



Hello again.

Welcome to the June e-newsletter from the Improving Mental Health Information Programme.

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[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 June 2006 newsletter attached. This contains some details of our activities, and a chart showing "Average available staffed beds in general psychiatry and psychiatry of old age; all Scotland, years ending 31 March". The newsletter also contains figures for numbers of beds in the other three psychiatric specialties.

2] **NHSScotland Emergency Care Summary Project**

A letter, from the Chief Medical Officer, has been circulated that provides an update on the National Emergency Care Summary (ECS) Project, and sets out the framework for extending the use of ECS patient information across NHS Board boundaries. To see the letter visit [http://www.show.scot.nhs.uk/sehd/cmo/CMO\(2006\)06.pdf](http://www.show.scot.nhs.uk/sehd/cmo/CMO(2006)06.pdf).

3] **Evaluation of Breathing Space**

A generally positive evaluation has been published of Breathing Space, a national free, confidential telephone advice line and signposting service for those experiencing low mood and depression and associated website. The evaluation investigates the development of the Breathing Space services; evaluates their effectiveness in terms of reach, results and impacts; and make recommendations for future development. The full evaluation report is available at <http://www.scotland.gov.uk/Publications/2006/05/09153857/1> and a summary of findings is at <http://www.scotland.gov.uk/Publications/2006/05/09153935/0>.

4] Mental Health Delivery Plan

As reported last month, the first stakeholder meeting of the Mental Health Delivery Plan was held in Crieff on 26th April 2006. Over 180 delegates representing Users and Carers, the NHS, Local Authorities, Policy Makers, Voluntary Organisations and other interested parties took part in a mixture of plenary sessions and interactive workshops. A report of the event can be viewed by clicking the following link.

http://www.cci.scot.nhs.uk/cci/cci_display.jsp?pContentID=2956&p_applic=CCC&p_service=Content.show&. The next event is in Edinburgh on 8th September 2006 and booking forms may be obtained from mentalhealth@conventionmanagement.co.uk.

5] Further resources available through the Scottish Recovery Network

The Scottish Recovery network continue to add valuable content to their website at <http://www.scottishrecovery.net>. This includes: a downloadable short film on recovery produced with Plus Perth service user group; brief details of work they are doing with Scottish Development Centre for Mental Health, VOX (the national service user - Voice of Experience group) and the Royal College of Psychiatrists on the future development of a new peer specialist worker role; a new report from HUG (Highland Users Group) "Recovery - Our thoughts on recovery and what helps us to recover from mental health problems"; and a personal recovery story from Tig Davies.

6] Talking to ourselves: new mental health website for Scotland's young people

A new website developed by Scotland's young people for Scotland's young people has now gone live. The site aims to tackle stigma and raise awareness about the mental health of young people. It provides help and information on mental health issues to young people who are either having difficulties themselves, are worried about a friend or relative or just want to know more about mental well being. It is intended for young people aged 12-16, but other ages will also find it informative and helpful. It is an initiative supported by the National Programme for Improving Mental Health and Well-being and NHS Health Scotland. Visit <http://www.talking2ourselves.com> to learn more.

7] The Future of HeadsUpScotland and the Children and Young People's Mental Health Framework

Now that it is moving into the implementation phase, there are to be some changes to the means of delivery of the HeadsUpScotland programme (see <http://www.headsupscotland.co.uk>). The Scottish Development Centre have been asked to bring forward proposals for mainstreaming mental health of children and young people, across Scotland, and on supporting the delivery of the Framework. SDC will take this development work forward, with HeadsUpScotland continuing under their auspices for a further two years until April 08. For more details see <http://www.headsupscotland.co.uk/HeadsUpAnnouncement.pdf>.

8] WellScotland.info - National programme e-bulletin for May 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: what people can do to help maintain and improve their own mental health and that of those around them; the Value of Social Networks to Mental Health and Well-being; <http://www.wellscotland.info/news/item.php?id=55> a new arts and mental health website; an invitation to projects on mentoring, befriending, peer support and health and well-being projects to apply for funding to the Big Lottery Fund; a BBC series about happiness; and events run by the Scottish Health Promoting Schools Unit to promote mental and emotional health in schools. 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. Next bulletin due end June 06.

9] April 2006 Patients Ready for Discharge Census

Figures from the April 2006 Patients Ready for Discharge Census were published on 31 May 2006. The number of patients ready for discharge in Scotland who had been ready for discharge

for over six weeks at the time of the April 2006 census has decreased from the January 2006 census. There were 498 cases at the April 2006 census compared with 778 at the January 2006 census, and 636 at the April 2005 census (-21.7%). The number in Mental Health Specialties decreased from 163 at the January 2006 census to 100 at the April 2006 census. For more information see

http://www.isdscotland.org/isd/info3.jsp?pContentID=1318&p_applic=CCC&p_service=Content.show&.

10] Become a Mental Health First Aid instructor

NHS Health Scotland are looking for people with experience, knowledge and skills in the area of mental health issues to become Instructors In Scotland's Mental Health First Aid (SMHFA). SMHFA teaches the general public how to recognise the signs and symptoms of mental health problems, how to help in a crisis and how to guide people towards getting professional assistance. SMHFA is funded by the Scottish Executive as one part of Scotland's work on mental health improvement. For more details, visit <http://www.smhfa.com>.

11] Journal of Muslim Mental Health

The inaugural edition of The Journal of Muslim Mental Health is now available. See <http://www.tandf.co.uk/journals/titles/15564908.asp>

12] 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.

13] 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).

14] 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