



Hello again,

Welcome to the December 2006 e-newsletter from the Improving Mental Health Information Programme. I hope that your Christmas or other appropriate festive season celebration is enjoyable.

## Contents

- 1] **What have we been doing? Graph of the month...**
- 2] **Improving Mental Health Information Programme Conference - iMHIP06**
- 3] **Publication of standards for crisis services**
- 4] **Delivery plan for mental health**
- 5] **Making sense of mental health information (in England)**
- 6] **Mental Welfare Commission publish their annual report for 05/06 and quarterly statistics**
- 7] **Nursing strategy - 'Delivering Care, Enabling Health'**
- 8] **English mental health bill**
- 9] **Your views on the changing level of mental health improvement activity in Scotland and your ideas on future priorities for action**
- 10] **WellScotland.info - National programme e-bulletin for October 06**
- 11] **QIS publish Eating disorders in Scotland: recommendations for management and treatment'**
- 12] **Invitation to participate: mental health improvement network (MHIN)**
- 13] **International Comparisons**
- 14] **Scottish Recovery Network**
- 15] **Cost of Mental Health Problems estimated to be £8.6 Billion in 2004-05**
- 16] **Publications from the National Programme for Improving Mental Health and Well-being Small Research Projects Initiative 2005-06:**
- 17] **Scottish Health Service Costs, year ended 31st March 2006**
- 18] **Launch of national service user group - Voices Of eXperience (VOX)**
- 19] **Update on the NHS Quality Improvement Scotland work on Integrated Care Pathways**
- 20] **Back issues available at iMHIP website**
- 21] **Spread the word**
- 22] **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 December 2006 newsletter attached. This contains some details of our activities, and a chart showing "Child & Adolescent Mental Health Services Workforce in NHS Scotland by Professional Group, 2005"

### 2] **Improving Mental Health Information Programme Conference - iMHIP06**

Feedback on the conference, held on 16 Nov, has been almost exclusively positive. Thanks are due to all who spoke, facilitated, attended or otherwise contributed.

### 3] **Publication of standards for crisis services**

One of the commitments made in Delivering for Health was that "National standards will be developed and published for crisis services and out of hours work, based on the crisis pilots funded by the Executive." The Scottish Executive has worked with the Scottish Association for Mental Health, the Mental Health Foundation, service users and carers, health and social care professionals and others to develop the standards and they are now available at <http://www.scotland.gov.uk/Publications/2006/11/22094720/0>. The standards set minimum expectations on the type of interventions and processes to deal effectively and quickly with mental health crisis. They are designed for use as a planning and audit tool for the development of new services and the auditing of existing services. The standards apply to a range of services from clinical services for those in acute psychiatric crisis who would otherwise be admitted to hospital to those towards the middle of the mental health spectrum in social crisis and mental distress.

#### **4] Delivery plan for mental health**

The Mental Health Delivery Plan - '*Delivering for Mental Health*' - has now been published. The Plan was launched on Tuesday 5th December by Lewis Macdonald MSP, Deputy Minister for Health and Community Care at an event in Glasgow attended by 230 people. The plan contains two new key performance targets for mental health in Scotland: reducing the rate of re-admissions to acute psychiatric units; and levelling off the prescribing of antidepressants. At the same time there is a continued commitment to reduce the number of suicides by 20% by 2012. There are also fourteen other commitments that are made, which span all age ranges and cover all areas of mental health. The drive is towards early intervention as well as more work around promotion and prevention. The plan can be accessed via the Scottish Executive internet at <http://www.scotland.gov.uk/Publications/2006/11/30164829/0>

#### **5] Making sense of mental health information (in England)**

The Information Centre for Health and Social Care in England have published a report called '*Making sense of mental health information*'. The report presents the findings of a review of adult mental health information. The aims of the review were to improve understanding of mental health joint working arrangements, the implications for information needs and reporting, and to make recommendations for ways of supporting a more meaningful and appropriate approach in this area. The project is part of the broader Adult Social Care Information Development (ASCID) programme. A key and overarching end goal emerging from the review is the need to develop a single set of central information requirements for adult community mental health services, reflecting the delivery of local services by locally integrated teams. For more details see <http://www.ic.nhs.uk/ascid/defininginfo/mhreport/mhreport/file>.

#### **6] Mental Welfare Commission publish their annual report for 05/06 and quarterly statistics**

The Mental Welfare Commission have published their annual report and it is available (along with annual reports from previous years) at [http://www.mwscot.org.uk/web/site/GoodPractice/Publications/Annual\\_Reports.asp](http://www.mwscot.org.uk/web/site/GoodPractice/Publications/Annual_Reports.asp). They have also published quarterly statistics for the period 1st April to 30th June 2006, and these are now available online at <http://www.mwscot.org.uk/web/site/Rights&TheLaw/Statistics/Statistics.asp>. A summary of findings is available by clicking on the link to Report 3.

#### **7] Nursing strategy - 'Delivering Care, Enabling Health'**

This over-arching strategy, published by the Scottish Executive Health Department, gives "nurses, midwives and allied health professionals (NMAHPs) a far bigger role in the delivery of care, while ensuring that caring for, and empowering, patients remains at the heart of modern health services." For more details see <http://www.scotland.gov.uk/News/Releases/2006/11/14122138>. Proposals in the '*Review of Nursing in the Community*,' published on the same day (see <http://www.scotland.gov.uk/Publications/2006/11/08125906/0>), provide a blueprint for the future of nursing designed to fit in with the changing face of health care in Scotland. The review document contains models of how community nurses can work with specialist services including mental

health

### **8] English mental health bill**

The bill to update the Mental Health Act in England has been published and is available at: [http://www.dh.gov.uk/PolicyAndGuidance/HealthAndSocialCareTopics/MentalHealth/MentalHealthArticle/fs/en?CONTENT\\_ID=4140596&chk=GudftE](http://www.dh.gov.uk/PolicyAndGuidance/HealthAndSocialCareTopics/MentalHealth/MentalHealthArticle/fs/en?CONTENT_ID=4140596&chk=GudftE)

### **9] Your views on the changing level of mental health improvement activity in Scotland and your ideas on future priorities for action**

NHS Health Scotland is currently supporting an independent panel to carry out a review of mental health improvement policy in Scotland. One of the ways that they are gathering views is through a short on-line survey (at <http://www.surveymonkey.com/s.asp?u=433392733872>). The survey should take less than 10-15 minutes to complete and will be open until 19th December 2006.

Further information is available at

<http://www.healthscotland.com/understanding/evaluation/policy-reviews/review-national-programme.aspx>.

### **10] WellScotland.info - National programme e-bulletin for October 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 (among other things): a review of mental health improvement policy in Scotland; Living Life to the Full identified by The Times as a top mental health site ; Napier Students have Confident Futures; Young People's Top Ten Worries; Promoting Resilience in Schools; and staying in touch with Breathing Space.

### **11] QIS publish Eating disorders in Scotland: recommendations for management and treatment'**

Guidance on the management and treatment of eating disorders such as anorexia nervosa and bulimia was published by NHS Quality Improvement Scotland on Th 16 Nov 06. The report gives detailed guidance on the approach NHSScotland should take to eating disorders including: guidance on tailoring care to the needs of the individual patient, based on a multidisciplinary model; care of the physical aspects of eating disorders; communication between all those involved in eating disorders care including primary care, school health services, specialist services, adult and adolescent services; investigation of possible eating disorders when patients access primary care services, mainly through their GP; referral to specialist services, and pharmacological, psychological and self-help treatment regimes; and management of long-term eating disorders. The report was drawn up by clinicians and public representatives and is available at

[http://www.nhshealthquality.org/nhsqis/qis\\_display\\_findings.jsp?pContentID=3255&p\\_applic=CC&p\\_service=Content.show&](http://www.nhshealthquality.org/nhsqis/qis_display_findings.jsp?pContentID=3255&p_applic=CC&p_service=Content.show&).

### **12] Invitation to participate: mental health improvement network (MHIN)**

Following the series of Scottish Development Centre for Mental Health (SDC) training workshops across Scotland on mental health improvement evidence and evaluation, which was supported by NHS Health Scotland, SDC is proposing to set up a new network to enable people who have an interest in mental health improvement to discuss and debate key current issues, exchange information and strengthen the development of policy, practice and research. SDC would like to hear whether you want to join the Mental Health Improvement Network, and how you would like to be involved. Please visit <http://www.sdcmh-surveys.org.uk/surveys/TakeSurvey.asp?PageNumber=1&SurveyID=4LH9o3LMI686I> to complete a short online survey which will help shape the purpose and activities of the MHIN.

### **13] International Comparisons**

A new "International Comparisons" section has been added to the Scottish Public Health Observatory (ScotPHO) website, comprising:

a. The Scotland and European Health for All (HfA) Database 2006

<http://www.scotpho.org.uk/scotlandhfabd>

This new database has been built by adding Scottish data to the WHO January 2006 European Health for All Database. Data are presented in a user-friendly, graphical or tabular form, allowing time trend and international comparisons

b. International mortality comparisons (<http://www.scotpho.org.uk/internationalmortality>)

This presents the new report "Scottish Mortality in a European Context", including accompanying graphs, which compares Scottish mortality trends with those in a range of other European countries.

#### **14] 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: Announcement of SRN National Conference in Dundee on 16 February 2007; developing a carers' resource pack on recovery; helping to find ways of overcoming barriers to employment; Recovery Showcase Conference in Kettering in Jan 07; and Recovery Across Lothian - A Plan for Action.

#### **15] Cost of Mental Health Problems estimated to be £8.6 Billion in 2004-05**

SAMH and the Sainsbury Centre have produced a report titled "What's it Worth?" which investigates the Social and Economic Costs of Mental Health Problems in Scotland. For more details see <http://www.samh.org.uk/assets/files/112.pdf>. In response to these findings, SAMH has produced an "Agenda for Action" for the 2007 Scottish elections, clearly stating what political commitments are needed on mental health in Scotland. The Agenda for Action focuses on four key areas; Rights, Resilience, Recovery and Resources, and was developed through consultation with their membership: many of whom have personal experience of mental health problems. See <http://www.samh.org.uk/assets/files/113.pdf>

#### **16] Publications from the National Programme for Improving Mental Health and Well-being Small Research Projects Initiative**

Five more projects funded by the above initiative have now been completed and two-page summaries of findings are published on the Scottish Executive website:

\* *Evaluation of an counselling and support service* (Thrive Service) focused on male survivors of childhood sexual abuse -. <http://www.scotland.gov.uk/Publications/2006/11/29111748/0>.

\* *How can Community Services Support Mental Health and Well-being?* -

<http://www.scotland.gov.uk/Publications/2006/11/29111648/0>

\* *Self-help Support Groups: A Study of their Role in Recovery from Depression* -

<http://www.scotland.gov.uk/Publications/2006/11/29111936/0>

\* *Understanding and Promoting Student Mental Health in Scottish Higher Education - A Mapping Exercise* - <http://www.scotland.gov.uk/Publications/2006/11/29112031/0>

\* *Raising Awareness and Promoting Positive Mental Health and Well-being Among Young People: The Role of Peer Support* - <http://www.scotland.gov.uk/Publications/2006/11/29111846/0>

#### **17] Scottish Health Service Costs, year ended 31st March 2006**

The 2006 NHS National Health Services in Scotland Costbook is now available at <http://www.isdscotland.org/isd/4495.html>. It provides a detailed analysis of where resources are spent across the NHS in Scotland. For 2005/06, the NHSS was primarily organised into 15 health boards and 8 special health boards along with the Mental Welfare Commission and the Mental Health Tribunal. The net operating cost of these bodies recorded in their annual accounts amounted to £8.4 billion. The Costs Book detailed reports are structured to analyse around 90% of this total, presenting information on the boards that provide hospital and community care directly to patients.

#### **18] Launch of national service user group - Voices Of eXperience (VOX)**

The national service user group - Voices Of eXperience (VOX)- will be launched at an event in Glasgow on Mo 11 Dec 06. For more details see <http://www.voxscotland.org.uk>.

**19] Update on the NHS Quality Improvement Scotland work on Integrated Care Pathways**

NHS QIS work on standards for ICPs in mental health is progressing well and has received a high profile within the Delivering for Mental Health delivery plan published 5 December 2006.

Information standards have been drafted as a part of the ICP standards. The ICP Programme team is working closely with the iMHIP team to ensure consistency and a coordinated approach to information collection and sharing. For updates on the ICP project visit the NHS QIS mental health website at <http://www.nhshealthquality.org/mentalhealth/>

**20] 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.

**21] 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).

**22] 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