

The NHS Greater Glasgow and Clyde Mental Health Improvement Team



End of Year Report

July - Dec 2022

A few words from Trevor Lakey, Health Improvement & Inequalities Manager - Mental Health, Alcohol and Drugs

"The last few months have seen us continue to link with our many colleagues to maintain momentum around key aspects of the public mental health agenda, which we are pleased to be able to share with you in this report. This includes continued delivery of our core programmes, including suicide prevention, self-harm response, training, and perinatal developments, but also, a significant amount of work to influence the national agenda - including shaping responses to national consultation on policy and steps to shape up a new Public Health Action Team approach at national level for mental health interagency work."



Meet the Team



Heather Sloan

Health Improvement Lead Mental Health



Greg Usrey

Health Improvement Lead Mental Health



Mchelle Guthrie

Health Improvement Senior Mental Health



We are delighted to share that Laura Andre is now permanent with the Mental Health Improvement Team as Health Improvement Senior who will continue to have a focus on Digital Mental Health.

National Recognition



The team's **#HeidOutdoors** social media campaign, highlighting the benefits of nature for our mental health, won the UKPHR's 2022 **'Best Social Media Campaign'** Award Category. The awards were open to submissions from the 4 Nations across the United Kingdom and we are proud to have won this category.

Strategic Leadership

Continued extensive involvement in the implementation of prevention and allied section of NHSGGC **5 year Mental Health Services Strategy**. A showcase event took place in September to share mental health work happening across the 6 HSCP's.



Co-chair **National Public Mental Health Special Interest Group** including organising joint national development sessions with Directors of Public Health and Public Health Scotland.

Continued active involvement in the (national) Perinatal Mental Health (PNMH) **Managed Clinical Network** and NHSGGC Local Implementation Group.

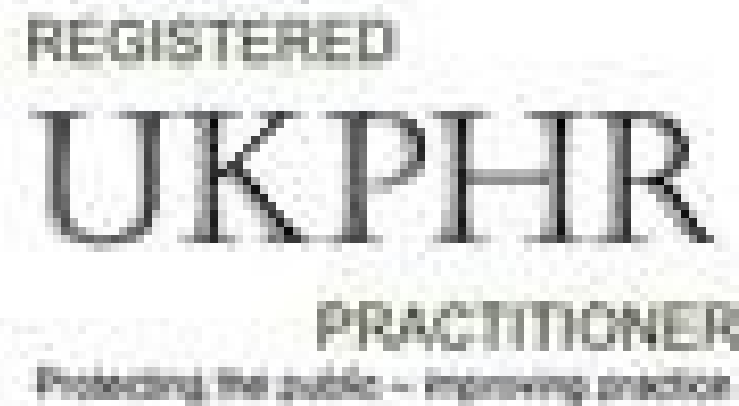


Strategic Leadership



Linking with colleagues from NHS Education Scotland and Public Health Scotland re the impending **National Self-harm Strategy**. Active involvement in the self-harm strategy data and evidence group.

Active involvement in the NHSGG **Digital Public Health** Working Group.



Continue to coordinate the Scottish **UKPHR** Public Health Practitioner Scheme for NHSGGC to support Health Improvement staff to become Registered Public Health Practitioners and have taken on the role Chairperson for the Scottish Scheme. Contributed to the UK consultation for Advanced Practitioner level.

Strategic Leadership

Working alongside Children and Adolescent Mental Health Services, Specialist Children's Services and other key colleagues to help address issues relating to **harmful content on social media** that promotes self-harm and suicidal ideation.



Contributed to the **Children and Young People – Mental Health report** that will be presented to the Population Health and Wellbeing Standing Committee in January 2023.

Campaigns

Extensive involvement in various **mental health awareness campaigns**, including Black Maternal Mental Health Week, Black History Month, Suicide Prevention Week, World Mental Health Day and World Menopause Day.

As part of **World Menopause Day**, we delivered two successful Mental Health and Menopause Healthy Minds to over 40 colleagues and partners across Greater Glasgow and Clyde.

Designed and delivered a successful campaign to mark **Black Maternal Mental Health** week including a social media programme of activity, two service spotlights who work with and support Black Women during the perinatal period and produced several infographics to communicate key information and messages throughout the week.



Suicide Prevention



Ongoing active involvement in a range of **suicide prevention** activity across the life course.

Co-ordinated a **GGC consultation** response for the new suicide prevention strategy "Creating Hope Together".

Continue to Chair the **Youth and Young Adults Suicide Prevention** sub group.

Planned and facilitated a **development session** for the NHSGGC Suicide Prevention groups to look at collective achievements and challenges as well as exploring priority themes, issues and areas for progress.

Suicide Prevention



Continued provision of a range of online learning opportunities including **Introduction to Suicide Prevention**.

Since 2020, over **700** participants have attended our Introduction to Suicide Prevention.

Worked in partnership with NHSGGC Learning and Education Department to provide a **SuicideTALK** Training for Trainers Course.

Developed a comprehensive **Suicide Prevention Resources and Supports** document.

Self Harm



Continue to chair our NHSGGC **Self-harm Forum**; reporting to the NHSGGC Suicide Prevention Group.

Extensive involvement in the planning and delivery of **What's the Harm: Self Harm Awareness and Skills Training for Trainers** course to partners across GGC.

Updated our **What's the Harm** Self-harm Awareness and Skills Training Trainer and Participants Pack.

Updated our **1 hour self-harm** awareness session and developed two appendices to support delivery of the session education staff and parents and care givers.



Infant and Maternal Mental Health

Our **Perinatal and Infant Mental Health** network has over 160 members and continues to meet monthly online. Some of our invited service spotlights included Wednesday's Child, LGBT Health and Wellbeing, Scottish Recovery Network and Parent and Infant Maternal Health Scotland.



Working in partnership with Third Sector, Health Visiting, Specialist Children's Services, Family Nurse Partnership, Educational Psychology Services, Working Group to develop an **Early Years Mental Health Improvement Framework**.

Equalities

Commissioned a small-scale research project to explore the experiences of our Perinatal and Infant Mental Health network partners in engaging with **Black and Minority Ethnic Women** and their families during the perinatal period to support mental health and wellbeing.



Supported **Black History Month** and delivered two Stigma and Discrimination Healthy Minds sessions to NHS staff.

Continued membership of **Employers Network for Equality and Inclusion Network.**



Training and Capacity Building



Continue to work with our commissioned service, **Scottish Association of Mental Health (SAMH)** to provide online learning opportunities to colleagues, partners and volunteers across GGC.

Range of courses available; Introduction to Suicide Prevention, Mental Health Supporting Others, Trauma Informed Practice, Hybrid Working and Looking After Your Wellbeing.

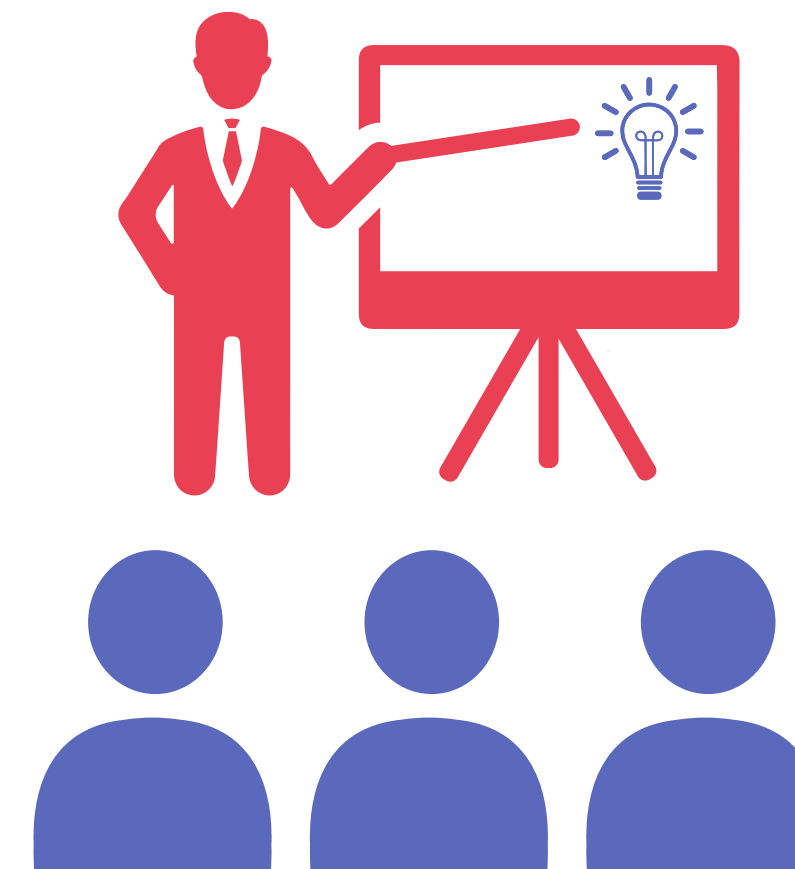
Planned and scheduled **face to face delivery** of Scottish Mental Health First Aid and Applied Suicide Intervention and Skills Training (Nov 2022- March 2023).

Training and Capacity Building

11 partners trained in the **Adult Seasons for Growth** programme to support the wider grief and bereavement agenda across Greater Glasgow and Clyde.

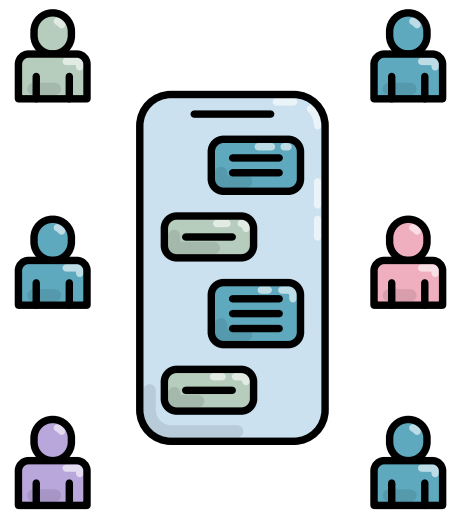
Over 30 colleagues and partners attended our **Healthy Minds** Resource Refresh Update sessions.

11 colleagues and partners completed **Training for Trainers** in our What's the Harm Self-Harm Awareness and Skills training course.



Digital

Redeveloping our **Aye Mind** website, a platform to support those working with young people to feel confident to use digital tools to improve their mental health and wellbeing.



Developed a resource in response to reported incidents of **harmful online** content that have been identified across GGC including content that promotes self-harm.

Worked alongside Health Improvement Colleagues from Glasgow City HSCP to look at the **mental health impact of online harm**. A literature review was completed, focus groups held with people with lived experience, and draft awareness raising modules have been created.



Anti-Stigma



11 projects have been funded for the period 2022 – 2023, with a particular focus on **mental health stigma** among ethnic minority communities, alongside projects addressing general mental health stigma.

Two **Learnings Sets** have been delivered to projects alongside See Me and the Mental Health Foundation, focusing on ‘Adopting an Anti-stigma Approach’ and ‘Evaluation.’

Outputs from last year’s Fund have been made available on our team’s site: [**Anti-Stigma and Discrimination – NHSGGC.**](#)

Resource Development



Refreshed our **Healthy Minds** resource, updating all 17 awareness sessions, available to download from our website.

Developed a new Healthy Minds Session, **Mental Health and Menopause**, which was quality assured by a Consultant Gynaecologist in Sexual and Reproductive Healthcare from Sandyford Sexual Health Services.

Developed two locality **staff guides** for Glasgow City and Renfrewshire HSPC's highlighting a range of mental health supports for new and expectant parents.



Renfrewshire
Health & Social Care
Partnership



Contact Information



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Please visit our **[website](#)** to find out more about the work our team do.