The NHS Greater Glasgow and Clyde Mental Health Improvement Team

January - June 2024

Update Report

The Team

Trevor Lakey
Health Improvement & Inequalities Manager -
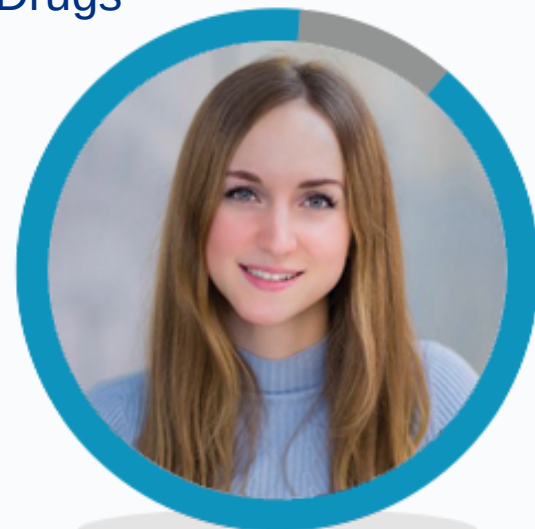Mental Health, Alcohol and Drugs

Heather Sloan
Health Improvement Lead Mental Health

Greg Usrey
Health Improvement Lead Mental Health

Laura Hills
Health Improvement Senior Digital Mental Health

Michelle Guthrie
Health Improvement Senior Mental Health

Celebrating our Success

Conference

Our poster was accepted at the 'Solving the Crisis in Mental Health Services: Global Solutions' conference.

3,560

Partners, colleagues and volunteers have accessed various online and in person training opportunities over the last four years via our commissioned contract with SAMH.

Global Women in Healthcare Awards

Shortlisted for 'The Outstanding Leader Award: Supporting other Women in their Healthcare Careers' category.

Team Highlights

> One of the highlights for me is the capacity building approach we have adopted over the past few years in relation to self-harm. Building on the work we previously done with Education colleagues across the 6 HSCP's; we have rolled this out as pilot for Strathclyde University to enable them to have their own pool of self-harm trainers.
>
> Future plans are in the pipeline for this to be cascaded to all Higher and Further education establishments across the Greater Glasgow and Clyde area to enable them to be self-sufficient in delivering self-harm awareness and training to staff and students alike.

> A highlight for me this year has been the opportunity to come together with so many partners across GGC interested in digital youth mental health and wellbeing.
>
> The online environment is ever-changing, fast-paced, and impacts all aspects of health and wellbeing. When faced with such a challenge, the Digital Collaborative has been invaluable as a space to come together and find strength in our numbers. Through this diverse and varied network, we've identified six key priorities we will work together to progress, from addressing digital exclusion, and online harms, to championing digital.

> I continue to be inspired by the commitment from our Perinatal and Infant Mental Health network. The network continues to thrive and is recognised as an example of good practice both nationally and by other Health Board areas who have adopted a similar structure.
>
> A highlight for me is our Perinatal Mental Health Conversation Workshops, a partnership with our colleagues from the Perinatal Mental Health Service, West of Scotland Mother and Baby Unit. The overarching aim of the workshops is to strengthen partnership working between Clinical Services and Third Sector partners to enhance pathways of support for women and their families during the perinatal period. Between Jan - May 2024, we facilitated three workshops, attended by 75 colleagues and Third Sector partners from across GGC.

Strategic Leadership

Continued active involvement in a range of Strategic Groups.

NHSGGC Mental Health and Wellbeing Stream

NHSGGC Mental Health Prevention and Early Intervention: Children and Young People Group

NHSGGC Digital Public Health Working Group

Active within a range of National Suicide Prevention Networks

Perinatal Mental Health Managed Clinical Network Steering Group

NHSGGC Perinatal and Infant Mental Health Local Implementation Group

Co-chair of the Scottish Public Mental Health Special Interest Group

Co-chair of the Public Mental Health Action Team

Strategic Leadership

National Managed Clinical Network Perinatal and Infant Mental Health

- We continue to represent **NHSGGC on the PERINATAL MENTAL HEALTH NETWORK SCOTLAND (PMHNS) steering group.** The steering group's remit is to provide strategic direction and decision making to achieve the best possible outcomes for women, infants and families through better access to safe, effective, person-centred care delivered as close to home as possible. The managed clinical network developed a national programme of work to reduce variation and improve equitable access to appropriate perinatal mental health provision for women, infants, and families. - Further detail of outputs from this work can be found here: **Perinatal and early years - Mental health - gov.scot (www.gov.scot)**

Strategic Leadership

Public Mental Health Action Team

- At national level our Health Improvement and Inequalities Manager is co-chair of the **Public Mental Health Action Team (PHAcT)** focused on Mental Health of Children and Young People, which had its establishment event in March. It continues to progress preparatory work that will lead to a set of actions, in conjunction with national and local partners - for example Scottish Government, COSLA, Mental Health Foundation, Scottish Community Development Centre and Voluntary Health Scotland. The PHAcT reports into and is actively supported by the Scottish Directors of Public Health Group.

Strategic Leadership

National Work Force Development

- The strategic ambition to reduce health inequalities and improve life expectancy in Scotland is shared across public services. Public Health Scotland, Directors of Public Health and Scottish Government are united in this ambition, including the commitment to the forthcoming ten-year population health plan. Our Health Improvement Lead plays a key role in a short life working group, chaired by National Education Scotland (NES) which was established to review the current practitioner registration arrangements with a view to identify future registration needs and programme of support for the development of the Public Health workforce. She was instrumental in developing a fully costed Business plan to support a proposal for a National coordinated Registration scheme.

Suicide Prevention

Ongoing active involvement in a range of suicide prevention activity and provision of learning opportunities across the life course.

Leading roles in the Greater Glasgow and Clyde suicide prevention planning group and its sub-groups.

Co-ordination role for the Glasgow City Suicide Prevention Partnership. Areas of work include addressing locations of concern, developing communications approaches (including Creating Hope in Glasgow film with national partners) and continued progress on training.

Suicide Prevention

During January 2024 - March 2024:

- **20** participants attended **Applied Suicide Intervention Skills** Training

- **20** participants attended **Scottish Mental Health First Aid** Training

- **43** participants attended a **Trauma and Mental Health** course

Self-harm

Scottish Government
Riaghaltas na h-Alba
COSLA

Scotland's Self-Harm
Strategy and Action Plan
(2023-27)
Supporting with Compassion

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

Met with colleagues at **Scottish Government** in the Directorate for Mental Health to discuss the self-harm dimensions of Ofcom's consultation on protecting children from harms online.

Facilitated a session with Self-harm forum in response to new Scotland's newly published **Self-harm Strategy and Action Plan.**

Updated our **What's the Harm Self-harm** awareness and skills 1 day training course and included including supplementary information around the digital dimensions to self-harm.

Self-harm

A report on the partnership work between the University of Strathclyde and the NHS Greater Glasgow and Clyde Mental Health Improvement Team to build self-harm capacity for local training delivery within the University.

Prepared by
Michelle Guthrie on behalf of the NHSGGC Mental Health Improvement Team

March 2024
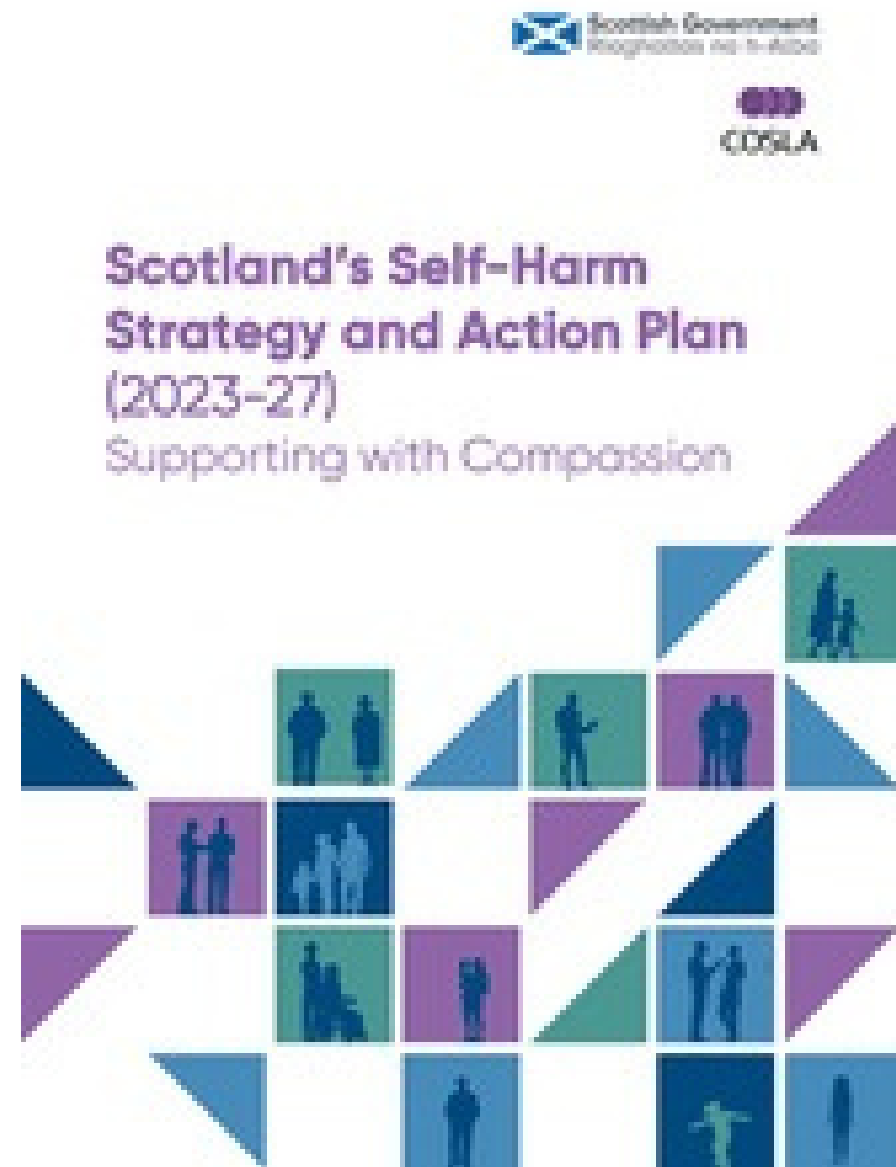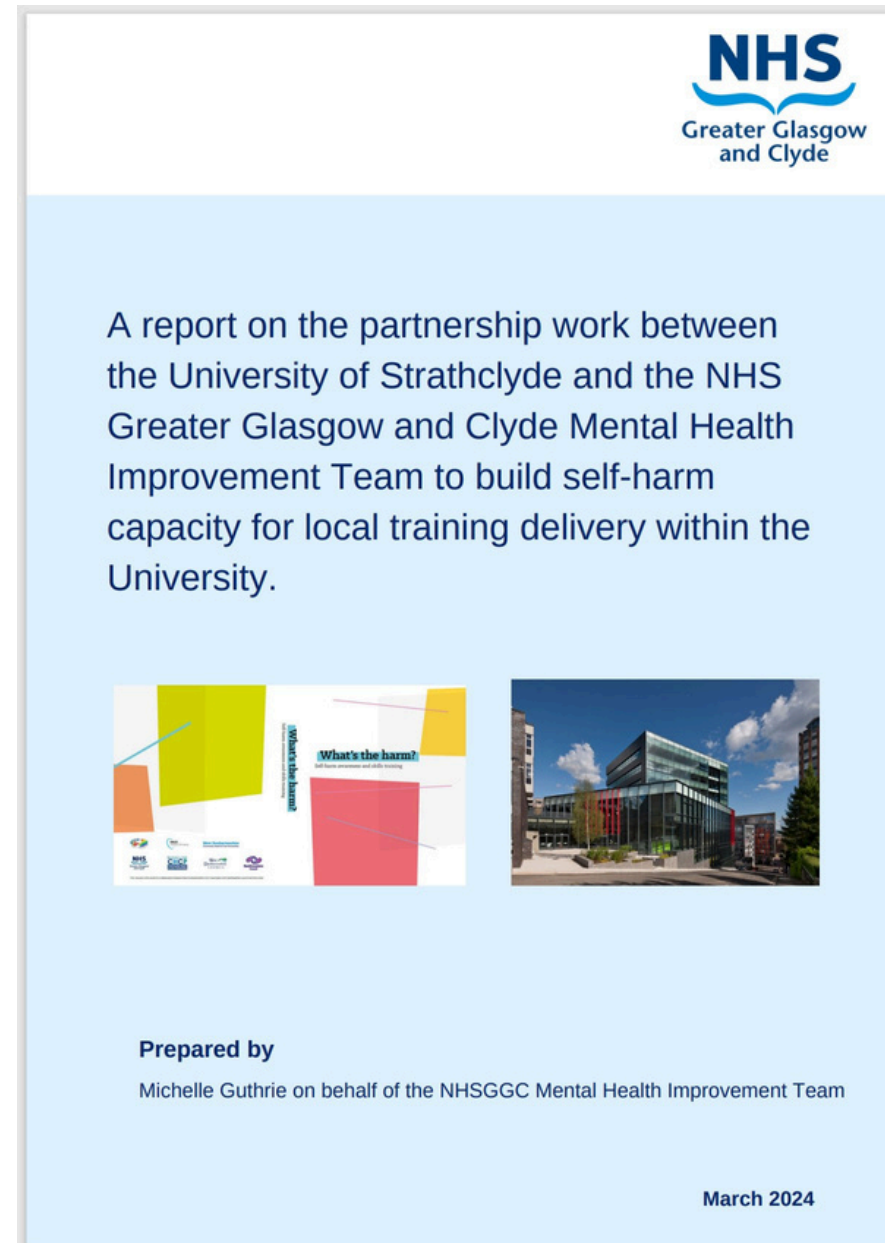
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Deliver **An Introduction to Self-harm** session to a carer's group at the Glasgow Mental Health Network.

Worked in partnership with **Strathclyde University** to build self-harm capacity via our Training for Trainers programme; **10** staff trained.

Collaborating with **Higher and Further Education** partners to roll out self-harm Training for Trainers programme to increase self-harm training delivery capacity.

Perinatal and Infant Mental Health

Continue to chair the **Perinatal and Infant Mental Health Network.**

Attended the **Grampian Perinatal and Infant Mental Health Collaborative** to share good practice, benefits and learnings from our NHSGGC Perinatal and Infant MH network.

Delivered **3 Perinatal and Infant Mental Health Conversation Workshops** in partnership with colleagues from the NHSGGC Perinatal Mental Health Service, West of Scotland Mother and Baby Unit. Over **70** partners and colleagues attended.

Updated our **"Supporting new and expectant parents mental health"** resource to support staff have conversations about mental health during the perinatal period.

Training and Capacity Building

Worked with our commissioned service, **Scottish Association of Mental Health** (SAMH) until March 2024 to provide online and in person learning opportunities to colleagues, partners and volunteers across Greater Glasgow and Clyde.

11 courses delivered between January - March 2024 including; Trauma and Mental Health**,** Mental Health in the Workplace, Trauma and Mental Health, ASIST, Scottish Mental Health First Aid, Menopause and Mental Health and Men's Mental Health.

140 colleagues and partners from Health, Education, Social Work, Housing and Third Sector attended the courses.

Training and Capacity Building

Contract with our commissioned training provider **SAMH** concluded in March 2024.

373 courses have been delivered between 2020-2024. Courses have included; Introduction to Suicide Prevention, Trauma and Mental Health, Building Resilience, Hybrid Working, Mental Health Supporting Others, ASIST and Scottish Mental Health First Aid among others.

3560 participants from Health, Education, Social Work, Housing and Third Sector attended the courses.

Digital
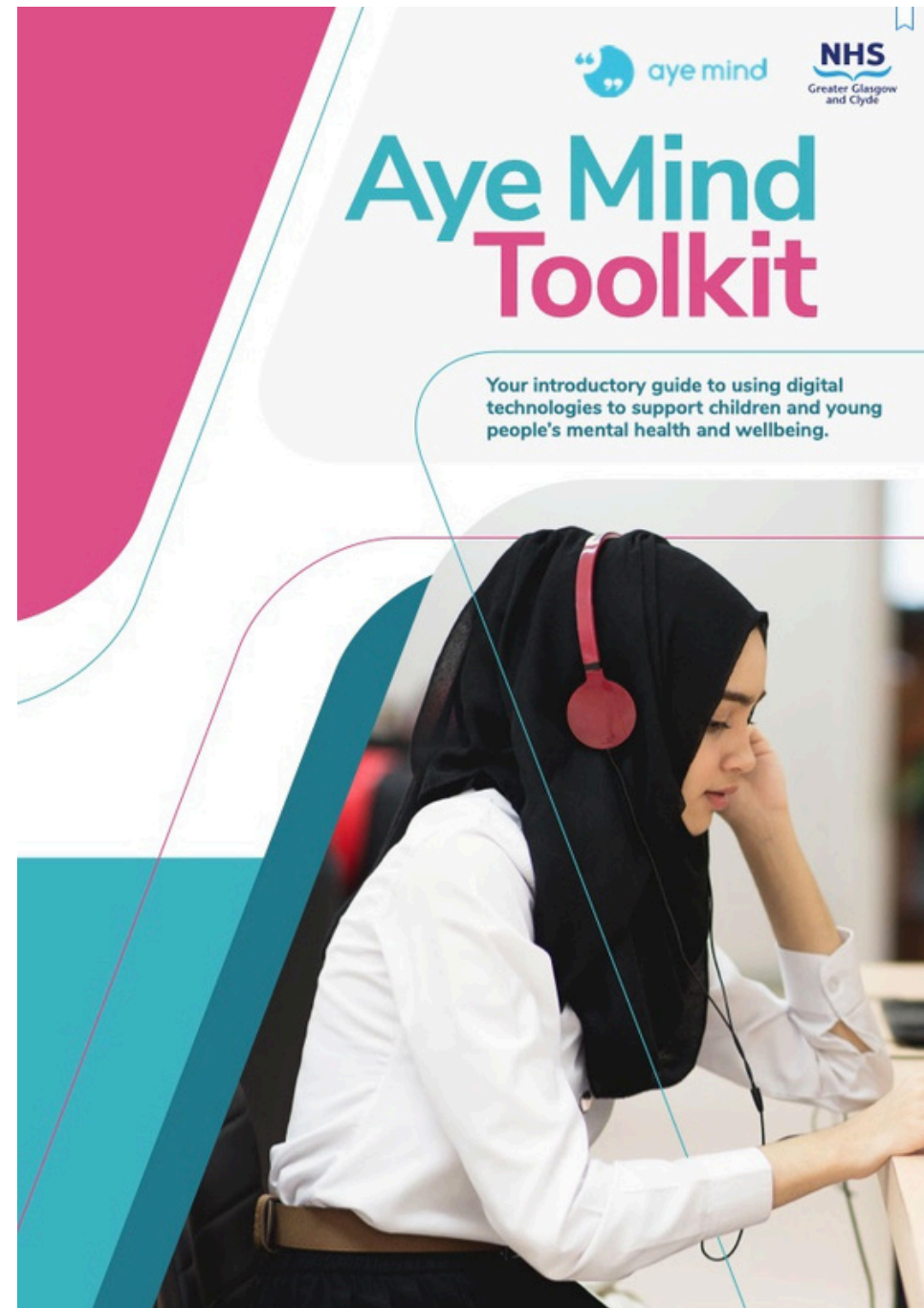
Continue to chair the NHSGGC **Aye Mind Digital Collaborative,** a multi-disciplinary network of partners from across GGC interested in digital youth mental health and wellbeing. Sub-groups have been established to progress the following six priorities: Developing Digital Skills and Wellbeing, Youth Engagement, Digital Inclusion, Evaluating Digital Tools, Championing Digital, Online Harms.

Widespread communications of the findings from the qualitative project, **"It's Not Safe and Consistent"**, exploring the impact of social media on self-harm among young people. Including: presenting at the UKSBM Conference, a Specialist Children's Services mini-research conference, and having a poster accepted at the 'Solving the Crisis in Mental Health Services: Global Solutions' conference.

Capacity Building and Communication

Delivered 2 **Screen Time and Mental Health** Healthy Minds Sessions to **23** partners and volunteers across Greater Glasgow and Clyde.

Continue to produce our **Monthly Mental Health Snippets** in partnership with our partners and colleagues.

131 people are now subscribed to our new monthly **Aye Mind** Newsletter, for digital youth mental health.

2,264 followers on our @Ayemind99 X (formerly Twitter) account.

Campaigns

Extensive involvement in various **mental health awareness campaigns,** including Time to Talk Day, Safer Internet Day, Self-injury Awareness Day, World Sleep Day, Stress Awareness Month, Mental Health Week, Infant Mental Health Week, Pride Month and Armed Forces Month among others.

Contact Information

Owen Breen
Senior Business Support Assisant

Donald Boyle
Business Support Assistant

If you have any queries please direct them through our Admin team at **ggc.mhead@ggc.scot.nhs.uk**

Please visit our **website t**o find out more about the work our team do.