

Making An Impact

Our work in 2017

Contents

- 3 Mission Statement
- 4 Foreword
- 7 Our successes
- 12 Strategic priorities
- 30 Our Faculties
- 36 Our Divisions
- 42 Council
- 46 Our Board
- 47 Contact details

Mission Statement

“ The College works to secure the best outcomes for people with mental illness, learning difficulties and developmental disorders by promoting excellent mental health services, training outstanding psychiatrists, promoting quality and research, setting standards and being the voice of psychiatry. ”



Foreword

Welcome to the first pocket-sized guide to the College. *“Making An Impact”* will tell you what we are about and what we have been doing on your behalf.

The College has 18,000 members and exists to secure the best outcomes for people with mental illness. We are the voice of psychiatry, campaigning to ensure that mental health gets equal treatment to physical health and that services get a fair deal.

It is one of our proudest achievements that with partner organisations, we persuaded NHS England to publish the Five Year Forward View For Mental Health in 2016, which pledges an extra £1bn per year for mental health services by 2020.

In response to the report of the independent commission into the provision of mental health services, chaired by former NHS Chief Executive Lord Nigel Crisp, the government has promised to eliminate inappropriate out-of-area placements (OAPs) in acute adult care services in England by the end of the decade.

Our Successes

We also campaign to ensure that there are enough appropriately trained and skilled professionals in the psychiatric workforce to deliver excellent patient care, and we promote psychiatry as an exciting and rewarding career through our #choosepsychiatry campaign and by supporting Psychiatry Societies ('PsychSocs') and medical students at medical schools across the UK.

We set standards for psychiatry and mental health services; training outstanding psychiatrists; writing NICE guidelines; helping our members with revalidation and designing care pathways for service users.

We also drive up quality by delivering continuing professional development, auditing national services, and setting up quality improvement networks across mental health service teams.

This year we are campaigning to persuade the devolved nation governments to ensure fair funding for mental health services and are working to hold the Westminster Government to account on its funding pledges. We are also working to ensure that mental health is seen as part of an integrated approach to health and social care, promoting recruitment and retention of psychiatrists, and striving to ensure our trainees feel supported and valued.

President Prof Sir Simon Wessely,
President-Elect Prof Wendy Burn and
Chief Executive Paul Rees.

- The President and the Policy Unit significantly influenced the content of the Five Year Forward View for Mental Health (England's national strategy) to reflect all of our priority ambitions
- Our independently commissioned report into improving acute psychiatric care for adults in England is helping transform mental health care in England, prompting the Government to pledge to eliminate inappropriate out-of-area patient treatments by 2020/1
- Since June 2014 the College has been mentioned in the Houses of Parliament, the Welsh Assembly, the Northern Ireland Assembly and the Scottish Parliament 196 times
- The Policing and Crime Act implemented one of our key recommendations from our 2015 pre-election manifesto to ban the use of police cells as places to hold children while they wait for a mental health assessment
- We worked with a number of children's charities to successfully persuade the Government to amend the Children and Social Work Act so that local government has a duty to promote the physical and mental health of children in care

- The College successfully campaigned with the Academy of Medical Royal Colleges and other medical research charities to drop dangerous proposals for the Access to Medical Treatments (Innovation) Act 2016. We believed they could harm medical research and encourage medical professionals to experiment with unregulated potentially dangerous treatments
- The College pushed for major concessions on the Government's PREVENT programme, which led to better data, transparency and openness
- We secured funding from NHS England/HEE to run a pilot to build capacity in Perinatal Mental Health Services
- Following the junior doctors' dispute, the College consulted with its student members to understand morale and has published the *Supported and Valued* report outlining recommendations to improve working conditions
- We partnered with the King's Fund to write a key report on the NHSE's Vanguard programme piloting in England
- We secured £500,000 from the Gatsby/ Wellcome Foundation to modernise Neuroscience content in the curriculum

- In their evidence to the NI Assembly Scrutiny Committee, RCPsych in NI highlighted the initial failure in the Bill to identify serious psychological harm by focusing only on serious physical harm and said that this was indefensible in the 21st century. Detention conditions for a Public Protection Order now include the potential of the individual to create a risk of serious physical or psychological harm to other persons
- The College provided significant input into the Welsh Mental Health Strategy, *Together for Mental Health*, and has representation on the National Partnership Board that oversees the implementation of its delivery
- RCPsych in Wales is a signatory of the Crisis Care Concordat for Wales and is a member of the CCC Task and Finish Group which oversees the delivery of the Local Partnership Plans
- RCPsych in Scotland were part of a government led group reviewing the Mental Health Act training
- RCPsych in Scotland provided evidence to the Scottish Government's Mental Health Strategy
- A proposal from RCPsych in Scotland has led to a new clinical network for Perinatal and Infant Mental Health

- Access and waiting time standards in mental health have been developed by NCCMH for early intervention services. These have since been adopted by the NHS single operating framework and published by NHS England
- CCQI won contracts for two national clinical audits, worth £2.4 million combined; one about the quality of care provided to people with psychosis, the other about the quality of care provided to people with anxiety and depression
- The Prescribing Observatory for Mental Health (POMH-UK) completed 10 years of national audit-based quality improvement programmes, which have supported rational, effective and safe prescribing in mental health services
- We continue to push for our voice to be heard in the media, with commentary in print, online and broadcast. Our coverage around mental health spending in October 2016 alone resulted in 315 items reaching an audience of 8.5 million
- We held the first Psychiatric Trainees' Committee-led conference to support trainees who wish to 'return to practice'

- We have grown medical student psychotherapy schemes and Balint groups throughout the UK to promote a therapeutically minded approach for all doctors regardless of speciality
- Our Medical Training Initiative scheme has now expanded and we offered 20 places last year and we are expecting to match that figure in 2017
- We celebrated the efforts and exceptional work of our members at the RCPsych Awards 2016, a new presentation ceremony at International Congress and four new admission ceremonies
- Our review of patients and carers' involvement was completed, leading to the introduction of a significant restructure that realigned the focus to meet College objectives
- NCCMH won contracts worth £1.5m per year to develop evidence-based treatment pathways for NICE and NHSE, forming the response to several key recommendations in the Five Year Forward View for Mental Health for NHS England
- Our advice leaflets were viewed over two million times on our website with *Bipolar disorder*, *Cannabis and Coming off Antidepressants* being the most popular.



Strategic Priorities

Quality and Standards in psychiatry and mental health services

The College works hard to raise the standard of care for people with mental health needs through our work with the College Centre for Quality Improvement (CCQI) and the National Collaborating Centre for Mental Health (NCCMH).

CCQI

More than 90% of Trusts in the UK who provide mental health services participate in the work of the CCQI.

1. We will work to increase support to clinical teams by offering more chances to network, visit each others' services and learn about good practice.
2. We will work to improve the standard of care of people with dementia in acute hospitals.

To make this happen:

We will secure a two-year extension for the National Audit of Dementia from the end of 2017 and an increase in membership of the CCQI networks and accreditation schemes.

We will review guidance on patient and carer involvement in the production of standards, College Reports and guidance, and their implementation.

CCQI will involve patients and carers in the production of College standards and guidance through its representation on stakeholder committees, including advisory groups and reference groups.

20 sets of standards of service used by CCQI are currently in place.

The Psychiatrists' Support Service will update all its information guides and make them readily accessible online and in print.

NCCMH

The NCCMH sets standards for mental health services across the NHS on behalf of NHS England and NICE. This is done primarily through the development of a series of Evidence-Based Treatment Pathways (EBTPs), a key recommendation of the Five Year Forward View for Mental Health.

1. Our guidance translated into the introduction of the first 'access and waiting time' targets in mental health.

2. Our guidance has become part of the NHS Improvement Single Operating Framework, which sets our expectations of NHS providers, as well as changes to the mental health services dataset, so that improvements are measured.

We will continue to have a major impact on the development of mental health policy and the strategies of the organisations we work with such as NHSE, NHSI and HEE.

To make this happen:

We will develop guidance for the provision of effective, safe, compassionate and sustainable staffing across the NHS.

We will work to provide evidence-based treatment pathways to improve standards in mental health services.



Promoting psychiatry, recruitment and retention

It is our core purpose for the College to grow the profession through leadership and support and to promote psychiatry as a career of choice for all medical students and foundation doctors.

The Professional Standards Department is working with key partner organisations including NHS England, NHS Education Scotland, Northern Ireland Medical and Dental Training Agency, Health Education England, the Deanery

in Wales and the General Medical Council to ensure all placements in mental health settings are sustainable and high quality.

We will work to improve the image of psychiatry and work with trainees to become advocates of the profession.

- 1.** We will work to make sure when they finish their training, psychiatrists have jobs which allow them to deliver safe, high-quality care.
- 2.** We will work to persuade government that specialisms in psychiatry must be maintained so that psychiatrists can continue to deliver appropriate care to those with specific mental health needs.

To make this happen:

We will continue to promote recruitment and retention as well as the diversity of psychiatry so that it becomes the career of choice for medical students and foundation doctors.

We will work with partners to ensure psychiatry training and workforce planning is embedded in planning for new and reconfigured services as well as national initiatives.

Our **StartWell** initiative will be developed to further support:

- New career grade psychiatrists with career stage specific services, this will include central and local events to support networking and the six elements of the **StartWell** model
- Newly appointed consultants and locums as well as broadening the initiative to support the transition from higher specialty training to consultant. This includes the revision of CR174 (Safe Patients).

We will also develop a guidance document to support the roll out of the initiative throughout the UK.

We will continue to press government for funding to reach the frontline so that mental health services don't fall prey to a postcode lottery and we see a reduction in out-of-area placements for people with mental health needs.

We will support our psychiatric consultant trainers to provide excellent training placements whilst developing innovative educational resources and postgraduate curricula.

We will support the development of new roles, such as Physician Associates, and continuing professional development of the multi-disciplinary mental health team.

Training, Continuing Professional Development, exams and revalidation

The Professional Standards Department supports psychiatrists at every stage in their career from medical school to retirement. We strive to ensure the highest educational standards are delivered in undergraduate and postgraduate training including the Foundation Programme as well as development and delivery of specialist educational courses in mental health and Faculty conferences at the leading edge of academic excellence.

- 1.** We will work to make sure that we collaborate with other Medical Royal Colleges, the General Medical Council and with patients, families and carers to develop high quality undergraduate and postgraduate psychiatric training and assessment.
- 2.** We will work to make sure that foundation doctors can have high quality and stimulating training and we will develop training materials.
- 3.** We will work to make sure that the importance of science is emphasised in underpinning psychiatric practice.

To make this happen:

We will develop learning projects with other Medical Royal Colleges, parents and carers where relevant.

We will develop a national network to support high-quality educational opportunities to engage Foundation Trainees in psychiatry. Our Centre for Advanced Learning and Conferences (CALC) will develop training modules centred around both **StartWell** and leadership and management for all psychiatrists. By the end of 2017, we aim to provide mentoring services to 60 psychiatrists and in 2018 this will rise to 80.

We will work with colleagues and other specialties to incorporate up to the minute scientific developments into our curricula and training programmes, for example developments in Neuroscience.



Voice of Psychiatry

The Strategic Communications Department ensures that the College is the voice of psychiatry, using all forms of media to demonstrate the vital contribution that psychiatrists and psychiatry make for people with mental illness. It influences decision-makers and other stakeholders to ensure that services get the policies, the funding and the workforce needed to achieve parity between mental and physical health.

- 1.** We will promote a positive image for psychiatry and psychiatrists and raise awareness of mental health issues.
- 2.** We will ensure that our campaign to achieve 'parity of esteem' brings tangible benefits for patients with better funding of services, research and by addressing stigma.

3. We will campaign for a sustainable workforce, including proper access to specialist care required for patients to get high-quality services across the UK.

To make this happen:

We will create a campaign to explain psychiatry and promote positive images of psychiatrists and psychiatry. We will use the talents of our leading psychiatrists, developing them as expert commentators in the media to tell our positive story.

We will intensify and focus our efforts to achieve parity of esteem between mental and physical health by campaigning for a sustainable workforce and for mental health services to get a fair share of health resources.



Promoting Research

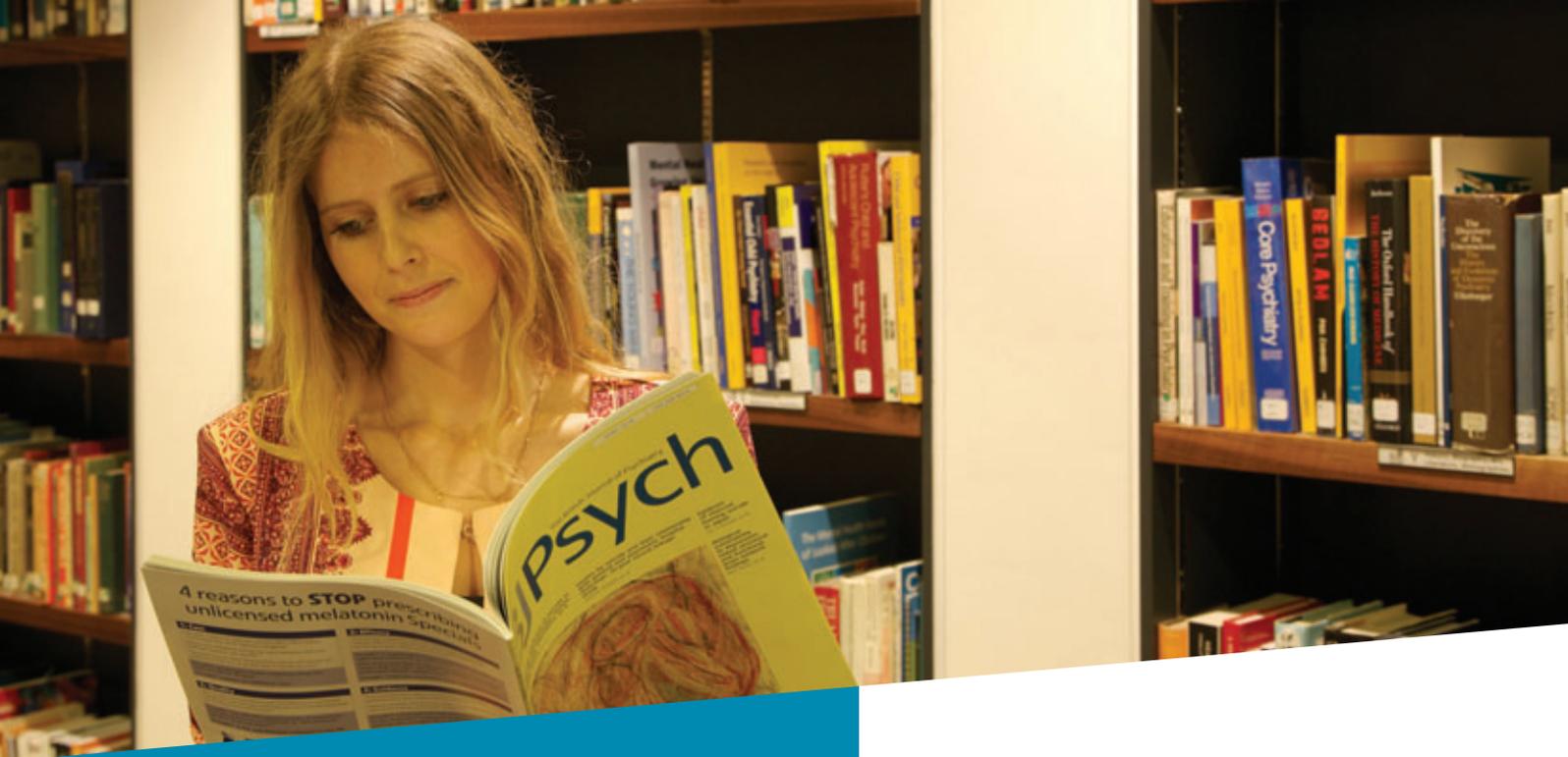
The College recognises the crucial role of evidence-based psychiatry in improving mental health. It supports valuable research including the Health Services Research Team which is based within the College Centre for Quality Improvement (CCQI) and conducts both large scale national research and in-depth qualitative studies. Our work provides insight into the experiences of both mental health professionals and those living with mental health problems, focusing on under-studied aspects of healthcare provision and public health.

We will use research to further promote the value of psychiatry:

1. Our research will help improve care, support prevention and address unmet needs and contribute to driving the national agenda on mental health.
2. Areas for research will be selected on merit and their added value to people with mental illness.
3. We will present our research to better shape policy, lobby influencers and help improve services.

To make this happen:

We will continue to attract the brightest and best into academic psychiatry. We will continue to attract funding for fellowships and research initiatives through our development work.



Supporting our Members

The College represents 18,000 psychiatrists in the UK and internationally. We believe that our members should help shape our work and that we should help them to understand what we offer.

1. We regularly update the membership with details of courses, events and news.
2. We review the fee structures and report annually on our value for money.

3. We will improve the way we communicate including a better website, newsletters and a quarterly magazine.

To make this happen:

We will provide library services that are 'first resort' to actual and potential users. We will develop a programme of work communicating with political parties and stakeholders to ensure that the College is visible and contributing fully to the political process.

Our Benefits include:

- The British Journal of Psychiatry and the BJPsych Bulletin – subscriptions to these prestigious journals (worth over £300 a year) and their delivery to your door are included in the membership fee
- A free quarterly magazine showcasing the work we're doing, changes to the curriculum and our campaigning work to promote psychiatry in all nations
- Free online access to the BJPsych Advances journal and discounted subscription to the *College's CPD Online*
- Free access to the Evidence Based Mental Health journal. Members will also be able to subscribe to the print copy of this journal for the low price of £10 per year
- Free access to the online version of the Australasian Psychiatry journal
- Use of the College's Library & Information Service – offering literature searches, Internet browsing facilities, photocopying and personal assistance with academic and service-related enquiries
- The opportunity to join Faculties and Divisions of the College and eligibility for election to Committees
- Invitations to academic meetings, conferences and social events, including the International Congress
- Eligibility to hire rooms at reduced rates at the College's central London premises for meetings or private events
- Access to a full range of support services offered by the Professional Standards Department - including the College's Continuing Professional Development programme
- 10% discount on the full price of RCPsych Publications products.



Our Faculties

There are thirteen Faculties within the College. They represent the major specialties of psychiatry.

Faculties represent the expertise, experience and body of knowledge in each particular specialty.

They do this by:

- Promoting the highest professional standards in the specialty through guidance development, contribution to consultations and engagement with key stakeholders

- Maintaining and developing relationships with a wide range of groups and organisations relevant to the specialty, including governments, medical leadership and other College groups
- Contributing to College policy and furthering the aims and objectives of the College
- Representing and articulating the views of the Faculty, patients who use mental health services and carers.

Academic

Chair: Prof Anne Lingford-Hughes

The Faculty of Academic Psychiatry provides a focus within the College for those with a major interest in academic psychiatry, particularly those employed within university and research institutions.

The Faculty is also concerned with ensuring the availability of appropriate clinical training and job opportunities for those entering academic careers.

Addictions

Chair: Prof Colin Drummond

The Addictions Faculty focuses on the assessment and treatment of people with complex medical and social needs arising out of addictions or addictive behaviour (this may include gambling).

Child and Adolescent

Chair: Dr Bernadka Dubicka

The Child and Adolescent Faculty promotes the mental wellbeing of young people and their families.

Eating Disorders

Chair: Dr Dasha Nicholls

The Eating Disorders Faculty brings together psychiatrists working in the field aiming to exchange information and improve services for this group of patients and their families.

Forensic

Chair: Prof Pamela Taylor

Forensic psychiatry is a specialty which helps mentally disordered people who are a risk to the public. Forensic psychiatrists work side by side with others including the police, probation service, courts, Crown Prosecution Service and prisons.

General Adult

Chair: Dr Lenny Cornwall

The General Adult Faculty is the largest in the College and encompasses a range of specialties involved with the provision of psychiatric care to adults. Its purpose is to liaise with and help educate and inform its members, colleagues within the College and external statutory and voluntary groups and agencies.

Intellectual Disability

Chair: Dr Ashok Roy

This Faculty aims to actively engage over 2,000 members in expanding knowledge about intellectual disability and develop policy which promotes the well-being of people with intellectual disabilities.

Liaison

Chair: Dr Jim Bolton

This Faculty manages mental health problems in physical health settings, most often in general hospitals, including inpatient wards, outpatient clinics and the emergency department. Liaison psychiatry helps to bridge the artificial divide between the mind and the body and between physical and mental health.

Medical Psychotherapy

Chair: Dr Susan Mizen

The Medical Psychotherapy Faculty represents the broad range of psychotherapeutic practice within psychiatry. Its membership consists of psychiatrists who practice psychotherapy as their main therapy or utilise its principles at work.

Neuropsychiatry

Chair: Prof Eileen Joyce

This Faculty aims to promote Neuropsychiatry within the College, designing and implementing education and training in the UK. It provides a voice for Neuropsychiatry, fostering academic and research links, and acts as a resource for the College.

Old Age

Chair: Dr Amanda Thompsell

Old Age Psychiatry provides care and treatment of older people with the complex needs associated with ageing.

Perinatal

Chair: Dr Trudi Seneviratne

This Faculty promotes the provision of services for childbearing women with mental health problems and their infants. It campaigns for better workforce and develops research and educational opportunities for psychiatrists in training.

Rehabilitation and Social

Chair: Dr Rajesh Mohan

This Faculty focuses on the needs of people with longer term and complex mental health problems. The Faculty has about 1,600 members and provides support for senior trainees and new consultants.



Our Divisions

The Divisions represent the College locally, address local needs and provide professional advice where required. Each Division has a Chair and Executive Committee. We work to make sure that standards are co-ordinated, up to date and accessible to members, that doctors can have high quality training and that there is continuous improvement in the relationship with trainees so that they become advocates of the profession. College members may opt to be members of the Division in which they either live or work but can only belong to one Division.

England

We have eight regional Divisions covering Eastern, London, North and Yorkshire, North West, South Eastern, South West, Trent and the West Midlands.

The Chairs are:

Eastern – Dr Abdul Raof

London – Dr Shakeel Ahmad

North & Yorkshire – Dr Kannan Suresh Babu

North West – Dr Louise Sell

South Eastern – Dr Catherine Kinane

South West – Dr Richard Laugharne

Trent – Dr Anand Ramakrishnan

West Midlands – Dr Ignacio Agell-Argiles

RCPsych in Scotland

RCPsych in Scotland was set up in 1994. It mirrors much of the College organisation at UK level, with Faculties and interest groups, organises and runs academic programmes and Faculty events. The current Chair and RCPsych Vice-President is Dr John Crichton and there are approximately 1,300 members. RCPsych in Scotland holds academic meetings, in January and September each year. It also responds to relevant consultations in liaison with psychiatric specialties and lobbies the Scottish Government.

RCPsych in Scotland will:

- Lead a Scottish Mental Health Partnership that will work to influence policy makers, press, media and engage with the public
- Work to influence the content of the next Mental Health Strategy and will issue a joint manifesto of 'asks' for the next Scottish Government

RCPsych in Wales

RCPsych in Wales was set up in 2004. Professor Keith Lloyd is the Chair and Vice President of the College in Wales. He leads the Executive Committee, comprising 13 Faculty Chairs, elected members, trainee representatives and patient and carer representatives. The College has around 550 members. Its remit is to improve recruitment, retention and training and improve service standards. It also lobbies the Welsh Government and National Assembly on issues around psychiatry and mental health and works closely with stakeholders to ensure parity of esteem.

RCPsych in Wales will:

- Increase input into cross party groups on mental health in Wales to influence policy makers
- Work to increase collaboration with Third Sector organisations, service users and carers to communicate clear and positive messages about mental health and psychiatry in health and social care services, better inform the media and promote positive public engagement

RCPsych in Northern Ireland

RCPsych in NI was set up in 2003. The Chair and Vice President is Dr Gerry Lynch, the Vice Chair is Michael Doherty. They have a membership of approximately 440. Dr Lynch represents RCPsych in NI on the College Council. There are also RCPsych in NI representatives on each of the Central Faculty Committees and on the various College Committees such as The Education and Training Committee, Policy, Public Engagement, Regional Advisors and Recruitment and Retention.

RCPsych in Northern Ireland will:

- Lobby for the appointment of a mental health champion. We will work with our existing networks within the voluntary sector and with service users and carers to advocate for a mental health champion at the heart of Government during the next mandate
- Ensure the voice of psychiatry is heard in the implementation phase of the Mental Capacity Bill in terms of its code of practice and training requirements
- Influence Government to fund physical health needs of people with mental illness and learning disability.

International Divisions

We have representation in the following geographical areas:

African International Division

Chair: Dr Oluwole Famuyiwa (Nigeria)

European International Division

Chair: Dr Michael Best (Germany)

Middle Eastern International Division

Chair: Dr Suhaila Ghuloum (Qatar)

Pan-American International Division

Chair: Dr Sophia Frangou (USA)

South Asian International Division

Chair: Dr Sandip Deshpande (India)

Western Pacific International Division

Chair: Prof Stephen Kisely (Australia)



The Council

The Council leads on matters relating to education, policy, professional practice, professional standards, public engagement, quality, research, and training in psychiatry. Its responsibilities include the election of new members and fellows and the approval

of applications for other categories of membership. It makes recommendations to the Board of Trustees about the nature, scope and extent of the privileges of membership. Additionally, it can make recommendations to the Board of Trustees for new Faculties.

The Council's members are:

Chair: Prof Sir Simon Wessely
(Prof Wendy Burn from 28th June 2017)

Dr Adrian James

Dr Kate Lovett

Dr Jan Falkowski

Dr Ignacio Agell-Argiles

Dr Shakeel Ahmad

Dr Jim Bolton

Dr Abdul Raouf

Dr John Crichton

Dr Lenny Cornwall

Prof Mike Crawford

Dr Mayura Deshpande

Prof Colin Drummond

Prof Eileen Joyce

Dr Ian Hall

Dr Catherine Kinane

Dr Bernadka Dubicka

Dr Rajesh Mohan

Prof Tim Kendall

Dr Richard Laugharne

Dawn Lewis

Prof Keith Lloyd

Michelle Long

Dr Gerry Lynch

Robert Milligan

Dr Susan Mizen

Dr Dasha Nicholls

Dr Anand Ramakrishnan

Dr Ashok Roy

Dr Louise Sell

Dr Trudi Seneviratne

Dr Kannan Suresh Babu

Prof Pamela Taylor

Dr Amanda Thompsell

Dr Kate Milward

Robert Walker

Prof Anne Lingford-Hughes

Dr David Somerfield

Dr Harm Boer

Dr Pierre Taub

Dr Russel Razzaque

Dr Matt Tove

Dr Hugh Series

Board of Trustees

The Board of Trustees acts as the governance body for the College. It has full management and control of the College (including its property and affairs) and of its administration.

The Board's members are:

Chair: Prof Sir Simon Wessely
(Prof Wendy Burn from 28th June 2017)

Dr Adrian James

Dr Kate Lovett

Dr Jan Falkowski

Dr Sadgun Bhandari

Dr Peter Hindley

Dr Gwen Adshead

Malcom Basing

Nigel Jones

Anita Bharucha

Contact Details

Headquarters:

21 Prescott Street
London
E1 8BB
020 7235 2351
020 7977 6655

RCPsych in Scotland:

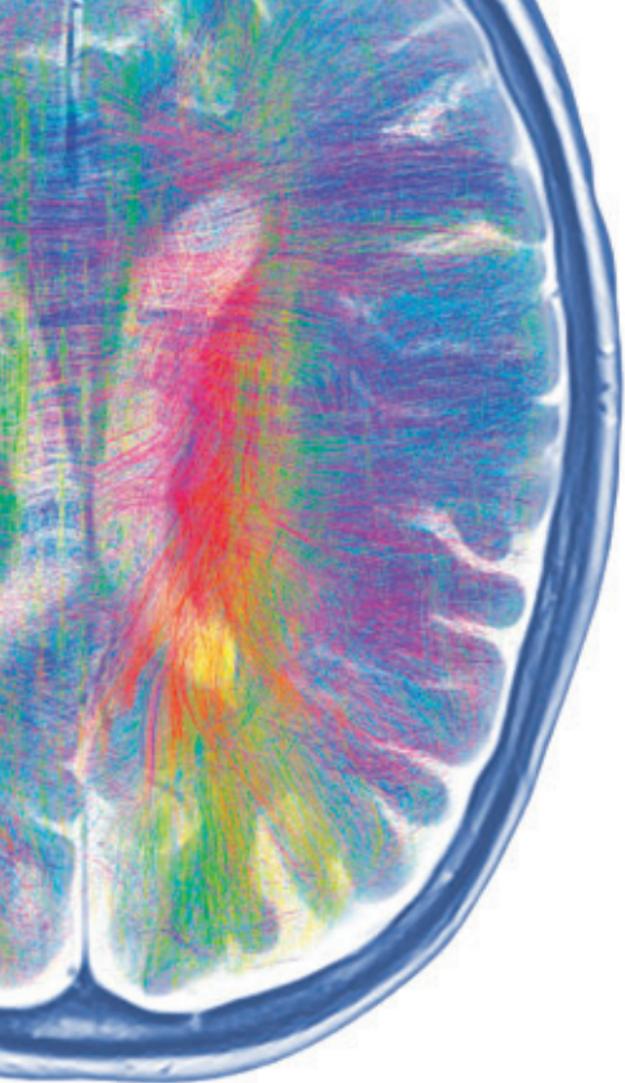
12 Queen Street (1st Floor)
Edinburgh
EH2 1JE
Tel: 0131 220 2910

RCPsych in Wales:

Baltic House
Mount Stuart Square
Cardiff
CF10 5FH
Tel No: 029 2048 9006

RCPsych in Northern Ireland:

Clifton House
2 North Queen Street
Belfast
BT15 1ES
Tel: 028 9027 8793



@rcpsych



RCPsych



linkedin.com

