

# Issue 3

May 2007

## Inside this issue:

### Introduction

1

Dr John O'Grady

### The first Annual Members' Seminar

2

Sarah Tucker & Tessa Hughes

### The Development of Service Standards for Women in Medium Secure Care

4

Dr Chris Ince

### The Interview: Malcolm Campbell, Service Manager

6

Tessa Hughes

### Events

8

### Links

10

# Quality Network for Forensic Mental Health Services

## Introduction

By Dr John O'Grady, Consultant Forensic Psychiatrist,  
Chair of the Network Advisory Group

Welcome to the third newsletter of the Quality Network for Forensic Mental Health Services. The network has reached the end of what has been a successful first cycle, and are now embarking on the second.

It is our intention to build on the first annual cycle through listening to the membership. To this end we are developing the review process and holding a standards consultation workshop in November, in conjunction with the Department of Health.

Recruitment for the second cycle is underway; already we have increased our membership and will continue recruitment over the next month.

We look forward to working with you over the coming year, and hope that participating in the quality network is a useful and interesting process for all involved.



Visit us online at [www.rcpsych.ac.uk/QNFMHS](http://www.rcpsych.ac.uk/QNFMHS)

## The First Annual Members' Seminar Quality Network for Forensic Mental Health Services

Sarah Tucker and Tessa Hughes

The quality network held its first Annual Members' Seminar on 20<sup>th</sup> March 2007. The event was fully booked and the diverse range of unit staff who attended from across the U.K and Ireland together with regional commissioners and representation from the Department of Health delighted us.

Dr John O'Grady (Project Lead and Chair of the Forensic Faculty, Royal College of Psychiatrists) chaired the event. He formally announced the change of name of the quality network (formerly Quality Network for Medium Secure Units). Dr O'Grady spoke about the expectation that over the next years the scope of the network will expand so as to include the spectrum of security as well as personality disorder and learning disability services. In this way it is hoped the quality network will develop further to meet the needs of the diverse range of forensic mental health services.

We presented preliminary findings from the first annual cycle of self- and peer-reviews. This provided the first opportunity for members to benchmark their unit against the other eight pioneer member units in relation to the Standards for Medium Secure Units. It also provided the first opportunity to identify trends across the eight participating units.

The seminar incorporated the first Annual General Meeting of the Quality Network for Forensic Mental Health Services. Adrian Worrall (Head of the College Centre for Quality Improvement) presented the project accounts for open scrutiny. There followed an open forum for exploration and discussion of key areas of policy and future development of the quality network. There was indeed lively debate of a number of issues including how to involve service users of secure mental health services in the peer-review process and other aspects of the quality network. There was also formal space given for member feedback on the work of the quality network and suggestions for future improvements. The open discussion in which member views were actively sought very importantly reflected the fundamental principle of the quality network, namely that members take ownership of it and have a central voice in the development of it.

Dr Andrew Johns (Consultant Forensic Psychiatrist, Dennis Hill Unit) spoke to an innovative and exciting early proposal for a National Mapping and Cost Study of medium secure units. The proposal builds on Dr John's London Benchmarking Project and provides an invaluable 'research arm' of the quality network.



**Quality Network  
for Forensic  
Mental Health  
Services**

### The Project Team

**Sarah Tucker**

Programme

Manager

0207 977 6661

[stucker@cru.rcpsych.ac.uk](mailto:stucker@cru.rcpsych.ac.uk)

**Tessa Hughes**

Quality

Improvement

Worker

0207 977 6665

[thughes@cru.rcpsych.ac.uk](mailto:thughes@cru.rcpsych.ac.uk)

**Adrian Worrall**

Joint head of the  
Centre for Quality  
Improvement

0207 977 6690

[aworrall@cru.rcpsych.ac.uk](mailto:aworrall@cru.rcpsych.ac.uk)

*Continued on page 3*

In the afternoon we divided in to smaller groups to provide the opportunity for member units to present on their experience of the self- and peer-review process as well as the key areas of achievement and for improvement arising from their reviews. We were really pleased that these sessions fulfilled their purpose: namely for members to share good practice and to explore common difficulties and ways of intervening.

Dr Paul Lelliott (Director of the College Research and Training Unit) presented a contextual overview of the work of the

College Research and Training Unit in which the quality network is embedded and chaired the final plenary of the seminar. Finally we really enjoyed networking with delegates more informally over a glass of wine.

Many thanks to all those who attended and contributed, and we look forward to continuing to work with you and with new colleagues over the second annual cycle of the quality network.



Any comments?

If you would like to respond to this, or any of the articles in this newsletter, please email [msu@cru.rcpsych.ac.uk](mailto:msu@cru.rcpsych.ac.uk) and we will post your comments on our email discussion group.



**The Quality Network for Forensic Mental Health Services with the Department of Health Present:**

## **A Framework for Improving Medium Secure Forensic Services**

Thursday 1<sup>st</sup> November 2007 10.30am-4.30pm

**A consultation workshop on standards and other key policy developments for medium secure forensic mental health services organised by the Department of Health and the College Centre for Quality Improvement**

**Key Note Speakers to include:**

- **John Boyington CBE**, Director of Health Offender Partnerships, Department of Health / Home Office

**To book:**

Contact Sarah Tucker in writing stating names of delegates and contact details at Quality Network for Forensic Mental Health Services, College Centre for Quality Improvement, 4<sup>th</sup> Floor Standon House, 21 Mansell St, London E1 8AA, fax to 020 7481 4831 or *preferably* e-mail [stucker@cru.rcpsych.ac.uk](mailto:stucker@cru.rcpsych.ac.uk)

## The Development of Service Standards for Women in Medium Secure Care

Dr Christopher Ince, Specialist Registrar in Forensic and Learning Disability Psychiatry

The Corston Report, (Home Office, 2007), a review of the needs of women within the Criminal Justice System, highlights that “women and men are different. Equal treatment of men and women does not result in equal outcomes.” Echoing this view, work is currently ongoing to develop a set of service standards specifically designed to address the needs of women in Medium Secure care.

### Nature and Extent

Statistics show that women commit a relatively small percentage of all crime and represent only a small minority of those held within the prison system. The most recent figures show that approximately 5.6% of the prison population are female; in January 2007 there were 4248 female offenders, an increase of almost 300% since 1993.

Parsons et al (2001) in a study of female remand prisoners showed a lifetime prevalence of mental disorder of 61%; for psychotic disorders 19% and for affective disorders 43%. The inclusion of mental and behavioural disorders secondary to substance misuse increased the overall prevalence to over

80%. With the same population, 76% were deemed to have a current mental disorder and for 9.5%, this was deemed to be of sufficient severity to warrant admission to either the prison health care service or for a psychiatric assessment with a view to transfer to hospital.

Taken together, these figures point toward a dramatically increasing demand for specific services for mentally disordered female offenders. Historically, the majority of such offenders were transferred to the Special Hospitals; it has since been recognised that only a minority of women required such high levels of physical security. More recently, care has been provided at a more regional level, either within specific services or existing medium and low secure units (leading to mixed gender wards).

### Evidence Base

Research has shown that, while not exclusively found in women, there are a number of issues which are prevalent in the majority of mentally disordered female offenders:

*Continued on page 5*



*“Women and men are different. Equal treatment of men and women does not result in equal outcomes.”*

The Corston Report  
(Home Office, 2007)

- Deliberate self harm
- Abuse, particularly of a sexual nature, often including exploitation
- High incidence of diagnosis of personality disorder, mainly borderline type
- Family and primary carer responsibilities, often with their own children
- Geographical issues, often due to the lack of locally available beds, leading to out-of-area placements
- Lack of advocacy services

Despite the increased emphasis upon the needs of such service users, a systematic review of the literature has highlighted a lack of high quality evidence upon which to base a set of service standards for Medium Secure care. It has been felt that, while some trends can be drawn from studies of the general psychiatric population, women in Medium Secure care are such a statistically uncommon population, with their own set of needs, that any such generalisation can only be made with caution.

As such, the first phase of development of the standards for Women's Medium Secure Services will involve a wide consultation with relevant stakeholders of which the most important group will be service users themselves and those who provide their care.

### Identification of Services

With the recent explosion in the provision of Medium Secure Care within the private sector, the first task has been to develop a comprehensive list of the available services within the United Kingdom. This was a necessary step, as consultation with only a proportion of services may have led to bias, and weakened the validity of any eventual findings.

To this end, Regional Forensic Case managers throughout England and Wales were contacted – to determine the location and nature of NHS services and also to enquire as to the private sector facilities with which they are familiar. A similar exercise has begun in Scotland and Ireland.

All services will be invited to participate in the primary phase of consultation, after which a draft version of standards will be produced. These standards will then be subject to scrutiny via further consultation, to be presented at the Quality Network Annual Seminar in 2008.

Should anyone wish to contribute to the consultation process, or discuss the issues further, please contact Dr Ince via email (address opposite).



### References

Parsons, Walker, Grubin (2001) Prevalence of mental disorder in female remand prisons. *Journal of Forensic Psychiatry* 12(1) 194-202

Home Office (2007) *The Corston Report: A Review of Women with Particular Vulnerabilities in the Criminal Justice System*. London: Home Office

Dr Christopher Ince is an Honorary Research Worker for the QNFMHS

Email: [chris\\_ince@btinternet.com](mailto:chris_ince@btinternet.com)

## The Editor's Interview

### Malcolm Campbell, Service Manager

Ravenswood House, Hampshire Partnership NHS Trust

Malcolm Campbell has worked at Ravenswood House since 1994. He was initially employed as Senior Nurse Manager and then within the first 18 months as Service Manager.

Prior to this Malcolm worked for two years as Senior Nurse Manager at The State Hospital, Carstairs, and prior to this, The Reaside Clinic in Birmingham. Aside from nine months post qualification experience in Scotland in a slow stream rehabilitation ward, all of his experience has been in forensic mental health.

#### The role of Service Manager

As a Service Manager, Malcolm is responsible for the operational management of the adult forensic services (including a 23 bed low secure unit) and everything that goes with this - complaints, budgets, strategy, policy development, developing new services and dealing with the day to day issues.

From 1<sup>st</sup> April, Malcolm's job will be changing and he will become Director of Operations - Specialised Services with responsibility for Tier 4 CAMHS, Forensic CAMHS as well as the adult forensic services.

#### Challenges

Over the years, one of the biggest challenges has been expanding the service from 28 to 75 beds, both in terms of managing the capital schemes and recruiting/retaining suitably skilled and experienced staff in the service.

The Ravenswood team have endeavoured to be innovative and creative in this recruitment and a CD-Rom that the service developed for recruitment purposes has been particularly successful. Extended development programmes for staff have also helped with retention.

The provision of services for acutely ill female patients due to environmental and funding issues has been a particular problem and Ravenswood is currently only able to admit female patients after they have had a period of stabilisation in the private sector.

#### Achievements

Ravenswood have good user/carer involvement and a very active reference group which is attended by patients and members of the



#### Background:

Ravenswood House is the centre of the Wessex Forensic Psychiatry Service. The Unit is a self-contained 75 bed medium secure unit serving Hampshire and the Isle of Wight, Dorset and parts of Wiltshire.

The Unit currently provides assessment, care and treatment in conditions of medium security. A community, day care and out-patients service is also provided as well as consultation to local district psychiatric services, social services, probation, prisons and the courts.

*Continued on page 7*

management team. The team are exploring ways of extending this to include a service user (or ex-service user) in clinical governance structures.

A key achievement is the robust CPA process that all MDT's work with, guided by the Ravenswood House Team Handbook.

### Plans for Ravenswood House

Priorities for the future include ensuring that the service links in with the other services in the new directorate in order that the service can learn and share good practice.

Malcolm identifies a need to work closely with the service's commissioners to review the provision of care for female patients. On a personal level, Malcolm's priority is to successfully develop the directorate, meet the objectives and ensure a break-even budget at the end of the year!

### Working with the Quality Network for Forensic Mental Health Services

Malcolm reports that "Being part of the Quality Network has been a very rewarding experience. We have had an opportunity to learn from other units and it has given us time to critically review our service as well as providing us with validation/affirmation of the good things we do. We have also made some new friends in the process."

### Interested in joining the Quality Network for Forensic Mental Health Services?

#### Benefits of joining The Quality Network for Forensic Mental Health Services

- ✦ Provides service standards
- ✦ Provides a detailed service evaluation and report
- ✦ Allows achievements of clinic staff to be recognised
- ✦ Provides detailed advice and support about areas in need of improvement
- ✦ Organises a visit to another Forensic Mental Health Services
- ✦ Provides annual report of aggregated findings which serves as a benchmarking tool
- ✦ Maintains a national network to improve communication between staff and units
- ✦ Email discussion group
- ✦ Newsletter
- ✦ Annual Seminar

#### H o w t o j o i n

If you are interested in joining The Quality Network for Forensic Mental Health Services, please return a joining form or contact Sarah Tucker [stucker@cru.rcpsych.ac.uk](mailto:stucker@cru.rcpsych.ac.uk) or Tessa Hughes [thughes@cru.rcpsych.ac.uk](mailto:thughes@cru.rcpsych.ac.uk)

Please click here to download The Quality Network for Forensic Mental Health Services Joining Form <http://www.rcpsych.ac.uk/pdf/Joining%20form%202007.pdf>



## Events

- ⇒ **The Nice Clinical Guideline on Bipolar Disorder Conference.** An event organized by The National Collaborating Centre for Mental Health to support the guideline. **6th June 2007.** Call 020 7977 6652 for further information.
- ⇒ **Working with Forensic Clients Using Cognitive Analytic Therapy** Two day introductory skills training **13<sup>th</sup> & 14<sup>th</sup> June 2007** [www.acat.me.uk](http://www.acat.me.uk)
- ⇒ **Mental Health Act: report writing and evidence giving for nurses.** Workshop held by the Forensic Mental Health Teaching Unit / Department of Forensic Mental Health Science at the IOP, Kings College London **18th June 2007** <http://www.iop.kcl.ac.uk/events/?id=469>
- ⇒ **Writing for Court—Ensuring Quality and Effectiveness.** Medico legal training with Andrew Andrews, held by the Royal College of Psychiatrist's Education and Training Centre. **11th July 2007.** <http://www.rcpsych.ac.uk/crtu/educationandtrainingcentre.aspx>
- ⇒ **Lead Reviewer Training** A training day for Forensic mental health professionals from all disciplines with an interest in leading external peer-reviews for the Quality Network for Forensic Mental Health Services **Friday 7th September 2007** [www.rcpsych.ac.uk/QNFMHS](http://www.rcpsych.ac.uk/QNFMHS)
- ⇒ **Ethnicity and Mental Health.** Royal College of Psychiatrist's Education and Training Centre. **10th October 2007.** <http://www.rcpsych.ac.uk/crtu/educationandtrainingcentre.aspx>
- ⇒ **A Framework for Improving Medium Secure Forensic Services** A consultation workshop on standards and other key policy developments for medium secure forensic mental health services, organised by the Department of Health and the College Centre for Quality Improvement. **1st November 2007** e-mail [stucker@cru.rcpsych.ac.uk](mailto:stucker@cru.rcpsych.ac.uk).
- ⇒ **The Mental Capacity Act in Action: Protecting the Vulnerable.** Royal College of Psychiatrist's Education and Training Centre. **27th November 2007.** <http://www.rcpsych.ac.uk/crtu/educationandtrainingcentre.aspx>



## Useful links

- ⇒ **Department of Health** <http://www.doh.gov.uk/>
- ⇒ **The Forensic Directory** - Provided by the St Andrews group of hospitals, this is an up to date resource detailing Forensic and other Secure Mental Health Services in the UK, provided by both the NHS and Independent Sectors. <http://www.theforensicedirectory.info/>
- ⇒ **Forensic Psychiatric Nurses' Association (FPNA)**  
Aims to promote the art and science of forensic psychiatric nursing, thereby improving the quality of care to patients <http://www.fnrh.freeseve.co.uk/fpna/>
- ⇒ **Health and Social Care Advisory Service** An evidenced based service development organisation working in all aspects of mental health and older people's services across the health and social care continuum <http://www.hascas.org.uk/>
- ⇒ **Healthcare Commission** - promotes improvement in the quality of the NHS and independent healthcare <http://www.healthcarecommission.org.uk/homepage.cfm>
- ⇒ **Institute of Psychiatry** - largest academic community in Europe devoted to the study and prevention of mental health problems <http://www.iop.kcl.ac.uk/>
- ⇒ **National Forensic Mental Health R&D Programme** - funds research which supports the provision of mental health services for people with mental disorders who are offenders/risk of offending <http://www.nfmhp.org.uk/>
- ⇒ **National Institute for Health and Clinical Excellence** an independent organisation responsible for providing national guidance on promoting good health and preventing and treating ill health. Includes the National Collaborating Centre for Mental Health (NCCMH), a partnership between the RCP and BPS <http://www.nice.org.uk/>
- ⇒ **National Institute for Mental Health in England** - responsible for supporting the implementation of positive change in mental health and mental health services. [www.nimhe.org.uk](http://www.nimhe.org.uk)



## Useful links

- ⇒ **National Offender Management Service (NOMS)**-brings together the work of the correctional services <http://www.noms.homeoffice.gov.uk/>
- ⇒ **Prison Health** -a partnership between the Prison Service and the Department of Health working to improve the standard of health care in prisons<http://www.dh.gov.uk/PolicyAndGuidance/HealthAndSocialCareTopics/PrisonHealth/fs/en>
- ⇒ **Prison Health Research Network**— DH funded initiative, led jointly by the Universities of Manchester, Southampton and Sheffield, and the Institute of Psychiatry <http://www.phrn.nhs.uk/>
- ⇒ **RCP Centre for Quality Improvement homepage** <http://www.rcpsych.ac.uk/crtu/centreforqualityimprovement.aspx>
- ⇒ **RCP Education and Training Centre** Offers courses for professional development in mental health care <http://www.rcpsych.ac.uk/crtu/educationandtrainingcentre.aspx>
- ⇒ **Sainsbury's Centre for Mental Health** - an independent charity that seeks to influence mental health policy and practice and enable the development of excellent mental health services through a programme of research, training and development. <http://www.scmh.org.uk/>
- ⇒ **Social Perspectives Network—Women in Secure Settings** coalition of service users / survivors, carers, policy makers, academics, students, and practitioners interested in how social factors both contribute to people becoming distressed, and play a crucial part in promoting people's recovery. <http://www.spn.org.uk/index.php?id=833>



QUALITY  
NETWORK FOR  
FORENSIC  
MENTAL HEALTH  
SERVICES

Royal College of  
Psychiatrists' Research Unit  
4th Floor Standon House  
21 Mansell Street  
London  
E1 8AA

Phone: 0207 977 6665

E-mail:  
[thughes@cru.rcpsych.ac.uk](mailto:thughes@cru.rcpsych.ac.uk)

