Welcome to the Summer edition of the Mental Health Improvement Portfolio (MHIP) newsletter.

In this newsletter you can read updates from each of the three different mental health programmes MHIP is currently working on:

- Scottish Patient Safety Programme for Mental Health (SPSP MH)
- Early Intervention in Psychosis (EIP)
- Mental Health and Substance Use Programme (MHSU)

Reflections from our portfolio lead

Rachel King (Portfolio Lead: Mental Health)

Hello and welcome to summer!

It has been an absolutely choc a block 6 months of activity and collaboration for us in the Mental Health Portfolio.

We have been focused on working with the teams from the 12 health boards and over 23 Health and Social Care Partnerships involved in our current Programmes. You can read about the programmes and the impact the work is making below.

We have also been bringing together and sharing the learning from the Phase 1 Personality Disorder Improvement Programme (PDIP) (links to the reports from this are included in the newsletter). We know that
support could be more consistent and more accessible for people with a diagnosis of personality disorder, and the PDIP Phase 1 work started the conversations about what that could look like and how that could happen.

We know that mental health is a national and local priority across Scotland. People are asking for support, sometimes for the first time. We know people working in supportive services are seeing more people some of whom are really struggling. It is crucial that people, staff, and services, get the support they need and our work programmes aim to make that more possible.

As part of that we focus on sharing learning, and giving people working in mental health (from all sectors) opportunities to hear about new ways of thinking, doing, or developing support for people. And we open up learning events to all people whether they are seeking support for their/ their family member’s mental health, or are a member of staff working to support people’s mental health. If you would like to get invited to our learning webinars for any of our programmes, please do ask to be added to our mailing list. The email to contact is below.

Hope you enjoy reading the newsletter. Do get in touch for any further detail, questions or comments.

Rachel

Spotlight on...

Mental Health and Substance Use Leadership Development Programme

The Mental Health and Substance Use Leadership Development Programme brought together leaders from various sectors in Tayside to work on creating an enabling system for change. The programme emerged from the Pathfinder work in Tayside to improve outcomes for individuals with mental health and substance use support needs.

The Leadership Development Programme explored key themes such as how to:

- Create flexible and responsive services
- Build capacity within existing resources
- Distribute leadership
- Shift towards a recovery-oriented system
- Integrated services for holistic support, and
- Enable cultural change.

Across five sessions over a 15-month period, it provided a collaborative space for leaders to work together, offer Leadership peer support, and share guidance and tools for whole system change. Over 69 participants attended interactive workshops tailored to the local context, with input from staff, guest speakers, facilitators, as well as a curated toolkit of resources. You can read more about each session by clicking the links below:

Session 1: Introduction

Session Two: Creating Change
Session Three: Commissioning

Session Four: The Three Horizons

Session Five: Understanding the Recovery Journey (report coming soon)

We would like to extend our thanks to all the participants of the leadership development programme. Your active engagement, enthusiasm, and commitment to fostering a culture of effective leadership was inspiring to see.

What is your main takeaway from the session?

"Keep working at complex challenges in systems - don't give up!"

"Design services to have constant learning and adapt"

For more information visit the Leadership Development Programme webpage.

Programme updates

Scottish Patient Safety Programme for Mental Health

The SPSP Mental Health team held a webinar on 22 June called ‘Scottish Mental Health Review – a discussion on concepts of coercion’.

The final report of the Scottish Mental Health Law Review led by John Scott KC represents the product of over three years work and is the first major review of mental health and capacity law in Scotland in over 20 years. It draws on the voices of lived experience (including unpaid carers) as well as practitioners and relevant groups and organisations.

These contributions have helped develop a new, positive vision of our mental health law and will bring Scotland in line with thinking and practice internationally as assessed against developing human rights standards, such as United Nations Convention on the Rights of Persons with Disabilities.

A key aspect of the report seeks to reduce the need for coercion in the Mental Health system.

Attendees heard from Prof. Colin McKay, executive member of the Scott Review Team, Dr Roger Smyth from the Royal College of Psychiatrists Scotland and Claire Lamza from the Mental Welfare Commission.

Our speakers discussed the context and implementation of the report and in particular the role coercion plays in Mental Health legislation and practice. You can find the recording of the webinar here, once available: SPSP Mental Health Programme Updates
Due to the significance of the topic and the impact on mental health services, the SPSP Mental Health Team will be hosting further learning system activities on the topic. Please get in touch if you would like to learn more.

As we prepare to move on from the Collaborative approach that reintroduced SPSPMH post-covid in March 2022 we are consulting with a wide range of stakeholders. Most recently, we met with the Scottish Mental Health Nurse Leads Group - a national leadership group of MH Nurse Directors and Heads of Nursing. The group were very enthusiastic and keen to support SPSP and IOP, they contributed very positively to discussion around key themes and emerging areas of importance in MH patient safety, with a number of the group volunteering to be members of the SPSPMH expert reference group. Close working relationships with the members of this group will be critical to SPSPMH remaining clinically relevant and well respected within locality boards.

Click here to visit our webpage.

Learn more about the programme

Stay informed about the latest developments and progress of Scottish Patient Safety Programme for Mental Health. Follow the link below for updates, success stories, and important announcements.

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Early Intervention in Psychosis

Strong leadership is vital to an EIP service and for most services Consultant Psychiatrists play this role. However current staffing and recruitment challenges within the pathfinder sites - as across NHS Scotland - particularly with psychiatry has lead this programme to explore and test a more psychology lead service. The EIP pathfinder site NHS Tayside have dedicated psychiatry time for their multi-disciplinary meetings (MDTs), whilst NHS Dumfries and Galloway (D&G) have psychiatry input from their five community mental health teams (CMHTs) with cover varying. To help counter this challenge and variance, both pathfinder sites have a senior Clinical Psychologist within the team who provides a leadership role alongside the team lead and Psychiatrist. The psychologist leads on multidisciplinary team formulation discussions, highlighting circumstances that might inform treatment planning. They also guide the nature and timing of the interventions outlined in the Integrated Care Pathway (ICP), for example family work. In addition to this, NHS D&G are testing a clinical pharmacist for up to four hours a week to cover medication changes; relieving this duty from the psychiatrist.

It has been important for the EIP programme to consider workforce and how this may be adapted. By adhering to the core components of the EIP model, adapting the workforce around it should still maintain fidelity to the model and have the desired outcomes. This programme has so far gathered almost a year of data for outcome measures which will be published in the autumn. To help ensure fidelity to the model, we are working closely with NES to be able to offer therapies training to the pathfinder sites so that they can confidently offer what is required for the service user.
We continue to support our pathfinder sites through regular coaching sessions which the clinical leads also attend for advice and support. Our most recent face to face event in May saw the teams revise their referral pathway with the help of the service design team in the ihub. Next we will be looking at journey mapping how people access the EIP service, keeping strong involvement of those with lived experience.

If you missed any of our previous webinars now available on the programme website.

[Click here to visit our webpage.]

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**Mental Health and Substance Use Programme**

The mental health and substance use team have been working with our six pathfinder sites and carrying out engagement activity to identify opportunities to improve services and outcomes for individuals with multiple needs.

The project team have been speaking with staff and service users to create service and journey maps to gain a comprehensive understanding of individuals' recovery experience and identify areas for improvement. Stakeholder engagement has been an important aspect of this work, helping to ensure a collaborative approach and foster a holistic approach to support.

Areas are taking forward work to improve links into the community and voluntary sector from mental health and substance use services, strengthen relationships across the sector, and support connections across the whole system. For example, a third sector Ways of Working Forum has been established in North Lanarkshire to connect community and voluntary organisations supporting people with dual needs. Use of a service directory by staff is also being encouraged by the Alcohol and Drugs Partnership to increase awareness of the variety of services that are available.

These ongoing activities and future planned work reflect our commitment to improving the wellbeing and recovery of people with mental health and substance use issues, and supporting services to better care for the specific needs of individuals.
We are pleased to announce that the final reports from phase one of the project are now available to download below. These reports summarize the work carried out in phase one to understand the current state of provision and access to services for those with a diagnosis of personality disorder. The findings highlighted challenges in leadership, staffing, and service provision. The engagement with individuals with lived experience and mental health staff provided valuable insights into the difficulties faced and barriers to high-quality care. These findings will inform the development of recommendations and interventions in phase two to enhance the provision of care for individuals with personality disorders.

These reports include:

- full phase one report
- summary report, and
- companion report.

Events

Upcoming Events

Primary Care Resilience Webinar #12: Connect, rebuild and move forward.

Topic: Mental Health and the Primary Care Multidisciplinary Team

Date: Thursday 31 August 2023
Improving mental health is a top priority in Scotland, and it is the focus of the national strategy. The Scottish Government is committed to ensuring that high-quality mental health services are available to all individuals who require them. They aim to provide the right help at the right time, promote recovery, and ensure that everyone can enjoy their rights without discrimination or stigma. Enhancing the capacity of multidisciplinary teams (MDTs) in primary care is crucial for developing and sustaining new ways of delivering high-quality services to patients.

This webinar aims to facilitate an engaging discussion on the challenges and opportunities of multi-disciplinary team working in mental health settings within primary care services by looking at:

- relevant policies
- person-centred care, and
- examples of local initiative

To register please fill in your details on the registration page.

You can find out more about upcoming events and webinars with Healthcare Improvement Scotland by visiting our events webpage.

Past Events

Early Intervention in Psychosis: National Network Event (May 2023)

The EIP team was pleased to welcome Dr Sameer Jauhar as the next presenter in our ongoing national network event webinar series, where he gave a talk titled: ‘First episode mania: what do we need to know and what can we do about it?’. In this webinar, Dr Jauhar presented his work on understanding neurobiological causes of psychotic illness, with a focus on affective psychoses, and the treatment of psychotic and affective disorders. We were joined by 130 attendees during the session, and we will soon have the recording uploaded to YouTube and available to all. The EIP national network events are a key component of our learning system, where we host speakers from Scotland, the UK and internationally, to present on best practice in psychosis treatment and to hear about the various ways in which early intervention services can be delivered and succeed.

To learn more, check out our website.

Glossary of terms

- DTTO – Drug Treatment and Testing Orders
- EIP – Early Intervention in Psychosis
- HIS – Healthcare Improvement Scotland
- HSCPs – Health and Social Care Partnerships
- MAT – Medication Assisted Treatment
- MH – Mental Health
- MHIP – Mental Health Improvement Portfolio
- MHSU – Mental Health and Substance Use Programme
- SPSP MH – Scottish Patient Safety Programme Mental Health
Contact us

If you want to find out more information about our work, follow our regular updates on:

The ihub website:  https://ihub.scot/improvement-programmes/mental-health-portfolio/

Twitter: @SPSP_MH

Contact us via our email address: his.mhportfolio@nhs.scot