

# MENTAL HEALTH NEWS/E

Care Services Improvement Partnership 

The Monthly Newsletter from the:  
**CSIP South East Development Centre.**  
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## MENTAL WELL BEING NEGLECTED: A Stock-take on Mental Health Promotion and Suicide Prevention Activity within the South East '05

Mental wellbeing is important for everyone in human, economic and policy terms. The report of a survey by Dr Philip Brooks at SEDC shows that urgent action is to be taken in the South East to promote mental health or to prevent suicides.

The report highlights why mental wellbeing matters, but finds that there is further work to be undertaken towards achieving the standards of MHP & SP, as required in the NSF for MH & the White Paper 'Choosing Health'.

The few dedicated staff trying valiantly to implement these standards need to be complimented by the energies of all staff employed in health and social care organisations in order to improve the mental wellbeing of local communities. Promoting mental health must become a main-stream activity in the NHS and beyond for example through Local Area Agreements. It is essential that these issues are addressed with urgency.

Electronic versions of the full report, its summary and individual responses are available on request to SEDC, and through our web site ([www.southeast.csip.org.uk/mhpsp](http://www.southeast.csip.org.uk/mhpsp)). We remain committed to supporting the 12 actions recommended in this report, which include:

- Wellbeing needs to be made a priority in Local Delivery Plans, supported by adequate resource.
- Progress towards these standards should be monitored in detail at a national level.
- This briefing should be read by all Chief Execs of Trusts and Local Authorities, along with the report 'Making it Possible'.
- SEDC and the Government Office for the South East need to support localities through the development of a toolkit.
- LITs must review their activity, and develop new whole systems approaches.
- There needs to be a change in emphasis for all staff to adopt a health promoting approach in their work, and provide leadership in local service and their community.
- Widespread training will be necessary for staff to others to raise awareness in the community
- Directors of Public Health should include MHP as an underpinning component in their plans for implementing all priorities for 'choosing health'.
- Local Area Agreements being drawn up by Local Authorities should include promoting mental health in order to achieve a wide range of local targets.

This report should be a spur to action for everyone concerned about mental wellbeing, and will be sent to all Chief Executives of Mental Health and Primary Care Trusts and to local authorities with an offer of support from SEDC to help change this dismal picture. For further help and guidance please contact us, on 01256 376394 in the first instance.

## CSIP / SEDC News

### Mind over Matter

Shift, the CSIP programme aimed at tackling stigma and discrimination experienced by people with mental illness, has published a new report on media coverage of mental health issues. See link for further details <http://www.shift.org.uk/mindovermatter.html>

The report regarding media reporting of Mental Health, calls on government, the media and the mental health sector to work together to improve coverage. The publication is intended to start a debate in the media about the reporting of mental health. email: [gary.hogman@csip.org.uk](mailto:gary.hogman@csip.org.uk)

**10 High Impact Changes for Mental Health** A Project Officer was appointed in November 2005 to work on this piece of work, the focus being both regional & national. Roger Batterbury has been seconded from his managers post in Portsmouth City Teaching PCT to the role of Project Officer for the 10 High Impact Changes for Mental Health. Work is ongoing and Roger is keen for any completed templates to be submitted from colleagues across the South East that can evidence service improvement changes. The final published document is due in May 2006. Roger can be contacted via email at: [Roger.Batterbury@sedc.org.uk](mailto:Roger.Batterbury@sedc.org.uk) see also - [www.nimhe.csip.org.uk/10highimpactchanges](http://www.nimhe.csip.org.uk/10highimpactchanges)

### New Role Implementation Toolkits

The South East Development Centre have recently developed and produced 3 new Toolkits as part of their Workforce Programme. The Toolkits are to support the implementation of the Support Time and Recovery Worker; Community Development Worker and the Primary Care Graduate Worker roles. As well as useful information about the roles, it gives guidance in relation to implementation as well as some 'live' examples from within the South East. PDF versions of each Toolkit can now be found on our website at <http://www.southeast.csip.org.uk>

CD ROMS are also available containing all 3 Toolkits as well as a range of other useful information. For your free copy of the CD ROM contact [David.White2@sedc.nhs.uk](mailto:David.White2@sedc.nhs.uk)

## Get Involved

Views are being sought for the Bipolar Disorder 2nd Draft Consultation see link [www.nice.org.uk/page.aspx?o=290222](http://www.nice.org.uk/page.aspx?o=290222)

**CSIP 6 month forward look - updated version.** See:

<http://kc.nimhe.org.uk/index.cfm?fuseaction=Item.viewTheme&intThemeID=5743>

**Mental Health amongst Asylum Seekers and Refugees:** For future reference SEDC is conducting a research project looking into destitution and mental health amongst asylum seekers and refugees. Final report to be launched this year.

*Feeding into the research.* The research team will be focussing its work on five areas in the region: Portsmouth, Brighton & Hove, Hastings & St Leonards, Kent and Oxford. They will be interviewing practitioners and asylum seekers and refugees in those areas. If you wish to contribute to the research please feel to contact the research team directly: Hildegard.dumper@btinternet.com, nick@zogland.demon.co.uk, Richardmal-fait@aol.com

## General News

**Our Health, Our Care, Our Say, care services in the community** - The Department of Health has produced a [White Paper on health and care services in the community](#). The paper focuses on a strategic shift which will locate more services in local communities and closer to people's homes. The Care Services Improvement Partnership will be playing a key role in helping services to implement the recommendations in the paper. For further information visit the [Department of Health's publications web page](#).

**ADSS bulletin** See

[www.southeast.csip.org.uk/index.cfm?fuseaction=adminitems.form&intItemID=83913&nvcContenttype=resource](http://www.southeast.csip.org.uk/index.cfm?fuseaction=adminitems.form&intItemID=83913&nvcContenttype=resource)

**Announcement of appointment** of chief executive designate Lisa Rodrigues as Chief Executive designate of Sussex Partnership NHS Trust

**Involving service users:** The DH have launched a guide to involving service

users – the link is

<http://www.dh.gov.uk/assetRoot/04/12/68/65/04126865.pdf>

**Right Care, Right Place, First Time Across the Thames Valley NHS** goes live. See [www.tvip.nhs.uk](http://www.tvip.nhs.uk) The new website includes: Information on cross-organisational Improvement Programme; An update on key improvement work; Useful links and documents to support local improvement activity

**Telecare eNEWSLETTER.** CSIP is responsible for providing general implementation support to organisations building their telecare programmes See newsletter at [www.changeagentteam.org.uk/](http://www.changeagentteam.org.uk/)

## Events & Resources

- **Mental Health and Employment Masterclass—London 6 month program** aimed at managers and co-ordinators of mental health employment and day services. Raising capacity across the voluntary, community and statutory sector in the south east delivering effective employment services to people who experience mental illness .Contact Stephany Carolan, 0787 6790360 or [stephany.carolan@sedc.nhs.uk](mailto:stephany.carolan@sedc.nhs.uk) [www.sedc.org.uk](http://www.sedc.org.uk) [www.socialinclusion.org.uk](http://www.socialinclusion.org.uk)
- **South East Suicide Prevention & South East Mental Health Promotion Networks Launch Event**, - Thursday 16 March 2006 at 10.00am – 4.00pm. Covering the main features of the SEDC's programme for suicide prevention. Contact : [sheryl.payas@sedc.nhs.uk](mailto:sheryl.payas@sedc.nhs.uk). To become a member of the new network contact [Chris.morgan@sedc.nhs.uk](mailto:Chris.morgan@sedc.nhs.uk).
- **The South East Suicide Prevention Network** will run in tandem with the existing SE Mental Health Promotion Network, The intention is to support suicide prevention efforts, put people in touch with each other, and provide relevant information. We may also run occasional network events, probably in London for convenience, perhaps once or twice a year. Contact : Chris Morgan [chris.morgan@sedc.nhs.uk](mailto:chris.morgan@sedc.nhs.uk).
- **Working Together event for H&IOW** on 23.02.06 'A Workshop to share good practise and explore how service users across Hampshire and the Isle of Wight can effectively network and build opportunities to work in partnership. Contact : Elaine Taylor 01256 376394 or [Elaine.taylor@sedc.nhs.uk](mailto:Elaine.taylor@sedc.nhs.uk)
- **Early Intervention:** 29.03.06 Southampton. An overview, evidence base and rationale for early intervention service. Including set up of, Cognitive Behaviour Therapy for early intervention and preparing practitioners to work in specialist teams. Booking form from [www.cpdmh.swhants.nhs.uk](http://www.cpdmh.swhants.nhs.uk) or Tel: 023 80 825704.
- **Moving Forward Regional Dance Conference** – 24.03.06 The Point . For information visit [www.hampshiredance.org.uk/movingforward](http://www.hampshiredance.org.uk/movingforward) , or contact: 023 8062 7815, [kim.knight@eastleigh.gov.uk](mailto:kim.knight@eastleigh.gov.uk)
- **Care Pathway for Depression – Mapping a solution** – London 16.03.06 contact Kim Thompson on 01785 257 888 or email [kim.thompson@ssh-tr.nhs.uk](mailto:kim.thompson@ssh-tr.nhs.uk)
- **Breaking Barriers – From Margins to mainstream**, 28.02.06 London Supporting Asian Women and Children. Contact : Raksha Shah 020 8538 7704 or email [admin1@taha.org.uk](mailto:admin1@taha.org.uk)
- **National Forum Assertive Outreach (NFAO) National Conference** Keele Conference Park 03/04.04.06 see link for registration [www.nfao.co.uk/Conference/Conference.htm](http://www.nfao.co.uk/Conference/Conference.htm)
- **Helping Young People Cope with Suicidal Feelings Conference** – Leicester 28.02.06 For more information or to book a place call customer services on 0870 890 1080, email [info@pavpub.com](mailto:info@pavpub.com) or visit [www.pavpub.com](http://www.pavpub.com)
- **March, April and June, the SCIE team travel the UK & Ireland** to introducing work and resources to social care. Plymouth 07.03.06, Southampton 08.03.06, Nottingham 06.06.06
- **Basic Rights Pack on deafness and mental health.** Downloaded from [www.signcharity.org.uk](http://www.signcharity.org.uk)
- **Improving Discharge Practice in the Non-Acute and Mental Health Sectors – UPDATE** reports for the non-acute and mental health sectors, via the link: [www.dh.gov.uk](http://www.dh.gov.uk)
- **Reward, Recognition and Women at Risk for dissemination:** Women at Risk – the mental health of women in contact with the judicial system. See link [www.csip.org.uk](http://www.csip.org.uk)