



From the IIMHL and IIDL Update List

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

REGISTRATION CLOSES 2nd May 2018! Register Now!
<https://iimhl.se>

PROGRAMME AND EVENT APP

The final programme for the Network Meeting has now been released both at <http://iimhl.se/programme/> and in the event app. You will find the app in App Store (IIMHL & IIDL 2018). To download: <https://iimhl.se/the-iimhl-iidl-le-app/>

PLEASE NOTE - ACCOMMODATION

Special rate at Quality Hotel Globe has expired and there is now very limited availability. After April 25th, any changes to reservations will incur a charge. To view a list of alternative hotels close by: <https://iimhl.se/recommended-hotels-and-restaurants/>

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IIMHL Features - Ireland

Model of Care for the Treatment of Eating Disorders

In January 2018 the Health Service Executive (HSE) with partners Bodywhys and the College of Psychiatrists Ireland launched a model of care for the treatment of [Eating disorders](#) in Ireland. This is seen as a blueprint for how national eating disorder services should be developed and continuously improved. The aim of this model of care is to enhance the quality and safety of eating disorder services, improve access for all ages and provide value for money in the delivery of eating disorder services in Ireland. A four-year implementation plan has been developed to ensure a phased approach for both the recruitment and training of staff. A plain English version of the [Model of care for eating disorder services](#) is also available.

<https://www.hse.ie/eng/about/who/cspd/ncps/mental-health/eating-disorders/moc/>

The Best Practice Guidance for Mental Health Services

The [Best Practice Guidance for Mental Health Services](#) is a guidance document for the Irish mental health services to determine what constitutes a high quality, recovery oriented, effective, safe and reliable mental health service. The Best Practice Guidance was co-produced by the Quality and Service User Safety Department, HSE -Mental Health, with service users and staff and was launched in April 2017. When fully implemented and adopted, the Guidance will significantly contribute towards ensuring that children and adults who use Irish mental health services receive a high quality, recovery oriented, safe service that is responsive to their needs. The Guidance is one complete document that includes the [Irish Mental Health Commission's](#) Judgment Support Framework, Regulations, Rules and Codes of Practice. A self assessment framework, the Guidance Assessment Improvement tool (GAIT) has also been developed to enable mental health services to self-assess their services against the Best Practice Guidance.

<https://www.hse.ie/eng/services/list/4/mental-health-services/mental-health-guidance/best-practice-guidance/overview-of-best-practice/>

Other IIMHL Articles of Interest - England

THRIVE: The AFC-Tavistock Model for Child & Adolescent Mental Health Services (CAMHS)

Wolpert et al, Revised 2016

THRIVE seeks to enhance awareness of the full range of mental health promoting practices (MHPP) and to facilitate a multi-agency approach to their use. For too long, practices to support the burgeoning and costly mental health needs across the UK have been conceived of only in terms of health interventions (Evans-Lacko et al., 2016; Ramon et al., 2011). Models of treatment and intervention have largely drawn on medical models within a very narrow set of parameters. This has led to increasingly sterile debates about the effectiveness of different modalities which focus on a very limited set of individual-focused options that are shorn of social context (e.g. talking therapies, psychoeducation, behaviour change and medication), and with diminishing differences in efficacy findings (Roth & Fonagy, 2013).

To read this article in full:

<https://www.annafreud.org/media/4817/thrive-elaborated-2nd-edition.pdf>

Tackling Loneliness and Social Isolation: The role of commissioners

Social Care Institute for Excellence, Jan 2018

This Highlights briefing draws on the discussions from the seminar, and previous research and evaluations in this field including Preventing loneliness and social isolation (SCIE, 2011) and the evaluation of North and South London Cares (Renaissi, 2016). It identifies the evidence that points the way to a better understanding of effective interventions provides examples of practice emerging in different parts of the country examines what needs to happen next in order to create a more conducive commissioning environment.

<https://www.scie.org.uk/files/prevention/connecting/loneliness-social-isolation/tackling-loneliness-and-social-isolation.pdf>

The Impact of Community-based Drug and Alcohol Treatment on Re-offending

Ministry of Justice and Public Health England, 2018

The aim of this report is to improve the evidence base of the links between community-based treatment for substance misuse and changes in re-offending. This ad-hoc release includes key sections on:

- Characteristics associated with offending in the two-years before and after starting treatment (sections 3 and 7);
- The offending profile both before and after starting treatment (section 4 and 5);
- Change in offending (section 6);
- Offending during prison or treatment (section 8).

To read this document in full:

<http>

[s://www.gov.uk/government/uploads/system/uploads/attachment_data/file/674858/PHE-MoJ-experimental-MoJ-publication-version.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/674858/PHE-MoJ-experimental-MoJ-publication-version.pdf)

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. They include:

- Reaching out to schools and colleges to promote mental health career opportunities;
- Developing a wider range of career pathways for mental health professions and professionals, including for people with lived experience who wish to pursue careers in mental health support;
- Prioritising and protecting mentoring and supervision in mental health services, particularly for those in training;
- Developing new skills in training courses that will meet future demand – for example in consultation skills to support other health professionals and in psychological formulation, coproduction and outreach with communities;
- Promoting mental health commissioning as a skill set requiring specific training and development;
- Providing training and development opportunities to existing as well as new staff – particularly those reaching the ‘final third’ of their careers seeking new challenges and work roles;
- Ensuring that all mental health providers support the wellbeing of their staff.

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

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

Inequalities in Later Life

Centre for Ageing Better, December 2017

The Centre for Ageing Better commissioned a review of the evidence on the nature of inequalities in later life, with a focus on six key areas: subjective wellbeing; physical and mental health; life expectancy and healthy life expectancy; financial security; social connections; and home and living environment. The review presents and summarises the most recent published evidence on inequalities in later life in England. It is the collaborative work of teams from the Institute of Health & Society and Institute for Ageing at Newcastle University and the International Longevity Centre-UK (ILC-UK).

<https://www.ageing-better.org.uk/sites/default/files/2017-12/Inequalities%20scoping%20review%20full%20report.pdf>

IIDL Features - England

Learning Disabilities and Behaviour that Challenges: Service design and delivery NICE Guideline, March 2018

This guideline covers services for children, young people and adults with a learning disability (or autism and a learning disability) and behaviour that challenges. It aims to promote a lifelong approach to supporting people and their families and carers, focusing on prevention and early intervention and minimising inpatient admissions. This guideline should be read alongside the NICE guideline on [challenging behaviour and learning disabilities: prevention and interventions](#).
<https://www.nice.org.uk/guidance/NG93>

Care and Support of People Growing Older with Learning Disabilities NICE Guideline, April 2018

A new guideline from NICE aims to ensure that people with learning disabilities are given the help they need to access a range of services as they grow older, so they can live healthy and fulfilled lives. It covers identifying changing needs, planning for the future, and delivering services including health, social care and housing. The guideline was developed by the NICE Collaborating Centre for Social Care, a partnership which was led by SCIE.

https://www.nice.org.uk/guidance/NG96?utm_campaign=9378944_SCIELine%2019%20Apr%2018&utm_medium=email&utm_source=SCIE&utm_sfid=0030f00002rflDCAAU&utm_role=Advisor&dm_i=4O5,5L0U8,RE3B2J,LOT4V,1

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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.

