Mental Health Strategy Annual Forum

Wednesday 27th November 2019
08:30-16:15
EICC
The Exchange, 150 Morrison St, Edinburgh
EH3 8EE

08:30	**REGISTRATION & REFRESHMENTS**	
09:00	Welcome – **Cromdale Hall**	**Donna Bell,** Director of Mental Health
	Minister for Mental Health COSLA	**Clare Haughey,** Minister for Mental Health **Councillor Stuart Currie**, COSLA Health and Social Care Spokesperson
09:25	Session 1 – '*Getting it Right for Every Person'* - Lanarkshire's Mental Health Strategy Development	**Anne Armstrong & Kate Bell,** NHS Lanarkshire
10:10	Session 2 – Capabilities and inclusion: foundations of good mental health	**Michael Smith**, NHS Greater Glasgow and Clyde and National Suicide Prevention Leadership Group
10:30	Table discussion and feedback	**John Mitchell**, Principal Medical Officer, The Scottish Government
10:50	Coffee Break	
11:10	Session 3 – Together we can end mental health stigma and discrimination	**Wendy Halliday,** SeeMe, **Gemma Welsh,** SeeMe
11:30	Session 4 – Computerised Cognitive Behaviour Therapy	**Chris Wright,** NHS 24
11:50	Session 5 – National Autism Implementation Team	**Kirsty Forsyth,** Queen Margaret University
12:10	Session 6 – Change Agents (Maternal & Perinatal Mental Health)	**Clare Thompson,** Maternal Mental Health Scotland **Elaine Clark,** Perinatal Mental Health Network Scotland
12:30	Reflections from the morning session	**John Mitchell**, Principal Medical Officer, The Scottish Government
12:40	Introducing the Adult Mental Health Collaborative	**Donna Bell,** Director of Mental Health
12:50	**LUNCH**	

13:40 Adult Mental Health Collaborative 4 x Workshops

1 - Specification for Community Mental Health Teams – *What does 'good' look like?* – **Tinto Room**

Maud Village Trust will describe how they designed the Old Mart Community Resource Centre to facilitate a multi-agency support network for vulnerable people in the community and provide a range of activities and resources which benefit the overall health and wellbeing of the local community.

Participants will work together to explore the elements which are required to build a gold standard community mental health service.

2 - Creation of a Universal Health & Wellbeing Service – *What is the offer to citizens in distress?* – **Moorfoot Room**

The Scottish Government Distress Intervention Group will describe how they are working towards a multi-agency collaborative response to improving the community management of individuals in distress. Here the ambition is for affected individuals to experience a joined-up service pathway that focuses on initially identifying the cause of the individual's distress and which then sustainably links them with the most appropriate solution to their needs.

Participants will be given the opportunity to describe the agencies, structures and processes required for creating and maintaining a distress intervention service.

This interaction session will share the work of Mental Health Access Improvement Team (a collaboration between Healthcare Improvement Scotland and ISD) focussed on improving access to psychological therapies, whilst improving the quality of care and outcomes for people who access services.

After considering the work of MHAIST, participants will also be given the opportunity to identify improvements they can take back to their workplaces and implement.

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3 – Improving Access – Improving Quality – **Cromdale Hall**

This interactive session will explore the work of the Mental Health Access Improvement Support Team (MHAIST). This is a priority area of work being led by Healthcare Improvement Scotland (HIS) and Information Services Division (ISD). The work is focussed on improving access to CAMHS and psychological therapies, whilst improving the quality of care and outcomes for people who access services. There will be an opportunity for delegates to consider areas for improvement within their services and discuss priority work.

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4 – Creating Joy in Work – **Kilsyth Room**

Everyone working in our system appreciates that there are increasing demands on time, resources, and personal energy. Work processes have often not changed to meet the growing demand, so it's hardly surprising that we are seeing high levels of sickness absence and sometimes difficulty in recruiting new staff to join our teams.

Coined by the Institute for Healthcare Improvement (IHI) Scotland's strategic partners in improvement, 'Joy in work' is more than '…just the absence of burnout or an issue of individual wellness; it is a system property. It is generated (or not) by the system and occurs (or not) organization-wide. Joy in work — or lack thereof — not only impacts individual staff engagement and satisfaction, but also patient experience, quality of care, patient safety, and organisational performance.'

This focus as part of an Improvement Collaborative gives us the opportunity to concentrate on the thoughts and actions of our staff – their dedication and compassion are our greatest assets and we are confident that many of the complex issues we face can be addressed by harnessing that energy. This assets-based approach to improvement enables people to look at issues from different perspectives, which often leads to designing more innovative solutions.

Let's be clear, we are using the term 'Joy in work' intentionally. The word itself can provoke variety of reactions, of the Marmite variety…

But love it or hate it the term will provoke reactions both within this workshop and when participants return to explore the concept with their home teams. This is an opportunity to be aspirational and ambitious in what could be achieved.

Participants will hear examples of how staff engaged in improvement projects have made more joyful working experiences for their teams and will explore the elements which are required to anchor the principles of Joy in Work.

Coffee to be served in breakout rooms around 14:15

15:30	Workshop Feedback – **Cromdale Hall**	
16:00	Close – **Cromdale Hall**	**Donna Bell,** Director of Mental Health

CLOSE & THANK YOU