

An aerial photograph of a wide river flowing through a dense forest. The trees are in various stages of autumn, showing shades of green, yellow, and orange. A paved road with a white center line curves along the right bank of the river. The water is a deep blue-grey color. The overall scene is peaceful and scenic.

Brief Overview: Planetary Health and Sustainability Committee & Nature Matters

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Permission to take images of slides

- I give permission for images of my slides to be taken **for personal use but not shared with others**, including on social media

Views expressed in my presentation are my own and are not a reflection of RCPsych stance or policy

Climate

Nature

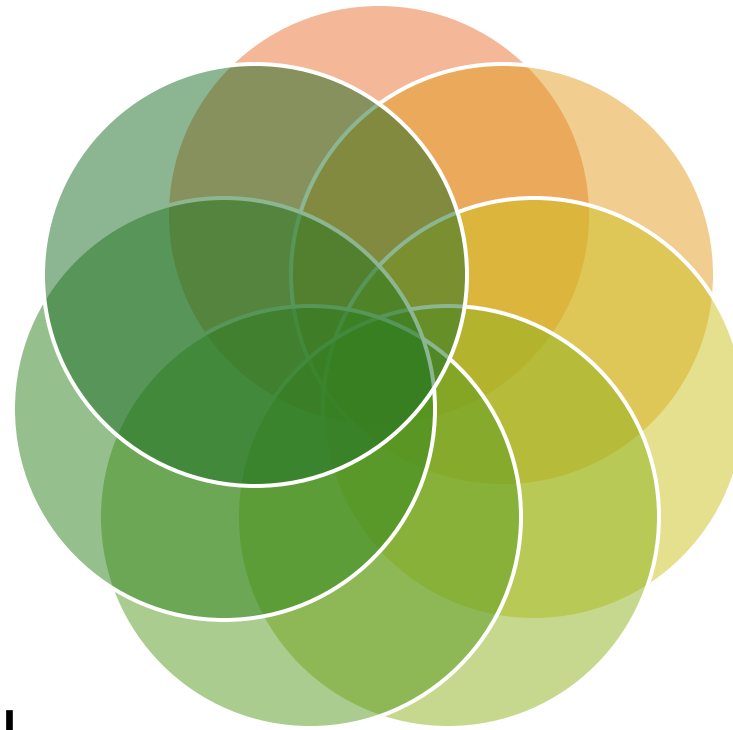
Research

Training,
Education &
Networks

Policy

Mental
Healthcare
Services

Clinical
Practice



Faculty Champions

Sustainability Scholars

PHSC

RCPsych partners (CCQI,
PMHIC, Policy team, College
sustainability manager)

External partners (UKHACC,
Centre for Sustainable
Healthcare)



Supporting others

We're supporting mental health teams, trusts and psychiatrists to improve their sustainability.



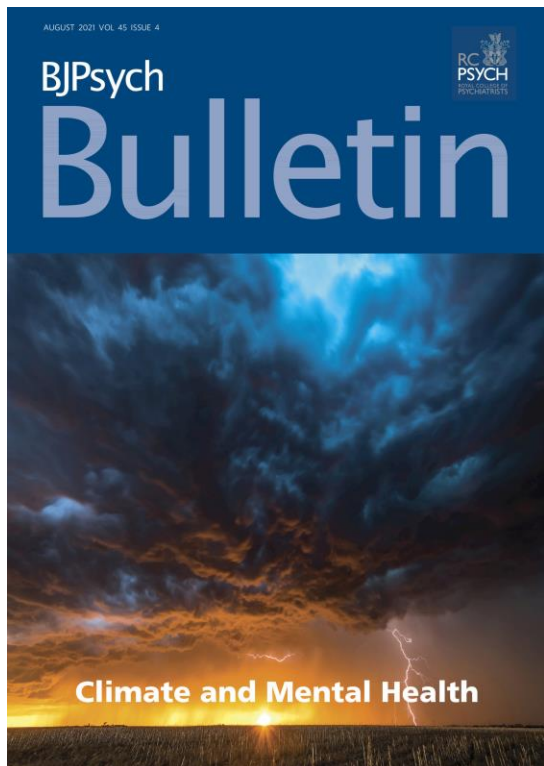
Influencing government

We're lobbying the government to take necessary steps in relation to climate and mental health.



Taking action at RCPsych

We're taking action to make sure the College itself is a sustainable organisation.



RC PSYCH
ROYAL COLLEGE OF PSYCHIATRISTS

PS03/21

Our planet's climate and ecological emergency

May 2021

POSITION STATEMENT




Podcasts

To coincide with the launch of our position statement on Sustainability, we produced a miniseries of podcast episodes about climate change.

Episode 1





We talk to Michelle who lived with anxiety and depression for over two decades and recently got involved with a Wildlife Trust in Lancashire called MyPlace.




Top ten tips for practicing psychiatry sustainably

A sustainable approach seeks to provide the highest quality of care in an environmentally and socially responsible way.

Embedding the four principles of sustainable healthcare in our services improves the sustainability of our practice.

-  Prevention
-  Empowerment of patients and staff
-  High value care
-  Reducing carbon (reducing waste)



European Centre for Environment & Human Health
UNIVERSITY OF EXETER



A Handbook for Nature on Prescription to Promote Mental Health

UK Medical Research Council
NIHR Applied Research Collaboration South West Peninsula





CCQI
**Standards for Community
Mental Health Services**
Fourth Edition

Editors: Rob Chaplin, Harriet Clarke, Mary Docherty,
Hannah Lucas-Motley and Peter Thompson

The five Sustainability Principles are listed below:

- 1. Prioritise prevention** – preventing poor mental health can reduce mental health need and therefore ultimately reduce the burden on health services (prevention involves tackling the social and environmental determinants alongside the biological determinants of health).
- 2. Empower individuals and communities** – this involves improving awareness of mental health problems, promoting opportunities for self-management and independent living, and ensuring patients and carers are at the centre of decision-making. It also requires supporting community projects that improve social networks, build new skills, support employment (where appropriate) and ensure appropriate housing.
- 3. Improve value** – this involves delivering interventions that provide the maximum patient benefit for the least cost by getting the right intervention at the right time, to the right person, while minimising waste.
- 4. Consider carbon** – this requires working with providers to reduce the carbon impacts of interventions and models of care (e.g. emails instead of letters, video or telephone appointments instead of face-to-face contacts). Reducing over-medication, adopting a recovery approach, exploiting the therapeutic value of natural settings and nurturing support networks are examples that can improve patient care while reducing economic and environmental costs.
- 5. Staff sustainability** – this requires actively supporting employees to maintain their health and well-being. Contributions to the service should be recognised and effective team working facilitated. Employees should be encouraged to develop their skills and supported to access training, mentorship and supervision.



The green leaf symbol is used throughout this document to indicate core standards that are linked to one of the sustainability principles.

4 principles

- Keeping people healthy
- Right care, right place, right time
- Lower carbon treatment and care setting
- Clinical leadership, systems and workforce



In the curriculum

High Level Outcome 1 (GPC 1)	Demonstrate the professional values and behaviours required of a medical doctor in psychiatry, with reference to Good Medical Practice, and Core Values for Psychiatrists (CR204) and other relevant faculty guidance.
Themes	Key Capabilities (KCs). By the end of CT3, you will be able to:
1.2 Professional Standards	Understand the impact of workload, patient and organisational dynamics on your own well-being.
	Use supervision and reflection effectively recognising your skills, limitations and your duty of candour.
	Develop strategies to take care of your wellbeing, seeking timely support and guidance, including acknowledging if you have a protected characteristic which might impact on your training or if you are having difficulties adapting to working in the UK.
	Demonstrate an understanding of the principles of sustainability and how they underpin sustainable psychiatric practice.



Sustainability in Psychiatry: New Curriculum HLOs



A guide for Resident Doctors on
Resources & Activities to Achieve
Competency in Sustainability-
Related HLO Themes.

Produced by the RCPsych Sustainability and Planetary Health
Committee in Collaboration with the RCPsych Psychiatric Resident
Doctors' Committee (PRDC)



Specialty training guides

— Guidance and FAQs

- [Guidance for flexibility in postgraduate training and changing specialties \(AoMRC - June 2020\) \(PDF\)](#)
- [Recommendations of RCPSYCH Annual Review of Competency Progression \(ARCP\) Working Group \(PDF\)](#)
- [Acting Up Consultant \(AUC\) Guidance \(April 2019\) \(PDF\)](#)
- [Capabilities in ECT Core and Higher Training \(PDF\)](#)
- [Sub-specialty Endorsements - Guidance and FAQs](#)
- [Sustainability in Psychiatry \(PPT\)](#)



Knowledge

Tier 1

Free: Self-study material

HLO and portfolio mapping

Must-reads

HLO 1: [Ten reasons why mental health is connected to the climate emergency.](#)

HLO 1: Check out [this](#) or [this](#) diagram outlining the impacts of climate change on mental health.

Must-watch videos and webinars

HLO 1: A 2-minute [Climate Cares video](#) explores the links between climate change and mental health.

HLO 8: A fantastic and inspiring [free 1-hour RCPsych members webinar](#) hosted in 2023.

HLO 1: The Lancet Countdown videos (from academic and United Nations experts) track annual progress of climate change on health. There are lots of videos but start with the most recent 2023 report [here](#).

E-learning

HLO 8: The e-lfh [Environmentally Sustainable Healthcare Programme](#) gives you a great base of understanding for climate and health.

Podcasts

HLO 8: A 2023 [podcast from the Neuroscience Education Institute \(NEI\)](#) on the climate crisis and mental health

HLO 1: Climate change [RCPsych podcast mini-series](#) and its relevance to [equality for women and girls](#)

HLO 9: The Global Consortium on Climate and Health Education podcast called "[Climate Clinic](#)" has some good episodes on mental health: [Climate change and suicide](#), [Climate change and mental health](#).

HLO 1: The BBC's "Climate Game" podcast explores how flaws in the way we think make it harder to tackle climate change. Professor Steven Pinker, Bill Gates and Hannah Fry discuss the psychology of judgement and decision making. Listen [here](#).

HLO 1: [Interview with Dr Alan Kellas](#) from the Eco-CAMHS Network on nature and depression

Longer-reads

HLO 1: [The impact of climate change on mental health and emotional wellbeing: current evidence and implications for policy and practice](#)

HLO 9: [International Review of Psychiatry Journal - Special Edition: Climate Change and Mental Health](#)

HLO 9: [BJPsych Green Collection](#)

HLO 9: [BJPsych Bulletin Special Edition: Climate and Mental Health](#)

HLO 8: This book is a great read for those with an interest in psychotherapy - [Nature in Mind: Systemic thinking and imagination in ecopsychotherapy and mental health](#)

Portfolio entry

- Reflections
- Journal club presentation
- Course certificates

Mapping to HLOs

HLO 1

Looking after your wellbeing (HLO 1.2)
Address inequalities and intersectionalities (HLO 1.1)

HLO 8

Education and Training (HLO 8.1)

HLO 9

Research and Critical Appraisal (HLO 9.1)

