



Welcome

Welcome to the Mental Health Improvement E-Bulletin!

If you'd like to be added to - or removed from - the e-bulletin's distribution list, please email heather.williams3@nhs.net or contact Heather Williams, Senior Health Improvement Programme Officer, Mental Health Improvement, NHS Health Scotland.

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Headline news

Scottish Development Centre for Mental Health (SDC) joins forces with the Mental Health Foundation

The Scottish Development Centre for Mental Health (SDC) became part of the Mental Health Foundation in Scotland from 1 February 2011. In a move designed to create a stronger third sector voice for mental health in Scotland, the merger combines 75 years' experience of improving mental health policy and practice in Scotland.

Isabella Goldie, head of mental health programmes at the Mental Health Foundation Scotland said:

'The Mental Health Foundation has always been committed to working in partnership and has worked closely with SDC on a range of successful projects over the years. I have always had a great deal of respect for the work of the SDC and its contribution to improving mental health in Scotland, so I believe that by combining the skills and strong evidence-based approach of both charities, there is an opportunity to make an even greater impact on the quality and accessibility of mental health services in Scotland, helping us all lead mentally healthier lives.'

'see me...' is looking for more volunteers to tell personal stories

We know that one of the most effective ways to challenge stigma and change

public attitudes around mental ill health is hearing personal stories 'first-hand'. 'see me...'s media volunteer programme and speakers bureau are designed to give people the chance to share their interesting and powerful stories in a positive way.

'see me...' will provide training and ongoing support, giving all volunteers the chance to speak out in an effective way.

For more information call Becky Duff on 0131 554 0218, or email becky.duff@seemescotland.org

Look OK... Feel Crap? online resource

lookokfeelcrap.org is an online resource for young adults with depression from Depression Alliance Scotland. Visitors can talk in the [forum](#), join the monthly [live chat](#) and share stories and goals. Look OK... Feel Crap? offers [lifeskills courses](#) as well as confidential support online and in the community.

Email ask@lookokfeelcrap.org for more information.

'see me...' creative writing competition 2010 reaches its final stages

Many thanks to the 350 entrants who put pen to paper! The judges have now selected four from each category (poetry, short story and tweet) and the final winner from each will be announced at a celebratory lunch on Tuesday 5 April in Edinburgh. The quality of the entries has been extremely high. Many have taken the theme of support and drawn from their own personal experiences of discrimination, creating moving and inspiring pieces of writing.

The judges' shortlist was announced on the ['see me...' website](#) on Wednesday 16 February and the final winners will be posted on Wednesday 6 April 2011.

Parents encouraged to Play, Talk, Read

A new campaign has been launched to encourage parents and carers to play, talk and read to their young children. The Play, Talk, Read campaign aims to build on the success of a similar campaign last year and help parents to improve future life chances for their children.

[Visit the Play, Talk Read website](#) for tips and advice, or to order a free DVD.

Brighter Futures

Brighter Futures is a Mental Health Foundation pilot peer mentoring service for isolated older people in the community, working with three project partners:

- Glasgow Association for Mental Health
- Renfrewshire Association for Mental Health
- Seniors Together in South Lanarkshire

Brighter Futures is funded through Big Lottery Fund's Life Transitions area of investment to run for a period of two years.

It aims to improve the quality of life of older people, enhancing their social networks, improving mental health, and enabling meaningful activity.

[Visit the Mental Health Foundation website](#) to find out more.

Steps for Stress - Fife roadshows

Health Promotion Fife has launched an ambitious two year programme of public roadshows promoting the 'Steps for Stress' booklet and CD.

The team's approach is to focus on the individual, encouraging them to use the booklet to find ways of reducing their own stress levels, and the response from the public has been very positive.

Forthcoming events and training

Public Health Policy Development and Implementation:
Competing pressures in the formulation of state health policy

Thursday 10 March 2011 8.45am - 4.30pm
Royal College of Physicians of Edinburgh (RCPE)

This symposium will look at the process of health policy development and implementation. It will consider questions such as:

- how is health policy formulated?
- what role does evidence play?
- how does research evidence get translated into health strategies and action plans?

These issues will be illustrated with case studies from four policy areas: heart disease; obesity; alcohol and mental health.

Visit the RCPE website to [register for this event](#).

4th Ethnicity in Mind seminar

Thursday 17 March 2011 9.30am - 4.00pm
Scottish Youth Theatre, 105 Brunswick Street, Glasgow G1 1TF

Evidencing Impact is a free seminar for researchers and practitioners in the public and voluntary sectors interested in mental health and ethnicity research and practice in Scotland. Attendees will have the opportunity to:

- learn about different ways to evaluate impact and outcomes
- hear about the impact of projects working on mental health and ethnicity
- meet other researchers, practitioners, public and voluntary sector partners
- work together on developing collaborative research and applying for funding opportunities

To register for the seminar, email lmcewan@mhf.org.uk or call Liz McEwan at the Mental Health Foundation on 0141 572 0125.

2011 Scotland's Independent Regeneration Network (SURF) annual conference

17 March 2011
Roxburghe Hotel, Edinburgh

The credit crunch, recession and resultant public sector budget cuts have significantly increased the pressure on already vulnerable communities. The challenges for community regeneration policy and practice are considerable.

The purpose of this conference is to improve cross-sector cooperation in supporting more resilient communities at a time of change.

Confirmed speakers include:

- Julia Unwin, chief executive of the Joseph Rowntree Foundation
- Pat Ritchie, chief executive of the Homes and Communities Agency
- Denys Candy, international expert on community regeneration

For a full programme and details of how to book [visit the SURF website](#).

The 2011 SURF Annual Conference is supported by NHS Health Scotland.

Improving Mental Health in Scotland: Challenging times call for different approaches - regional seminars

Three half-day seminars (10:00-12:30) will be held on:

- Friday 18 March 2011 - Edinburgh
- Tuesday 29 March 2011 - Glasgow
- Thursday 31 March 2011 - Aberdeen

In the current economic climate, local partnerships have to make tough decisions about how to plan, maintain current services, and deliver on the mental health improvement needs of their local population.

Scottish Government and NHS Health Scotland are hosting three regional seminars to raise awareness and support debate about two papers:

- 'Supporting continued investment in mental health improvement in Scotland in an economic downturn' briefing paper
- 'Tele-healthcare and Mental Health - Using tele-healthcare effectively to support people with mental disorders'

To register for this event, please [contact NHS Health Scotland](#). Registration closes on Tuesday 8 March.

'see me...' Lanarkshire regional meeting

Monday 21 March 2011, 10am - 4pm
Hamilton Racecourse

To make sure that you receive an invitation to 'see me' meetings in your area, sign up and pledge your support to the campaign at www.seemescotland.org.

Beyond practical needs: Explore the benefits of regular social interaction for isolated older people

Tuesday 29 March 2011, 2.00pm - 5.00pm
Trades Hall of Glasgow, 85 Glassford St., Glasgow, G1 1UH

Contact the Elderly is hosting this free conference, focusing on the benefits of social interaction for isolated older people. The event will bring together health and social work professionals, and representatives from organisations that provide services to older people.

Places are strictly limited, so if you would like to attend the conference please email info@contact-the-elderly.org.uk or call 020 7240 0630 by 15 March 2011.

Scottish Dementia Clinical Research Network (SDCRN)
Conference 2011: Networking dementia research: forging new frontiers

Thursday 31 March 2011, 9.30am - 4pm
Stirling Management Centre, University of Stirling

This free conference is about developing a common research agenda for dementia in Scotland. You will be able to have your say on how high quality dementia research can be developed.

To register for this event [visit the SDCRN website](#).

Children and Young People's Mental Health Conference

Thursday, 12 May 2011
University of Glasgow, College of Medical Veterinary and Life Sciences

This year's programme brings you a selection of key knowledge updates, practical information, and an opportunity to hear key experts in the field. We do hope you can join us!

Five great reasons to attend:

- benefit from the latest updates and current thinking
- learn from leading experts
- benefit from the latest updates and current thinking
- debate and discuss hot topics
- take away practical advice.

[Register for the conference](#) or call 0141 201 9353/6478 for more information.

A half day workshop on working with children and young people experiencing trauma and distress

Wednesday, 11 May 2011
Yorkhill Hospital, Glasgow, G3 8SJ

This workshop will explore:

- the impact of mental health issues on children and young people, the relevance of attachment issues and loss in children
- new research around the brain development of young people and how this impacts on support and change in their lives
- methods of positive intervention when dealing with challenging and distressing behavior
- positive and effective intervention with children in the classroom and beyond, as well as the skills and techniques that professionals can use while interacting with traumatised and distressed children.

The workshop will be taught through a series of presentations, scenarios and case studies along with group exercises and discussion. Reserve your place using the [online booking form](#), or call 0141 201 9353/6478.

Publications and resources

'Supporting continued investment in mental health improvement in an economic downturn' briefing paper

This briefing paper, prepared for the National Mental Health Improvement Network, aims to support the case for continued investment in mental health improvement in Scotland in a period of financial austerity.

It shows the need for community planning partners to continue to focus on mental health improvement to support wider outcomes for all people living in their local communities.

[Download a copy of the briefing paper](#) [370KB].

Guidance for going smoke free in mental health services

'Smoke Free Mental Health' has been published to guide NHS Boards in introducing smoke free mental health policies.

It explains the reasons for making these policy changes, and includes a ten step implementation plan.

The Scottish Government asked NHS Health Scotland to lead on the development of the guidance in consultation with stakeholders and service users.

[Download a copy of the guidance](#) [412KB].

Pre-hospital mental health crisis course

NHS Health Scotland and NHS Education for Scotland (NES) have been piloting a new course for primary care staff in remote and rural areas.

The pre-hospital mental health crisis course helps staff develop their crisis management skills and knowledge of remote and rural mental health in a blended learning course. [Contact the Choose Life training team](#) for more details.

safeTALK training now available by video-conferencing

safeTALK (suicide awareness for everyone) has been a hugely popular course since its launch in Scotland in 2007. Following pilots in Dunoon and Inverness, safeTALK is now available to be delivered by video-conferencing from experienced trainers.

[Contact the Choose Life training team](#) for more details.

NHS Health Scotland - Mental health and wellbeing current awareness alert

Read January's monthly mental health current awareness alert to help you keep up-to-date with new research in the field of mental health. [Download the monthly awareness alert](#) [56KB].

[Download the latest e-bulletin](#) [136KB] or email janine@sdcmh.org.uk to

subscribe.

Mentally healthy workplaces online course - for employees

This course is for anyone who wants to learn more about mental health, whether for their own health or for advice on supporting a colleague.

It will take about one to two hours to complete and can help your organisation to work towards a Healthy Working Lives Award. To complete the course you will need to create an account on Health Scotland's Virtual Learning Environment (VLE).

For help in creating an account, [download the VLE user guide](#) [840KB].

Have your say!

We hope that you find the Mental Health Improvement e-bulletin useful. We look forward to receiving your feedback or suggestions for future editions. Is there something that we've missed? Your views are important to us.

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