



From the IIMHL and IIDL Update List

Welcome to this bi-monthly edition of Update 15 May 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.

OUR 2018 LEADERSHIP EXCHANGE IS NEARLY HERE!

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



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

At just two weeks out from this year's Leadership Exchange, we are all looking forward to meeting old friends and new colleagues at this exciting and stimulating event!

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/>



If you have registered for the Network Meeting and can no longer attend, please contact erin@iimhl.com by 16th May latest to cancel your registration to avoid being invoiced for US\$400.00 for non attendance without prior advice

In this issue:

- **IIMHL Feature Article - USA**
 - [Building Recovery: State Policy Guide for Supporting Recovery Housing](#)

- **Other IIMHL Articles of Interest - USA**
 - [National Strategy for Suicide Prevention Implementation Assessment Report](#)
 - [After a Suicide: A Toolkit for Schools](#)
 - [The Comprehensive Community Mental Health Services for Children with Serious Emotional Disturbances](#)
 - [Recommended Standard Care for People with Suicide Risk: Making Health Care Suicide Safe](#)
 - [Brother You're on My Mind](#)
 - [Anxiety in Children. Comparative Effectiveness Review No. 192](#)
 - [Clinical Guidance for Treating Pregnant and Parenting Women With Opioid Use Disorder and Their Infants](#)

- **IIDL Feature Articles - USA**
 - [Supported Decision Making:](#)
 - [TASH Connections: 2017](#)
 - [Supported Decision Making - Two videos](#)

Please note: There will be no Update on 30 May 2018

IIMHL Feature - USA

Building Recovery: State Policy Guide for Supporting Recovery Housing
National Council for Behavioural Health, 2018

Recovery housing, recovery residences, recovery homes and sober living homes all refer to a range of alcohol- and drug-free housing models that create mutually-supportive communities where individuals improve their physical, mental, spiritual and social well-being and gain skills and resources to sustain their recovery

There are three sections highlighted in this toolkit:

- Protecting Recovery Housing: Standards, Incentives and Investment
- Supporting Recovery Housing in Practice: Additional Quality and Access Considerations
- Resource Appendices.

Each of the first two sections offer detailed action areas, including strategies, lessons learned and sample legislation based on states that have already moved ahead in this area. The final section includes a recovery housing fact sheet, an assessment questionnaire for states considering recovery housing legislation, a matrix of recent legislation and regulation, resource lists and examples of media stories.

<https://www.thenationalcouncil.org/wp-content/uploads/2018/04/recoveryhousingtoolkit.pdf>

Other IIMHL Articles of Interest - USA

National Strategy for Suicide Prevention Implementation Assessment Report SAMHSA, 2018

This report attempts to provide a snapshot of recent efforts to implement the goals and objectives of the National Strategy for Suicide Prevention and makes suggestions for increasing the effectiveness of these implementation efforts.

<https://store.samhsa.gov/shin/content//SMA17-5051/SMA17-5051.pdf>

After a Suicide: A Toolkit for Schools

American Foundation for Suicide Prevention and Suicide Prevention Resource Center, 2018

The Suicide Prevention Resource Center ([SPRC](http://www.sprc.org)) is pleased to announce the release of the second edition of *After a Suicide: A Toolkit for Schools*. Developed in collaboration with the American Foundation for Suicide Prevention ([AFSP](http://www.afsp.org)) and in consultation with other national experts, this toolkit assists schools in implementing a coordinated response to the suicide death of a student. It includes new information and tools that middle and high schools can use to help the school community cope and reduce suicide risk. The toolkit was developed primarily for school administrators and staff but can also be useful for parents and communities.

http://www.sprc.org/sites/default/files/resource-program/After%20a%20suicide_V10.pdf

The Comprehensive Community Mental Health Services for Children with Serious Emotional Disturbances

2016 Report to Congress, SAMHSA, 2018

This 2016 report provides an overview of data from the Comprehensive Community Mental Health Services for Children with Serious Emotional Disturbances program. It presents findings that indicate that systems of care provide services and promote positive outcomes for underserved children and youth within the mental health system.

<https://store.samhsa.gov/shin/content//PEP18-CMHI2016/PEP18-CMHI2016.pdf>

Recommended Standard Care for People with Suicide Risk: Making Health Care Suicide Safe

Action Alliance for Suicide Prevention: Transforming Health Systems Initiative Work Group, 2018

The National Action Alliance for Suicide Prevention ([Action Alliance](#)) has released the new report, [Recommended Standard Care for People with Suicide Risk: Making Health Care Suicide Safe](#). This report includes the first-ever recommendations on suicide-related standard health care for primary care, behavioral health, and emergency department settings. Since the majority (64 percent) of people who attempt suicide [visit a doctor in the month before their attempt](#), it is essential that people who are at risk for suicide receive timely access to treatments and other health care services that are known to be effective in reducing suicide risk. The new recommendations present feasible, practical, evidence-based actions that health care organizations can adopt immediately. The Action Alliance convened public and private sector experts, researchers, clinicians, and consumers to develop the report.

<http://actionallianceforsuicideprevention.org/sites/actionallianceforsuicideprevention.org/files/Action%20Alliance%20Recommended%20Standard%20Care%20FINAL.pdf>

Brother You're on My Mind

Omega Psi Phi Fraternity, Inc., and the National Institute on Minority Health and Health Disparities (NIMHD), Undated

To help start conversations about mental health, Omega Psi Phi Fraternity, Inc., and the National Institute on Minority Health and Health Disparities (NIMHD) have launched Brother, You're on My Mind: Changing the National Dialogue Regarding Mental Health Among African American Men. This initiative has two major goals:

Goal 1: To collaborate on efforts to educate Omega members, their families, and related communities about the effects of depression and stress.

Goal 2: To communicate the importance of seeking help for mental health problems and to encourage affected individuals to get information from their health care providers and others in order to obtain appropriate treatment.

https://www.nimhd.nih.gov/docs/byomm_fulltoolkit.pdf

Anxiety in Children. Comparative Effectiveness Review No. 192

(Prepared by the Mayo Clinic Evidence-based Practice Center under Contract No. 290-2015-00013-I.)

AHRQ Publication No. 17-EHC023-EF. Rockville, MD: Agency for Healthcare Research and Quality

Wang Z, et al, August 2017

CBT is effective in reducing anxiety symptoms and improving function. Medications, primarily those targeting serotonin, are also effective and were associated with various short-term adverse events, which were mostly not serious, but studies were too small or too short to assess suicidality with SSRI or SNRI. The combination of medications and CBT is likely more effective than either treatment alone. Comparative effectiveness evidence between various medications and comparing CBT versus medications, or the combination, is limited and represents a need for research in this field.

Future research is needed to evaluate components of CBT, effect modifiers of treatment, and long-term safety of drugs, and needs to be more inclusive of underserved populations and minorities.

<https://effectivehealthcare.ahrq.gov/sites/default/files/pdf/anxiety-children-report.pdf>

Clinical Guidance for Treating Pregnant and Parenting Women With Opioid Use Disorder and Their Infants

SAMHSA, 2018

The nation's opioid epidemic continues to compromise the health and well-being of individuals, families, and communities. Federal policymakers and agencies are developing, implementing, and funding strategies focused on turning the tide (U.S. Department of Health and Human Services [HHS], 2016) to address opioid misuse, opioid use disorder (OUD), fatal and non-fatal drug overdoses, prenatal substance exposure, dissolution or breakup of families, and financial ruin experienced in communities nationwide.

The Substance Abuse and Mental Health Services Administration (SAMHSA) developed this 165-page clinical guidance in this document to meet an urgent need among professionals who care for women with OUD and substance-exposed infants for reliable, useful, and accurate information that can be applied in clinical practice to optimize the outcome for both mother and infant.

<https://store.samhsa.gov/shin/content/SMA18-5054/SMA18-5054.pdf>

IIDL Feature - USA

Supported Decision Making:

Supported Decision Making is becoming an increasingly important and powerful tool in both the understanding of the rights and wishes of people living with an intellectual disability and in the implementation of the United Nations Convention on the Rights of Disabled People. We are now beginning to develop an increased understanding and body of knowledge around the application of Supported Decision Making.

TASH Connections, 2017

The Fall 2017 TASH connections Magazine is dedicated to the issue of supported decision making. People with disabilities want to make informed choices about what is really important to them. They want to be informed. If you are talking about choice, give us all the information we need in ways that we can understand it. supported decision making has been shown to be a highly effective alternative to legal constructs that frequently end up limiting the ability of individuals with disabilities to live "enviable lives".

<http://www.iimhl.com/files/docs/20180515a.pdf>

Supported Decision Making

The following two videos presented by Michael Kendrick assist us to develop a better understanding of the place and importance of supported decision in the lives of people living with intellectual disabilities and other cognitive impairments.

What is Supported Decision Making: Michael Kendrick, 2017

- https://youtu.be/9UB_2scSy3U
- <https://youtu.be/RR0sdrv2Yg4>

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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.

