

Mental Health Improvement Portfolio

Newsletter


A year in MHIP's life

Welcome to the December edition of the Mental Health Improvement Portfolio (MHIP) newsletter. The end of the year is fast approaching, and we wanted to share with you some reflections from this past year in MHIP's life.

MHIP is currently working on four different mental health programmes:

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

Reflections from MH team lead



"This has been a busy year of change, growth and learning for MHIP. I am delighted to have been able to take up the post of portfolio lead, which I've now been in for six months. Over that time, I've been

impressed with the work of each of the programmes, and the way in which the teams deliver a high standard of work with external teams and partners. Each of the four programmes works with a number of local areas to improve or redesign care and support for people experiencing mental health problems.

A few highlights for me are:

- ***The reach of our learning events.*** *Each programme holds webinars/learning sessions/workshops. We have reached well over a thousand people over this last year. The topics have covered some of the key issues for people working in the mental health system, and are platforms to discuss and develop innovation and challenge current ways of working.*
- ***Our work with people with lived experience.*** *In MHIP we strive to include and work alongside people with lived experience to spotlight the learning from being part of mental health services. Some of the work such as mapping people's journeys through services, or holding experience led advisory groups, brings a depth and possibility for change within mental health that is very powerful.*
- ***The focus on those affected by inequity and inequalities of access or services.*** *We know that some people – for example those who experience long term psychosis, or those with substance use in addition to mental health problems- have poorer outcomes, including lower age of mortality, than the general population. Each of the programmes MHIP delivers is focused not only on improving the experience and structure of mental health care, but also aiming to ensure all people seeking mental health support have better outcomes and more equitable access and support.*

We are now looking to the future for 2023, working on setting priorities and developing further our work with teams within local areas."



SPSP Mental Health



2022 has been a very successful year for the SPSP MH. This year saw the remobilisation of the programme post-pandemic, with the launch of a new improvement collaborative, two learning system webinars and the promotion of our updated patient safety climate resources.

SPSP MH Collaborative

We welcomed 20 teams from across all of Scotland's territorial boards and The State Hospital into our new Improvement Collaborative. Teams have engaged in three learning sessions, seven workshops and multiple coaching sessions. At our first learning session, we asked what Safety would look like if it was a person – the discussion led to the creation of our collaborative mascot – the Safety Octopus. We look forward to continuing working with our teams in 2023.



Updated Patient Safety Resources

In June, we launched our new and updated SPSP MH safety climate resources for use in mental health services, primarily designed for use in adult inpatient settings.

The resources include tools for measuring individual staff and patient safety climate, with paper based and digital versions. For the first time, we included tools to measure safety climate in groups of staff and patients. This is based on the NHS Education for Scotland (NES) safety climate discussion cards.

EIP



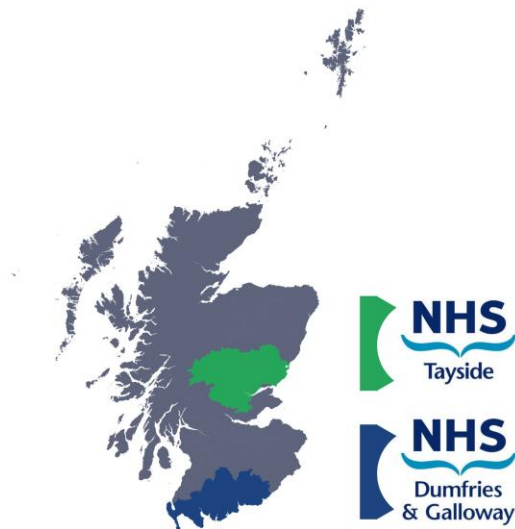
The EIP programme has seen a year full of passion and will alongside grit and determination. Between Healthcare Improvement Scotland, local pathfinder sites in NHS Dumfries & Galloway and NHS Tayside and lived experience, we've built a solid team of people all working towards the same goal: to develop and maintain an EIP service within a Scottish context.

We have met many challenges along the way: a national COVID delay, recruitment issues and financial strain. With this we have maintained resilience and continued to adapt our model to navigate this current climate. We do this with service users and improvement at the centre to ensure we can continue to offer a service that is well evidenced to have a positive impact on the lives of people who experience first episode psychosis, and their families.

Some of the highlights so far, include:

- Designing and launching two EIP services in Scotland, now seeing around 18 people and their families between them. These services are continuing to develop and grow
- Developing a well-attended, wide reaching audience through our learning system of monthly webinars, case studies and newsletters
- Designing and testing a data and measurement plan which will become our key national dataset

We hope to continue to develop and adapt this work going into 2023.



PDIP



The Personality Disorder Improvement Programme (PDIP) launched the first phase of its work in 2022, with the overall aim to develop a clearer understanding of the current picture of service provision for people with a diagnosis of personality disorder in Scotland.

Over the last year PDIP has created a thriving learning system network. We have hosted a series of virtual webinars and workshops – over 1,370 people have participated this year across a number of topics such as lived experience involvement and the challenges of diagnosis. The team has evaluated the success of these opportunities for discussion and knowledge sharing, listening to attendee feedback to increase time for questions and refining topics.

We have commissioned an exciting lived experience project from the third sector organisations VOX and Scottish Recovery Network, and have conducted staff engagement research to hear from those working in health and social care services.

PDIP has also worked towards producing a strategic gap analysis. This has involved diagnostic work to better understand the current state of service provision for those with a diagnosis of personality disorder in Scotland and help identify the key opportunities for improving services. We have met with every NHS board and linked health and social care partnerships (HSCPs) in Scotland, alongside national professional groups and partners within the third sector and lived experience communities.

We look forward to continuing this work in the New Year!



MHSU



In 2022, the Mental Health and Substance Use (MHSU) programme embarked on a journey to expand our programme of work from Tayside to four additional health boards across Scotland.

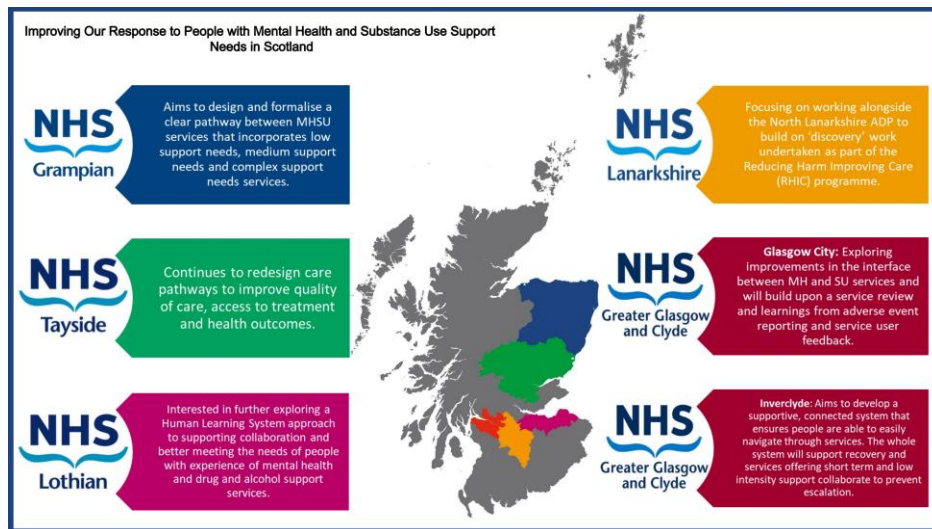
Over the last year, within Tayside, we have met and heard from staff and people with lived experience across the three localities: Dundee, Angus and Perth & Kinross. Our work has had a focus on understanding how mental health and substance use supports work at the moment, and asking people what would better look like. Our focus from now on will be about supporting staff, people with experience of mental health and drug and alcohol support services, to find ways to make those things that are better happen. Work going forward will continue to build on strengths already within Tayside as well as planning towards implementation of MAT 9 and aligned workforce development activities.

The programme has also been working on developing plans and work streams within the following local areas: Grampian, Greater Glasgow and Clyde, Lanarkshire and Lothian. We have been working with staff within mental health and substance use services and people with lived and living experiences within these areas to build a picture of how services can better meet people's needs and the challenges facing services.

Our highlights from the past year include:

- Our quarterly national learning events, where our first session saw over 130 people attend
- The first session of our bi-monthly clinical network on Mental Health Crises with Co-occurring Substance Use with the Mental Health Paramedic Response Unit
- Development of the Tayside leadership development programme

- Staff and people with lived and living experience co-design sessions in Tayside
- Launch of work in Grampian, Glasgow City, Inverclyde and Grampian



Upcoming events

- [19 January 2023: PDIP Workshop with See Me Scotland: Reducing Stigma, 12:30pm – 2:30pm](#)
- [25 January 2023: MSHU National Learning Event Three: Making Change, 13.00pm-14.30pm](#)
- **27 January 2023:** EIP National Network Event with Prof Sir Robin Murray and Dr Marta Di Forti, 09.30am-11.00am
- **February 2023** (date to be confirmed): PDIP Workshop: Unscheduled Care and Out of Hours, 10:00am – 12:00noon
- **March 2023** (date to be confirmed): PDIP Webinar: End of Phase One, 11:00am – 12:00noon

Glossary of terms

- 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
- NES – NHS Education for Scotland
- PDIP – Personality Disorder Improvement Programme
- SPSP MH – Scottish Patient Safety Programme Mental Health

Contact us



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- Contact us via our email address

