



From the IIMHL and IIDL Update List

Welcome to this bi-monthly edition of 30 October 2021

The International Initiative for Mental Health Leadership (IIMHL) and the International Initiative for Disability Leadership (IIDL) organise 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 and well-being 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, addiction and disability support 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. We would be delighted if you would join us on Facebook and Twitter.

Our regular Update will continue to feature matters of practice, policy and innovation from our member countries. We are aware that COVID19 and its impact currently features hugely in the thinking and practical work of you, our members.

With that in mind, we are continuing to produce our now regular briefings on COVID19 and its impact in relation to mental health as well as other specific topic areas. You can find these briefings on our website (<https://www.iimhl.com/iimhl-covid19-update-archive>), via our Twitter feed: @IIMHL and of course by email.

New Date and Format for IIMHL/IIDL Leadership Exchange 2022

Original Event Date: February 28 - March 4, 2022

New Event Date: October 2022

New Format: Online with blend of regional/in-person hubs, as travel conditions allow

Following the Special Update forwarded to all members advising of the new date and format for next year's Leadership Exchange, the latest information on this event will always be available at:

<https://www.iimhl.com/2022-christchurch>

In this issue:

- **IIMHL Feature Article – International**
 - [Equally Well Declaration](#)

- **Other IIMHL Articles of Interest – International**
 - [Mental Health Strategy 2021-2031 – Northern Ireland](#)
 - [Prioritizing the Mental Health and Well-Being of Healthcare Workers: An Urgent Global Public Health Priority](#)
 - [Community Mental Health Good Practice Guide: Peer Support](#)
- **IIDL Feature Article – England**
 - [Transforming care for people with intellectual disabilities and autism in England](#)

IIMHL Feature Article – International

Equally Well Declaration 2021

Equitable access to vaccination is fundamental to human rights. The WHO SAGE values framework for the allocation and prioritization of COVID-19 vaccination recommends countries take proactive measures to prioritise people who are clinically vulnerable and socially disadvantaged. People living with mental illness and substance use disorders should have the same opportunity to access and decide to be protected against infectious diseases as anyone else facing the same level of risk.

We call on governments and public health authorities around the world to ensure that vaccination programmes against infectious diseases give appropriate priority and attention to people living with mental illness and substance use disorders. Committing to a proactive approach to ensuring equity of access to vaccination against COVID-19 and other infectious diseases is a vital, low-cost, and attainable goal that will protect health, save money, reduce the pressure on existing health services, and save thousands of lives worldwide. Most fundamentally, it will respect the basic human right “to the highest attainable standard of health”.

<https://www.equallywell.org.au/declaration/>

Other IIMHL Articles of Interest – International

Mental Health Strategy 2021-2031 – Northern Ireland Minister of Health, 2021

The Strategy consists of 35 actions across three themes:

Theme 1: Promoting mental wellbeing resilience and good mental health across society - focussed on promotion, resilience and additional support across various parts of a person’s life, and actions around additional therapy hubs support and support for carers in mental health settings.

Theme 2: Providing the right support at the right time - focussed on the delivery of services, to ensure people who need support receive the support they need, when they need it.

Theme 3: New ways of working - focussed on the systems around mental health services, such as the creation of a single mental health service, digital mental health, workforce, data and outcomes and innovation and research.

<https://www.health-ni.gov.uk/news/minister-health-publishes-new-10-year-mental-health-strategy>

Prioritizing the Mental Health and Well-Being of Healthcare Workers: An Urgent Global Public Health Priority

Frontiers in Public Health, May 2021

First, the authors provide a broad overview of the elevated risk of stress, burnout, moral injury, depression, trauma, and other mental health challenges among healthcare workers. Second, they consider how public health emergencies exacerbate these concerns, as reflected in emerging research on the negative mental health impacts of the COVID-19 pandemic on healthcare workers. Further, they consider potential approaches for overcoming these threats to mental health by exploring the value of practicing self-care strategies, and implementing evidence based interventions and organizational measures to help protect and support the mental health and well-being of the healthcare workforce. Lastly, they highlight systemic changes to empower healthcare workers and protect their mental health and well-being in the long run, and propose policy recommendations to guide healthcare leaders and health systems in this endeavour.

This paper acknowledges the stressors, burdens, and psychological needs of the healthcare workforce across health systems and disciplines, and calls for renewed efforts to mitigate these challenges among those working on the frontlines during public health emergencies such as the COVID-19 pandemic.

<https://www.frontiersin.org/articles/10.3389/fpubh.2021.679397/full>

Community Mental Health Good Practice Guide: Peer Support

CBM Global Disability Inclusion United for Global Mental Health, 2020

Peer support services promote connectedness, inspire hope, offers a level of acceptance, understanding and validation, that are not found in other professional services. Above and beyond the benefits of peer support work at an individual level, evidence has indicated a much broader impact, and include: reduced relapse rate, reduced hospital admissions and related costs, reduced coercive practices and promotion of human rights, empowerment of persons with lived experience, and the potential to help fill the human resources gap. Peer support as a complimentary service that is integrated into a comprehensive mental health services package, is cost effective and yields long-term results.

https://cbm-global.org/wp-content/uploads/2021/06/Good-Practice-Guide_CB_M_Peer-support.pdf

IIDL Feature Article – England

Transforming care for people with intellectual disabilities and autism in England

The Lancet, September 2021

A costed programme of real and substantial investment in an integrated system of specialist NHS community and inpatient services is required to give this vulnerable population the parity of esteem with other patients with mental health conditions that they deserve and require.

[https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366\(21\)00349-7/fulltext?rss=yes&utm_campaign=update-lanpsy&utm_medium=email&hsmi=165445223&hsenc=p2ANqtz--KcR-](https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(21)00349-7/fulltext?rss=yes&utm_campaign=update-lanpsy&utm_medium=email&hsmi=165445223&hsenc=p2ANqtz--KcR-)

[lqv3hDML9HGoStrhpJqAAgg8f1SK_ER56My2ZKAxBqa4xIDfuE0ICl0z9mis2DYARiEmYw9Oa8D9mNNflcsf-sw&utm_content=165445223&utm_source=hs_email](https://www.iimhl.com/updates/2023/05/16/165445223)

Fran Silvestri

President & CEO, IIMHL & IIDL

fran@iimhl.com

General enquiries about this Update or for other IIMHL information please contact Erin Geaney at erin@iimhl.com.

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 these links:

For IIMHL:

<https://www.iimhl.com/iimhl-join>

For IIDL:

<https://www.iimhl.com/iidl-join>

IIMHL and IIDL Briefings contain information, reports and articles that may be of interest to leaders and organisations. The information, articles and reports represent the views and opinions of the organisation referenced, not necessarily those of IIMHL and IIDL.

