

NHSGGC Mental Health Improvement Team

2019: OUR YEAR IN A SNAPSHOT

As 2019 comes to a close, the Mental Health Improvement Team would like to take this opportunity to reflect on and share some key highlights of our work this year. Of course none of this would be possible without the support from partners across Greater Glasgow and Clyde (GGC). As a small team we have to be creative as to how we make best use of our resource and partnership working is key to this, so thank you to each and everyone of you for your support in helping us deliver on the public mental health agenda.

Improving mental health continues to remain a significant public health priority and we are looking forward to the year ahead which is shaping up to be as exciting and engaging as 2019.

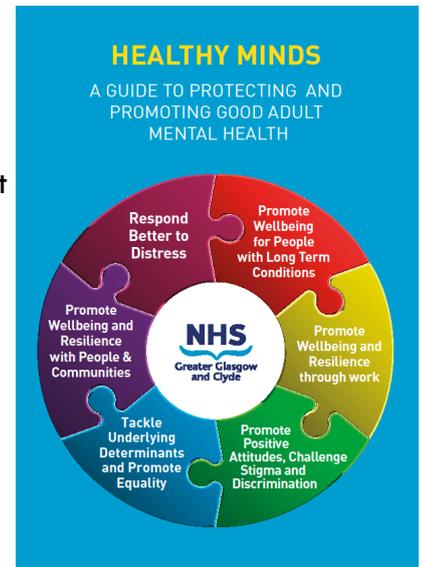
Finally from everyone here at the Mental Health Improvement Team, we would like to wish you all a very Merry Christmas and a Happy and Healthy (Minds) New Year. See you all in 2020.

Celebrating Success

Our **Healthy Minds** Resource has been in the spotlight on a number of occasions this year. It was nominated at both the Glasgow HSCP staff and Chairman's Awards events. We didn't win but it was great opportunity to raise the profile of the resource and its reach across GGC. Our abstract was accepted by the Faculty of Public Health and we presented the Healthy Minds resource at the annual conference in November this year.

The approach adopted by our **Perinatal Mental Health (PNMH) Network** to deliver on the PNMH Prevention and Early Intervention agenda has been recognised as a model of good practice and will be highlighted in a Scottish Government report due out soon which looks at PNMH peer support models. We also presented at the Father's Network Scotland AGM to share our collaborative approach to the PNMH agenda.

Heather Sloan, Health Improvement Lead and our UK Public Health Register (UKPHR) Scheme Coordinator was recognised for her commitment and dedication to the Scheme, receiving the UK Innovation in Public Health, Improving Public Health Practice Award. **Michelle Guthrie** completed her Public Health Practitioner journey this year and is now included on the UK Public Health Register. We are extremely proud as a team that Heather, Jane and Michelle are all on the UK Public Health register.

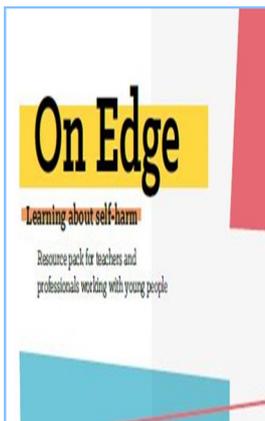


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Perinatal Mental Health (PNMH)



Our **Perinatal Mental Health Network** continues to grow and develop, taking an active lead role in the PNMH agenda. The network includes colleagues from Health Improvement, Clinical Nurse Consultant, Family Nurse Partnership and a host of Third Sector partners (Homestart, Barnardo's Quarriers, Fathers Network Scotland, Mind Mosaic to name a few), working collaboratively to share practice, evidence, research and gaps in supports and provisions across GGC. We have developed a staff **PNMH Prevention and Early Intervention Guide** to raise awareness of supports that are available to help new and expectant parents to access resources appropriate to their mental health needs and to avert a crisis from happening. The network's progress and developments are shared with the Managed Clinical Network and our Local Implementation Group that Heather Sloan sits on.



Child and Youth Mental Health

We continue to promote our **Child and Youth Mental Health Improvement and Early Intervention Framework**, to partners to help support them in planning and prioritising their mental health improvement work. **On Edge Learning About Self Harm** resource pack has been updated and can be accessed on our website. A **Child and Youth Mental Health Resources** session was piloted as part of our training and capacity building programme (2019-20). The session provides an opportunity to highlight and share some of the key resources that partners can access and use to support mental health improvement work with children and young people.

Adult Mental Health



2019 saw the amalgamation of our child and youth and adult mental health improvement networks into one "**Healthy Minds Network**". This year the network allocated anti-stigma funding totaling £1 2K to three projects across GGC.

We developed an **Adult Mental Health** supports and resources document for our Support and Information Service colleagues to help signpost patients and their families to supports available in their local community. The resource received positive feedback prompting us to share via our mental health snippet to extend its reach and raise awareness of supports available.

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Suicide Prevention

NHSGGC re-launched the **suicide prevention forum in 2018** that aims to find effective means of advancing policy and practice, and provide effective supports to prevention efforts across all 6 Health and Social Care Partnerships. The forum is chaired by Michael Smith, Lead Associate Medical Director Mental Health NHSGGC. The group recently organised a development session to progress work on the concept of a Suicide Prevention Concordat for GGC, including a proposed programme of prioritised actions aimed at securing formal “buy-in” from Partnerships within the Board area.

Training and Capacity Building

Training Contract: On behalf of the NHSGGC 5 Year Mental Health Strategy prevention and early intervention sub group, along with key local partners, has put out a tender to commission a mental health improvement capacity building contract for GGC. The target audience in terms of training participation is non-mental health staff working within the 6 Health and Social Care Partnerships across GGC. It is hoped the training will commence late February-early March.

Training and Capacity Building programme is running from October 2019—March 2020 offering a range of mental health topics.

Healthy Minds: we continue to promote the resource, facilitating sessions with a range of partners from Health, Education, Social Work and the Third Sector.

What's the Harm: Self Harm Awareness and Skills Training: three of our team are now trainers enabling us to deliver Training for Trainers.

Mental Health Snippet is now distributed monthly to over 400 partners.

Mental Health Training and Capacity Building Pathway has been developed to support staff and organisations identify what their mental health knowledge and skills needs are.

The Year Ahead

So what does 2020 have in store for the Mental Health Improvement Team? Here are just a few areas we will be taking forward:

Perinatal Mental Health: development session to plan and explore a prevention and early intervention model/approach for new and expectant parents across GGC.

Self Harm Training: co-ordinate a programme to help build capacity across our system.

Healthy Minds: develop and introduce new topic sessions to the resource.

Resource Development: develop information guides for bereavement and general mental health supports.

HSCP's: continue to work in partnership to support the public mental health agenda across our 6 HSCP's.

“WELL DONE TO THE TEAM FOR PULLING ALL THESE RESOURCES TOGETHER. A FANTASTIC RESOURCE FOR WHAT WE KNOW IS A HUGE AND INCREASING CHALLENGE.”

(HEALTHY MINDS FEEDBACK)

“THERE'S ALWAYS SO MUCH USEFUL INFORMATION IN HERE THAT I SHARE WITH OTHERS”

“THIS IS BRILLIANT AS EVER, THANK YOU WE REALLY APPRECIATE BEING INCLUDED”

(SNIPPET FEEDBACK)

“THESE SESSIONS ARE VERY WELL RECEIVED BY OUR CLIENTS AND WE HAVE PLANS TO DELIVER A CONTINUED PROGRAMME OF SUPPORT IN THE COMING MONTHS”.

(HEALTHY MINDS FEEDBACK)