UPDATE REPORT

NHS EDUCATION FOR SCOTLAND MENTAL HEALTH
STAKEHOLDER STEERING GROUP

June 2010
<table>
<thead>
<tr>
<th>Contents</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children and Young People Projects update</td>
<td>3</td>
</tr>
<tr>
<td>Educational actions arising from the Mental Health Nursing Review update</td>
<td>3</td>
</tr>
<tr>
<td>Health Legislation update</td>
<td>6</td>
</tr>
<tr>
<td>Increasing access to psychological therapies update</td>
<td>6</td>
</tr>
</tbody>
</table>
1. CHILDREN AND YOUNG PEOPLES’ MENTAL HEALTH PROJECTS UPDATE

1.1 Children and Young Peoples’ Mental Health- Competencies Framework Project

The SGHD has asked NES to lead the development of a CAMHs Competencies Framework. UCL has been commissioned to progress the development of this framework guided by an expert group of stakeholders.

1.2 ‘Essential CAMHS’ Learning Materials

In 2010 NES will work with stakeholders to develop ‘Essential CAMHS’ Learning Materials. These new learning materials will be informed by the competency framework and will build on and replace the ‘New to CAMHS’ pack previously developed by HeadsUp Scotland. A range of activities are currently underway to inform the content and style of the learning materials including:

- A survey and focus groups with practitioners who have recently joined CAMHS services to identify their perceptions of learning needs
- Review of core documents including existing competency training resources
- Engagement with literature concerning the views of Children, Young People and families who have used CAMHS services to elicit their views on key priorities including consideration of equality and diversity issues
- Consideration of the key findings from the evaluation of the dissemination of ‘New to CAMHS’.
- Scoping event with a targeted membership planned for 22nd June 2010. Purpose of the event is to agree the scope and parameters of the product. Whilst also agreeing key content, style and format. The outcomes of the scoping event will inform the tender document.

Please also note additional information re CAMHS developments in Section 4 – Increasing Access to Psychological Therapies.

2. EDUCATIONAL ACTIONS ARISING FROM THE MENTAL HEALTH NURSING REVIEW

2.1 Education to support values based and recovery focussed practice (VB&RF)

In 2010 NES will progress further work in partnership with the Scottish Recovery Network to provide Boards with support in the implementation of the Scottish Recovery Indicator (SRI) to promote
practice development activities in a way that synergies the use of the SRI with VB&RF education.

Samantha McKewan commenced the post of NES/SRN Learning and Development Facilitator – Scottish Recovery Indicator in April 2010. The post objectives are:

- To provide additional national support specifically aimed at supporting the delivery of Action 2 of Rights, Relationships and Recovery (RRR) – refreshed action plan.
- To enable RRR Local Implementation Groups (LIGs) to progress activity in a way that promotes synergy between the implementation of the SRI and the RRR educational actions in relation to 10 ESCs and Realising Recovery Training.
- To play a strategic role in locating and progressing developments in the wider nursing policy agenda – in particular Leading Better Care
- To continue to enable and foster partnership working between NES and SRN in a way that communicates our shared objective to promote recovery, in a way that reflects the values base underpinning SRI
- To promote additional national support that supplements the work already being progressed by the SRI project lead

In 2010 we will undertake a review and update of the 10 Essential Shared Capabilities Learning Materials and a working group has been convened to take this forward.

2.2 Older Peoples’ Mental Health and Dementia Care

National Conference
The NES national conference to share best practice in working with older people with mental health problems took place on the 24th February 2010 at the Stirling Management Centre. It was well attended with very positive feedback on presentations and concurrent sessions on best practice.

Dementia Post Diagnosis Early Intervention and Support
NES plan to fund a further 40 candidates to undertake the early interventions programme this year. This programme will run from September 2010 to December 2010. We are currently in the process of seeking nominations for the programme.

Supporting Workforce Development in Dementia Care in A&E Departments
NES ran a workshop for key staff in A&E, Acute Care and other relevant stakeholders to identify current models of best practice in this area and begin to identify educational requirements. Feedback from this event was that approaches taken in Acute Care areas would not easily replicate across to A&E departments.
NES are currently working with individual A&E leads to establish what appropriate educational solutions could be used to meet the needs of this staff group. In taking this forward we will ensure this links with other relevant education such as working with people with a learning disability and others who may require additional support and protection.

2.3 Pre Registration Mental Health Nursing Preparation

NES continues to work, on behalf of SGHD, with Higher Education Institutions, to support implementation of the National Framework. We will compile an annual report, on behalf of the SGHD, in 2010 charting HEIs’ progress in their actions from the review and implementation of the new national framework.

Practice Placement Demonstration Projects
As part of the SGHD recruitment and retention work programme we have commissioned 3 Higher Education Institutions to design, implement and evaluate demonstration project/s that pioneer new and innovative approaches to organising practice placements in the pre-registration nursing programmes. The demonstration projects commenced in September 2009 with final reports submitted in March 2011. The projects supported are:

*Edinburgh Napier University/NHS Lothian*
Student placements in CAMHS: A ‘Hub and Spoke/Pathway’ Approach to Understanding Children & Young Peoples Mental Health.

*Robert Gordon University/NHS Grampian/NHS Orkney/NHS Shetland*
Implementation and evaluation of hub and spoke models in the mental health branch programme

*University of Stirling/NHS Forth Valley/NHS Highlands/NHS Western Isles*
Implementation and evaluation of hub and spoke models of placements in the common foundation programme in 3 geographically diverse locations.

All pilots are progressing to project plan with early indications of positive outcomes already being achieved in terms of maximising placement availability and student and mentor experience.

Please also note additional information re multi disciplinary developments in Section 4 – Increasing Access to Psychological Therapies
3. HEALTH LEGISLATION

*Mental Health (Care and Treatment) (Scotland) Act 2003*

The updated educational resources for frontline staff will be ready for consultation by 14th June 2010. While it will be made available on the NES website from September 2010, further amendments will be required when any changes to the legislation are made.

*Adults with Incapacity (Scotland) Act 2000 & Adult Support and Protection (Scotland) Act 2007*

NES has now established a Networking Group of those with responsibility for training within NHS Boards to share best practice across Scotland and develop educational resources where gaps are identified for both the Adult Support and Protection Act and the Adults with Incapacity Act. The first meeting of this group took place on 20th May 2010. The group agreed that there is a need for national standardised educational resources for all staff groups in relation to the Adults with Incapacity Act and for levels 1 and 2 in relation to Adult Support and Protection Act. It was agreed that resources should be combined for both Acts and a blended learning approach should be taken with the main focus on a web-based resource and support for implementation from local training co-ordinators.

4. PSYCHOLOGICAL THERAPIES

The importance that the Government places on rapid and equitable access to effective Psychological Interventions within NHS Scotland is demonstrated by the introduction of the current HEAT target - A12:

‘During 2010/11 the Scottish Government will work with NHS Boards to develop an access target for psychological therapies for inclusion in HEAT 2011/12’

NES is working to support NHS Boards to deliver on any future access target for Psychological Therapies through teaching and training.

4.1 Competencies/Stepped-Care

The competence frameworks for CBT, Psychodynamic Psychotherapy, Humanistic Therapy and PTs Supervision have been produced in partnership with Skills for Health. The CBT framework lays out the competencies necessary to deliver CBT at both the ‘low intensity’ and High Intensity’ levels of stepped care. This framework is being used to inform the restructuring of CBT training in Scotland. Work is in progress, and on schedule, on a parallel competence frameworks for the ‘family and systemic’ modality, which is expected to appear on the UCL Website in early spring.
The next stage of the work—the production of National Occupational Standards for the various therapeutic modalities—is now complete.

In addition to the work on PTs competences in Adult Mental Health, NES is commissioning a competence framework for CAMHS services (see section 1). This will widen out beyond psychological therapies and will cover the broad range of skills needed within CAMHS. It is due to be published in autumn 2010.

4.2 Increasing Capacity for Delivering Mindfulness-Based Cognitive Therapy (‘Mindfulness’) for Depression in Scotland

The scoping, planning, and delivery of training for a rollout of Mindfulness Based Cognitive Therapy has begun. A draft competence map, adapted from the CBT competence framework, has been developed for Mindfulness for depression, and a trainers network has been established. Training has already been delivered in Greater Glasgow and Clyde. Both ‘basic level’ and ‘advanced level’ training was delivered in a number of Board areas in order to ensure the sustainability of high quality training provision in the longer term. There are plans to find some further supervision to ensure the sustainability of the system.

4.3 Supervision

The competency framework for supervision of psychological therapies has been produced in partnership with Skills for Health. NES has developed a curriculum for generic psychological therapies supervision training based on this framework and this was piloted at the end of March 2009. The course was very favourably received by practitioners from a range of therapeutic backgrounds, and we have now developed a ‘training for trainers’ package which will enable NHS Boards to provide their own supervision training. This was being piloted in March 2010, and a second course is planned for autumn 2010.

4.4 Guidance for NHS Boards

In partnership with the SGHD Mental Health Division and the Psychological Therapies steering group, NES has produced guidance for NHS Boards on the local delivery of evidence-based psychological therapies. The document—

‘A Guide to evidence-based Psychological Therapies in Scotland: The Matrix’ has been designed to help NHS Boards:

- Deliver the range, volume and quality of Psychological Therapy required for the effective treatment of common mental health problems, and the achievement of ICP accreditation;
- Provide evidence-based psychological interventions in other key government priority areas; and
• Work towards reducing waiting times for Psychological Therapies in anticipation of future ‘referral to treatment’ targets

The current document covers
• Key areas within Adult Mental Health services;
• Key areas within services for children, young people and families; and
• Some aspects of Long Term Conditions management and physical health care.

The Guidance is not intended to be prescriptive, but does offer guidance to local groups involved in the strategic planning and delivery of Psychological Therapies.

To remain current this document will be updated regularly to expand the scope of its coverage and to incorporate new evidence as this becomes available. The CAMHS and Depression sections are currently being updated, and new sections on Trauma and the delivery of psychological therapies for older adults will be added in the early summer. The work on Forensic and Learning Disability is in progress and these sections are likely to be available by late autumn 2010.

4.5 **Psychodynamic Psychotherapy**
A package of ‘training for trainers’ in mentalisation-based therapy was completed, and the new trainers are committed to cascading the training in local areas.

4.6 **Other modalities**
NES has supported training in a number of other areas including

• Mindfulness, an intervention based on meditation techniques which has been shown to reduce relapse rates in depression
• Behavioural Family Therapy (BFT), which can benefit individuals experiencing complex and enduring mental health problems and their families
• Inter-Personal Therapy (IPT), which is recommended for Depression, Social Anxiety and Eating Disorders
• Cognitive-Behavioural Integrative Therapy, which is effective in helping patients with co-occurring mental health and alcohol misuse problems.

4.7 **CAMHS**
We have deployed government resources to commission training in Child Psychodynamic Psychotherapy from the Scottish Institute for Human Relations. We are also delivering training, and creating the necessary supervision infrastructure, in Systemic and Family Therapy, CBT for Children and Adolescents and Parenting programmes.
4.8 Psychological Therapies for Dementia
In 2009 NES established a multi-disciplinary group to develop a strategy for increasing access to evidence based psychological interventions for dementia.

4.9 Other Activities

Psychological Therapies Training Co-ordinators
NES is working with Boards to deploy resources to support the sustainable delivery of training. We now have service level agreements in place with all territorial Health Boards. In many Board areas this resource has been used to employ a Psychological Therapies Training Co-ordinator (PTTC) to provide extra capacity to assist with the identification of training and supervision needs, and to organise and deliver training and supervision where appropriate.

Psychological Interventions Team
The Scottish Government is setting up a small Psychological Interventions Team (PIT) to support the work of increasing timely access to evidence-based psychological therapies. The PIT will be hosted and managed within NES, and will comprise a programme director/manager, two programme managers and a project co-ordinator/administrator.

The posts will be fixed-term (two years) and will work on information-gathering, referral pathways, and specific training issues likely to include Older People’s services, CAMHS, Psychological Literacy and Alcohol.

The Programme Director, Anne Joice, has been appointed and took up post on 1st March 2010.