



Hello again.

Welcome to the bumper August 2006 e-newsletter from the Improving Mental Health Information Programme. We are five years old at the end of August!

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

Please find the August 2006 newsletter attached. This contains some details of our activities, and a chart showing **'Prevalence of severe mental health problems per 100 people registered with a GP, Apr 04 - Mar 05 and Apr 05 - Mar 06'**.

2] Mark your diaries: iMHIP06 is on Th 16 Nov 06

The fifth annual Improving Mental Health Information Programme Conference - *iMHIP06* - will be held on 16 Nov 06 in Edinburgh at Dynamic Earth. The aims of this fifth anniversary conference will be:

- * Highlight progress in improving mental health information over the last five years
- * Allow delegates to share experience
- * Explore where we need to concentrate in the future (including work to allow benchmarking and performance management of mental health services).

The programme for the event and registration details will be available soon and will be circulated with the Sep 05 newsletter.

3] Can you help us with examples of where electronic records have been helpful to you?

As you know we have been gathering real-life examples of where electronic records assist the delivery of more joined-up care. We are now preparing some new leaflets and slide presentations and would like to gather more stories of situations where the presence of an electronic information system, electronic referral or shared case record, has been crucial to a care decision. If you have such a story we would be delighted to hear it. Just a few lines is sufficient. Please contact alastair.philp@nhs.net.

4] Report on co-morbid Mental Health and Substance Misuse in Scotland

A research project investigating the nature, scope and impact of existing service provision in Scotland for people with co-existing mental health and substance misuse problems has just reported. The study was commissioned by the Scottish Executive in 2003 to extend current international evidence regarding co-morbidity, address perceived gaps in information on the quality of the provision of care for this client group and help inform the development of the co-morbidity agenda in Scotland. Both the full report

(<http://www.scotland.gov.uk/Publications/2006/06/05104841/0>) and a summary

(<http://www.scotland.gov.uk/Publications/2006/06/05105203/0>) are available.

5] Conference: Comorbid Substance Misuse and Mental Health Issues - A European Perspective

The Centre for Addiction Research and Education Scotland (CARES) are holding this conference on 14 Sep 06 in Perth. For further information and an application form (cost is £65) please contact j.johnston@dundee.ac.uk.

6] Establishment of a Mental Health & Substance Misuse Group

The Scottish Executive has established a cross-cutting multi-disciplinary Group, chaired by Dr Peter Rice, Consultant Psychiatrist, Tayside Alcohol Problems Service, to develop practical measures to support local service provision and delivery for people with co-occurring mental health and substance misuse problems. The work of this Group will help promote joint working across services and help remove the barriers to treatment that this user group can often face. The group's first meeting was held on 4 August and the group is expected to report in around 9 months.

7] Layard proposal to establish enhanced psychological services across England

The Mental Health Group of the Centre for Economic Performance at the London School of Economics (see <http://cep.lse.ac.uk/research/mentalhealth/default.asp>), led by Professor Lord Richard Layard have published a report advocating that "psychological therapy should be made available to all people suffering from depression, chronic anxiety and schizophrenia. This is what the guidelines from the National Institute for Health and Clinical Excellence (NICE) prescribe, but they are not currently being implemented because the therapy services are not there." The authors of the report propose that new psychological services should be established across England, and argue that such services could be funded through reduced expenditure on incapacity benefits. To download the report visit

http://cep.lse.ac.uk/textonly/research/mentalhealth/DEPRESSION_REPORT_LAYARD.pdf

8] New Mental Welfare Commission statistics on operation of the Mental Health (Care and Treatment)(Scotland) Act 2003

The second quarterly report by the Mental Welfare Commission has been published online at <http://www.mwscot.org.uk/web/site/Rights&TheLaw/Statistics/Statistics.asp>. These provisional figures, for the period January to March 2006, indicate that emergency detention certificates continue to be used less frequently than under the previous mental health act, but that the total number of emergency and short-term detention episodes being initiated remains similar. The Commission has reported for the first time on admissions of young people with mental disorder to adult psychiatric, general medical, and paediatric wards, and on numbers of people detained on a particular date (4th January 2006).

9] Statistics from the Mental Health Tribunal System

Statistics for the second quarter of operation (Jan to Mar 2006) have been released by the Mental Health Tribunal Administration (see http://www.mhtscot.gov.uk/mhts/mhts_dt_top_widepage.jsp?pContentID=6&p_applic=CCC&pElementID=4&pMenuID=1&p_service=Content.show&). As well as simple volumetrics and workload counts (numbers of applications and hearings) the outcomes of the most frequently heard cases are also included. Feedback regarding the content or its presentation is welcomed by the Tribunal Administration (mhts@scotland.gsi.gov.uk).

10] Scottish Schizophrenia Outcomes Study

The final report of the Scottish Schizophrenia Outcomes Study has been published by NHS Quality Improvement Scotland. The study aimed to establish the routine collection of user-centred and pragmatic clinical outcome data for people with schizophrenia living in different areas of Scotland. To read the report visit http://www.nhshealthquality.org/nhsqis/qis_display_findings.jsp?pContentID=3140.

11] Scotland's Population 2005 - The Registrar General's Annual Review

The 'special subject' chosen for highlight within this report is causes of death. In 2005, deaths from intentional self-harm numbered 547 (393 males and 154 females), 59 fewer than in 2004. To allow for any under-recording of suicides, it is conventional to combine deaths classified as 'events of undetermined intent' with those for 'intentional self-harm', as most of the former are believed to be suicides. The total number of deaths classified to these two groups in 2005 was 763 compared with 835 in 2004 and 794 in 2003. For more information visit <http://www.gro-scotland.gov.uk/statistics/library/annrep/rgs-annual-review-2005/chapter-1/chapter-1-demographic-overview-deaths.html> (report) or <http://www.gro-scotland.gov.uk/statistics/library/vital-events/vital-events-reference-tables-2005/index.html> (data).

12] WellScotland.info - National programme e-bulletin for July 06

The National Programme for Improving Mental Health and Well-being (see <http://www.wellscotland.info/news/index.html>) have issued another e-bulletin that carries news, events and developments from the National Programme. It has items about: Aisha's personal story; Jemma's diary; a mental health project supported by the National Lottery; the withdrawal of an advert for Coca Cola; evaluation of the Doing Well by People with Depression Programme; a report on self harm and suicide among minority ethnic women; HeadsUpScotland's second annual conference; positive effect of following a football team on mental health; an award for the See Me campaign; and an invitation for expressions of interest in tendering for the third Well? What do you think? survey. 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.

13] National Audit of Postnatal Depression

The report of the National Audit of Postnatal Depression has been published and is available at http://www.nhshealthquality.org/nhsqis/qis_display_findings.jsp?pContentID=3164&p_applic=CC&p_service=Content.show&. The Audit set out to: establish the minimum standard for Integrated Care Pathways in identifying and managing postnatal depression based on the SIGN

guidelines; carry out a survey of current "front-line" practice in identifying and treating postnatal depression across Scotland, and to audit this against the minimum standard; and identify, and report back on, best practice.

14] Understandings of Suicide: Implications for Research and Practice in Scotland

A conference "*Understandings of Suicide: Implications for Research and Practice in Scotland*" will be held on Tu 3 Oct at the Royal Museum in Edinburgh. This is the inaugural conference of the Suicide Information Research and Evidence Network (SIREN). For more information, and a booking form, visit <http://www.chooselife.net/web/site/ResearchandReviews/SIRENEvents.asp>.

15] Draft of recommendations to assist healthcare professionals in managing eating disorders in Scotland

NHS Quality Improvement Scotland have published a draft of recommendations to assist healthcare professionals in managing eating disorders in Scotland for consultation. The document is available at http://www.nhshealthquality.org/nhsqis/qis_display_findings.jsp?pContentID=3177&p_applic=CC&p_service=Content.show&. This document follows the review of existing NICE guidance by an expert group chaired by Dr Chris Freeman from Edinburgh and Dr Harry Millar from Aberdeen, both of whom are specialists in the area.

16] Report of the Standing Advisory Committee on Neurosurgery for Mental Disorder (NMD)

The third report by the Standing Advisory Committee (SAC) appointed to oversee the operation of the Dundee based neurosurgery for mental disorder service is due to be published in the next few weeks. This follows a recent visit by the SAC to the service. The service offers a care and treatment for those with severe treatment resistant depressive disorder or obsessive compulsive disorder neurosurgery when all other interventions have failed. It operates on the basis of surgical intervention as a last resort and has recently been established as a national specialist service for NHS Scotland. The report should be read alongside the SAC's previous 2 reports and the reports by the NMD service. All these reports can be accessed on the publication's page of the SEHD Mental Health Division's web site at <http://www.scotland.gov.uk/Topics/Health/health/mental-health/servicespolicy/publications>.

17] Mental Health Delivery Plan

Progress continues to be made with the development of the Mental Health Delivery Plan. Following on from the first stakeholder conference in April (report available at the CCI website - see below) the next stakeholder event will be held on 8 Sep at the Roxburghe Hotel in Edinburgh. This event will provide another opportunity for stakeholders from the NHS, local authorities and of course users and carers to come together and discuss current developments. The main issues that the event will focus on are principles, behaviours and culture, along with what a mental health network should look like and work on information gathering and benchmarking. For more information on this event or current developments with the plan visit http://www.cci.scot.nhs.uk/cci/cci_display.jsp?pContentID=2248&p_applic=CCC&p_service=Content.show&. Or contact alex.mcmahon@scotland.gsi.gov.uk.

18] Evaluation of the Doing Well by People with Depression Programme

An evaluation report has been published on the Doing Well by People with Depression programme. This three year programme was launched in April 2003 and was supported by Scottish Executive funding of £1.5 million per year until March 2006. The programme took a collaborative approach to service improvement, in partnership with local organisations. It was co-ordinated nationally but worked with local health systems to redesign services. The evaluation comments on areas which were particularly successful and draws out lessons for future, similar, endeavours. The report is available at <http://www.scotland.gov.uk/Publications/2006/07/12090019/0>

19] Community Care And Mental Health Services For Adults With Sensory Impairment In

Scotland

A research report examining the community care and mental health needs of, and current service provision for, sensory impaired adults in Scotland, has been published. The full report (<http://www.scotland.gov.uk/Publications/2006/06/14155326>) and a summary (<http://www.scotland.gov.uk/Publications/2006/06/14155356>) are available from the Scottish Executive website.

20] Progress on implementing access to services for those with sensory loss and a mental health problem

In June 2005 the SEHD issued HDL (2005)27, which gave guidance on access to mainstream and specialist services for those with sensory loss and a mental health problem. This focuses on the best way to improve access, communication and training and to allow better understanding of the particular needs and considerations that should be applied to the delivery of services for those with sensory loss and a mental health problem. As part of ongoing assessment of local and national progress NHS Boards have been invited to complete a joint Local Authority and NHS Board survey on progress so far and action still to be taken. The Scotland-wide position and individual returns from each Board area will be published at <http://www.scotland.gov.uk/Topics/Health/health/mental-health/servicespolicy> in September 2006.

21] Choose Life e-newsletter

The Choose Life programme, established to support the national strategy to prevent suicide in Scotland, have published the fourth issue of their e-Newsletter. This contains details of Choose Life events and updates on key local and national developments. Topics covered include: New guidelines for the press on reporting suicide; International Suicide Prevention and Awareness week (4-10 Sep); Sleepwalk - a drama highlighting the issue of teenage suicide; Ciara Byrne, the new Choose Life Development Officer for the Scottish Association for Mental Health; conferences on the Mental Health Needs of Looked After & Accommodated Children; and half price Applied Suicide Intervention Skills Training (ASIST) materials. If you would like to subscribe to future editions please visit <http://www.chooselife.net/web/site/Newsletter/Subscription.asp>. For further details on any of this month's items contact info@chooselife.net.

22] 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: a request for people who have submitted recovery thoughts or stories to consider whether they wish to update or remove them; and details of upcoming recovery workshops from Christine Gaylor and Working to Recovery Ltd, for which SRN are providing funded places.

23] Small grants from Comic Relief for user-led mental health groups

Comic Relief is offering small grants (of up to £5,000) to "support user-led mental health groups who can help people with mental health problems to get their voices heard and campaign for change". For more information see <http://kc.nimhe.org.uk/upload/UK%20Grants%20Flyer.%20COMIC%20RELIEF.06.pdf>

24] 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.

25] 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. 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).

26] 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

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