

# Mental health

This edition we are focusing on East Midlands dementia data.



**60,000**  
people with  
dementia  
across the  
region

**10%**

increase in dementia  
diagnosis rates assisted by  
case finding in care homes

Only  
**35.1%**  
of adult  
carers in the  
region get  
enough social  
contact

**6** clinical commissioning  
groups not meeting the  
national standard of

**66.67%**

ROOTSHAPE

BOOTWORKS

Recorded dementia prevalence  
for people aged 65+:

East Midlands – **4.39%**, England – **4.27%**



## Welcome

Welcome to the first East Midlands Mental Health Clinical Network newsletter. The network supports commissioners and providers to drive service improvement across the region. Its work includes perinatal mental health, dementia, parity of esteem, improving access to psychological therapies (IAPT), early intervention in psychosis (EIP), and liaison mental health services. We are working to improve how we bring the voice of service users and their carers into our work programmes. The newsletter is to share the work of the network, highlight best practice, and inform you of upcoming events.

We will produce a series of newsletters throughout the year as well as special editions focusing on our priority areas. The first of these will be perinatal mental health. Please contact us with examples of good practice occurring around the region.

*Dr Margaret Oates and Dr Richard Prettyman, Clinical Directors*

### What's on

**17 March:** learning exchange seminar for IAPT service providers

**24 March:** IAPT Clinical Advisory Group commissioners meeting, with report from Lisa Payne

**22 April:** parity of esteem steering group, focusing on the Physform project

**27 April:** dementia and parity of esteem innovations projects conference

**29 April:** integrated care in the management of severe mental illness conference

**12 May:** parity of esteem conference, with keynote speaker Geraldine Strathdee

For further information, please contact [shekha.modhwadia@nhs.net](mailto:shekha.modhwadia@nhs.net) or [alyson.evans1@nhs.net](mailto:alyson.evans1@nhs.net)

## Dementia profiles and diagnosis rates

By the end of 2015, East Midlands dementia diagnosis rates had continued to rise in-line with the national picture although with considerable variation between clinical commissioning group areas (between 58% and 98%). Work supported by the network has shown the value of targeting care homes to find patients who would benefit from a formalised diagnosis.

Over 2016 the network will continue to support work mapping dementia services throughout the region which will continue alongside an initiative to support commissioning of high quality services in a way which is responsive to locally identified needs and challenges.

## Clinical lead update

Lisa Payne, IAPT Clinical Lead, invites commissioners to a seminar on 24 March to provide an overview of IAPT in the East Midlands, sharing best practice and celebrating success.

Dan Pearson and Carol Crotty, EIP Clinical Leads, are evaluating preparedness for EIP waiting time standards: by 1 April 2016, 50% of people experiencing psychosis for the first time should be treated within two weeks of referral. Service mapping is underway via a survey and in depth conversations with providers and commissioners across the region.

Sohrab Panday, Parity of Esteem Clinical Lead, chaired the inaugural meeting of the East Midlands Parity of Esteem Steering Group on 23 February. All areas were represented by clinical commissioning group commissioners, public health and local authority colleagues. The group decided to form a learning exchange, meeting bi-monthly to share best practice and how they are tackling challenges in service improvement to improve patient access.

Chris Ward led the production of neurology commissioning guidance on rehabilitation for long term neurological conditions, which you can read at <http://bit.ly/1QLJs60>

Rowan Harwood, Dementia Clinical Lead, is developing a regional survey to map training needs for clinicians caring for people with dementia, and supporting priorities for dementia commissioning in the East Midlands.

## Liaison psychiatry mapping results

The government has recently committed £25m to pump-prime sustained investment in 24/7 all-age liaison mental health services in emergency departments. We have provided clinical perspective to the assurance process to ensure it benefits from clinical expertise and interpretation of requirements. We are also conducting a service mapping exercise of all liaison mental health services across the region, with a report due in spring 2016.

## National reports

- NHS England The Five Year Forward View for Mental Health report - <http://bit.ly/1Lp9kD3>
- NHS England Five Year Forward View - <http://bit.ly/1lvuwY5>
- Independent Commission for Acute Adult Psychiatric Care report - <http://bit.ly/1PLGKBc>