



Hello again!

1] Please find the Nov 2005 newsletter attached. This contains some details of what we worked on last month, and a chart showing Mean stay in Scottish Psychiatric hospitals, by speciality, years ending Mar 1998-2005.

2] The Scottish Executive eHealth Programme have published guidance for planning and development pending the introduction of a single electronic health record - see [http://www.show.scot.nhs.uk/sehd/mels/HDL2005\\_46.pdf](http://www.show.scot.nhs.uk/sehd/mels/HDL2005_46.pdf). Development of such a single electronic health record is one of the commitments made in in the Scottish Executive response "Delivering for Health" (see <http://www.scotland.gov.uk/Resource/Doc/76169/0018996.pdf>) to David Kerr's report "Building a Health Service fit for the future" .

3] The headline messages from "Delivering for Health" (<http://www.scotland.gov.uk/Resource/Doc/76169/0018996.pdf>) are as relevant for mental health as they are for all other care. "Delivering for Health" sets clear objectives including an aim to improve the health (and mental health) of Scotland with a greater and wider effort on improving health and well being through preventative measures, support for self care and a targeting of resources on those at greater risk. That ambition reflects much of what already drives mental health policy and delivery agendas in Scotland. The mental health priority is recognised throughout "Delivering for Health" and your attention is drawn in particular to sections 3.5, 3.6, (for the child and adolescent aspects) and 3.7. Undertakings are made for mental health that will involve partnership working on a national mental health delivery plan; an evidence based practice guide to depression; continued investment on crisis prevention, response and recovery; national standards for Integrated Care Pathways; and an analysis of specialist service needs. Relevant and current information will have a part to play in the work on all these proposals.

4] Marking the launch of the Mental Health (Care and Treatment)(Scotland) Act on 5 October, Lewis Macdonald was keen to stress his appreciation of the ongoing contribution made by all involved in this significant change and improvement process, evidenced by the near 95% state of readiness reported by the agencies. He also announced an additional £10 million to 2008 to help agencies respond to issues arising from the operation of the new arrangements. These next steps build on the success of the established Joint Local Co-ordinator process with attention moving to a delivery, quality, improved outcomes focus and on joint working to deliver on the undertakings for mental health set out in the response to the Kerr report. Again, relevant and current information will have a part to play in this delivery agenda.

5] The Centre for Change and Innovation has been leading a review of the management and treatment of people with personality disorder in Scotland. This work recently resulted in a national one day conference that 165 delegates attended. The conference report and further information, such as all of the conference presentations can be found at [http://www.cci.scot.nhs.uk/cci/cci\\_display.jsp?pContentID=2868&p\\_applic=CCC&p\\_service=Content.show&](http://www.cci.scot.nhs.uk/cci/cci_display.jsp?pContentID=2868&p_applic=CCC&p_service=Content.show&) [long link, see guidance at top of message]. Work towards establishing a PD learning and sharing Network is currently underway and more news about this will be shared on the CCI website (<http://www.cci.scot.nhs.uk>) in due course.

6] NHS Quality Improvement Scotland (NHS QIS) are currently recruiting for a Mental Health - Clinical Advisor. NHS QIS have recently developed a mental health strategic work programme and are looking for an experienced health professional to advise on the implementation of this exciting project with the newly formed NHS QIS Mental Health Team. Applicants must have a sound knowledge and understanding of current mental health policy, in particular the evolving role of Community Health Partnerships in the delivery of mental health services. Experience of managing and developing relationships with multiple stakeholders and partner agencies is required.

The post is a 2 year secondment opportunity (2 days/4 sessions per week). Further information on this post can be found on the NHS QIS website at [http://www.nhshealthquality.org/nhsqis/qis\\_display.jsp?pContentID=1851&p\\_applic=CCC&pElementID=199&pMenuID=140&p\\_service=Content.show&](http://www.nhshealthquality.org/nhsqis/qis_display.jsp?pContentID=1851&p_applic=CCC&pElementID=199&pMenuID=140&p_service=Content.show&). [long link, see guidance at top of message]

7] NHS Quality Improvement Scotland have published "Improving the quality of mental health services in Scotland: a strategic work programme 2005-2008". This sets out their renewed concentration on the use of integrated care pathways and monitoring of outcomes. They acknowledge that this will depend on better information systems. For more details see [http://www.nhshealthquality.org/nhsqis/qis\\_display\\_findings.jsp?pContentID=2315&p\\_applic=CCC&p\\_service=Content.show&](http://www.nhshealthquality.org/nhsqis/qis_display_findings.jsp?pContentID=2315&p_applic=CCC&p_service=Content.show&) [long link, see guidance at top of message]

8] Last year the Mental Welfare Commission for Scotland asked the Scottish Development Centre for Mental Health to carry out a consultation exercise with young people, their families and those treating them. The aim of the consultation was to get more information about their experiences of in-patient care and to draw together conclusions to help services improve in-patient facilities for young people. The report of the consultation and its conclusions are available at <http://www.mwscot.org.uk/nmsruntime/saveasdialog.asp?IID=471&sID=215>.

9] A new Lanarkshire Mental Health and Well-being Information Site, which has been awarded exemplar status by the Scottish Executive's National Programme for Improving Mental Health and Well-being was launched on 12th October 2005 and can be accessed at <http://www.lanarkshirementalhealth.org.uk>. Topics covered include: a brief introduction to mental health problems and how they can be treated; ways in which people may be able to help themselves; a directory of services that are available to people who live in Lanarkshire; information about the new Mental Health (Care and Treatment) (Scotland) Act 2003; information in non-English languages and information on promoting public mental health and well-being. Take a look and use the electronic feedback function let the developers know what you think.

10] Breathing Space - the free, confidential phone line for people in Scotland who are feeling low or depressed - launched its new website (<http://www.breathingspacescotland.co.uk>) on Monday 3rd October 2005. The website provides a unique resource for people experiencing low mood or depression as well as for family members, carers, students, practitioners and anyone interested in improving the mental health and well-being of people in Scotland. The site has been designed to allow users to explore issues under the headings of 'Your Mood' and 'Your Problems' and offers practical advice and guidance on how to seek help. The website is seen as an extension of the phone service (0800 83 85 87) that Breathing Space already provides across Scotland every day of the year from 6pm - 2am.

11] A Framework for Children's and Young People's Mental Health was launched on 24 Oct by the Deputy Health Minister Lewis Macdonald. The Framework sets out an integrated approach for all agencies who work with children and young people and is available at <http://www.scotland.gov.uk/Publications/2005/10/21110627/06275>.

12] The Scottish Recovery Network SRN National Conference, "Celebrating and Developing Peer Support in Scotland" will take place on the 1st of December in Glasgow. Further details, of what is expected to be a sell-out event, are available at [http://www.scottishrecovery.net/content/default.asp?page=s7\\_1&newsid=435&back=s7](http://www.scottishrecovery.net/content/default.asp?page=s7_1&newsid=435&back=s7).

13] To mark World Mental Health Day 2005 the Royal College of Nursing Women's Mental Health Group (WMHG) Launched 8 Principles for Practice - Nurses Promoting Women's Mental Health & Well-being. The Principles can be found at [http://www2.rcn.org.uk/mhz/forums/womens\\_mental\\_health\\_group/8\\_principles\\_for\\_practice](http://www2.rcn.org.uk/mhz/forums/womens_mental_health_group/8_principles_for_practice). The Principles are designed to outline anti-oppressive practices for all women in all health care settings and thereby promote good mental health. The principles provide a framework for gender-sensitivity and support meaningful healthcare for women which is safe, inclusive and embraces diversity.

14] 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.

15] 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). 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](mailto:alastair.philp@nhs.net)). We will only improve mental health information if we work together and keep talking!

best wishes,

Karen Brown

Alastair Philp