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

In this issue:

IIMHL / IIDL Leadership Exchange 2017

Online material is now available from this year's Leadership Exchange:

- Match Summaries, Articles and short videos - IIMHL
- Combined Meeting Presentations and Materials - IIMHL
- Combined Meeting Presentations and Materials - IIDL

IIMHL / IIDL Leadership Exchange 2018

Please join us for the next Leadership Exchange in Stockholm Sweden, May 28 – June 1, 2018. Details to come in the near future!

- **IIMHL Feature Article - England**

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IIMHL Feature - England

Thrive West Midlands - an Action Plan to drive better mental health and well-being in the West Midlands

31 January 2017 saw the launch of the West Midlands Combined Authority Mental Health Commission Action Plan, Thrive West Midlands. The plan, for the CA, is the result of months of work by the commission. It aims to transform the way people with mental health problems are treated by public services and employers.

Download a copy of:

- Thrive West Midlands (full action plan)
- Thrive West Midlands (summary)

See also the University of Birmingham's report Mental Health in the West Midlands Combined Authority. More on the university's Health Services Management Centre:

http://www.birmingham.ac.uk/schools/social-policy/departments/health-services-management-centre/news/2017/01/poor-mental-health-in-the-west-midlands-region-costs-more-than-3000-per-person.aspx

The Mental Health Commission objectives:

- Assess the scale of mental health problems in the West Midlands and their cost and impact across the whole system
- Examine best practice elsewhere nationally and internationally in both health and other service areas
- Establish the relative costs and benefits within the whole system of the application of this best practice to the West Midlands
- Pilot new ways of working to test effectiveness

- Make recommendations on how the findings of the Commission can be best taken forward to reform public services in the West Midlands

https://westmidlandscombinedauthority.org.uk/what-we-do/commissions/mental-health/updates/

Other IIMHL Articles of Interest: England

Missed Opportunities: A review of recent evidence into children and young people's mental health
By Lorraine Khan, Centre for Mental Health, June 2016

On average, children and young people with mental health difficulties go ten years between first becoming unwell and getting any help.

Missed Opportunities finds that mental health problems are common among young people (affecting one in ten, or an average three in every classroom), but that awareness is poor and most attempts by parents to get help are unsuccessful.
http://www.mentalhealthcommission.ca/sites/default/files/2016-01-25_refugee_mental_health_backgrounder_0.pdf

Fatherhood: The impact of fathers on children's mental health
Centre for Mental Health, March 2017

There is growing awareness about the importance of mothers' mental health and the impact they can have on their children's mental health. However, less is known about fatherhood and the impact fathers can have on their child's mental health. This briefing paper explores the direct and indirect impact of fathers on children's mental health, from positive supervision and language development, to emotionally buffering mother and child against environmental stresses.

This briefing specifically explores the role of fathers and focuses on their positive potential to have an impact on the wellbeing of their children.
https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/56eb572a-0b47-477f-94fb-b1b0f11f0c2f/Fatherhood.pdf

Traumatic Brain Injury and Offending: An economic analysis
Michael Parsonage, Centre for Mental Health, June 2016

Over a million people in this country live with the consequences of traumatic brain injury, at a cost to the economy of around £15 billion a year.
Traumatic brain injury and offending sheds light on head injury (in which the brain is damaged by impact, such as from a fall, a road accident or violence), and the risks it poses.

The report finds that a head injury doubles a person's risk of later mental health problems, even if the person had no prior history of mental ill-health.

Around 1.3 million people in the UK are living with head injury-related disabilities, and these injuries cause around 160,000 hospital admissions each year.
https://www.centreformentalhealth.org.uk/traumatic-brain-injury

The Interface Between Dementia and Mental Health: An evidence review
Regan, M. (2016, June 30). UK: Mental Health Foundation

Dementia and mental health problems are now recognised as two of the key public health issues of the 21st century, yet there is still a dearth in research on the causes of both or the relationship they place when present together. The review explores the relationship between dementia, mental health and mental health problems and offers recommendations.
https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/The_interface_between_dementia_and_mental_health_MHF_UK_2016.pdf

Find the Words
(2016, June). UK: MIND

To ensure everyone with a mental health problem who visits their GP practice gets the support that best suits their needs,
MIND has produced a **film** and guide on how to make the most of the few minutes you get with your GP or practice nurse.
This would be helpful for anyone!
http://www.mind.org.uk/findthewords

Managing Doctors, Doctors Managing
Nuffield Trust.
Alison Powell and Huw Davies November 2016

The study suggests overall that significant disaffection and frustration persist among doctors who hold clinical director posts. Some feel they have heavy responsibilities, but limited capability to actually influence. There are initiatives in some hospitals to make the role of clinical director a better-defined one with clear objectives and training and support, but these seem not to be widespread.
http://www.nuffieldtrust.org.uk/sites/files/nuffield/publication/nt_doctors_and_managers_web.pdf

Mental Health Added Value: Mental health as a workplace asset
Mental Health Foundation, 2016

This 57-page report provides an analysis of the positive contribution people with lived experience of mental health problems make to the economy.
https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/Mental_health_added_value_mental_health_as_a_workplace_asset_2_.pdf

Mental Health at Work Report 2016
Business in the Community & The Prince's Responsible Business Network
Executive summary, call to action and recommendations

In the UK today, thousands of people with poor mental health are suffering in silence, unable to share their condition or illness with colleagues or managers at work. Although some progress has been made, the stigma of mental health remains deeply entrenched in UK business. There is greater awareness of the issue, but a devastating disconnect exists between employers' intentions and perceptions and what is actually happening in the workplace. This means that employees are not getting the help they need to

maintain a fulfilling and productive working life, and managers are frustrated by the lack of support to do what they know is right.
http://wellbeing.bitc.org.uk/system/files/research/bitcmental_health_at_work_exec_summary.pdf

The full report 'Mental Health at Work Report 2016' is available to read at:
http://wellbeing.bitc.org.uk/surveyreport

IIDL Feature - USA / Australia

Agency Transformation to Individualised Supports

The leadership challenge that supports traditional service systems and agencies to progress towards authenticity in the provision of individualised supports are currently posing challenges worldwide.

People with disabilities, families and in many instances, governments are increasingly demanding individualised budgets, personally relevant service responses and life options for people.

This is a small series of articles that provide guidance and a series of markers that are associated with serious and credible work on transformational change within service systems.

Some lessons concerning agency transformation towards personalised services (USA)
Michael Kendrick
http://www.iimhl.com/files/docs/IIMHL-Updates/20170415a.pdf

Proposed "Markers" of Serious Agency Work in Achieving Person-Centred Outcomes (Australia)
Michael Kendrick
http://www.iimhl.com/files/docs/IIMHL-Updates/20170415b.pdf

TASH Connections - Agency Transformation article (USA)
http://www.iimhl.com/files/docs/IIMHL-Updates/20170415c.pdf

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