, Psychiatry of Old Age
- National Forensic Mental Health Service
- National Counselling Service

- National Office for Suicide Prevention

The Mental Health Division launched:

### **Specialist Perinatal Mental Health: Model of Care for Ireland**

on Thursday, 30th November 2017

Perinatal mental health disorders are those which complicate pregnancy (antenatal) and the first postnatal year. They include both new onset and a relapse or reoccurrence of pre-existing disorders. Their unique aspect is their potential to affect the relationship between mother, child and family unit with consequent later development of significant emotional and behavioural difficulties in the child.

<http://www.hse.ie/eng/services/list/4/mental-health-services/specialist-perinatal-mental-health/specialist-perinatal-mental-health-services-model-of-care-2017.pdf>

### **National Framework for Recovery in Mental Health**

on November 20<sup>th</sup> 2017

The 'framework for recovery' sets out an agreed understanding of recovery in the context of a recovery oriented service and outlines four key principles that underpin such a service. The core characteristics of each principle are described in the framework as well as the key actions and measures that will support the implementation of that principle. The framework was co-produced between Service users, Family members and Service providers building on the numerous recovery innovations at both a national and CHO level since the publication of 'A Vision for Change ' in 2006. The framework will ensure a consistent, evidenced based and co-produced approach to the continued development of the recovery orientation of mental health services.

<http://hse.ie/eng/services/list/4/mental-health-services/advancingrecoveryireland/national-framework-for-recovery-in-mental-health/recovery-framework.pdf>

### **Connecting for Life- Ireland's National Strategy to Reduce Suicide, 2015-2020.**

**Connecting for Life** sets out a vision of an Ireland where fewer lives are lost through suicide, and where communities and individuals are empowered to improve their mental health and wellbeing. The National Office for Suicide Prevention (NOSP), which is part of the HSE's Mental Health Division, coordinates the implementation of *Connecting for Life*. The development of *Connecting for Life*, Ireland's national strategy to reduce suicide 2015-2020, was a collaborative and inclusive process. Some of the most important contributions to the development of *Connecting for Life* came from the public consultation process. The National Office for Suicide Prevention (NOSP) received 272 submissions from people and organisations, which included members of the general public, people who have used our services and their families, professional bodies and community interests and organisations. *Connecting for Life* is based upon current national and international evidence in relation to effective suicide prevention strategies.

<http://www.hse.ie/eng/services/list/4/Mental-Health-Services/connecting-for-life/publications/Connecting%20for%20Life.pdf>

**'Connecting With Young Men' Engage Unit 6 - National men's health training programme: an evaluation. Report No. 2: Engaging young men project**

National Centre for Men's Health, Institute of Technology, Carlow: Centre for Health Behaviour Research, Waterford Institute of Technology on behalf of the Men's Health Forum in Ireland (MHFI).

The [Men's Health Forum in Ireland](http://www.mhfi.ie) (MHFI) aims to enhance the health and wellbeing of men and boys through research, training, networking, practical health initiatives and advocacy. This evaluation of MHFI's Engage Unit 6: 'Connecting with Young Men' training, was developed in 2015. This training specifically focuses on the engagement process - the why of and how to build relationships with young men - and was delivered to a broad range of service providers via a Training of Trainers (ToT) cascade model. <http://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/publications/mhfi-engage-unit-6-evaluation-report-oct-2016.pdf>

### **LGBT (Lesbian, Gay, Bisexual and Transgender) Ireland Report**

The LGBT Ireland 310-page Report is a ground-breaking study of the mental health of lesbian, gay, bisexual, transgender and intersex (LGBTI) people in Ireland. It is the result of a very productive partnership between GLEN, BeLonG To, the National Office for Suicide Prevention and Trinity College Dublin. The findings of this study suggest that similar to the general population a large proportion of LGBTI people (approximately 70%) are experiencing positive wellbeing. However, the study also highlights particular vulnerability among young LGBTI people, and reports rates of self-harm as two times higher, and attempted suicide as three times higher, compared to their non-LGBTI peers. While this study reports improvements in the lives of LGBTI people, it also highlights that minority stress continues to have a very real negative impact on the mental health and wellbeing of LGBTI people.

<http://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/publications/lgbt-ireland-pdf.pdf>

### **Family Connections versus optimised treatment-as-usual for family members of individuals with borderline personality disorder: non-randomised controlled study**

Flynn et al. Borderline Personality Disorder and Emotion Dysregulation (2017) 4:18  
The primary aim of this study was to compare the effectiveness of Family Connections (FC), an effective programme to support, educate and teach skills to family members of individuals with Borderline Personality Disorder, with an optimised treatment-as-usual (OTAU) programme for family members of individuals with BPD. A secondary aim was to introduce a long term follow-up to investigate if positive gains from the intervention would be maintained following programme completion and this was published in August 2017.

[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5575921/pdf/40479\\_2017\\_Article\\_69.pdf](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5575921/pdf/40479_2017_Article_69.pdf)

## **IIDL Features - England**

### **Improving Lives: The Future of Work, Health and Disability**

Department Work and Pensions and the Department for Health  
November 2017

With around one in six working-age adults reporting a disability, it is clear that health and disability issues affect the working lives of millions of people. The majority of long-

term health conditions are acquired in adulthood , and in an ageing population inclusive workplaces are imperative.

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/663399/improving-lives-the-future-of-work-health-and-disability.PDF?utm\\_source=The%20King%27s%20Fund%20newsletters&utm\\_medium=email&utm\\_campaign=8942160\\_NEWSL\\_HMP%202017-12-05&dm\\_i=21A8,5BNTC,FLWRH5,KJX8H,1](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/663399/improving-lives-the-future-of-work-health-and-disability.PDF?utm_source=The%20King%27s%20Fund%20newsletters&utm_medium=email&utm_campaign=8942160_NEWSL_HMP%202017-12-05&dm_i=21A8,5BNTC,FLWRH5,KJX8H,1)

## **Dignity in Health Care for People with Learning Disabilities**

Royal College of Nursing  
December 2017

This guidance, developed by the Royal College of Nursing Learning Disability Nursing Forum, aims to improve dignity in health care for people with learning disabilities. While designed primarily to support the nursing workforce working in all health care settings, other health care and social care staff may also find this publication a useful resource.

<http://www.iimhl.com/files/docs/20180211.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.*

