



Self Directed Support: business as usual

All new customers to Leeds Adult Social Care will receive a personal budget to meet their support needs. This will happen from July, following approval from the council's executive board, and means that self directed support will become the usual way of providing support. Right from the assessment stage, the focus is on enabling people to live life the way they want.

There are a number of different ways people can choose to receive their personal budget, including direct payments, setting up trusts, having a service provider holding an individual service fund on their behalf, letting the local authority manage the money and arrange support, or a combination of these options. Whatever someone chooses, support will be available, from social workers, care managers or from the ASIST direct payments support service.

In the meantime, Adult Social Care are working to broaden the sample of people using self directed support, so that more people who use mental health services, and more older people will use the new model.

When people are planning their own support, how do they find out about services and support in their local area that they can buy? Information for Mental Health's website (more on page 3) will continue to be the place to go for a whole range of information about mental health services, organisations and issues. And from April, the existing Keeping House directory has expanded into the Leeds Directory: www.leedsdirectory.org

LeedsDirectory.org offers information on services across Leeds that can promote independence and help to support individuals and their carers in their daily lives. Finding a service on the website is easy, just two clicks from the home page gives a list of hundreds of providers, or you can narrow the search down by services provided, areas covered or just those that have been given the Leeds Directory quality mark, 'The Big Green Tick'.

Volition is encouraging our members who provide support for independent living to register with Leeds Directory. Go to the Service Providers' area on the website, where you will find instructions on how to get listed.

For up-to-date information on self directed support, including a self assessment tool for providers, go to: www.leeds.gov.uk/personal_budgets

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**Deadline for
next edition of
Volition:
Noon, Thursday
10th June 2010**

Around Volition and City

People

Helen Collins started in post as the new Director of Womens Health Matters in March. She's looking forward to meeting WHM's partners and continuing the good work of her predecessor, Victoria Sinclair.

Helen can be contacted by email:
helen@womenshealthmatters.org.uk
or via her PA, Sally Blyth: 0113 276 2851
sally@womenshealthmatters.org.uk

The Market Place is pleased to introduce two new (job share) Counselling Managers:

Paul Styles - who has worked with the organisation for several years as both a volunteer and paid counsellor
Dawn Middleton - who has previously worked at Leeds Survivor Led Crisis Service and Victim Support.

Julie Bootle is the new Head of Mental Health Services at Leeds Adult Social Care. Contact Julie on 0113 214 1655, julie.bootle@leeds.gov.uk.

Karen Pearse started as the new Leeds Dual Diagnosis Project Manager on 7/4/10 based at St Anne's Community Services. Contact Karen on 0113 281 6914, karen.pearse@st-annes.org.uk

Frank Griffiths has been appointed as the new Chairman of Leeds Partnerships NHS Foundation Trust with effect from 1 April 2010. Frank is the former Deputy Vice Chancellor of Leeds Metropolitan University, having retired in 2006. He has lived and worked in Leeds for over twenty years having previously worked in a number of educational organisations in London and Teesside.

Richard Wall started his new role as Head of the Integrated Commissioning Team (ICT) at NHS Leeds on 1/4/10. Contact Richard on 0113 305 7558, email richard.wall@nhsleeds.nhs.uk. Details of the rest of the ICT will be announced in due course as the new structure of NHS Leeds is revealed.

Mental health and stigma film project

Arts & Minds are teaming up with Leeds Metropolitan University and the Leeds Film Festival to create short films for a special screening in November 2010. Last year's Time to Change event at the Film Festival was so successful that this year they plan to make a project that is bigger and better.

"We are looking for films that challenge people's perceptions of mental health," said Tom Bailey, Arts & Minds Development Worker. "So many mainstream films that deal with mental health don't show the truth - we want to challenge the myths."

There are different ways you can get involved. If you are a film-maker you can make your short film and submit it to Arts & Minds. If successful it will be shown at the Leeds Film Festival. There is also the chance to take part in the Film Production Group: this is aimed at people with personal experience of mental health issues who want to make their own films but have little or no experience. The

Film Production Group will be given training, support and equipment to create short films to show at the festival. Arts & Minds is also working in partnership with Leeds Met. to give students mental health awareness training and enable them to make films on this theme.

Do you want to know more? Would you like to be part of the Film Production Group?

Come to the film project launch,
28th April, 6pm - 7.30pm
at Old Broadcasting House, Woodhouse Lane,
Leeds, LS2 9EN.

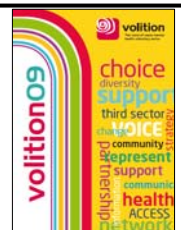
Everyone is welcome - at the event you can get all the details, ask questions and register interest in getting involved in some way.

To sign up for the launch please contact Tom Bailey on 0113 2431121 or email tom.bailey@artsandmindsnetwork.org.uk

What *do* Volition do?

We're much more than this newsletter! Find out about our work and what we do for you in our annual review.

Download from www.volition.org.uk



IMH's new website – helping in the shift of power

Information for Mental Health launched its new website on March 24th. This represents much more than yet another technological upgrade but a significant step towards IMH's vision of ensuring that timely, appropriate information is available to all at each stage of their mental health journey.

The Sainsbury Centre for Mental Health ask a number of questions in their recent publication 'Looking Ahead – the next 25 years in mental health' (more on page 10):

- *Will it become a normal expectation for everyone who wants to work to have a paid job irrespective of the severity of their illness?*
- *Will it become a normal expectation that users of services will negotiate the treatments they get, based on their life needs and preferences?*
- *Will it be considered normal that a significant proportion of the people who staff mental health services are themselves experts by experience?*
- *Can we look forward to a time when mental illness is not something to be hidden but simply a part of life, meriting support, consideration and a collective will to create the conditions in which recovery in its broadest sense can occur?*

If we truly want to answer yes to these questions then we will need to witness a further shift in power from those who provide services to those who receive them and a further blurring of the lines between *illness* and *wellness*, *sanity* and *madness*. One of the drivers in this shift must be the availability of accessible information that helps inform and

empower those who feel disempowered by our society's response to those experiencing emotional distress. IMH has always thought hard and been creative in how this can be achieved.

Where the new website is radically different from the last is that not only can you consume a wider range of information but that you can be a producer of content on the website. You can find out what's going on, advertise and promote what you're involved in. Content is available in many formats to suit many audiences: visual, film, photos, art work, audio, words and in any combination. It treats service users, their families and carers as equals with mental health workers and professionals by ensuring that information, on what is happening in the mental health world in Leeds and beyond, is available to all. And now it can be produced by all and in doing so helps create the culture shift that is so badly needed.

This need is only further exacerbated by the knowledge that over the next decade spending on health and social care will be reducing as the need for support increases. Therefore anything that can help people develop their own support networks as well as clearly informing of the range of support available can play a vital role in reducing dependency and promoting recovery. Having a website that starts with the needs of the service user rather than the service provider and provides the opportunity for conversations between those in the mental health world is a vital step if we are to answer yes to the questions that the Sainsbury Centre poses.

www.mentalhealthleeds.info

Mark Lee, Leeds Mind

Community Links is in the 'Sunday Times 100 Best Companies To Work For' list

Community Links has gained a further workplace award, in The Sunday Times 100 Best Small Companies to Work For. The accolade follows employee feedback to monitor staff satisfaction, motivation and wellbeing as well as an independent evaluation.

Community Links is the only mental health organisation featured in the influential list.

Jon Woolmore, Chief Executive of Community Links said: "We're thrilled to secure a place in the Sunday

Times 100 Best Small Companies to Work For list. It's wonderful to receive this national recognition which really is down to our employees. Their commitment, energy and dedication to supporting each of our service users makes this organisation a success and we're thrilled to be recognised for the happy workplace we have."



Volition's work shadowing scheme

Do you know about the work shadowing scheme that Volition coordinates? We can help you to set up a shadowing placement with a mental health service in the statutory sector, for example, Leeds Partnerships Foundation Trust (LPFT) or Adult Social Care (ASC).

Our aim is to improve understanding amongst mental health workers about how services in other sectors operate by offering first hand experience of the issues that staff and organisations face. This should lead to improved partnership working across sectors, more appropriate referrals between services and ultimately better and more informed services for service users.

We will continue to offer support to workers who are interested in shadowing, but we are planning to change the format, to make it easier for everyone involved. Rather than setting dates for each individual shadowing

placement as they arise, we would like to work with specific teams in LPFT (and later ASC) to fix dates for placements in advance. Once the dates are fixed, we will publicise them to our members. The difference will be, because the dates are fixed, they won't be negotiable, so people will have to be available on those dates. But it should make planning easier for everyone, and we'll aim for a rolling programme of dates for shadowing.

We'll also be talking to our own members to set dates for shadowing placements for statutory sector workers, as this is a two-way initiative. Get in touch if your organisation could offer placements in future.

Meanwhile, we'll continue to offer workers support to set up individual shadowing placements – go to our website for information and an application form:
www.volition.org.uk/shadowing.php

Sharing information with Community Mental Health Teams

Volition was pleased to be invited to hold two information sharing workshops with LPFT's Community Mental Health Teams (CMHTs) in March and April. The first of these was aimed at managers and team leaders, and brought together workers from voluntary sector organisations and CMHTs. The aim was to discuss and develop stronger liaison and to find out more about each other.

Lynn Sutherland, CMHT team manager, explained the new structure for CMHTs, showing how they fit into LPFT mental health services.

Importantly, she announced that from now on, all teams will operate an "open referral" practice, meaning they will accept referrals from workers in voluntary sector organisations. (In the past, teams operated different systems of referral from the voluntary sector.) This doesn't just relate to new referrals, but also to people who've been discharged from CMHTs, and need support again.

This was welcomed as real progress by everyone, as it will improve the support that organisations can offer.

Since January workers from Working Minds and Dove have been based in each CMHT. The aim is to embed employment issues into support and the Care Programme Approach from the start.

We split into groups to discuss people's experience of working together to date, looking at what works well, and what might be improved. Workers from both sectors

reported mainly positive experiences of working together, with the voluntary sector being taken more seriously in recent years.

A lot of CMHT staff were surprised to learn that Volition has 75 members. As well as being aware of the range, CMHTs need to know how to refer to different organisations. Many voluntary sector organisations have referral information on their websites, but need to make sure this is kept up-to-date.

There are particular difficulties for asylum seekers in accessing services, although the clear message that CMHTs will support them was reassuring.

The feedback from this workshop was overwhelmingly positive, with participants valuing the chance to network, meet colleagues from different sectors face to face, and share information.

We hope to hold more workshops like this in future, as this was seen as an important method of improving communication and therefore services.

Please contact Gill at Volition if you would like copies of:

- a report of the sessions;
- LPFT's working instructions;
- contact details for all the CMHTs.

Email: gill.crawshaw@volition.org.uk

And an update from the CMHTs....

In Volition issue 72 Francis Denning wrote about LPFT's proposal to create five large geographically based CMHTs for working age adults in Leeds. This has now been done.

Although we are still looking for suitable accommodation for some teams, the work is well underway. The principle behind the change is to make sure that each team has a similar workload and to enable us to reduce some of the

administrative tasks the teams have to do. We believe that we will be able to offer a broader range of interventions with these teams, particularly around recovery and vocational support.

From the end of May Lynn Sutherland will lead the CMHT service and is contactable via email at lynn.sutherland@leedspft.nhs.uk

Proposed changes to LPFT's older people's mental health services

Over the past two years Leeds older people's mental health service commissioners and providers have been talking to service users, carers and the public as well as staff from a wide range of organisations to develop a plan to improve services. Volition and Leeds Older People's Forum have been involved, holding events for the sector.

The main changes are summarised below.

Memory Services

Where possible, people experiencing memory loss will be given a diagnosis and offered treatment. Carers will be given support. There will be additional resources for memory services to enable more people to receive counselling before and/or after a diagnosis. There will be a wider range of support and treatment, including psychological support.

Younger People with Dementia

A joint review of services is being carried out by Adult Social Care and NHS Leeds Commissioners and should be completed by September 2010.

Community Mental Health Teams

This community service is aimed at older people with complex mental health problems (including people with dementia and depression). Multi-disciplinary teams will assess people's needs and agree what support is needed with people using the service. Future developments of this service will extend the teams' role further into the community, working more in partnership with other organisations and services.

Care Home Service

This service provides advice and training to care home staff. The team will support staff to prevent or reduce crises, and so will reduce the number of people admitted into hospital. Older people resident in care homes will have access to the full range of older people's mental health services.

The service, which is currently integrated into CMHTs, will be considered as part of wider commissioning plans which will be led by NHS Leeds.

Mental Health Rapid Response Intermediate Care Service

This relatively new service is aimed at people who are experiencing a crisis with their mental health, but who do not need to be in hospital. This service will be expanded so that it can provide a wider range of support and treatment to more people.

Day Treatment Service

This service has been underused for some time so has not been good value. Other services will now take on aspects of the day treatment service.

Inpatient Services

People with mental health needs including dementia that require assessment, treatment and rehabilitation over 24 hours, will be admitted into hospital. The current mental health inpatient service will be replaced with a new 48 bed service based at The Mount. As a result of the proposals for intermediate care and community services, people who need to come into hospital will stay for shorter periods of time, so there will be minimal impact from the reduced number of beds. There will be more staff available, and more treatments and activity.

The current dementia inpatient service will be replaced with a new 54 bed Dementia Service, at Asket Croft and The Mount. If needed, the number of beds could increase at The Mount from 34 to 40.

A longer briefing outlining these proposals is available from Volition, or on LPFT's website: www.leedspft.nhs.uk, look for older people's services in the Our Services section.

Time to Change – Giving mental health stigma the boot!

This year's Time to Change roadshow event will be held on:

Wednesday 12th May from 10:30am – 2:30pm
on Briggate, Leeds.

The aim of this event will be to reduce stigma around men's mental health. Mind research shows that men can struggle with being open about mental health issues. Men are less likely to seek help than women and more likely to vent their problems through anger or self-medicating with alcohol or drugs. Visit <http://tinyurl.com/ybbprcw> for more info about the Mind campaign.

See www.time-to-change.org.uk for information about the national Time to Change campaign.

At last year's roadshow the Leeds team broke the nationwide record for people signing the Time to Change Facebook pledge. This time we will have a mosaic pledge board for members of the public to sign up to challenge stigma. We are also planning interactive activities like football to attract members of the public to the stall. There may even be some special guest appearances ...

We need volunteers with experience of mental health problems to help make this event as successful as last time. *Please note that we **cannot** offer an involvement fee for this, however we will be able to pay reasonable travel expenses.*

How to get involved:

- volunteer on the day (for up to four hours)
- help publicise the event by asking for our posters to be put in shops, cafés etc in the city centre.
- share your story (men only this time please!). We are looking for personal stories from men about the stigma they have experienced, and how this has affected them. An example from last year can be found here: <http://tinyurl.com/y9uqfx6>

Charlotte Hanson
Health Improvement Specialist Emotional Health & Well-Being
NHS Leeds Public Health
Tel: 0113 3050501
Charlotte.Hanson@nhsleeds.nhs.uk

Improving services for lesbians, gay men and bisexual people

New guidelines for improving access to mental health services and reducing suicide rates among the lesbian, gay and bisexual (LGB) communities should be developed and adopted in Leeds following an innovative research project.

Supported by voluntary sector organisations, LPFT, Leeds City Council and the Department of Health's Pacesetters programme, the LGB Mental Health Partnership commissioned 'Closing the Gap – Service needs and prohibitions to access' to uncover the experiences of mental health service use among the LGB community, the issues preventing access and how the services could be made more accessible.

The findings emphasised that mental health staff should not presume heterosexual orientation when working with clients. They urged staff to beware of stereotyping clients' character or behaviour on the basis of their own sexual orientation and to empathise with the challenges, views and experiences of the LGB population. The participants recommended increasing the awareness of available mental health services in the LGB community.

Andrew Howorth, Head of Social Inclusion at LPFT said: "The high suicide and self harm levels found within the Leeds Lesbian, Gay and Bisexual Mental Health Partnership research report shows the need for more inclusive communication and a more approachable response from health care services."

Volition was asked to respond to the research at the launch event in March, which prompted us to think about how we can support the sector to implement the recommendations. We will be carrying out a networking and information sharing project, to link the mental health voluntary sector with local and national lesbian, gay, bisexual and transgender organisations and to promote good practice. This work will mainly take place over the summer, and we'll be contacting our member organisations to find out what support and information you need, and what you can offer.

For a copy of the report, or discuss Volition's plans please contact Gill at Volition: gill.crawshaw@volition.org.uk

Community Links Training now open to all

Innovative and inspirational opportunities are being provided by Community Links Training.

Our vision is to be a leading provider of high quality mental health training across Yorkshire and the Humber, to a wide audience including mental health services.

Since 2008 we have delivered the internationally recognised Mental Health First Aid programme to over 2000 people attending over 130 courses. We also have a great deal of experience in delivering training for the growing staff team at Community Links, and currently offer a wide range of courses aimed at practitioners, managers and service users.

We are using our experience of training delivery, alongside our expertise in the provision of high quality services, to ensure the courses provided by Community Links Training are of an exceptional standard.

We will be using our current team of trainers as well as identifying a broad pool of experts to best meet the training needs of organisations.

This development fits well with the latest policy drivers around mental health, which emphasise the need for training across all sectors in mental health issues. It is also part of the broader aim to reduce stigma and discrimination.

A range of courses are available – please see below for details of some of the first to be offered.

Courses open for booking:

06/05/10 – First Aid
 26/05/10 – Safeguarding Adults
 04/06/10 – Introduction to Working with Personality Disorder
 08/06/10 – Diversity Awareness

Future courses:

- Introduction to CBT (2 days)
- Service User Involvement
- Deaf Awareness
- Relapse Prevention
- Mental Health First Aid

All courses are £85 per day including lunch.
 Venue: Community Links Training Centre,
 Oakwood Grange Lane, LS8 2PF

Please contact Emma Swales, Manager, at Community Links Training for more information.

Tel: 0845 8389928 emma.swales@commlinks.co.uk
 Training Administrator: naomi.cordiner@commlinks.co.uk

Tell LEN what you think about Adult Social Care

People who use Adult Social Care services – and their carers - are to get a new way of having a say in planning their services – and of telling service providers what it's like to use those services.

The Leeds Engagement Network (LEN) aims to find out how and when people want to be involved, as well as the best ways to tell people about involvement opportunities.

The new network is not intended to replace some of the more traditional methods of consulting and involving people, such as reference groups or forums. Rather, it is intended to meet different needs and preferences to increase the number of people who want to have a say about Adult Social Care.

The idea is to improve the experience of people getting involved so that social care providers can benefit from the experience and knowledge of more people in Leeds. Some new developments that membership of the Leeds

Engagement Network will offer include:

- Joining an editorial panel for printed and other information materials produced on care services in Leeds.
- Helping to train care staff to give them a deeper understanding of what it's like to be cared for.

We hope that you will sign up as a member of the Leeds Engagement Network, because your opinions are valuable. You can become a member if you are already involved in commenting on social care services in Leeds. If you've never been involved before, your contribution is even more valuable, because we want to hear from 'the silent majority'!

For more information please contact :
 Amy Rebane at the Leeds Involvement Project office
 Tel: 0113 2374508.

High Royds Hidden History

On the 26th April an exhibition will open at the Thackray Museum in St James' Hospital in Leeds based around the history of High Royds Hospital (featured in Volition issue 73). The exhibition will consist of photographs with text panels, films and audio clips featuring the experiences of ex-patients and staff. Funded by 'Renaissance' Leeds, the project has involved staff from Leeds City Museum Service, the Thackray Museum and students from Huddersfield University who have written and created the panels.

Staff from St Anne's Community Services were also involved with the project from the outset. A senior member of St Anne's staff provided training to enhance the students' knowledge and understanding of mental health.

Staff also worked hard to ensure a sensitive approach was taken to involving clients of St Anne's supported housing and floating support services to ask if they were interested in being filmed and getting their experiences on record. A number of very touching stories were filmed.

After the exhibition has finished at the Thackray Museum it will move to a couple of featured sites around the city so that it can reach as many people as possible – particularly those who remember living or working in the hospital.

For further details contact:
gabrielle.hamilton@leeds.gov.uk

Graham Siddle
St Anne's Community Services

Community Links - Mental Health Support Service

Over the last year the service has been through some changes. The service received a very positive report from Leeds Adult Social Care following its review in January and has continued to improve the support it delivers.

We have adopted the Recovery Star as our new assessment tool, which enables service users and workers to discuss areas of need and aspiration, then work towards meeting them. It also enables the service to feedback to its funders on the positive changes which have taken place for the service user from their initial start with the service to their leaving.

We have also started working with people aged over 64 years. The inclusion of two Older People Workers has

added another area of expertise to the service and we are now taking referrals for this age group.

Both developments have fed in to a re-branding from the Home Support Service Adults 16-64 to the **Community Links - Mental Health Support Service**. The service aims to build upon its positive reputation and continue to develop in areas which match service user need.

For more details, a referral pack or service information leaflet please contact:

Community Links - Mental Health Support Service
Tel: 0113 262 0033, Fax: 0113 262 4551

Email: mhss@commlinks.co.uk
Website: www.commlinks.co.uk

Free to Live peer support network

Free to Live is the peer support network for people who use, or are thinking of using, a personal budget or direct payments to manage their own social care support in Leeds.

As well as a telephone helpline, Free to Live have set up a website: www.freetoliveleeds.org to help other people in Leeds who want to manage their own care effectively. Their informal advice and support is free, impartial and confidential, and comes from people already using personal budgets or direct payments.

The website has case studies, useful links, and a discussion forum covering the issues that matter to people using personal budgets. Encourage the people who use your services to have a look at the site and post any questions or concerns they have about personal budgets.

In addition to offering peer support through the helpline and website, Free to Live actively engages with Leeds City Council and other social care providers. The core members meet monthly to discuss their peer support and consultation work.

They would love to hear from people who would like to join the network. You just need to live in Leeds, be a personal budget or direct payments user and be confident enough to be able to advise other people (you don't have to be an expert!).

For more information about the network, to join, or just to look at the website, go to: www.freetoliveleeds.org



Strategic Groups

The Volition network has representatives on a range of strategic working groups across Leeds. For more details see www.volition.org.uk/representatives.php.

The March and April meetings of the Mental Health Programme Board and the Mental Health Expert Advisory Group were cancelled. NHS Leeds is currently undergoing a period of transition as new integrated commissioning teams are formed. It is likely this will result in some changes to the structure, format and function of the Mental Health Programme Board and associated groups.

Citywide Care Coordination Quality Group – April 2010

New CPA (Care Programme Approach) is now being implemented (see below). Everyone receiving secondary mental health services will have their care delivered within either the CPA framework or standard care. Donna Kemp, CPA lead at LPFT, has run CPA briefing sessions for CPA coordinators and produced an information booklet for service users in Leeds (the text is currently out for consultation – contact Volition if you would like to be involved).

The very informative CPA advocacy report produced quarterly by A4MHD is now regularly addressed in relevant LPFT directorates and Fiona Christie (CPA Advocate, A4MHD) attends LPFT's internal CPA meeting. There has been a real sense of partnership working and specific positive changes, both in terms of LPFT systematically taking on board concerns raised in the report, and also the report itself highlighting good practice and recognising that there has been an overall

improvement, despite areas of ongoing concern. Volition's draft report into FACE Risk Assessment training following the serious and untoward incident review recommendations was well received.

The group also discussed progress being made to ensure voluntary sector CPA coordinators from aspire can access and contribute to LPFT's electronic records system PARIS. There are some important considerations where people are in contact with both LPFT and aspire. Proposals for clarifying this will be discussed at the next meeting; implications for other voluntary sector organisations can then be looked at.

CQC Consultation on Assessments of Quality

The Care Quality Commission is considering undertaking a review of CPA in mental health as one of 13 topics being considered for review or study in 2010/11 and beyond. Have your say at <http://tinyurl.com/y55otq5>

Citywide CPA Policy

Following development and consultation with service users, carers, clinicians and key stakeholders within Leeds Partnerships NHS Foundation Trust, Leeds City Council and Volition, the Citywide CPA Policy has been agreed and ratified by the Leeds PFT Board. Thanks to all who contributed to the development of the policy.

The trust and partner agencies have been implementing the new CPA since 1st April. The policy describes what

needs to be done to achieve this, underpinning safe, effective, quality care for people who use secondary mental health services.

The policy will be reviewed by April 2011; for further information or to make comments on the policy, please contact Donna Kemp.

Email: donna.kemp@leedspft.nhs.uk
Tel: 0113 295 2391

Green Light for Mental Health:

Referral pathways for people with mild/moderate learning difficulties and mental health problems

Green Light is a framework and self audit toolkit for mental health trusts, designed to help ensure that the needs of people with mild to moderate learning difficulties who also have a mental health problem, are able to access the right services and care. In particular it highlights the needs of those service users with mild/moderate learning disabilities who should be seen by mainstream mental health services.

As part of its work to meet the requirements of 'Green

Light for Mental Health' Leeds PFT wish to reiterate to GPs and other referrers that the referral route for people with mental health problems who also have a mild/moderate learning disability is exactly the same as for those without a learning disability.

For further information on the Green Light for Mental Health project contact Pip Goff: pip.goff@volition.org.uk or Lynn Parkinson: lynn.parkinson@leedspft.nhs.uk.

Reports

Paths to Personalisation in Mental Health

A new framework from the National Mental Health Development Unit

This useful guide has been produced to help all those involved understand how things will need to be done differently to make personalisation a reality for people with mental health needs. This is a whole system guide, giving information, guidance and signposts for people, wherever and wherever they are. It provides information about what personalisation means for mental health services and supports, offers examples of what needs to be in place to make things work, and provides pointers to good practice and sources of advice and information.

The guide covers support for managing personal budgets, support for carers, fair access and equality, creative commissioning, prevention and early intervention, and

personal accounts. So there should be something of interest for everyone, for example for people with mental health needs and carers, health and social care commissioners, providers, practitioners, care co-ordinators and staff from all sectors, including non-mental health services.

Paths to Personalisation has been published as a series of web pages, as a pdf to download and as a DVD. All of these are available for download or to order on the website: www.nmhdu.org.uk – search for Paths to Personalisation in the “Our Work” section. <http://tinyurl.com/ylpathc>

The State of Care 2009

This report from the Care Quality Commission looks at the quality of health care and social care in 2009. The report, published in February 2010, is the first time that the CQC has given a complete picture of both health care and adult social care in England – including how well the two sectors work together.

Key points include:

- More people who use care services should have choice and control about their care.
- Care should be designed around a person's needs and preferences, not around systems and processes.

- When people use more than one type of service, the care they receive should feel ‘joined-up’. Overall, health care and social care services continued to improve in 2009.
- The quality of care sometimes varied considerably between different services and different areas of the country.
- Good practice in safety, safeguarding people and staff training was not being followed widely enough.

To download the report or executive summary, visit: www.cqc.org.uk/stateofcare/aboutthestateofcare.cfm

Attitudes to Mental Illness 2010 research report

This annual survey, commissioned by NMH DU and the Department of Health, serves as a benchmark, enabling measurement of whether attitudes are improving or worsening over time. It is one of the ways to measure the impact of the Time to Change campaign. Download from www.dh.gov.uk or <http://tinyurl.com/ycz7w2v>

GPs demand better access to psychological therapies

A survey by the Royal College of GPs has revealed that only 15% of GPs can usually get psychological therapy for adults who need it within two months of referral, despite the national Improving Access to Psychological Therapies (IAPT) programme. The survey is part of a campaign by Mind, the economist Professor Lord Richard Layard, RCGP, the Royal College of Psychiatrists and the New Savoy Partnership. www.rcgp.org.uk or <http://tinyurl.com/yjcyhh8>

Looking Ahead

The Sainsbury Centre for Mental Health has celebrated its first 25 years of work by publishing a collection looking forward to the challenges of the next quarter of a century in mental health policy and practice in the UK. In *Looking Ahead – The next 25 years in mental health*, eighteen leaders in the mental health field set out their visions of what we should aim to achieve in the next 25 years, and how we might get there. www.scmh.org.uk or <http://tinyurl.com/y7yh2zy>

National Issues

The NHS commissioning environment: A guide for the third sector

This new guide from the Department of Health is designed to help third sector organisations to understand the commissioning environment. It focuses on:

- understanding how the NHS commissioning environment is structured
- how third sector organisations and social enterprises can engage with NHS commissioners
- tendering processes and funding routes that the NHS uses.

Find it in the Publications section of the DH website:
www.dh.gov.uk or <http://tinyurl.com/y3ug88d>

New guidance for fairer access to care

Prioritising need in the context of Putting People First: A whole system approach to eligibility for social care, the new Guidance on Eligibility Criteria for Adult Social Care was published by the Department of Health in February 2010. The aim of this revised guidance is to support fairness, transparency and consistency of application and to reflect the increased focus on personalisation and prevention as set out in Putting People First.

Download from <http://tinyurl.com/yagmxtv>

Living well with dementia

"Living Well" a new dementia awareness campaign was launched in March. The campaign aims to educate the

public about the condition and demonstrate the simple things everyone can do to help people live well with dementia. For more details visit:
www.yhip.org.uk/livingwell

Employment & Mental Health after New Horizons

The Yorkshire & Humber Improvement Partnership (YHIP) have collected the latest resources relating to employment and mental health issues informing the New Horizons Agenda: www.yhip.org.uk/employmentresources

Volunteering in health and social care

This strategic vision for volunteering highlights the important role volunteering can play in creating people-centred services; keeping people active, engaged and independent; and in meeting the support needs of patients, carers and users of care services.

www.dh.gov.uk
or <http://tinyurl.com/y5jata5>

National Care Service launched

The White Paper *Building a National Care Service* sets out the Government's proposals to build a comprehensive National Care Service for all adults in England with an eligible care need, free when they need it.

For more information see:
www.dh.gov.uk
or <http://tinyurl.com/ykdra6q>

Survivor Stories

A new book has been published by Local Voices in conjunction with Leeds Survivors' Poetry Group. *Round the Bend – Little Stories* – written by Angel Heart consists of seven fictional stories, based on themes of mental health.

The book can be purchased for £3.25 per copy, with postage and packing for one copy at £1.75. For each additional copy in a single order a further 50p is required for P&P.

All proceeds go to the Local Voices fund, with the aim of supporting similar projects.

Enquires can be made to roundthebend@localvoices.org.uk



Leeds Bereavement Forum Conference

Supporting End of Life Choices: Who chooses where and how to die?

Thursday 6 May 2010, 9.30am (for 10.00am) to 3.30pm

Thackray Museum, Leeds LS9 7LN

Members £25, Non-member £35, Unwaged £20

To book please contact: Leeds Bereavement Forum

Tel: 0113 225 3975 or email: info@lbforum.org.uk



Notice Board



Accolades awards 2010

The Skills for Care Accolades 2010, in partnership with the Department of Health, are taking nominations in 14 categories, until the deadline of Friday 21 May.

Achieving an Accolade proves you are improving the lives of people using social care services through workforce development.

Does this sound like you or your organisation? If you provide a high quality service and invest in training,

qualifications and development for your staff we want to hear from you. You can also nominate another organisation or employer that you think would be a worthy winner of an Accolade.

To enter and for further information please visit: www.skillsforcare.org.uk/accolades2010

The awards this year will take place on the 25th November at The Dorchester Hotel in Mayfair, London.

Mental Health Housing Discharge Project

The launch of the citywide protocol for accommodation pathways will be held on: 29th June, 12.30 – 4pm at St George's Centre.

The event will include workshops, discussion and information sharing/networking opportunities – save the date! Details to follow on www.volition.org.uk/news in May.

Latest edition of SDS news

The April edition of *SDS News*, the newsletter that keeps you up-to-date on the progress of self-directed support in Leeds, is out now.

Highlights include:

- SDS rollout – an update on rollout plans and training.
- How is SDS working for people so far? – results from the final SDS early implementer evaluation report show that SDS is doing what it is designed to do, and enabling people to have more choice and control over their lives.
- New things! Includes information about the Leeds

directory – a directory of services in Leeds developed in partnership with Care and Repair, and a new guide to help people keep safe and choose wisely when dealing with independent suppliers.

To read the newsletter visit: www.leeds.gov.uk, then navigate to:

health and social care > help for adults > social services-direct payments > self directed support.

Email if you would like further information about the newsletter, have a suggestion for an article for the next issue or would like a paper copy: selfdirectedsupport@leeds.gov.uk

Personal Budgets DVD

A DVD produced by Leeds Adult Social Care about using personal budgets was sent out to each member organisation with Volition issue 73. A limited number of spare copies are available, if you haven't seen one yet contact Volition. Or you can watch it on YouTube – visit www.youtube.com and search for "Personal Budgets in Leeds."

Name your mental health hero

Nominations for this year's Mind Champion are now open. If you would like to propose somebody who has made an outstanding contribution to mental health over the past year, please visit www.mind.org.uk/

New helpline launched for women and girls in Leeds

The Support After Rape & Sexual Violence Leeds (SARSVL) helpline number is 0113 2021844.

Opening hours are Mon, Weds, Thurs and Fri 6 - 8pm. We aim to extend these opening hours as soon as possible, and will announce any changes on our website: www.SupportAfterRapeLeeds.org.uk

We rely entirely on volunteers and donations. If you would like to help SARSVL please see our website or email info.sarsvl@googlemail.com