



From the IIMHL and IIDL Update List

Welcome to this bi-monthly edition of Update 30 August 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.



NEW IIMHL VIDEO
The Value of IIMHL from a Canadian Perspective

To view this short video:

[https://youtu.be/ V1og6guaik](https://youtu.be/V1og6guaik)

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In this issue:

- **IIMHL Feature Article - England**
 - [Investing in a Resilient Population: Keys to a mentally prosperous nation](#)
- **Other IIMHL Articles of Interest - England**
 - [The 100-year Life: The role of housing, planning and design](#)
 - [Prevention Concordat for Better Mental Health](#)
 - [Where the Heart Is: Social housing, rent arrears and mental health](#)
- **Other IIMHL Articles of Interest - Europe**
 - [Mental Health at Work, in Schools](#)
 - [Policy Brief Depression: “Management of mental health disorders Through advanced technology and services – telehealth for the MIND”](#)
 - [The European Quality of Life Survey \(EQLS\) 2016](#)
 - [Mapping and Understanding Exclusion: Institutional, coercive and community-based services and practices across Europe](#)
- **IIDL Feature Article - European Union**
 - [Mapping Self-directed Support Around the World](#)
- **Other IIDL Articles of Interest - England**
 - [Dignity in Health Care for People with Learning Disabilities](#)

IIMHL Feature - England

The Rt. Hon. Paul Burstow gave a fantastic presentation in Stockholm at the IIMHL & IIDL Leadership Exchange this year!

Investing in a Resilient Population: Keys to a mentally prosperous nation

Mental Health Policy Commission: University of Birmingham, UK, 2018

The Commission believes that it is time to change the paradigm and close the ‘prevention gap’ by tackling the causes of poor mental health at their root instead of years later in treatment. The Commission’s case for change is simple: the nation’s future prosperity requires a sustained investment in the nation’s mental resilience, starting early and supporting families, schools, workplaces, and communities to be the best they can be at nurturing the next generation.

The four building blocks outlined in this 52-page report are:

1. Positive family, peer, and community relationships
2. Minimise adverse experiences and exclusions
3. Mentally friendly education and employment
4. Responding early and responding well to first signs of distress

<https://www.birmingham.ac.uk/Documents/research/policycommission/Investing-in-a-Resilient-Generation-report.pdf>

Other IIMHL Articles of Interest - England

The 100-year Life: The role of housing, planning and design

Social Care Institute for Excellence, June 2018

Leading organisations from across housing, care and ageing were brought together for a day-long workshop to consider some of the biggest challenges to good health and wellbeing in later life. The aim was to provide some space to collectively think and apply design principles to unlock new ideas to age-proof our society and communities.

This paper outlines the conclusions reached under four key areas: integrating services; making finance more flexible; creating age-friendly communities – including homes and the built environment; and engaging with older people in designing new products from kitchens and bathrooms to transport.

<https://www.scie.org.uk/news/mediarelease/100-year-life-release>

Prevention Concordat for Better Mental Health

Public Health England, March 2018

The Prevention Concordat for Better Mental Health is underpinned by an understanding that taking a prevention-focused approach to improving the public's mental health is shown to make a valuable contribution to achieving a fairer and more equitable society. The concordat promotes evidence based planning and commissioning to increase the impact on reducing health inequalities. The sustainability and cost effectiveness of this approach will be enhanced by the inclusion of action that impacts on the wider determinants of mental health and wellbeing. The concordat is a 7-item consensus statement and is intended to provide a focus for cross-sector action to deliver a tangible increase in the adoption of public mental health approaches across all health and education agencies (see statement below)

<https://www.gov.uk/government/publications/prevention-concordat-for-better-mental-health-consensus-statement/prevention-concordat-for-better-mental-health>

Where the Heart Is: Social housing, rent arrears and mental health

The Money and Mental Health Policy Institute - Nikki Bond, Katie Evans, Merlyn Holkar
April 2018

This report outlines issues around housing and identifies opportunities to help people experiencing mental health problems avoid income shocks. For government five recommendations are given. For social housing landlords three recommendations are outlined.

<https://www.moneyandmentalhealth.org/wp-content/uploads/2018/04/Where-the-heart-is-social-housing-rent-arrears-and-mental-health.pdf>

Other IIMHL Articles of Interest - Europe

Mental Health at Work, in Schools: Prevention of depression and suicide

European Union, 2017

This booklet presents good practices on mental health and well-being identified across the European Union. While many research institutions, care centres, nongovernmental organizations, and governments within the EU conduct programmes and practices centred on mental health, it can be difficult to find information about them and ensure their use and expansion to other settings. Good practices are a valuable resource to share knowledge and experience between initiatives; they facilitate improvements in mental health by encouraging their adaptation and implementation by other settings.

https://ec.europa.eu/health/sites/health/files/mental_health/docs/2017_mh_work_schools_en.pdf

Policy Brief Depression: “Management of mental health disorders Through advanced technology and services – telehealth for the MIND”

European Commission, 2017

Depressive disorders have a considering impact on the lives of EU citizens. Smart policies and strategies are required to support the deployment of eMental health solutions. The EU-funded MasterMind consortium has composed a policy brief on this issue. The MasterMind project aimed to solve one overarching problem: actual and equal offer of eMental health interventions under good conditions and at a competitive price. With MasterMind, eMental health solutions for depression have been boosted and gained a solid foothold in the participating regions. The project has provided an unprecedented wealth of information about implementing eMental health in routine healthcare for depressive disorder. No other projects have implemented eMental health services at this scale and systematically identified barriers to implementation and upscaling in routine practice and collected valuable experience as well as research results in the process.

<https://ec.europa.eu/digital-single-market/en/news/eu-funded-mastermind-publishes-policy-recommendations-depression-treatment-through-emental>

The European Quality of Life Survey (EQLS) 2016

Eurofund, 2018

The EQLS is an established tool for monitoring and analysing quality of life in the EU. Carried out in 2003, 2007, 2011 and 2016, the EQLS documents the living conditions and social situation of European citizens. It includes subjective and objective measures: reported attitudes and preferences, as well as resources and experiences. Eurofund’s approach recognises that ‘quality of life’ is a broad concept and encompasses individual well-being as well as the quality of public services and quality of society. The current report provides an overview of multiple dimensions: it examines subjective well-being, standard of living and aspects of deprivation, care responsibilities and work–life balance; healthcare, long-term care, childcare and other public services; and social insecurity, social exclusion and societal tensions, trust, and participation and community engagement. The report covers the 28 EU Member States.

<https://www.eurofound.europa.eu/publications/executive-summary/2017/fourth-european-quality-of-life-survey-executive-summary>

Mapping and Understanding Exclusion: Institutional, coercive and community-based services and practices across Europe

Mental Health Europe, 2017

The previous Mapping Exclusion report filled a gap in the knowledge about the state of institutional and community-based mental health services across the European Union (EU)

and while some of the information remains relevant, there are some important developments. The new edition – entitled ‘Mapping and Understanding Exclusion- Institutional, coercive and community-based services and practices across Europe’ - aims to capture more information on mental health laws, the use of forced placements and treatments, seclusion and restraint as well as emerging issues in the mental health field in Europe. In mapping mental health systems across Europe, the report also aims to shed light on the situation of human rights for people who experience mental ill-health including those who use mental health services and people with psychosocial disabilities. This time around there is a special focus on the stories of people who have actually experienced institutionalisation and coercion in mental health services and we hope this new additional chapter will contribute to a more profound understanding of the exclusion these individuals may still face in society.

<https://mhe-sme.org/wp-content/uploads/2018/01/Mapping-and-Understanding-Exclusion-in-Europe.pdf>

IIDL Feature - European Union

Mapping Self-directed Support Around the World

Self-directed support has been a growing international development. However differences in terminology and organisation stop us learning about progress and discovering where change has been most effective in realising human rights. Citizen Network, working with a range of partners, is asking for help in mapping the progress of self-directed support so that the global community can better understand the current situation, where positive progress is taking place and what are the key obstacles for the further progress. For more information:

<https://www.citizen-network.org/sharing/research/how-is-self-directed-support-developing-globally/>

Other Article of Interest - England

Dignity in Health Care for People with Learning Disabilities

Royal College of Nursing, January 2018

A small proactive group of individuals with learning disabilities who use health care services in South East London agreed to contribute to the development of this guide. Referred to as the expert panel, they shared their thoughts, feelings and experiences at three focus group meetings. During these events, which were facilitated by a learning disability nurse, group members were encouraged and supported to discuss their thoughts in relation to three key questions: I what does dignity mean? I what were their experiences of health services? I what could nurses do to make dignity better?

<https://www.rcn.org.uk/professional-development/publications/pub-004439>

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Join IIMHL / IIDL

Leaders in any sector that can affect the conditions for Mental Health and Addictions and leaders in 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.

