Mental Health – making sense for patients

A | Learning exemplars

B | Challenging the norms

C | Gaps in our learning

A — Learning exemplars

- Healthcare Improvement Scotland: Inspiring initiatives to enhance staff wellbeing
- Staffordshire University: NuRS and AmReS: nurse and ambulance workforce retention and safety
- Coronavirus: Guidance for better mental health (rehab 4addiction)

B — Challenging the norms

- Care Quality Commission: Community Mental health survey 2020
- Demand for public inquiry into NHS mental health deaths to be debated by MPs
- Independent sector model 'inherently risky', says CQC

C — Gaps in our learning

- Covid: What is the mental health cost to the young?
- Mental health in the Punjabi community: 'I see stigma everywhere'
- Leaked emails raise flag on 'extremely concerning' bed shortage

1 Types and causes of ill health

- Anxiety & Depression: Burnout Britain: Overwork in an age of unemployment
- 'Diabetes burnout': The mental health impact of diagnosis

2 Treatments, approaches, therapies, models of care

- Adam's story: I'm not attention-seeking
- Improving mental health outcomes for children and young people: How do we really transform services? The King's Fund conference

3 Prevention techniques

- Guide 4: Safeguarding and managing risk (adults) – Sport and physical activity for people with mental health problems: a toolkit for the sports sector
- Patient safety and suicide prevention in mental health services: time for a new paradigm?

4 Mental health legislation and impact on patients & carers

Mental capacity:
- Bevan Brittan. Case summary: Avon and Wiltshire Mental Health Partnership v WA & Anor [2020] EWCOP 37 (27 July 2020)
- CQC reveals some patients have spent a decade in seclusion

5 Service development leadership and governance

- Does psychological therapy provided by the IAPT-LTC ... improve mental health & reduce health care utilisation & associated ... cost?
- CQC: Children and young people mental health review – update on local actions (October 2020)

6 Information sharing and governance

- The feasibility of using body worn cameras in an inpatient mental health setting (2017)
- Time To Talk Mental Health UK: Facebook support group