



What outcomes should mental health services deliver?

Mental health workers from across the city, representing a range of voluntary and statutory sector services, came together to discuss this question last month. The event they attended was the beginning of a consultation based on the document "Commissioning for Outcomes in Mental Health", written jointly by NHS Leeds and Leeds Adult Social Care commissioners. There will be another event in June, aimed specifically at people who use mental health services and carers. Both events were organised by Volition.

The aim of Adult Social Care and NHS Leeds is to establish an outcomes framework that will enable them to define and measure the outcomes that they commission from mental health service providers. It will focus more on the end result than prescribing the way something has to be done.

In order to effectively commission and performance manage health and social care services they need to appreciate what kind of impact a particular service or intervention is having on people using those services. For example, "In what way has a particular service contributed to the person's recovery?"

Services should also contribute to an outcome that is consistent with the principles outlined in Leeds' mental health strategy and with national recovery principles.

Jane Williams and Jane Wood from NHS Leeds and Sinead Cregan from Adult Social Care presented the draft document, then asked participants at the event to discuss the broad categories of outcomes listed. By working in small groups all areas were covered in detail:

- improved health and wellbeing
- improved quality of life
- freedom from discrimination and harassment
- increased choice and control
- maintaining personal dignity and respect
- economic wellbeing.

From feedback at the event, there was broad agreement with the outcome areas, with many suggestions for refining the outcomes, adding detail to the document or clarifying wording. Some outcomes such as freedom from discrimination, and economic wellbeing were thought to be aspirational, a 'vision' rather than an 'outcome', or were considered a bit unrealistic to achieve. There was also recognition that in some cases other (mainstream) services have a role to play in achieving the outcomes. Issues for specific communities, including deaf people, refugees and asylum seekers, and young people were also raised.

The presentations are available from Volition. And get in touch if you would like more information about the consultation, which continues into July.

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Contact us at:



volition

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next edition of
Volition:
Noon, Thursday
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Around Volition and City

People

Peter Hunter is the new Director of Carers Leeds. Contact Peter by email: peter.hunter@carersleeds.org.uk

Rhian Barnabas is the new manager of Leeds Mind Community Recovery Service. Rhian previously managed CHOICE.

David Woodcock (previously in the Research & Development team) is now a Carers Support Worker at LPFT. **Sara Juhos** also joins the Carers Team in June. Contact the Carers Team on 0113 2954444 or 2954445 for referrals.

Catherine Ward, Charlotte Hanson & Tracy Grey from the Public Health Directorate at NHS Leeds have moved offices to:

Sycamore Lodge
7a Woodhouse Cliff
Leeds LS6 2HF

The new telephone numbers are:
Catherine – 3059790, Charlotte - 3050501,
Tracy – 3059825.
Email addresses remain the same.

Tribute to Owen Hill

Owen Hill, who died recently, was a pioneer of the mental health service user movement in Leeds and a major contributor to the work of the voluntary sector in the city.

Owen was a very natural and open person who brought plain speaking and common sense into many planning forums, cutting through jargon and bureaucracy to get to the heart of the matter – what would work best for people. He had tremendous integrity and was widely respected by everyone with whom he worked. He was fearless, saying things which others perhaps thought but felt unable to say. He had a strong sense of justice and the importance of fighting for people's rights.

Owen was a key person in setting up the Leeds Mental

Health Advocacy Group (now Advocacy for Mental Health and Dementia) in the early 1990s. He was the first Chair of LMHAG and played a major role in obtaining funding, finding office premises, and recruiting staff. He also worked with Leeds Involvement Project and in developing Dial House.

Owen contributed a great deal to the planning of mental health services as a service user representative on many planning groups. Owen's commitment to ordinary human values of compassion and of people helping each other was truly inspiring for many people, and his legacy will live on through that inspiration.

Jeremy Pritlove

Advocacy Support comes of age!

Advocacy Support (AS) began back in June 1993 as the Advocacy and Interpreting Service. Then we worked with just four communities, 16 years on we now work in over 13 languages providing information and practical assistance for a wide range black and minority ethnic (BME) communities, including refugees, asylum seekers, Roma and other eastern European migrants. Demand for our service is particularly strong from those with little or no English language, to ensure that they can fully access services, negotiate service provision, resolve problems early and achieve their full rights and entitlements.

Advocacy Support is a high quality, culturally sensitive, independent, bilingual advocacy service, ensuring access to social care, health services, welfare benefits, tax credits, housing, debt and financial management and more. Our languages include Amharic, Arabic, Bengali, Cantonese, Czech (by appointment), French, Mandarin, Polish, Punjabi, Tigrinya, and Urdu.

Bilingual advocacy goes beyond interpreting; addressing barriers to inclusion such as trust, confidence, knowledge and cultural sensitivity, building skills and confidence and promoting independence. Last year we delivered over 2200 advocacy sessions to more than 600 individuals. Many of our clients face multiple discrimination, including age, disability, and mental health issues.

Our volunteers are essential to our success; there are usually between 15 and 20 at any one time. We endeavour to reflect the communities we work with and will always welcome more.

267 Roundhay Road,
Leeds, LS8 4HS
Tel: 0113 2351877
Email:
info@advocacysupport.org



Are We There Yet?

The i3 Services Review Event on April 1st 2009

It was always going to be a hard job to put on a day that reflected the work that has gone into the i3 Project, but in the end the day felt like a successful celebration of what i3 has achieved, and a look forward to the next phase.

Ursula Klingel, who managed the project to modernise mental health day services in Leeds, spelled out the vision that has risen out of the thinking and consultation – a social support system that will hold people in their time of deepest need, and help them back into the wider society when they are ready to go. Ben Taylor from the National Social Inclusion Programme addressed the question “Is everybody else there yet?” The answer from around the country seems to be “No”. Social inclusion is still very much a vision to be achieved rather than a reality, and Ben emphasised that although there is a national vision, people have to make it work locally.



social care over the next ten years, based on the document “Putting People First”. Building on the thinking done in the process of i3, he and fellow commissioners will now be putting a plan together for mental health day services in the city over the next year.

Aside from the fantastic Bollywood dancers from Dosti, a highlight for me was a workshop from the Social Events Team, and a chance to see the karaoke machine in action, bought with an i3 grant. There were also workshops from Mind’s Community Recovery Service, The Vale, Stocks Hill & Dosti, Realise, and the Melting Pot (another i3 grant funded group who treated us to spicy snacks). Around sixteen other projects had stalls, and it was inspiring to see the wealth of activities that are going on around the city. One of the things i3 has done well is put the people who run and use services in touch with each other, and it felt like as if there is now a team, rather than isolated, individual services.

Terry Simpson

Tim O’Shea presented a commissioner’s eye view of the whole thing, and spoke about the blueprint for providing

Time to Change in Leeds

Time to Change is England’s most ambitious programme to end discrimination faced by people who experience mental health problems. The vision is to make life better for everyone, by inspiring people to work together to end the discrimination surrounding mental health.

service users to create inspirational images to support the local campaign and these will be used throughout the city. Some exciting events are planned for the coming year including publicity stunts, debates, creative activities... watch this space!

This national anti stigma campaign has got off to an excellent start and here in Leeds we have plans for the campaign to have a local flavour. A Leeds steering group has been set up to focus on how Leeds will deliver the campaign which we plan to do through engaging local businesses. NHS Leeds has funded 24 places on the Mental Health First Aid Course which will be offered to local business champions who can take up the challenge to deliver the Time to Change vision.



Would you like to support Time to Change? You could become a local champion and be supported with resources and ideas to help in the fight against stigma and discrimination in the workplace. Ideas include: putting up posters in public places, adding information at the end of your email, downloading toolkits and resources from the website.

We have teamed up with Artlink who are supporting

For more information contact:
charlotte.hanson@nhsleeds.nhs.uk
gemma.wharton@leedspft.nhs.uk
 or visit: www.time-to-change.org.uk

Leeds Crisis Centre Celebrates 20th Anniversary

Since 1989, Leeds Crisis Centre has been providing a crisis intervention service to the people of Leeds. Last year we took calls from over 1300 people, many of whom went on to receive face to face counselling at our centre in Headingley and at other locations around the city.

Leeds Crisis Centre offers a free, 365 days a year, short-term counselling service, managed by Leeds City Council. We help people who are struggling to cope, usually following a difficult situation like a relationship breakdown or bereavement.

Our team of qualified counsellors can offer a variety of approaches. We aim to respond rapidly, seeing most of our clients within three days of them first making contact.

We are a diverse team and, wherever possible, we offer a choice of counsellor. Where a person's first language isn't English, we can provide interpreters, including British Sign Language (BSL) interpreters. Our building in Headingley is wheelchair accessible, and we are increasingly using other venues around the city. Most people choose to phone us themselves but we can take referrals from anyone, including friends, relatives and professionals.

Our aim is to help people find a way through their crisis. A time of crisis can provide an opportunity to change life for the better. We support people in making healthier choices for themselves.

Leeds Crisis Centre has expanded and developed a great deal over the years but the service remains unique in its capacity to offer people immediate help, suited to their individual needs.

On Thursday 18th June 2009, we will celebrate our 20th anniversary with a party. This will be from 12 noon until 4pm, at St Chad's Parish Centre, Otley Road, LS16 5JT. There will be key speakers, music, performances, and food. If you would like to join us please contact us at Leeds Crisis Centre.

If you want to know more about our service, or if you want to make a referral, please contact us by phone on 0113 275 5898 or e-mail at ss.leeds.crisis.centre@leeds.gov.uk

*Steve Edgar,
Manager, Leeds Crisis Centre*

Workshop with the Crisis Resolution Team

At the beginning of May, Volition held another in our series of workshops with LPFT's Crisis Resolution and Home Based Treatment Team. We started organising these workshops shortly after the crisis resolution team was established, as it became obvious that both voluntary sector and trust staff needed a better understanding of their different ways of working and the pressures each face. The main aim of the workshops is to improve practice so that the needs of people in crisis can be met.

Eddie Collins, Senior Keyworker at the crisis team, gave a detailed overview of the team, which includes psychiatrists, doctors, nurses, social workers and community support workers. They provide 24 hour cover, seven days a week, and are the first point of access for people in serious mental health crisis.

The team has a number of roles, including carrying out assessments, gate-keeping acute mental health services, providing intensive community based support and advising relatives and carers. The service often enables early discharge from inpatient services.

Service Manager Ray Wallum was also at the workshop, to respond to questions and join discussions. Many of the participants were involved in drug and alcohol services, or in housing / home support, so one of the issues discussed was working with people who might be currently using drugs or alcohol. These were raised following small group discussions of case studies. Ray and Eddie encouraged voluntary sector workers to contact the CRHT Team for individual discussions.

Ray ended the session with some plans for the future. The team hopes to be able to expand and provide more of a service for carers, as well as developing a place where they can see people at the team's own premises, if people choose this.

For a copy of Eddie's presentation, or to join the mailing list to be told about future workshops, contact Gill at Volition, gill.crawshaw@volition.org.uk.

Gill Crawshaw, Volition

Leeds Men's Health Network

Leeds Men's Health Network is holding an Open Meeting in Room B322, The Rose Bowl Building, Leeds Metropolitan University (next to Leeds Civic Hall) on Thursday 18th June from 2.00 pm as part of International Men's Health Week 2009. The guest speaker at the event will be Professor of Men's Health from Leeds Metropolitan University, Alan White.

The Network has been going for several years now and involves people who are interested in promoting men's health in the city. Current members come from voluntary sector groups or statutory sector organisations such as NHS Leeds or the Local Authority but membership (which is free) is open to anyone in Leeds who has an interest in promoting men's health.

Many men take risks with their health – too many drink alcohol excessively, smoke, eat a poor diet, use illegal drugs, have unsafe sex, and drive dangerously. One of the biggest risks to men's health is their reluctance to seek help from services such as the GP or pharmacist or to take part in health improvement programmes like weight-loss clinics. This is often because services and programmes are not delivered in ways that take account

of men's particular needs. Poor use of services by men has a direct impact on their health and wellbeing. A good example is malignant melanoma – more women than men develop this cancer but more men than women die from it, almost certainly because of late presentation. The aim of the week is to encourage all men not to be embarrassed about seeking help and to make them aware of the range of services there are for them both within the NHS and in the community. For further information see: www.menshealthforum.org.uk

With some 20% of men dying between the ages of 15 and 64 years in Yorkshire, from mostly preventable causes, Prof. Alan White will outline the case for Leeds to have a dedicated service for men that tackles their specific needs.

For further information contact:
 Prof. Alan White, Professor of Men's Health, Leeds Metropolitan University, Email: a.white@leedsmet.ac.uk
 Tel. 0113 283 1957 Mobile 07971 8277 217.
 Barry Ewart, Secretary, Leeds Men's Health Network, School of Medicine, University of Leeds
 email: b.r.ewart@leeds.ac.uk Tel. 0113 343 4358.

REAP Therapeutic Counselling Service join Volition

REAP is fundamentally a BME run organisation whose clientele comprises people of all races and cultures, including disabled people. REAP provides counselling, mentoring, workshops, support and alternative therapies to people of all ages, their families and carers.

REAP provides counselling and support for pupils, students, teachers, lecturers, employers and employees. REAP aims to be flexible to meet the individuals needs at all times.

REAP assists with: bereavement, couples, drugs, eating disorders, education, family issues in relation to absent

fathers, mental health, people living with HIV/AIDS, personal development, post trauma, well-being, and CBT (Cognitive Behavioural Therapy). REAP also offers alternative therapies including auricular (ear) acupuncture, aromatherapy, play therapy, hypnotherapy, Indian head massage, massage therapy (relaxation), reflexology, Reiki, spiritual counselling and stress management.

Jaime Lynch, REAP Therapeutic Counselling Services
 T: 0113 210 0126
 E: jaime.lynch@ntlworld.com
www.reap-counselling.co.uk

Psychology students ready to volunteer

Leeds Trinity & All Saints College based in Horsforth now has a dedicated Volunteering Coordinator working alongside staff and students alike to encourage and support them to volunteer with local and regional organisations.

At the moment a number of psychology students are interested in volunteering opportunities within the mental health sector. If you feel you could offer a suitable volunteering opportunity, either with an existing volunteer scheme or as a new opportunity, and would benefit from the experience and abilities a volunteer could bring to your organisation and its service users then please feel free to contact Vics Leeson, Volunteering Coordinator at: v.leeson@leedstrinity.ac.uk or on 0113 283 7150 Extension 675.

Information for Mental Health (IMH)



Out of date information is worse than no information Behind the scenes of Information for Mental Health (IMH)

Most people when hearing our name Information for Mental Health think of our mental health directory, either the hardcopy or the website. I thought it would be interesting to give a behind the scenes picture.

The directory is now 19 years old and over this time we have honed the design and content to answer changing information needs but also to take advantage of changes in technology.

The organisations that are in the directory, in whatever form they take, leaflet, book or website, come from a database of over 800 entries. These are mostly Leeds-based but some are national, and all need to be up to date. Out of date information is worse than no information. We have a standard that no record is more than one year old.

Things have to change. The old ways of contacting each organisation separately is not viable anymore. We are designing a new website that will send an email automatically when a date is triggered, asking for any changes. The form can be completed on line and returned at the push of a button. Also we are negotiating for

“trusted users” status. These will be the large organisations with a significant number of entries such as LPFT, NHS Leeds and Adult Social Care. They would be able to access the website and update their own services themselves. They would also be able to put current information, things they want to advertise, promote or link directly onto the IMH website. This means that their entries will have a cohesive feel and not just rely on whose desk the update sheet lands. It also means that the IMH website will become even more the place people start, to find out what is available and what is happening in mental health in Leeds. When there is change, which is happening constantly, IMH will be automatically informed and so will the rest of Leeds.

*Ruth Steinberg
Manager, Information for Mental Health*

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www.twitter.com/dysconnection
www.twitter/ruthsteinberg

Springtime at the Mental Health Lunchtime Forum

Suicide prevention was the focus in January. Mike Bush gave a moving account of his own experience of a suicide within his family - terming it a 'personal holocaust'. This introduced him to the world of mental health and he subsequently became an active campaigner on behalf of people bereaved by suicide. He highlighted that someone bereaved in this way is three times more likely to commit suicide themselves.

Mike was instrumental in developing a national pack for people bereaved by suicide called 'Help is at Hand' and has worked with Information for Mental Health to produce a local leaflet for people bereaved by suicide. Other work he has been involved in includes working with police looking at suicide hotspots, helping to obtain grants to develop local work and looking at media guidelines for reporting suicide.

Dr Sophie Egerton (NHS Leeds Public Health) gave a summary of findings from a detailed audit of suicides in

Leeds in 2006. The aim was to increase understanding to help inform suicide prevention work.

For further information:

- Download Help is at Hand from: www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_087031
- Visit www.mentalhealthleeds.info for the Leeds Suicide Bereavement Leaflet.
- Leeds Bereavement Forum runs a Suicide Special Interest Group that meets to discuss relevant issues. See www.lbforum.org.uk or email info@lbforum.org.uk to join the mailing list.

In February we considered the influences and consequences of mental health stories, with contributions from Terry Simpson and Julian Turner.

Julian talked about narrative therapy, how the stories of our lives can help us to understand our identity, and the

huge value of telling the story of our life to others. Talking or writing about lived experience, including any mental health problems used to be controlled by professionals, which often resulted in a one-dimensional misunderstanding, but now we are moving towards the power of the person.

Terry spoke of his experience as editor of *Doorways in the Night*, a collection of stories about recovery. People have a very strong need to tell their story. Local writers were hired to help contributors to frame their stories. The results were incredibly moving.

The discussion included the influence of advocacy, the power of co-counselling, the power of metaphor and the role of truth. If people find inspiration, support and help in a story then it doesn't matter if the story is actually true or not. Now we have Facebook and other networking opportunities for the story to be "out there."

We discussed the new Dementia Strategy in March, when Jenny Thornton gave a presentation on how it will impact on Leeds. For the presentation visit:
www.mentalhealthleeds.info/training/lunchtime-forum.php

April's packed out session saw us returning to the Mental Health Act with informative presentations from Kwai Mo and Annie French. Kwai gave a presentation about the key changes in the amendments to the MHA. A longer version of Kwai's presentation is available from the IMH website:
www.mentalhealthleeds.info/training/lunchtime-forum.php.
Annie explained the new Independent Mental Health

Advocate (IMHA) role, and the service being provided by A4MD. It was noted that the funding for the new service does not match with the anticipated need.

Wendy Kennerley stepped down from the forum steering group in April, while Andy Brown from CAT and John Thorpe from LPFT stepped up to the challenge.

There was a break from tradition in May, with a well-attended lively round table discussion on the impact of the changing economic climate on our mental health and mental health services. There were huge concerns raised by all present, and the feeling that services are not necessarily well equipped to deal with the situation. It was agreed that more support is needed in the early stages of redundancy. Some concerns were raised about accessibility of CAB services for Deaf people, and how to improve this.

This difficult economic time could be an opportunity to move away from consumerism and emphasise values which are not based on material wealth (see Oliver James' *Affluenza*). There is potential to embrace spirituality, holistic therapies, ecotherapy and family time.

We thank Touchstone Support Centre for hosting us during the spring, and Community Links in Chapel Allerton for hosting the summer sessions.

Charlotte Hanson, Wendy Kennerley and Andy Brown

All change at the Lunchtime Forum

The Mental Health Lunchtime Forum is going through a bit of metamorphosis.

I love being involved with the LTF (as it's affectionately shortened to by the organisers). What I particularly love is being able to keep my finger on the pulse of the issues that you want to know and talk about.

On that note we're introducing something a little different.

We'll be continuing to have speaker led discussion and debate every two months but we'll be alternating this with an open discussion space. It's the kind of format that anyone can use to network, to think together, to find people and organisations to work with on specific projects and to talk about the issues that matter.

The next **speaker led** discussion will be on:

New Horizons & the National Service Framework and will be at Community Links Head Office at Regents Court in Chapel Allerton on:
Tuesday 21st July at 12.30pm to 1.30pm.

We'll have the usual break in August then September's Forum will kick off with the first **Open Discussion Space**. Date & venue to be confirmed.

You'll be able to keep track of, continue discussion and connect with other attendees via the Facebook group www.facebook.com/group.php?gid=91860259026&ref=mf

Current LTF organisers are: Charlotte Hanson, John Thorpe, Andy Brown and Kate Brown. You can catch us at info@imhleedsmind.org.uk

Kate Brown, IMH

Working Groups

Mental Health Expert Advisory Group & Mental Health Programme Board

Mental Health Expert Advisory Group April 09

Mental Health Services for People with Learning Disabilities Self Assessment - further to the discussion at the previous Advisory Group meeting, it was reported that the green light toolkit is being taken forward through contract development meetings with LPFT. It is recognised that there are implications for all providers. Elizabeth Karmady (Consultant in Learning Disabilities) will have 'virtual' involvement in the work.

Housing Discharge Project - A report on project findings will be presented to the June meeting of the Advisory Group. A workshop was held with Supporting People funded mental health providers in March to share and discuss the findings and the elements of the proposed protocol.

The BME Advisory Group report informed about the Pacesetters partnership which is doing work to support communities around mental health problems, training people 'of influence' in communities. Consultation with BME communities was reported on along with progress in achieving the Delivering Race Equality dashboard. LPFT are working with the Community Development Workers to improve access and this is already having a positive impact. The group is looking at improving and implementing the Action Plan.

Outcomes for mental health - commissioners in NHS Leeds and Adult Social Care are running two workshops on 20th May and 25th June, organised by Volition.

i3 project The final event to mark the end of the project in its current form was very successful. Volition administered this event.

Regional voluntary sector mental health network - a proposal was to be taken to the Regional Mental Health Commissioning group and it was agreed that this would be followed up.

IAPT programme - Volition reported some concerns from members around current commissioning decisions

and processes. Cuts have had to be made across NHS Leeds priorities due to re-prioritisation from central government but confirmation of any available funds should be provided toward the end of April.

The Children & Families Programme reported ongoing discussions about the cut off point for children and young people moving in to adult services. There is still a need to ensure consistency with community based services. The service is also looking at the needs of children whose parents are using mental health services.

The Service User and Carer Reference Group provided an impact report on the work they have undertaken during the past 12 months. This included national work including work on social and financial inclusion, community engagement, the Darzi Review and participatory research. A lot of local work on these issues was also reported as well as involvement in the Dual Diagnosis Network, i3 project and local service re-profiling.

Priorities for 2009 are:

- All issues relating to security and safety on acute wards
- All issues relating to crisis support – partnership work planned
- Issues relating to staff training and identified essentials that are optional
- Issues of risk from inappropriate housing allocation - partnership work planned
- Involvement and better networking with service user & carer groups – starting at the website launch.

Joint Reviews - Community Links and CAB reviews are almost complete. Clarification on the current timetable for service reviews was sought. It was reported that the timetable has slipped by about six weeks due to writing up and signing off reports.

The map of workstreams was discussed and in particular the mental health outcomes workshops were discussed in some detail. A first draft of ideas generated by commissioners will be circulated to

generate ideas for discussion at the workshops. The aim is to develop a framework of outcomes for commissioning that will be used from next year. It was also reported that a mental health joint commissioning plan has been produced in very draft form and it is hoped to have something to share by the end of April. A piece of work to determine a mental health needs assessment is ongoing and an initial list of information on work currently underway and key contacts has been drawn up. Volition will be a member of the steering group for this work.

MH Programme Board May 2009

Service User and Carer Reference Group – The review report on this service was due back in January but was not completed due to various factors. NHS Leeds apologised for the delay.

Mental Health Self ('autumn') Assessment – This had been submitted to the SHA without the usual process of input and discussion from partners. There was broad agreement about what had been submitted. Assurance was given, in response to concerns raised about advocacy lacking sufficient resources given the new IMHA role, that commissioners will be keeping an eye on this and that so far demand has not been high.

This will be the last self assessment of this kind as the National Service Framework for mental health comes to an end. It will be replaced by New Horizons, which is expected to be consulted on in July and launched in the autumn.

Workplan Delivery update

Map of workplans – Jane Wood – a table of the various workstreams and partnership groups had been circulated (available from Volition).

Leeds Survivor Led Crisis Service and Touchstone reviews are now scheduled to commence in early July. Advocacy for Mental Health and Dementia will no longer be reviewed as their specification is new to include the IMHA provision. LPFT Carers Service review will take place at the end of 2009.

Women's Mental Health Strategy – report not received from the university reference group (had been due at the end of March).

Mental Health Needs Assessment – an update was given by Fiona Day about this work which will pull

together data from across Leeds and also seek the views of service providers, service users and carers. The Service User and Carer Reference Group asked that service user and carer involvement be given greater emphasis than it seemed to have in the document. Fiona gave assurances it would. There was discussion about the need to ensure this piece of work does more than just tell us what we know and duplicate consultations done previously, especially with service users. Sinead referred to a new protocol for working with families affected by mental health and substance use which will be piloted in specific areas of Leeds.

Priority Groups Commissioning Sub Group –

Service user representation is due to be provided by the LINK but may not be – Carol Cochrane to raise.

Mental Health Regional Commissioners Forum -

This brings together health and increasingly adult social care mental health commissioners. The last meeting was briefed re New Horizons; there was a presentation from Simon Francis re employment targets and Peter Flannigan on work done to draw together mental health outcomes and it was discussed whether work should be done regionally on the Time to Change campaign.

Payment by Results / Care Packages and Pathways work were also looked at with attempts being made to ensure work in different areas is pulled together. There is no clear timescale for this. Work so far was felt by Jane Wood to have been heavy on assessment and secondary care. LPFT is one of seven trusts nationally pilot testing work originally done in SWYMHT (now South West Yorkshire Partnership NHS Foundation Trust).

LPFT Physical Health Project - People with mental health problems are likely to live 10 – 15 years less than the general population. This is due to a number of factors but largely cardiovascular disease. LPFT have been doing work for a number of years to attempt to address this and last year produced a policy and have established a Short Life Working Group – Tracey Grey from NHS Leeds is involved.

GPs now have responsibility to monitor the physical health of people with mental health needs but how they do this is very variable. Volition has suggested voluntary sector involvement which the group may consider if appropriate.

Pip Goff and Sharon Allen

Mental Health Act Implementation

Since the 2007 amendments to the Mental Health Act (MHA 1983) came into force last November, the multi-agency Mental Health Act Implementation Group have continued to meet to oversee progress across the city. The group aims to highlight and seek solutions to any difficulties being faced by service users or professionals in the implementation of the amendments.

At the most recent meeting in May, the main issues were:

- A working group is now meeting to develop regional protocols around Section 136 and conveyance.
- Leeds PFT are taking the lead to ensure Yorkshire Ambulance Service staff are clear about the MHA and Mental Capacity Act (2005) interface when transporting people to hospital.
- There continues to be a national shortage of Second Opinion Appointed Doctors (SOAD), affecting patients in Leeds who may be waiting for a SOAD before

commencing a recommended course of treatment.

- The Independent Mental Health Advocate (IMHA) service is up and running at Advocacy for Mental Health and Dementia (A4MHD) with generally few problems in transition. However due to delays in funding confirmation, recruitment for expansion of statutory advocacy services to, in particular, mental health wards at The Mount was also delayed – severely limiting access to IMHA for eligible older people for the first two months.
- Commissioning of the IMHA service for people detained in specialist learning disability services, and for people detained in out of county services still requires clarification.

For further information please contact Annie French at A4MHD: 0113 247 0449

Leeds wide Joint Mental Health Needs Assessment

NHS Leeds, Leeds City Council, Leeds Partnerships NHS Foundation Trust and other local partners are undertaking a needs assessment for mental health over the next 6 months. The aim is to undertake a Mental Health Needs Assessment (MHNA) in order to systematically review the mental health and emotional wellbeing needs of the Leeds population, leading to recommendations to inform future prevention initiatives and service development. The MHNA will also specifically investigate any causes of inequalities in Mental Health.

As part of this, York University staff will be conducting a series of stakeholder events, focus groups with users and

carers, telephone interviews, and sending out questionnaires to local interested parties between July and November in order to understand local issues better.

If you would like to take part in any of the above events, please contact Lizzie Allen, Project Support Officer/ Senior Administrator at NHS Leeds Public Health: lizzie.allen@nhsleeds.nhs.uk, tel: 0113 305 7655.

Or if you would like any further information or to discuss it further at this stage please contact Fiona Day, Locum Consultant in Public Health Medicine, NHS Leeds at fiona.day@nhsleeds.nhs.uk or tel 0113 305 7646.

The Becklin Centre achieves Stage 2 PDU accreditation!

Leeds Partnerships NHS Foundation Trust is pleased to announce that in November 2008 it was successful in completing stage 2 PDU accreditation with the University of Leeds. The Becklin Centre is the first adult acute inpatient mental health unit in the country to achieve Stage 2 Practice Development Unit accreditation. This award is accredited to services that have demonstrated the highest level of evidenced based care and treatment upon achieving 15 key criteria over two stages. The stage 2 plaque was presented in April 2009.

Teams have worked hard to achieve stage 2 success. Project work over the last two years has included ensuring service users can access and contribute to their care and treatment plans without the addition of red tape; the implementation of the swipe card system which has gained national recognition; management of the no

smoking policy and ensuring safe medicine administration and information.

Newsam Centre Ward 4 recently became part of the inpatient team. The PDU team's priority is to work closely with them sharing good practice from both sites and enabling Ward 4 to also work towards stage 2 accreditation. Information sessions have been planned for staff to ensure that the momentum and learning from the PDU is embedded in clinical care. New projects include the reflective practice and discussion forums for health support workers and also the planning of joint work with Touchstone Community Development Workers to support us further in putting the race equality plan into action.

If you require any information regarding the Practice Development Unit contact linda.rose@leedsptf.nhs.uk or Ruth Kettle, the new Volition representative.

Reports

Healthcare Commission reports highlight service inadequacies

The Healthcare Commission published two reports prior to their merger into the Care Quality Commission.

The Adult Specialist Community Mental Health Services follow-up review explores the extent to which services have improved since the original review in 2005/06. Key findings include:

- ◆ Many people with mental health problems did not have information on how to access local support out-of-hours
- ◆ Many people with psychosis are not offered psychological therapies.
- ◆ Involvement of service users in the CPA process has improved, but some trusts have been far more successful than others in ensuring that the infrastructure for the CPA is embedded within routine practice.

Mental ill health in childhood casts a long shadow over adult life chances

A major new study from the Sainsbury Centre for Mental Health finds that mental health problems in children and teenagers have a significant impact on their chances of success in employment and family life as well as contact with the criminal justice system.

The report *Childhood mental health and life chances in post-war Britain: Insights from three national birth cohort studies* looks at the long-term effects of conduct and emotional problems in adolescence.

Download a summary or the full report from:
www.scmh.org.uk/news/2009_life_chances_report.aspx

Equality in Later Life: a national study of older people's mental health services notes that older adults with mental health needs have not benefited from some of the developments in services experienced by working age adults and developments in services for older people do not always fully meet their mental health needs. In particular, there was poor access to out-of-hours and crisis services, psychological therapies and alcohol services. The commission also found there was limited availability of good quality national data in relation to the quality of specialist older people's mental health services.

Adult Specialist Community Mental Health Services & Equality in Later Life are available to download from www.cqc.org.uk in the publications from previous commissions section.

BME perspectives on Dual Diagnosis

This consultation with BME communities in Leeds was developed by a partnership including St. Anne's Community Services, Touchstone and St. Martin's Practice.

The resulting report *BME Perspectives on Substance Use and Mental Health Problems* presents insights around drug & mental health issues, culturally-specific barriers and recommends ways to make services more accessible.

The executive summary is available from the Volition website (publications page) and you can download the full report (PDF, 328KB) from:
www.dual-diagnosis.org.uk/doc/DD.BME.Consultation.pdf

A Missed Opportunity?

Community sentences and the Mental Health Treatment Requirement

The Mental Health Treatment Requirement (MHTR) is one of 12 possible requirements for all people given a community sentence in England and Wales. It is rarely used in practice, even though more than two-fifths of people on community sentences have mental health problems.

A Missed Opportunity? looks at why the courts, probation and health services rarely use the MHTR. It finds that the purpose of the MHTR and the group of people to whom it

can be given are not clear to sentencers, probation staff or health professionals. It calls on the Government to issue clear guidance on the use of the MHTR.

This report is free to download from the Sainsbury Centre for Mental Health, or £8 for a paper copy. Visit:
www.scmh.org.uk/publications/missed_opportunity.aspx?ID=594

Working to Put People First

This is the strategy for the adult social care workforce in England, published by the Department of Health (DH) in April. It sets out a vision for the future, for a skilled workforce that can transform services so they are more personalised, as set out in Putting People First.

The six priorities in the strategy are:

- Leadership: effective management and commissioning, with leaders that work across all sectors, not just health and social care, but housing, leisure and transport.
- Recruitment and retention of high quality staff, drawn from a wide base of cultures, skills and attributes within local communities. In the 2009 Budget a new scheme was announced, Care First, offering 50,000 traineeships in social care for young people who have been out of work for twelve months.
- Workforce remodelling and commissioning is important to re-shape the workforce so it has the right people with the right skills doing roles and tasks which people using services want. The entire workforce does

Putting People First: working together with user-led organisations

This booklet outlines the benefits that local organisations enjoy when they work with user-led organisations. These benefits range from helping local authorities deliver greater personalisation to improved engagement with hard-to-reach population groups.

It provides advice on how local authorities can form meaningful relationships with user-led organisations and outlines support provided by the Department of Health. It also gives a series of links to other resources with further information about user-led organisations.

Available from the publications section of the Department of Health website: www.dh.gov.uk

Bradley report recommends improvements to mental health & criminal justice

There are now more people with mental health problems in prison than ever before. While public protection remains the priority, there is a growing consensus that prison may not always be the right environment for those with severe mental illness. Custody can exacerbate mental ill health, heighten vulnerability and increase the risk of self-harm and suicide.

This independent review was commissioned by the Department of Health to examine the extent to which offenders with mental health problems or learning

not need to change overnight, but everyone will in future need to make personalised services the norm.

- Workforce development should aim to create a more confident, empowered and diverse workforce with increasingly sophisticated skills in order to secure the dignity, quality of services and quality of life of those people receiving social care. The workforce will need to respond to care needs arising from the anticipated increase in long-term and complex conditions.
- Joint working between social and health care and other services is important so that people who use services can be reassured that the workforce will work across organisational boundaries to meet their needs. Regulation is a priority for employers but will also be promoted through professional regulation by the General Social Care Council and through service regulation by the new Care Quality Commission.

The report is available in the publications section of the DH website: www.dh.gov.uk

Underground Lives

This report published in March by PAFRAS investigates the underground lives of destitute asylum seekers. The investigation into the living conditions and survival strategies of destitute asylum seekers in the UK was written independently by Diane Taylor and is based on in-depth interviews with destitute asylum seekers.

PAFRAS (Positive Action for Refugees and Asylum Seekers) works with asylum seekers, refugees and local communities in Leeds and the surrounding areas. Severe depression is widespread in their client group and several people have tried to end their own lives.

The report is available from www.pafras.org.uk (in the archive) or telephone 0113 262 2163.



disabilities could, in appropriate cases, be diverted from prison to other services and the barriers to such diversion. The review has made over 80 recommendations to government including the organisation of effective liaison and diversion arrangements and the services needed to support them.

Download the review, the executive summary and the supporting documents from:
www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_098694

National Issues

New Horizons regional “listening event”

New Horizons is the new strategy that is being developed to follow on when the National Service Framework ends this year (see Volition newsletter 68 for an introduction). Before this strategy is drafted, a series of listening events were held around the country, including a Yorkshire and Humber event held at the end of April.

Louis Appleby, the National Director for Mental Health, presented the main themes of New Horizons: prevention and public health; and improving clinical services. Within these, there is a focus on early intervention. Priority areas include dementia, offenders, social justice/anti-discrimination, race equality, improved physical health, increased availability of psychological therapies, employment and housing.

New Horizons covers adult mental health services, but there is recognition that for many people, problems start

when they are children, so support and treatment for children needs to be highlighted.

After this presentation, there were group discussions asking what participants thought were the major priorities. Those raised included:

- coordination / integration between services, better navigation, better information
- involving communities to promote wellbeing, with employment being particularly important
- dual diagnosis
- stigma
- support for adults on the autistic spectrum.

At the end of the meeting the chair emphasised the importance of partnerships that reach beyond mental health services. New Horizons is a cross-governmental document, it is not just about health services.

What does *that* mean?

Social Care Online is the UK's most extensive free database of social care information and research, brought to you by the Social Care Institute for Excellence (SCIE). One of the most useful sections is a summary of glossaries to help prevent you getting bogged down by health and social care terminology.

Have you ever wondered what what vascular dementia is? Try the A-Z of dementia from the Alzheimers Society: www.alzheimers.org.uk/site/scripts/az_home.php

A full list of glossaries including mental health, dementia, Single Assessment Process, Local Government, Every Child Matters and Looked After Children are available from:

www.scie-socialcareonline.org.uk/otherresources/glossaries.asp

NCVO Recession resources

The National Council for Voluntary Organisations has put together a guide for voluntary and community organisations on surviving the recession, from key advice to crisis management. Advice covers financial sustainability, strengthening key relationships, cutting down on waste and ways to recession-proof your organisation. There are case studies and links to government information.

www.ncvo-vol.org.uk/recessionresources

NHS Evidence portal launched

The NHS Evidence service provides easy online access to a comprehensive evidence base for everyone in health and social care. Content is drawn from a range of sources, including Social Care Online.

SCIE Deputy Chief Executive, Amanda Edwards said: 'For the first time, health and social care information, knowledge and evidence is seamlessly brought together - the end user can go from clinical and medical condition information, through to social care, with one search'.

Visit www.evidence.nhs.uk and www.scie-socialcareonline.org.uk

ACEVO commissioning support service

The Association of Chief Executives of Voluntary Organisations is running a new commissioning support service for members. The advice service is complemented by a library of factsheets and a range of roundtable, networking and training events.

To access the commissioning support service or find out more, please visit the ACEVO website: www.acevo.org.uk/index.cfm/display_page/commissioning, Email: commissioning.support@acevo.org.uk or call the helpline on 020 7280 4937.

Care, Support, Independence website

The team behind the Government Green Paper on the reform of care and support recently re-launched its website. The site includes a blog by David Behan, the Director General of Social Care at the Department of Health and can be found at: www.careandsupport.direct.gov.uk.

The team can also be found on Facebook, where they will be hosting discussions after Green Paper publication, and Twitter as "Care and Support".

New resources from SCIE

The Social Care Institute for Excellence publishes a wide range of briefing papers, guidance notes and summaries of best practice. Here are a few recent highlights:

Research briefing 30: The relationship between dual diagnosis: substance misuse and dealing with mental health issues

Social workers have a distinctive role to play in multi-agency work for dual diagnosis and the briefing examines this in relation to assessment, long term care and service user involvement.

www.scie.org.uk/publications/briefings/briefing30/index.asp

Research briefing 20: The implementation of individual budget schemes in adult social care

This updated research briefing reveals that, despite challenges, there is emerging international evidence that self-directed care is popular with people who use services and can lead to health gains and consequent efficiency gains.

www.scie.org.uk/publications/briefings/briefing20/index.asp

SCIE guide 29: Changing social care: an inclusive approach

To achieve the transformation of adult social care, the social care workforce will need to change its approach. SCIE's latest guide provides readers with ideas on how to successfully change services to place people at the centre of their own care and support. www.scie.org.uk/publications/guides/guide29/index.asp

See also **At a glance 4: Changing social care** for an overview of the key messages from guide 29. www.scie.org.uk/publications/ata glance/ata glance04.asp

Research briefing 31: Co-production: an emerging evidence base for adult social care transformation

This research briefing examines the definitions of co-

production and its use as a potentially transformative way of thinking about social care. Co-production emphasises that people are not passive recipients of services and have assets and expertise which can help improve services. www.scie.org.uk/publications/briefings/briefing31/index.asp

Updated Law and social work e-learning resources

SCIE has updated its popular Law and social work e-learning resources to reflect changes in legislation and policy in 2008. These online resources through audio, video and interactive uses of technology, bring alive key aspects of the law applied to social work practice. www.scie.org.uk/publications/elearning/law/index.asp

Leading practice

'Leading practice' is a development programme designed for first-line managers in social care. It is divided into discussion and activity sessions, to aid the development of both the individual and the organisation. It is available as a CD-Rom and can also be downloaded from : www.scie.org.uk/publications/guides/guide27/index.asp

At a glance 2: Improving outcomes for people in shared living services

SCIE's latest 'At a glance' summary looks at shared living schemes, which are a way of providing more personalised services. The summary is based on SCIE Guide 14: Improving outcomes for service users in adult placement - commissioning and care management. See www.scie.org.uk/publications/ata glance/ata glance02.asp

At a glance 3: Nutritional care and older people

Nutritional care is a priority for older people. Health and social care services need to ensure access to a choice of good quality food that meets people's dietary, cultural and religious requirements. This new format summary provides guidance on nutritional care for the social care sector as part of SCIE's work on dignity. www.scie.org.uk/publications/ata glance/ata glance03.asp

Ten tools to live your life well

This website features practical advice on wellbeing: www.liveyourlifewell.org



Notice Board



Working Minds Working Lunch

A free information and workshop session about employability

In your work do you come across people experiencing mental health difficulties? Do you ever discuss their employment options with them? Do you know where to refer them for employment support? Come to a one hour workshop for workers who come into contact with people experiencing mental health difficulties (refreshments and lunch provided, booking essential)

Some workers may feel uncomfortable about discussing employability with their clients and making appropriate referrals.

This session aims to support workers to:

- Understand the benefit to the individual of having aspirational employment related goals
- Discuss an individual's aspirations, needs and wants
- Refer individuals to specialist organisations that can assist in developing and achieving their goals.
- Find out more about the Working Minds project and how it can support you in your work.

The next session will be held on:

Friday 18th September, 12noon until 1pm at Tiger 11

To book a place contact Working Minds: 0113 274 5165 or email: workingminds@workingmindsleeds.org.uk

Mental Health First Aid training

Community Links delivers Mental Health First Aid training throughout Yorkshire and the Humber. MHFA helps people understand mental health, reduces stigma, and means that anyone who needs it is guided towards appropriate professional help.

There are limited places left on Mental Health First Aid training in Leeds on 28th & 29th July, although courses will be held in other venues over the summer and there will be more courses in Leeds later in the year.

There are also dates available for block bookings in August and September. Bursaries are available to voluntary organisations in Leeds.

To book a place, or for more information, contact 0845 8389928 or email mhfa@commlinks.co.uk

Leeds Men's Health Network Open Meeting

As part of International Men's Health Week

Thursday 18th June
2.00 pm in Room RB322,
The Rose Bowl Building,
Leeds Metropolitan University
(next to Leeds Civic Hall)

Guest Speaker – Professor of Men's Health, Alan White,
Leeds Metropolitan University
Come and learn about the challenges faced in addressing men's health plus join the network!

Decaf in East Leeds

This is a café for people with memory problems or dementia and their carers. It is run by workers from NHS Leeds, Alzheimers Society and Burmantofts Senior Action. The café provides an informal environment where people can socialise, make friends, support each other, exchange ideas and receive information. Most importantly it provides a supportive atmosphere where people can have fun and enjoy themselves.

Decaf in East is held at St Agnes's Church in Burmantofts on the 1st Monday of the month 2pm- 3.30pm and we would love you to come and join us.

For further information please call Su 0113 2953066, Colleen 0113 231172 or Wendy 0113 2489191.

CAB back at DeLacey House

From April, Leeds CAB are again offering an advice surgery at DeLacey House in Kirkstall, 10.00-12.00 on alternate Thursdays, by appointment only.

For more information or to book an appointment please contact 0113 281 6733. This service is open to anyone who uses mental health service and carers.

Carers Connections

Leeds PFT Carers Team is now working in partnership with Carers Leeds and NHS Leeds in providing information about carers courses across Leeds. The Carers Connections training programme for Leeds for June-August is now available to download from www.leedsptf.nhs.uk/carers/carersconnections or see the training page of the Volition website.



Notice Board



Guardian Public Service Awards 2009

If your team has delivered excellence in a particular public service, the Guardian wants to hear about it. The entry deadline is Friday 17th July.

The Guardian Public Services Awards are a leading celebration of excellence among organisations commissioning or providing services. The awards are for all organisations involved in public services, whether they sit in the public, private or voluntary sector. This year there are a couple of small adjustments to the categories, stressing more the role of informal carers in supporting people who live with long-term health conditions and the contribution of frontline workers to service innovation. The team awards are in two main sections: service delivery, and innovation and progress. Within each section there are a number of different categories. One overall winner will be selected from the category awards. This will be the team judged to have made a truly outstanding contribution in terms of innovation and outcomes. Go to www.guardian.co.uk/publicservicesawards for more information, entry forms, and full list of categories.



Guardian Charity Awards 2009

These annual awards seek to recognise and encourage those small or medium-sized charities, sometimes overshadowed by the big players in the voluntary sector, who make an outstanding and valuable contribution to social welfare in the UK community. The household names of the charity world do a vital job in so many aspects of our society; but it's typically the smaller organizations that have the fresh thinking, flexibility and reach into communities that make the crucial difference to people's lives. Maybe you work for one of these charities yourself - and believe your achievements could inspire others if only they were highlighted.

The Guardian Charity Awards have, for the last 17 years, helped small and medium-sized UK charities win the profile and funding they need in order to move forward. Winners this year will each receive: £1,000; a new PC from Jigsaw Systems; free consultancy support, courtesy of NCVO's consultancy service; and a tailored package of media services from Media Trust.

Visit www.guardian.co.uk/charity-awards-2009 to apply and for further details. Deadline for entries is Friday 31st July.



Sundar Mann Dementia Café

What a revelation for the South Asian Communities in Leeds!

Sundar Mann, as beautiful as it sounds, is a café newly formed and attended by communities from South Asian backgrounds. The café is open to those who are affected by dementia and would like support and information. Join us at the café, share concerns, meet others and gain information.

10:30 am - 12:30 pm, every first Tuesday of the month, at Technorth Family Learning Centre, Harrogate Road, Leeds, LS7 3NB

For more info contact Touchstone CDW Team on 0113 219 2727



Leeds Mind Housing Support Service information sessions

These sessions are useful for workers, students, volunteers & potential referrers. They are held every two months, on Wednesday mornings from 10-12 at the offices of the service:

354 Broadway Horsforth Leeds LS18 4RE

Forthcoming dates:

22nd July 2009

23rd September 2009

18th November 2009

Places on these sessions *must* be booked. Please email: housing@leedsmind.org.uk to book your place.

**Deadline for next edition of Volition:
Thursday 16th July 2009**