



Hello there!

This month we've revised the format of this e-mail a little. We hope it makes it easier to use, but please tell us what you think!

## Contents

- 1] **What have we been doing? Graph of the month...**
- 2] **Public consultation continues on two mental health datasets**
- 3] **WellScotland.info - National programme e-bulletin for Feb 06**
- 4] **New Research reveals majority of Scots would struggle to help a young person who self-harms**
- 5] **Website summarising strands of the Scottish ehealth programme**
- 6] **Statistical Bulletin Housing Series HSG/2006/2: Supporting People Client Statistics, 2004-05**
- 7] **Proposed revisions to the Scottish Health Survey (SHeS)**
- 8] **The revised General Medical Services Contract has new Quality and Outcome Framework indicators**
- 9] **The Young People's Unit Launch Stress and Anxiety in Teenagers CD-ROM and Website**
- 10] **Mental Health (Care and Treatment) (Scotland) Act 2003: provisions relating to the suspension of detention**
- 11] **Delivering for Health: guidance for implementation**
- 12] **Primhe journal: February edition**
- 13] **Scottish Recovery Network**
- 14] **NHS Quality Improvement Scotland: Learning Disability Services National Overview and Local Reports**
- 15] **Choose Life Summit 2006**
- 16] **Mental Health (Care and Treatment) (Scotland) Act 2003 - Named Persons**
- 17] **Provision of care and treatment to Children and Young People**
- 18] **Accessible Communications from the Mental Welfare Commission**
- 19] **Appointment of new Mental Welfare Commissioner**
- 20] **Sharing mental health information with carers: pointers to good practice for service providers**
- 21] **5th CARES National Conference**
- 22] **Deaf Mental Health Charter**
- 23] **Back issues available at iMHIP website**
- 24] **Spread the word**
- 25] **What do YOU think? Had enough?**

[Please note: If any of the links break over two lines you may have to paste them back together again in your browser. Alternatively you could visit the home page for the organisation (the bit between the double "/" and the first single "/" and follow links from there.)

## 1] **What have we been doing? Graph of the month...**

Please find the Mar 2006 newsletter attached. This contains some details of what we worked on last month, and a chart showing *Psychiatrists working in NHS Scotland hospitals and community services at 30 Sep 05: percentages (bars) and numbers (headcount) by age group.*

## **2] Public consultation continues on two mental health datasets**

Consultation continues on a paper covering two mental health datasets we have been working on over the past few years - the Information Core for Integrated Care (ICIC) and the Psychiatric Inpatient Clinical Discharge Summary Information Set (PIC-DSIS). The consultation paper is available at <http://www.show.scot.nhs.uk/clinicaldatasets>.

## **3] WellScotland.info - National programme e-bulletin for Feb 06**

The National Programme for Improving Mental Health and Well-being (see <http://www.wellscotland.info/news/index.html>) have issued another e-bulletin (Feb 06; Issue 3) which carries news, events and developments from the National Programme. It also contains stories about: a TV advert designed to challenge stigma surrounding self-harm; Scottish Recovery Network; winners of small research project grants; the launch of a sudden trauma helpline; young people on eating disorders; Cognitive Behavioural Therapy (CBT); and the Disability Rights Commission and mental ill-health. To subscribe to the e-bulletin visit <http://www.wellscotland.info/news/subscribe.html>. Please note: if you have previously subscribed to <http://www.wellontheweb.net> you will need to re-subscribe to the new site.

## **4] New Research reveals majority of Scots would struggle to help a young person who self-harms**

In a press release from the see me anti stigma campaign they report that 56% of Scottish adults would struggle to help a young person who self-harms. See [http://www.seemescotland.org.uk/media/press\\_releases.php?id=29](http://www.seemescotland.org.uk/media/press_releases.php?id=29)

## **5] Website summarising strands of the Scottish ehealth programme**

This digest gives an overview of the activity supporting the NHS Scotland eHealth Strategy. You can browse through descriptions of programmes and projects, find links to more detailed information, and contact individuals directly. See <http://www.digests.show.scot.nhs.uk/digests/Welcome.do>. [only available to those on NHS intranet - if the link doesn't work that may be why!]

## **6] Statistical Bulletin Housing Series HSG/2006/2: Supporting People Client Statistics, 2004-05**

One client group receiving *Supporting People* money are those with mental ill-health. For more details see <http://www.scotland.gov.uk/Publications/2006/02/20105419/0>

## **7] Proposed revisions to the Scottish Health Survey (SHeS)**

The SHeS Review Group met recently to discuss proposed recommendations and options for the future structure of this survey. Key stakeholders are now being consulted on a number of changes including: survey frequency - should the survey be run on a continuous basis rather than every three years; and sample sizes at the NHS board level should be a minimum of 800 respondents per area. More details at <http://www.scotland.gov.uk/Topics/Statistics/scotstat/SPSCC/Paper-SPSCC-06-07>. Comments are sought by 31st March 2006 and should be submitted to [karen.macnee@scotland.gsi.gov.uk](mailto:karen.macnee@scotland.gsi.gov.uk)

## **8] The revised General Medical Services Contract has new Quality and Outcome Framework indicators**

General Practitioners are paid through General Medical Services (GMS) Contracts. One component of this is the Quality and Outcome Framework, which allows them to accrue points and therefore payment if they present data on a number of clinical and other indicators. For more details see [http://www.isdscotland.org/isd/info3.jsp?pContentID=3364&p\\_applic=CCC&p\\_service=Content.show&](http://www.isdscotland.org/isd/info3.jsp?pContentID=3364&p_applic=CCC&p_service=Content.show&) In addition to the indicators already developed (see <http://www.paymodernisation.scot.nhs.uk/gms/quality/docs/QualOutFrame0804.pdf>) a number of new indicators are being introduced. These include: % of those on a register of severe mental illness who have a comprehensive care plan; a register of patients with dementia; % of patients

with diabetes or coronary heart disease who have been assessed for depression; and % of those patients diagnosed with depression who have had an assessment of severity using a validated tool. For more details and rationale for inclusion see <http://www.nhsemployers.org/primary/primary-703.cfm>.

#### **9] The Young People's Unit Launch Stress and Anxiety in Teenagers CD-ROM and Website**

A CD-ROM and Website (<http://www.stressandanxietyinteenagers.com>) are to be launched by the Young People's unit in Edinburgh later in March. They aim to assist young people to develop an understanding of stress and anxiety alongside associated symptoms and treatment using an accessible media form.

#### **10] Mental Health (Care and Treatment) (Scotland) Act 2003: provisions relating to the suspension of detention**

A Health Department letter has been published that provides a brief overview of suspension of detention from hospital, including restricted patients. See [http://www.show.scot.nhs.uk/sehd/mels/HDL2006\\_07.pdf](http://www.show.scot.nhs.uk/sehd/mels/HDL2006_07.pdf). Further information and guidance on the Act is available on the *Reforming Mental Health Law* website at <http://www.scotland.gov.uk/Topics/Health/health/mental-health/mhlaw/home>.

#### **11] Delivering for Health: guidance for implementation**

This document gives details of what needs to be done, by whom, and when. It includes actions in both Mental Health and eHealth. See [http://www.show.scot.nhs.uk/sehd/mels/hdl2006\\_12.pdf](http://www.show.scot.nhs.uk/sehd/mels/hdl2006_12.pdf)

#### **12] Primhe journal: February edition**

The February Issue of the *Journal of Primary Care Mental Health and Education* is out now. To view it, go to <http://www.primhe.org/markup/publicat-prmjnl.cfm>.

#### **13] Scottish Recovery Network**

A further e-bulletin from the Scottish Recovery Network has been circulated. The items referred to are also featured at <http://www.scottishrecovery.net/content/default.asp?page=s7> and include: Wellness Recovery Action Plans; development of peer support; Working to Recovery Conference; Sharing Recovery Stories and Thoughts; search for writers with experience of mental health problems; and a Mental Health Europe Social Inclusion Project.

#### **14] NHS Quality Improvement Scotland: Learning Disability Services National Overview and Local Reports**

The national overview for learning disability services, based on the NHS QIS local report for each NHS Board area, has now been published. The overview document is based on peer review visits to all NHS Board areas in Scotland that were conducted between October 2004 and August 2005 to assess performance against Quality Indicators. A local report on each NHS Board, including a detailed assessment of their performance against each quality indicator reviewed has also been published. The documents are available at [http://www.nhshealthquality.org/nhsqis/qis\\_display\\_findings.jsp?pContentID=2957&p\\_applic=CC&p\\_service=Content.show&](http://www.nhshealthquality.org/nhsqis/qis_display_findings.jsp?pContentID=2957&p_applic=CC&p_service=Content.show&)

#### **15] Choose Life Summit 2006**

In February, Choose Life (the Scottish Programme to prevent Suicide) Co-ordinators were joined by suicide prevention trainers, local and national partners to share experience and knowledge of the groundbreaking work being carried out in communities throughout Scotland to prevent suicide. The two day event included a diverse range of presentations on aspects of Choose Life and on partner activities, which generated much discussion around the key challenges ahead. A report is available at <http://www.chooselife.net/web/site/AboutChooseLife/ChooseLifeSummit2006.asp>.

#### **16] Mental Health (Care and Treatment) (Scotland) Act 2003 - Named Persons**

Monitoring by the Mental Welfare Commission has identified some confusion around who is a patient's Named Person, where that patient has not nominated a Named Person. Guidance has been produced indicating what the default position is for a patient who has not nominated a named person or where the named person has declined the role. This guidance is available from [http://www.mwscot.org.uk/web/FILES/Publications/Named\\_Person\\_final.doc](http://www.mwscot.org.uk/web/FILES/Publications/Named_Person_final.doc)

### **17] Provision of care and treatment to Children and Young People**

The Mental Welfare Commission has updated its guidance on the provision of care and treatment to under 18 year olds when admitted to adult wards. A full copy of the guidance can be downloaded from

[http://www.mwscot.org.uk/web/site/GoodPractice/Publications/Guidance\\_documents.asp](http://www.mwscot.org.uk/web/site/GoodPractice/Publications/Guidance_documents.asp)

### **18] Accessible Communications from the Mental Welfare Commission**

The Mental Welfare Commission now has a range of leaflets in accessible (easy-read) format. Hard copies of these can be requested through the telephone information and advice service and will be available online soon at

[http://www.mwscot.org.uk/web/site/GoodPractice/Publications/Information\\_leaflets.asp](http://www.mwscot.org.uk/web/site/GoodPractice/Publications/Information_leaflets.asp). The

Commission's 'Who We Are and What We Do' leaflet is also currently being translated into a range of community languages and will be available to download from their website as either a PDF or an audio file in the very near future.

### **19] Appointment of new Mental Welfare Commissioner**

A new Commissioner with a background in Independent Advocacy has taken her place at the MWC. Angela Forbes is the manager of Advocacy Service Aberdeen. Prior to working in the advocacy movement, Angela worked in education as a lecturer in further and higher education and, during that time spent a year working with people with disabilities, helping them to access educational opportunities. The appointment of a Commissioner with an advocacy background reflects the importance of this sector to the work of the Commission.

### **20] Sharing mental health information with carers: pointers to good practice for service providers**

*Rethink:severe mental illness* recently launched the report *Sharing mental health information with carers: pointers to good practice for service providers* which showed that fear about breaching patient confidentiality can prevent effective involvement of carers in mental health care, resulting in poorer outcomes for people with mental illness. See

[http://www.sdo.lshtm.ac.uk/pdf/carers\\_huxley\\_briefingpaper.pdf](http://www.sdo.lshtm.ac.uk/pdf/carers_huxley_briefingpaper.pdf)

### **21] 5th CARES National Conference**

The Centre for Addiction Research and Education Scotland (CARES) are holding their 5th National Conference on Fr 19 May 2006. This years topic is Cannabis & Cannabinoids: Use & Abuse. This 1 day meeting in Dundee is designed for clinicians and academics in the field of addictions and mental health and will cost £60. For further details see

<http://www.dundee.ac.uk/psychiatry/cares> or contact [j.johnston@dundee.ac.uk](mailto:j.johnston@dundee.ac.uk).

### **22] Deaf Mental Health Charter**

The Mental Health Foundation and Sign the National Society for Mental Health and Deafness, have produced a service provider information pack to raise awareness of the basic rights of deaf people when receiving mental health services. See

<http://www.mentalhealth.org.uk/page.cfm?pagecode=PISDAPDC>. The guidance, although relevant to the wider UK, is also focussed on England. There is also continuing attention in Scotland on improving access to mainstream and specialist services for those with a sensory loss and a mental health problem. Scottish Executive guidance was issued to partner Agencies in June 2005 (see [http://www.show.scot.nhs.uk/sehd/mels/HDL2005\\_27.pdf](http://www.show.scot.nhs.uk/sehd/mels/HDL2005_27.pdf) and that will help inform the approaches adopted by the Agencies in each area to meet assessed and forecast

local needs. The Executive will be monitoring progress by inviting NHS Boards in July 06 to complete a joint survey on developments and action on this important agenda.

**23] Back issues available at iMHIP website**

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 all our projects and relevant policy links.

**24] Spread the word**

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 [karen.brown@isd.csa.scot.nhs.uk](mailto:karen.brown@isd.csa.scot.nhs.uk). Why not forward them this e-mail to let them know this newsletter exists? We are particularly keen to improve our profile with service users and informal carers, and with GPs and practice team members (among others).

**25] What do YOU think? Had enough?**

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. We will only improve mental health information if we work together and keep talking!

best wishes,

Karen Brown

Alastair Philp