



Hello again! And best wishes for a healthy, happy, prosperous, successful 2005...

1/ Please find the January 2005 newsletter attached. This contains some details of what we worked on in the run-up to Christmas, and a chart showing Prevalence rates of depression/anxiety in Scottish women: standardised consultation rates by age group, 2002.



imhipjan05.pdf

2/ The National Programme for Improving Mental Health and Well-Being have published their annual review for 2003-2004. This reports on progress with their key aims (raising awareness and promoting mental health and well-being, eliminating stigma and discrimination, preventing suicide, and promoting and supporting recovery) and work in each of their priority areas (improving infant mental health (early years), children and young people, employment and working life, improving mental health and well-being in later life, improving community mental health and well-being, and improving local services). See <http://www.scotland.gov.uk/library5/health/imhar-00.asp>.

3/ The National Programme for Improving Mental Health and Well-Being recently supported the development and production of a booklet entitled 'The Reporting of Mental Health and Suicide by the Media'. The media have a key role in influencing public attitudes towards mental health and well-being. The guidance being produced by the National Union of Journalists is written by journalists for journalists and is an update of existing guidance from the NUJ. See <http://www.wellontheweb.org/well/files/NUJ-Guide.pdf>.

4/ The Scottish Recovery Network was formally launched on Thursday 16 December. For more details on the network see <http://www.scottishrecovery.net>.

5/ Breathing Space, the free, confidential phone line for people who are feeling low or depressed, embarked on its final phase of promotional rollout before Christmas. The Breathing Space line is open every day 6pm - 2am (0800 83 85 87 - Minicom: 0800 31 71 60). For more details see <http://www.breathingspacescotland.co.uk>.

6/ People in Scotland are becoming more understanding of mental health problems, according to new research. The report of the second National Scottish Survey of Public Attitudes to Mental Health, commissioned by the National Programme for Improving Mental Health and Wellbeing, has just been published. The survey also found that just over a half of respondents said that they had personally experienced a mental health problem. See <http://www.scotland.gov.uk/cru/resfindings/hcc44-00.asp> for a summary and <http://www.scotland.gov.uk/library5/health/pamhs-00.asp> to download the complete report.

7/ The Scottish Development Centre for Mental Health (SDC) is currently seeking practitioners' views of the Mental Welfare Commission for Scotland (MWC). SDC has been commissioned by the MWC to undertake this work to help them develop their services. A short online survey will be open throughout January where individuals will be asked about their experiences of the Commission. The survey will only take a few minutes to complete, and SDC would be grateful to receive comments from anyone who has had contact with the Commission as part of their work. The survey is available for completion at <http://www.sdcmh-surveys.org.uk/mwc>. Contact amy@sdcms.org.uk for further information.

8/ The Scottish Executive have published "Children and Young People's Mental Health: A Framework for Promotion, Prevention and Care - A Draft for Consultation". The framework is intended to "assist local health, education and social services in planning and delivering integrated approaches to children and young people's mental health across the continuum of promotion, prevention and care." The document is available at <http://www.scotland.gov.uk/consultations/health/cypmh-00.asp> and written responses are requested by Friday 25 March 2005.

9/ On 6 Dec 2004 the National Institute for Clinical Excellence in England (NICE) published two new guidelines:

* CG22 Anxiety: management of anxiety (panic disorder, with or without agoraphobia, and generalised

anxiety disorder) in adults in primary, secondary and community care - for PDF version see

<http://www.nice.org.uk/page.aspx?o=235216>

* CG23 Depression: management of depression in primary and secondary care - for PDF version see

<http://www.nice.org.uk/page.aspx?o=235213>.

For a summary of the content of the guidelines see <http://www.nice.org.uk/page.aspx?o=236571>.

10/ New work by ISD colleagues on prevalence of perinatal mental illness was published just before Christmas by NHS Quality Improvement Scotland (NHS QIS) in their Health Indicators Report - A Focus on Children report. This analysis showed that women who had recently given birth were more likely to experience depression or anxiety (27 percent) than those who had not (19 percent). For more details see page 29-50 in

http://www.nhshealthquality.org/nhsqis/files/2004%20Health%20Indicators%20Report_1.pdf.

11/ The same QIS report, again using ISD analyses, also reported that prescribing of methylphenidate for ADHD rose between 1996 and 2003, from 69 to 603 prescriptions per 10,000 of the population aged 6-14 years. These figures do not allow us to deduce how appropriate the prescribing is and therefore whether the current prescribing rates are above or below the expected level, or why there are regional variations. To answer these questions, NHS QIS will fund an audit - based upon the Scottish Intercollegiate Guidelines Network (SIGN) guideline - of the care and treatment provided for Scottish children with ADHD. For more details consult pages 111-117 of

http://www.nhshealthquality.org/nhsqis/files/2004%20Health%20Indicators%20Report_1.pdf.

12/ To support Joint Local Implementation Plans (JLIPs) for the new Mental Health (Care and Treatment)(Scotland) Act 2003, the Scottish Executive has announced that a further £255k has been approved for spend on mental health by local JLIP partners. These funds are the balance remaining from the Partnership Agreement investment made this year on national and other mental health initiatives (Forensic Network, Crisis Services development, Child and Adolescent Mental Health Services development etc) designed to support and inform implementation of the new Act. These latest allocations complement the main distribution of JLIP capital and revenue funds for 2004-05 announced in June last year.

Announcements will be made soon on the allocation of funds for 2005-06. A letter of 14 December confirmed that the £13m, 2005-06 element within the overall allocations for Local Authorities toward the implementation costs of the new Act would continue, at that level, at least to 2007-08. It remains for each Authority to determine the level of investment to be made locally on implementation and post implementation priorities.

See <http://www.show.scot.nhs.uk/sehd/publications/DC20041216JLIP.pdf>.

13/ In 1998 David Bennett died while he was a psychiatric inpatient in the care of Norfolk, Suffolk and Cambridgeshire Health Authority. He had been restrained by staff following an altercation with another patient. A full independent inquiry report on the incident, and follow-up, with recommendations and next steps is available at <http://image.guardian.co.uk/sys-files/Society/documents/2004/02/12/Bennett.pdf>. The inquiry report does not address Scotland, however a review was undertaken, here in Scotland, of what action is underway (or planned) in the areas of the 22 recommendations of the English report. This review involved the Mental Welfare Commission for Scotland, Quality Improvement Scotland, the National Resource Centre for Ethnic Minority Health and NHS Education Scotland. The Scottish review was recently completed and a letter summarising the work is available at

<http://www.show.scot.nhs.uk/sehd/publications/DC20041217SafeCare.pdf>.

14/ An advice note entitled Community Health partnerships (CHPs) - Improving the health and wellbeing of people with learning disability and/or autistic spectrum disorder (ASD) has been released. It is intended to inform the development of local arrangements to deliver the policy objectives of CHPs and Joint Future in relation to services for people with learning disabilities and/or ASD. It supports the aims and expected service outcomes set out in the CHP statutory guidance. See

<http://www.show.scot.nhs.uk/sehd/publications/DC20041220CHPs.pdf>.

15/ As always, previous editions of the Improving Mental Health Information Programme newsletter are available at our web site (see <http://www.isdscotland.org/imhipnews>). The website (<http://www.isdscotland.org/imhip>) also includes details of pioneer local projects and relevant policy links.

16/ If you know anyone else who might be interested to receive this e-mailed newsletter once a month encourage them to sign-up by e-mailing alastair.philp@nhs.net. Why not forward them this e-mail to let them know it exists? We are particularly keen to improve our profile with GPs and practice team members. If at any time you wish to be removed from this distribution list, wish further information on any of our activities or have comments, however critical, about anything we say or do please get in touch (alastair.philp@nhs.net). We will only improve mental health information if we work together and keep talking!