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➤ **More than just a bed: Mental health service users' experiences of self-referral admission**

In Norway, several community mental health centres and mental hospitals allow users with a diagnosis of severe mental illness to self-refer for admission for short inpatient stays without contacting their doctor, a duty doctor or the emergency department. This study explores service users' experience of having the opportunity to refer themselves for a short inpatient stay. Self-referral inpatient admission was perceived as a new, unconventional health service, characterised by different value and treatment principles related to the content, quality and organisation of treatment. It is a concrete example of how a user involvement policy can be implemented in mental health services.

Olso, T., Gudde, C., Moljord, I., Evensen, G., Antonsen, D. & Eriksen, L. More than just a bed: Mental health service users' experiences of self-referral admission. International Journal of Mental Health Systems.

Full text article can be accessed here:
<http://ijmhs.biomedcentral.com/articles/10.1186/s13033-016-0045-y>

➤ **Prevention and promotion: Child mental health**

In Australia, one in seven children between four and 11 years is thought to have a mental health disorder. There is no data before the age of four to prove the indication of children's social and emotional development. Australian GPs saw a significant increase in the rate of all psychological problems from the years 2000 to 2013. There is thus a need for frontline service providers to be equipped to help families support their children in achieving the state of complete physical, mental and social wellbeing, and for professionals to maintain an up-to-date network of specialist providers to enable children and their families to be referred when needed.

Prevention and promotion: Child mental health. Community Paediatric Review.

Full text article can be accessed here:
http://apo.org.au/files/Resource/160068_metcalfe_paed_review_7pp_new.pdf

➤ **Mental health services: In brief 2015**

This brief presents the national response of health and welfare system to the mental health care needs of Australians. It looks at the prevalence and impact of mental illness in Australia; provides an overview of Australia's mental health care system; information on mental health care services and support accessed by people with mental illness and expenditure on mental health services; mental health care resources; mental health of children and adolescents in 2015; and key performance indicators for Australian Public Mental Health Services.

Mental health services: In brief 2015. Australian Institute of Health and Welfare.

Full text article can be accessed here:

<http://apo.org.au/files/Resource/19599.pdf>

➤ **A review of mental health services in Scotland, 2012-2015**

This review presents the successes and challenges of the current mental health system in Scotland, focusing on the experiences of people using services, families and carers, practitioners, commissioners and stakeholders. It provides an overview of Scotland's mental health and wellbeing; key mental health policy and programme developments; the Mental Health (Care and Treatment) (Scotland) Act 2003; Scotland's mental health strategies and policy developments; welfare reform; service users and carers; recovery; stigma and discrimination; inequalities; suicide prevention and self-harm; advocacy; funding, commissioning and service design; development and delivery of mental health services; specialist services; and transitions of continuity care.

Goldie, I., et. al. A review of mental health services in Scotland, 2012-2015. *Mental Health Foundation*.

Full text article can be accessed here:

<https://www.mentalhealth.org.uk/sites/default/files/Commitment%20One%20Report%2C%20January%202016.pdf>

➤ **Mental health services and R&D in South Korea**

South Korea has a 27.6 percent prevalence rate for mental disorders and the highest suicide rate among OECD nations. This paper examines the mental health services, budget and human resources, the R&D system and budget in Korea. It proposes three measures to realise mid and long-term mental health promotion services and improvements in mental health R&D. They include: establishing a national mental health system; forecasting demand for mental health; and securing and developing mental health professionals.

Roh, S., et. al. *Mental health services and R&D in South Korea. International Journal of Mental Health Systems*.

Full text article can be accessed here:

<http://ijmhs.biomedcentral.com/articles/10.1186/s13033-016-0077-3>

➤ **“You never know what happens next” – Young adult service users' experience with mental health care and treatment through one year**

The services in the mental health sector are usually fragmented. This study followed nine Norwegian young adults with mental health illness and complex needs and captured their experiences and views about treatment and care, focusing on the following issues: the problem of shifts and transitions; the important relationship between user and provider; the desire for explanation, adequate treatment and progress; and the need for information and user

involvement. While the needs of the youth were predictability and stability, it was affected by the transitions between institutions, units and practitioners. A good stable patient-provider relationship was difficult to establish. Some youth felt rejected when they tried to tell the therapist about their trauma.

Adnanes, M. & Steihaug, S. "You never know what happens next" – Young adult service users' experience with mental health care and treatment through one year. International Journal of Integrated Care.

Full text article can be accessed here:
<http://www.ijic.org/articles/10.5334/ijic.2435/>

➤ **Improving the physical health of people with mental health problems: Actions for mental health nurses**

This resource is for mental health nurses to guide them on methods to improve physical health of people living with mental health problems. The eight key areas to improve health outcomes that have been identified are: support to quit smoking; tackling obesity; improving physical activity levels; reducing alcohol and substance use; sexual and reproductive health; medicine optimisation; dental and oral health; and reducing falls. The report details activities to achieve changes in these areas, examples of good practices and a review of the evidence base for practice.

Improving the physical health of people with mental health problems: Actions for mental health nurses. NHS England.

Full text article can be accessed here:
https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/532253/JRA_Physical_Health_revised.pdf