

HSJ Mental Health Network – North East, Yorkshire & Humber



The HSJ Regional Network meetings are initiated and organised by Wilmington Healthcare. These events are supported by industry through the provision of sponsorship. These companies have had no input into the design or content of the agenda.

Date: Wednesday 21 November 2018

Venue: Novotel York, YO10 4FD

Chair: David Yeomans – Retired Consultant Psychiatrist and Honorary Senior Lecturer in Psychiatry

12.15pm Registration, lunch and networking

2.10pm Panel Q+A/table feedback: Speakers

1pm Aims & objectives: **Paul Midgley** – Director of NHS Insight and HSJ Regional Networks, Wilmington Healthcare

2.30pm Break and networking

1.05pm Chair introduction: **Dr Yeomans**

2.45pm Update from the Academic Health Science Network: **Ruth Wilson, Project Lead, Yorkshire and Humber AHSN**

Session One: Physical Healthcare in Severe Mental Illness

Session Two: Tackling Enduring Depression

1.15pm Update on the Bradford physical healthcare model: **Kate Dale, Physical Health Project Lead, Yorkshire and Humber AHSN and Bradford District Care NHS Foundation Trust**

3.05pm Tackling depression – what to do when simple things don't work straight away: **Alan Currie, Consultant Psychiatrist, Northumberland, Tyne and Wear NHS Foundation Trust**

1.35pm Treat the Mind. Respect the Body: **Susan Ramsdale, Senior Lecturer and Mental Health Field Lead, The University of Manchester**

3.25pm Facilitated table discussions:

1.50pm Facilitated table discussions:

- *What steps are we taking to increase the chances of patients with Psychosis/SMI being routinely screened and treated for any physical health conditions?*
- *What are we doing to reduce the risks of inducing physical health problems from our prescribing for SMI conditions?*
- *Who needs to be involved in ensuring physical health checks and management is systematically offered across all parts of the patient's journey, and how are we recording/auditing this?*
- *What progress have we made in the last 6 months and how can working across the STP/ICS help us continue to improve locally?*

- *Do we have a register of patients with enduring/resistant depression?*
- *What are we doing to treat such patients currently, do we commission a specific service and if so where from? Do we know the outcomes this delivers, if so what are they?*
- *Who needs to be involved in developing a service spec to ensure an optimal recovery-focused service is offered to such patients and what are the success measures/KPIs?*
- *What progress have we made in the last 6 months and how can working across the STP/ICS help us continue to improve locally?*

3.50pm Panel Q+A/table feedback: Speakers

4.10pm Chair's summary and key actions: **Dr Yeomans**

4.15pm Meeting Close

Wilmington Healthcare Limited reserves the right to change timings, content and speakers at any time

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Presentation Overviews

Update on the Bradford Physical Healthcare model

Kate Dale Mental Health Nurse working with The Academic Health Science Network Yorkshire & Humber (AHSN) and Honorary Bradford District Care NHS Foundation Trust (BDCFT). Speaking about Improving the Physical Health for People with Serious Mental Illness (SMI). Demonstrating how practical systematic approaches within a model support and improve care delivery for these patients across Primary and Secondary Care.

Update from the Academic Science Network

An introduction to the Yorkshire & Humber AHSN, Mental Health/Physical Health, Serenity Integrated Mentoring (SIM) and Innovation.

Tackling depression – what to do when simple things don't work straight away

Effective treatment of depressive illnesses starts with making the most of what we already know about existing treatments. Whilst simple interventions delivered quickly can be very effective, many sufferers are not helped by first line psychological and pharmacological therapies. A still greater number show some response but do not completely recover. Services should be in a position to identify these groups and respond in a timely manner to minimise the toxicity of chronicity. Designing services to meet this need might mean at least a partial rethink of current care systems and pathways.

About Wilmington Healthcare

Wilmington Healthcare brings together the well-established healthcare insight and networking capabilities of Binley's, NHiS, Wellards and HSJ to create an unrivalled healthcare data, education and information resource with outstanding analytics capability to help you better understand and deal with your challenges.

About HSJ Regional Networks

Recently rebranded to fall under the established and respected HSJ events portfolio, the Networks series are free to attend meetings for NHS and associated healthcare professionals. Aligned to the development of integrated care systems, they provide a unique networking and learning environment across the health economy. Involving a broad reach of stakeholders, the meetings enable delegates to hear from specialist speakers and to address local challenges and priorities, which will help support better working arrangements and service change.