



### From the IIMHL and IIDL Update List

#### Welcome to this bi-monthly edition of 30 July 2021

IIMHL and 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.

## 2022 Christchurch IIMHL & IIDL Leadership Exchange

**Registration for the 2022 Christchurch IIMHL & IIDL Leadership Exchange is now open!**

This five-day event will take place the week of 28th February with the Matches being hosted across New Zealand and Australia on Monday 28th February and Tuesday 1st March. The

Matches will be followed by the Network Meeting, which commences with a pōwhiri (cultural welcome) at the Te Pae Conference Centre in Christchurch, New Zealand at 5.00pm on Wednesday 2nd March, and continues with the Network Meeting sessions on Thursday 3rd and Friday 4th March.

Please note that IIMHL seats are allocated by country and preference for attendance at the Network Meeting will be given to those who have attended a Match.

To register and select a Match:

IIMHL members - [www.iimhl.com](http://www.iimhl.com)

IIDL members - <https://www.iimhl.com/iidl-homepage>

See Christchurch 2022 tab at the top of both pages.

A copy of the draft Network Meeting Program agenda is available to view on the website and will continue to be updated as further details are confirmed.

We look forward to welcoming you to New Zealand in 2022!

[View the Welcome video here](#)

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## **IIMHL Feature Article - England**

**Improving boys' and young men's mental health through sports and creative activities**  
Centre for Mental Health, May 2021

'Thriving Not Just Surviving' was a three-year programme funded by Comic Relief to deliver community-based mental health support tailored to the needs of boys and young men. Trying something new is based on Centre for Mental Health's evaluation of this programme and provides insights into what works when supporting boys and young men.

The report finds that embedding mental health support in sporting and creative activities can engage boys and young men who might find traditional services less welcoming or relevant.

It also finds that partnership working can usefully bring complementary skill sets together, for example with skilled youth workers acting alongside counsellors or psychologists to deliver both engagement and support.

To improve mental health support for boys and young men, the NHS should develop services based on the 'Thriving Not Just Surviving' approach. It is also necessary for the mental health workforce to be more representative of the communities it serves and for Government to fund local authorities to rebuild youth services after years of austerity.

[https://www.centreformentalhealth.org.uk/sites/default/files/publication/download/CentreforMentalHealth\\_TryingSomethingNew\\_0.pdf](https://www.centreformentalhealth.org.uk/sites/default/files/publication/download/CentreforMentalHealth_TryingSomethingNew_0.pdf)

## **Other IIMHL Articles of Interest – England**

### **Op Courage Veterans Mental Health Service (Website)** NHS

This is the new name for:

- the Veterans' Mental Health Transition, Intervention and Liaison Service (TILS)
- the Veterans' Mental Health Complex Treatment Service (CTS)
- the Veterans' Mental Health High Intensity Service (HIS).

The new name has been developed to make it easier for those leaving the military and veterans to find help. Op Courage has been launched in the UK following an extensive engagement exercise with veterans and staff. It includes and integrates the various mental health services designed over the past few years for veterans, reservists, and families.

<https://www.nhs.uk/nhs-services/armed-forces-and-veterans-healthcare/veterans-nhs-mental-health-services/>

### **Mental Health And Race In The Workplace**

City Mental Health Alliance, 2021

Black people have had to deal with triggering conversations around racism because of the death of George Floyd and the Black Lives Matter protests. Moreover, data shows that people from Black and Minority Ethnic backgrounds have been disproportionately impacted by COVID-19, through higher death rates, health anxiety and financial distress, further embedding existing inequalities.

To build a truly diverse, inclusive and mentally healthy workplace, businesses need to recognise systems that perpetuate discrimination, interrupt that system by calling it out and then ensure action to repair. They need to offer workplace mental health and wellbeing support that is appropriate, effective and accessible to all employees. And businesses must ensure that workplaces create a culture of psychological safety, where all people feel a sense of belonging.

<https://citymha.org.uk/docs/CMHA-Mental-Health-Race-Toolkit.pdf>

## **Other IIMHL Articles of Interest – International**

### **Ember Launches 2021 Call-out to Select Next Cohort of Partners**

Ember is a collaboration between the SHM Foundation <https://www.shmfoundation.org/> and the [Mental Health Innovation Network \(MHIN\)](#) that finds, connects and supports grassroots mental health initiatives so they can grow and thrive.

Ember believes that mental health interventions that grow out of communities - i.e. that take a grassroots approach - are uniquely equipped to overcome issues of stigma and meet people's needs in meaningful, culturally-sensitive ways. However, community-based initiatives face serious barriers to sustaining and scaling their work, often lacking critical resources, networks and visibility.

Opportunity alert 📧 @Ember\_mh is looking for their next cohort of partners! Applications are open to local #mentalhealth initiatives in low/middle income countries who want to join a 12 month partnership focused on supporting their work.

Read more: <https://ctt.ac/TVfPF+>

## **IIDL Feature Article – England**

### **Submission to the Department of Health and Social Care's Inquiry into Women's Health and Wellbeing in England**

Chronic Illness Inclusion (CII), June 2021

CII presents the results of a survey of almost 800 disabled women and non-binary people in England living with chronic physical illness and their experiences of healthcare in the National Health Service (NHS). Most respondents lived with an energy-limiting condition, such as myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS) and fibromyalgia. CII is a Disabled People's Organisation. This means they approach chronic illness from a social justice, rather than a medicalised, perspective. Rooted in the social model of disability, they challenge the oppressive attitudes and exclusionary practices that diminish the lives of people with energy limiting chronic illnesses (ELCI) and chronic pain over and above their symptoms.

Our findings strongly suggest that disabled women with ELCI and chronic pain are systemically disregarded in healthcare contexts, especially once labelled with Medically Unexplained Symptoms (MUS).

<https://chronicillnessinclusion.org.uk/wp-content/uploads/2021/06/CII.DHSC-Womens-Health-England-June-2021.pdf>

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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 these links:

For IIMHL:

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

For IIDL:

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

*Please note: We try to find articles, new policies, research or opinion pieces, which we think may be interesting. Some recipients may feel some articles are not accurate, either for their use of data or not being aligned with their views. IIMHL does not endorse any article we send out, as our goal is to rapidly share information.*

