



### From the IIMHL and IIDL Update List

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Welcome to this bi-monthly edition of Update for 15 January 2017.

IIMHL and IIDL aim to improve client outcomes through leadership development in the mental health, addiction and disability sectors.

Update allows the rapid transfer of new knowledge through sharing information about upcoming Leadership Exchanges, as well as key national documents, training and webinars.

Please feel free to share this e-bulletin with others and we would be delighted if you would join us on Facebook.

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## IIMHL / IIDL Leadership Exchange 2017

Theme: **Contributing Lives, Thriving Communities**

27<sup>th</sup> February to 3<sup>rd</sup> March 2017

- To register: <http://www.iimhl.com/iimhl-leadership-exchange-2017-sydney#Register>
- To select an IIMHL match: <http://www1.iimhl.com/Meetings/Themes.asp>
- To select an IIMHL or IIDL match: <http://www.iimhl.com/iimhl-leadership-exchange-2017-sydney#Theme>
- To view the **DRAFT AGENDA** for the Combined Meeting IIMHL and IIDL: [http://www.iimhl.com/files/docs/2017\\_Draft\\_Agenda.pdf](http://www.iimhl.com/files/docs/2017_Draft_Agenda.pdf)

**Note: A Visa is required for members living outside of Australia and New Zealand. You can apply on line at [www.border.gov.au](http://www.border.gov.au)**

Each country has an allocation of places, so waiting lists may start if the allocation is reached early.

- **IIMHL Feature Article - England**
  - [Beyond Adversity: Addressing the mental health needs of young people who face complexity and adversity in their lives](#)
- **Other IIMHL Articles of Interest - England**

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  - [The Experiences, Needs and Outcomes for Carers of People with Dementia](#)
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- **IIDL Feature Articles - Australia**
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[TheMHS Summer Forum: Thursday 23 - Friday 24 February, 2017](#)  
The Mercure, Sydney, Australia

**Choice, Control and Citizenship in a Changing Mental Health System**

## **IIMHL Feature - England**

**Beyond Adversity: Addressing the mental health needs of young people who face complexity and adversity in their lives**

YOUNGMINDS 2016

1 in 3 adult mental health conditions relate directly to adverse childhood experiences. It is, therefore, vital that we understand the impact that adversity, complexity and trauma can have on the mental health and wellbeing of young people. However, many children, for example, who are neglected, witness domestic violence or face prejudice, still do not have their mental health needs identified.

*"It is the experiences we find hardest to talk about in our society which have a lasting impact on the mental health and wellbeing of children and young people. Be it family breakdown, bereavement, domestic violence or sexual abuse, we must ensure that all services are better able to identify childhood adversity and help to resolve the trauma related to it."*

[https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/Beyond\\_Adversity\\_Young\\_Minds\\_2016.pdf](https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/Beyond_Adversity_Young_Minds_2016.pdf)

**Other IIMHL Articles of Interest: England**

## **Best Start in Life Promoting Good Emotional Wellbeing and Mental Health for Children and Young People**

Local Governments Assn. 2016

One in 10 children aged five to 16 has a diagnosable mental health problem such as conduct disorder, anxiety disorder, attention deficit disorder or depression. Or, put another way, in every classroom three pupils on average will be struggling with a condition. It almost goes without saying that children experiencing multiple forms of deprivation and especially those from low income families and teenage mothers are at highest risk: they are three times more likely to have such problems.

The focus of where our efforts should fall could not be clearer. If we can intervene early and if we can help children and young people form strong positive attachments and build and maintain good mental health then the benefits are potentially huge. Children and young people's mental health services and social care can help to pick up the pieces when things go wrong. But it is councils and their partners who can play a lead role in trying to ensure problems don't develop in the first place.

[https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/Best\\_start\\_in\\_life\\_UK\\_2016.pdf](https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/Best_start_in_life_UK_2016.pdf)

## **The Experiences, Needs and Outcomes for Carers of People with Dementia**

Association of Dementia Studies, University of Worcester, 2016

It is estimated that there are some 700,000 family members or friends of people with dementia providing care in the UK. Carers make a vital contribution to the person they care for and to society. The RSAS plans to support carers to undertake their caring role and to enhance their health and well-being and so improve outcomes for themselves and the person they care for. The personal experience of providing support and care for persons with dementia is very individual and dependent on many factors. The range and quality of interventions that carers need and find available in their locality also varies considerably.

We are enormously grateful to the Association of Dementia Studies, University of Worcester, for producing this comprehensive and incisive review of the literature currently available that examines the experiences and needs of carers and the evidence of outcomes produced from a wide range of interventions.

<http://www.thersas.org.uk/wp-content/uploads/2016/04/RSAS-ADS-Experiences-needs-outcomes-for-carers-of-people-with-dementia-Lit-review-2016.pdf>

## **More than Shelter: Supported accommodation and mental health**

Centre for Mental Health 2016

The provision of support for people with mental health problems to assist them to live an independent life is central to the delivery of comprehensive mental health support. This briefing paper presents a series of key themes for consideration in the future development of supported accommodation for adults with severe mental health problems, including those with multiple needs and substance misuse and those facing homelessness. The themes have been identified by speaking with people working in this field and from examining the literature on housing for people with mental health conditions.

[http://www.housinglin.org.uk/library/Resources/Housing/OtherOrganisation/More\\_than\\_shelter\\_pdf.pdf](http://www.housinglin.org.uk/library/Resources/Housing/OtherOrganisation/More_than_shelter_pdf.pdf)

## **Taking a New Line on Drugs**

Royal Society for Public Health 2016

From a public health perspective, the purpose of a good drugs strategy should be to improve and protect the public's health and wellbeing by preventing and reducing the harm linked to substance use, whilst also balancing any potential medicinal benefits. RSPH is calling for the UK to consider exploring, trialling and testing such an approach, rather than one reliant on the criminal justice system.

<https://www.rsph.org.uk/our-work/policy/protecting-the-public-s-health/taking-a-new-line-on-drugs.html>

## **“Hiding who I am”: The reality of end of life care for LGBT people**

Marie Curie, Kings College, University of Nottingham, 2016

Everyone should have the right to high-quality palliative care when they have a terminal illness, regardless of their condition, where they live, or their personal circumstances. The UK has been ranked as the best country in the world for the quality of palliative care on offer here. However, access to this care is patchy. One in four people who need palliative care miss out each year. LGBT people experience significant barriers to getting palliative care when they need it. This report explores why.

[https://www.mariecurie.org.uk/globalassets/media/documents/policy/policy-publications/june-2016/reality-end-of-life-care-lgbt-people.pdf?utm\\_source=The%20King%2527s%20Fund%20newsletters&utm\\_medium=email&utm\\_campaign=7171515\\_HMP%202016-06-10&dm\\_i=21A8,49PKR,FLWRH5,FO84W,1](https://www.mariecurie.org.uk/globalassets/media/documents/policy/policy-publications/june-2016/reality-end-of-life-care-lgbt-people.pdf?utm_source=The%20King%2527s%20Fund%20newsletters&utm_medium=email&utm_campaign=7171515_HMP%202016-06-10&dm_i=21A8,49PKR,FLWRH5,FO84W,1)

## **An Exploration of the Evidence System of UK Mental Health Charities**

Giving Evidence 2016

The project aimed to explore the 'evidence system' for UK mental health charities. An 'evidence system' comprises how evidence is produced, synthesised, disseminated, and used: who is involved in each of those four stages, why they do them, how work at each stage is funded, and what aids and hinders work at each stage. This project sits alongside studies that Giving Evidence has conducted of other sectors to help charities and donors make better evidence-based decisions. It was commissioned by the AD Charitable Trust which funds UK mental health charities and is interested in evidence. We hope that the report and findings catalyse and inform a wider mental health charity sector discussion about practical ways to help mental health charities to make good decisions, by using and building the evidence base for their work.

<http://www.nationalelfservice.net/cms/wp-content/uploads/2016/07/Evidence-system-of-UK-MH-charities-July-2016-1.pdf>

## **Demonstrating the Value of the Voluntary and Community Sectors; Mental Health and Criminal Justice**

Mental Health Foundation. Breedvelt, J. .J. .F. & Elliott, I. (2016)

This paper outlines reasons for conducting an economic evaluation in mental health, provides an overview of the most commonly used approaches and considers the challenges associated with these. Drawing on the case studies, it presents the existing data collected by VCSE organisations that could be included within economic evaluations.

[https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/demonstrating\\_value\\_voluntary\\_community\\_sectors\\_MHF\\_UK\\_2016.pdf](https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/demonstrating_value_voluntary_community_sectors_MHF_UK_2016.pdf)

## **Poverty and mental health: A review to inform the Joseph Rowntree Foundation's Anti-Poverty Strategy**

Mental Health Foundation, 2016

It is intended that the review is relevant to policy, provision and people across the UK. The type, quality and scope of statistical information and other evidence about mental health and poverty varies across the UK. These variations are noted, but the review's narrative and recommendations have been written to be as relevant to each part of the UK as possible.

<https://www.mentalhealth.org.uk/sites/default/files/Poverty%20and%20Mental%20Health.pdf>

## **IIDL Features - Australia**

### **Participation and Production: A Resource for Community Enterprises**

John Hooper and Richard Warner

This little Ebook is a valuable resource for people seeking to address the challenges that people with disabilities can face when endeavouring to find a place in the workplace. It looks at the impacts of being excluded from work, the meaning of work and rational and resources for establishing sustainable, cooperative workplaces.

[http://ncec.com.au/index.php?option=com\\_content&view=article&id=17&Itemid=31](http://ncec.com.au/index.php?option=com_content&view=article&id=17&Itemid=31)

### **Unusual Results in Social Inclusion**

North West Residential support Services - Tasmania

Neil Rodwell

In this personal story of the efforts made by an individual service, Neil Rodwell asks why, in light of the push towards "social inclusion" for those who remain on the fringes of our communities, are we not seeing more doors opening to real places at life's table? Why are we not seeing more of the clubs and organisations that gather people in friendship around ideas, interests and activities opening their doors and broadening their welcome to the disadvantaged in our communities?

This is a story about unlikely partners joining to gain a reprieve for an endangered Yacht club by opening its doors and facing the challenges that come with real and full inclusion.

<http://www.iimhl.com/files/docs/Updates/20170115a.pdf>

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**Join IIMHL / IIDL**

Any leader in mental health, addiction and disability services can join IIMHL or IIDL free by using this link: <http://www1.iimhl.com/Join.asp>

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