



**ACOMHS**  
ACCREDITATION FOR  
COMMUNITY MENTAL  
HEALTH SERVICES

# Accreditation for Community Mental Health Services

Annual Forum 2022

Wednesday 7 September



## Transforming Community Mental Health Services

## Programme

- 9:30 Chair's Welcome**  
*Anne Harris, Chair of ACOMHS Accreditation Committee and Advisory Group*
- 9:35 The use of AI in the diagnosis of adult ADHD**  
*Professor Marios Adamou, Consultant Psychiatrist, Adult ADHD and Autism Service at South West Yorkshire Partnership NHS Foundation Trust*  
*Dr Emmanuel Papadakis, Research Fellow, Centre of Artificial Intelligence for Mental Health, University of Huddersfield*
- 10:20 Transforming community mental health services: Practical challenges and positive solutions**  
*Mark Trewin, Head of Alliance Building, Arlo Ethan King and Chris Lynch, Experts by Experience, Rethink Mental Illness*
- 11:00 Relational Ways of Working & Transformation at NEFLT**  
*Prof Russell Razzaque, Consultant Psychiatrist, Visiting Professor (LSBU) Associate Medical Director, Director of Research & Innovation Clinical Lead, Community Mental Health Transformation Programme, North East London NHS Foundation Trust*
- 11:40 Break**
- 11:55 ACOMHS Project Update**  
*Amy Colwill, Programme Manager, Izzy Sanders, Project Officer Tianna Stephens, Project Officer*
- 12:10 The Peer Coaching Process**  
*Jason Grant-Rowles, Frankie Koehler and Kirstine McDowal with input from, Susanna Newsome, Varsha Tailor, Ellie Harvey-Kummer and Ali Khan, Peer Coaches, Camden and Islington NHS Foundation Trust*
- 12:50 Transforming the CMHT to offer cost-effective treatment of Obsessive Compulsive Disorders**  
*Lynne M Drummond, Honorary Consultant Psychiatrist and Visiting Professor, South West London at St George's NHS Trust and University of Hertfordshire*
- 13:30 Closing Remarks**



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## Presentation Details

### **The use of AI in the diagnosis of adult ADHD**

*Professor Marios Adamou and Dr Emmanuel Papadakis*

The demand for assessments for adult ADHD has been increasing whilst the supply of experts in delivering them has not increased at the same level. Also, currently with the proliferation of providers offering assessments and with differences in the approaches of making a diagnosis of ADHD, there is not always confidence in the diagnostic outcome.

We would like to present how a new AI tool we developed has transformed our pathway and enhanced service user experience. We would invite feedback from participants about how they see the development of similar tools and invite collaboration in such developments.

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### **Transforming community mental health services: Practical challenges and positive solutions**

*Mark Trewin, Arlo Ethan and Chris Lynch*

Rethink Mental Illness is working with 7 different areas across the country to support the transformation of community mental health services in line with the NHS Long Term Plan. We believe in ensuring that change is co produced and developed with local people – especially those with lived experience. Rethink works to set up VCSE alliances and involve Local Authorities, Housing and Public Health within the NHS secondary and primary care transformation. We have wide experience of the challenges this involves and how local areas are trying to deliver the opportunities of the community mental health framework. In this talk we share this knowledge – discussing both the challenges and the successes and suggest how local areas can improve and develop community mental health transformation.

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### **Relational Ways of Working & Transformation at NEFLT**

*Prof Russell Razzaque*

The talk will centre around the importance of the therapeutic relationship in psychiatric care, the evidence for its benefits - its impact on long term outcomes - and the ways in which it has been integrated in the transformation at NEFLT.

## Presentation Details

### **The Peer Coaching Process**

*Jason Grant-Rowles, Frankie Koehler and Kirstine McDowall*

From discussion to discharge, an explanation of the peer coaching process. Peer coaches from Camden and Islington's Core Mental Health Teams will provide an overview of the peer coaching process using real life case studies.

The peer coaches will discuss the peer coaching model and how it gives people using the service a different way to make sense of their experiences whilst working towards identified recovery goals. The peer coaches will cover the entire process from MDT discussion, allocation, assessment, dialog +, goal formulation, working together, signposting, activation, sessions, and closing.

There will be discussion on what works well, what doesn't work so well, and the benefits of adopting a peer coaching approach. There will be some outcomes shared to demonstrate how peer coaching works in practice. Lastly, there will be opportunity to ask questions and share thoughts about the topic.

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### **Transforming the CMHT to offer cost-effective treatment of Obsessive Compulsive Disorders**

*Lynne M Drummond*

Obsessive Compulsive Disorder is an extremely common and serious mental health condition affecting 1-3% of the adult population. Despite it being a common condition, few people are treated in local services. Many patients are seen in Primary Care Psychological services but relatively few of these receive optimal care and improve. The result is many patients who are left untreated for many years before some present in a deteriorated state. OCD is relatively easy and receptive to treatments but there remains confusion about these treatments and the role of the CMHT.

Since 2019, CMHTs have been expected by ACOMHS to have the skills to manage these patients and to know when to refer on. Transforming community teams to enable them to better treat people with OCD efficiently and effectively means understanding the psychopharmacological issues and the psychological treatments. This presentation will describe these, in accordance with NICE Guidance and will troubleshoot some of the problems which may arise.

## Speaker Details

*Speaker details have been provided where a short speaker biography was made available.*

**Mark Trewin** *(Transforming community mental health services: Practical challenges and positive solutions)*

Mark Trewin is the Head of Alliance Building at Rethink Mental Illness. Mark is a mental health social worker by training and has worked in various roles across the NHS and Local Authorities mental health services. More recently Mark was the mental health social work lead for the Dept of Health and Social Care and the social care advisor for NHSE/I, working on the mental health act review, breathing space legislation, social work workforce planning and covid support.

**Arlo Ethan King** *(Transforming community mental health services: Practical challenges and positive solutions)*

Arlo Ethan King is an Expert by Experience lead working with Rethink Mental Illness supporting the community mental health transformation team in Cheshire and Wirral. Arlo has used both NHS and Social Care mental health services and now works to improve and develop services.

**Prof Russell Razzaque** *(Relational Ways of Working & Transformation at NEFLT)*

Prof Razzaque has worked as Consultant Psychiatrist across a range of acute mental health services including Home Treatment Teams, Crisis, In-patient, PICU and community recovery teams. Recently he has served on a number of bodies at the Royal College of Psychiatrists including the General Adult Faculty Executive, The Academic Faculty Executive and the London Region Executive.

He recently served on College Council as a nationally elected representative and his research and area of expertise centres around models of care in acute mental health services.

**Lynne M Drummond** *(Transforming the CMHT to offer cost-effective treatment of Obsessive Compulsive Disorders)*

Lynne M Drummond is an Honorary Consultant at SW London and St George's NHS Trust and Visiting Professor at the University of Hertfordshire. She has worked clinically in the fields of OCD and related disorders, CBT and Anxiety for almost 40 years. In addition she has published 112 academic papers and 4 books. Her most recent book "Everything You Need to Know About OCD, published July 2022, RCPsych and Cambridge University Press" was amongst the top 100 bestselling books of any description on Amazon UK. In that month.

She has a long-standing interest in education both professional and also raising public awareness. For the latter she has made many television and radio appearances and published podcasts.

## Speaker Details

### **Anne Harris** (*Chair of the event*)

Anne Harris is the current chair of the ACOMHS accreditation committee and advisory panel, and chair of the annual ACOMHS forum 2022.

Employed by Lincolnshire Partnership NHS Foundation Trust within the Adult Community Services of whom 7 of our Community Mental Health Teams are ACOMHS accredited.

### **Jason Grant-Rowles** (*The Peer Coaching Process*)

Jason is a peer coach working for Camden and Islington NHS Foundation Trust. Jason has been working in the Trust for six months and covers North Islington. Prior to that, Jason worked as a peer support worker in an early intervention service at Sussex Partnership NHS Foundation Trust.

Outside of NHS work, Jason was a research associate working on a study at the University of Manchester looking into the ethnic inequalities in severe mental distress. Jason also worked as a mental health community partner for the Department of Work and Pensions.

Jason sits on several mental health advisory panels and contributes to various research studies, including being a lived experience council member for the Healthy Brains Global Initiative.

When Jason is not work, they can be found lifting weights in the gym or modern jive dancing.

Jason is also a Patient Representative for the ACOMHS network.

### **Frankie Koehler** (*The Peer Coaching Process*)

Frankie works as a Peer Coach for Camden and Islington NHS Foundation Trust. Frankie began this role in the Islington Core Team in 2021, where she is part of the Central Islington multidisciplinary team. She has worked for the Trust since 2018, previously as an Activity Worker in a number of inpatient wards including a Psychiatric Intensive Care Unit. Frankie has also worked in Winchester, as a Support Worker in acute inpatient settings.

In addition, Frankie co-facilitated the *Understanding Psychosis* course as a Peer Tutor at the C&I Recovery College. She has also delivered several presentations to different professionals, to help explore how teams can begin to bridge the gap in understanding between staff and service users.

Frankie believes in empowering service users so they are able to better understand their treatment, and can play more of an active and informed role in the management of their mental health.

Outside of work, Frankie enjoys reading, being outdoors and taking photos of wildlife.

## Speaker Details

### **Kirstine McDowall** (*The Peer Coaching Process*)

Whilst working for Arthritis care (now Versus Arthritis), running self-management interventions for people with long-term physical health problems; I became interested in how many of the attendees were also struggling with their mental health, particularly depression and anxiety.

This led me to join Camden and Islington NHS as a tutor with their Recovery College. Here the converse was true, many of those who attended college courses to help them manage their mental health also had poor physical health.

During the pandemic I was partially redeployed to provide follow-up for people who had rung the Crisis Team but had not been taken on by that service. I enjoyed working 1-1 with people so left the Recovery College a year ago to join the new Central Islington Core team as a coach.

My area of interest is in the intersections between physical and mental health and my speciality within the team is patients who have physical health conditions or a diagnosis of PTSD.

### **Professor Marios Adamou** (*The use of AI in the diagnosis of adult ADHD*)

Professor Adamou OBE is a Consultant Psychiatrist in neurodevelopmental psychiatry (ADHD and ASD) at South West Yorkshire Partnership NHS Foundation Trust. He has over 10 years of NHS Board Level experience having served at East Riding CCG, Northumberland CCG and Wigan CCG where was also the Chair of Quality Committee. He is a Health Advisor for the General Medical Council and leads one of the largest NHS adult neurodevelopmental services in the country providing assessments and interventions for people with ADHD and ASD.

He has academic qualifications in several disciplines. He completed master level degrees in Mental Health Studies (MSc), History (MA), Medical Law (LL.M) and Business Administration (MBA). He has postgraduate certificates in Medical Education (PGCE), Risk Management (IRMCert), Philosophy, Public Health and Health Economics. He completed a PhD by research.

He is a Fellow of the Royal College of Psychiatrists (FRCPsych), Royal College of Physicians (FRCP), Faculty of Occupational Medicine (FFOM), Higher Education Academy (FHEA), the Royal Society of Arts (FRSA) and the Royal Society of Public Health He is a Chartered Fellow of the Chartered Management Institute (CMgr FCMI) and Chartered Fellow of the Institute of Directors (CDir FIOD).

## Speaker Details

**Dr Emmanuel Papadakis** (*The use of AI in the diagnosis of adult ADHD*)

Dr. Emmanuel Papadakis is a Research Fellow at the Centre of Artificial Intelligence for Mental Health (henceforth, AI4 Mental Health) at the University of Huddersfield. He is a former postdoctoral researcher at the Centre for Spatial Studies at the University of California, Santa Barbara. Emmanuel holds a PhD in Geoinformatics from the University of Salzburg, Austria and an MSc and BSc in Computer Science from the University of Crete, Greece.

He has over 9 years of research experience within the broader areas of Artificial Intelligence (AI), Knowledge Representation and Reasoning. His interests span both symbolic and data-driven AI with a strong focus on hybrid approaches. Throughout his career he has been involved in several projects that apply AI to represent and predict human behaviour such as: stress detection, quality of life assessment for residents, prediction of changes in everyday routines due to COVID-19.

Emmanuel has been (and still is) actively involved, in projects of the centre AI4 Mental Health, in the development of AI technological solutions of ADHD and autism diagnosis. Also, he participated in the Lean Launch and iCure program as an early career researcher conducting market evaluation for two projects regarding the use of hybrid AI technologies to aid the diagnostic process of adult autism and ADHD. These commercialization programs were the base for a research publication that highlights the obstacles while integrating AI technology in mental health clinical paths and the benefits of adopting hybrid technologies to address some of these issues.



## Keep in touch

If you have any questions or would like to know more about the network **get in touch** with the ACOMHS project team on [acomhs@rcpsych.ac.uk](mailto:acomhs@rcpsych.ac.uk)

To be informed on project updates and activities please email 'Bulletin' to subscribe to the ACOMHS fortnightly bulletin.



**Thank you** for attending the ACOMHS Annual Forum. Please share your thoughts about the event by filling out the [short feedback form](#).

We will use your feedback to shape future ACOMHS events.

