

In this issue

01 Welcome

02 Domestic Abuse, COVID-19 and Home Treatment Team Services

04 Mental Health Awareness Week 2020

05 Useful Organisations and information for MHAW 2020

06 HTAS Webinar Series Summary— Responding to COVID-19

08 Teams Accredited 2020

09 Upcoming Events

WELCOME

Welcome to the Spring/Summer 2020 edition of the Home Treatment Accreditation Scheme newsletter.

It has been a strange time since our last publication. With the COVID-19 pandemic we have all had to quickly adapt our normal working arrangements and respond quickly to changes in practices and patient needs. We have been put into lockdown, teams are conducting home visits remotely and a lot of staff are working at home full-time. A positive that has arisen, at least for HTAS, is how we have used new technology. We have so far held five webinars, with discussions on how to adapt, changes to how teams are working and how to continue to best support patients. The use of webinars, we hope, will continue to be a part of our work when normal working resumes.

Due to travel restrictions, HTAS and the CCQI have had to consider how we will continue to conduct peer-review visits. Teams who had their peer-review visit postponed and those who are due a peer-review will be contacted to discuss how their visit can go ahead, whether that is in person or remotely. If teams do not feel they would be able to

meet the standards required for accreditation due to changes in practice, we also have our developmental option available to enable you to maintain a focus on quality improvement, but not needing to be presented to the accreditation committee.

In this newsletter edition, we have updates from HTAS, articles on Mental Health Awareness Week 2020, domestic abuse, COVID-19 and home treatment teams, and a summary of the webinars we've held so far.

Looking forward, we will continue to hold our planned events and training. You can find what's coming up on page 9. Throughout 2020 all of our events will be held remotely.

If you would like to be involved in any of HTAS' upcoming events and activities you can contact us via email at htas@rcpsych.ac.uk

Call for artwork

The HTAS national report is due to be published this year. We are calling for artwork to be displayed on the front cover of the report. If you would like to submit a piece, please email a photo of the piece to htas@rcpsych.ac.uk

Domestic Abuse, COVID-19 and Home Treatment Team Services

In the year ending March 2019 there were an estimated 2.4 million adults aged between 16 to 74 years old who experienced domestic abuse in the UK, and of these two-thirds were females. There was a 24% increase in domestic abuse-related crimes in the year ending March 2019¹. In March 2020 The UK had introduced the Domestic Abuse Bill 2020 aimed at tackling domestic abuse². This includes creating a statutory definition of domestic abuse emphasising that domestic violence is not just physical but can also be emotional, coercive and economic. A Domestic Abuse Commissioner is to be introduced with a role to stand up for victims and survivors, raise public awareness, monitor the response of local authorities, the justice system and other statutory agencies and hold them to account in tackling domestic abuse. The Bill also includes placing duty on local authorities in England to provide support to victims of domestic abuse and their children in refuges and other safe accommodation.

The COVID-19 pandemic has led to a sudden change in social dynamic, including governments around the globe introducing 'lockdowns' with social distancing, restrictions of movement and the advice to 'stay at home'. There are concerns that since lockdown has been put into place there has been an increase in domestic abuse and a reduction in opportunities for victims to report such abuse³. In The Chinese Hubei's Lijian County the number of domestic violence reports to Under the Blue Sky, an anti-domestic-violence non-profit organisation tripled from 47 in February 2019 to 175 in February 2020³. The UK has been in 'lockdown' since 23 March 2020. Since, The Refuge Charity has reported a 700% increase in traffic to its website in a

single day⁴. Since the 'lockdown' the UK government has promoted the Twitter hashtag #YouAreNotAlone. The UK government has provided £2 million to domestic abuse charities. Hotels and Specialist Services have written to the Home Secretary to offer support to the victims of domestic abuse.

Research suggests there is a causal relationship between domestic abuse and mental disorders⁵. People with mental disorders are up to eleven times more likely to experience recent domestic abuse than the general population⁶. There is evidence of bi-directional causality, as chronic traumatisation among domestic abuse of victim's results in greater levels of psychiatric symptomatology⁶. Mental Health Services in both primary and secondary care should ensure that domestic violence is identified to reduce risk of further violence, improve safety and potentially improving mental health.

We audited our local practice in terms of screening for domestic abuse in patients that have been referred to Worcestershire mental health services. Patients can be referred to mental health services from primary care, general hospitals, Section 136 assessments, street triage and police custody. We conducted a retrospective audit of electronic medical records for patients who had been reviewed as part of a mental health act assessment, Crisis team assessment or liaison assessment. We selected patient records at random between July and September 2019. We reviewed 43 patient records of which 20 were female and 23 were male. The best practice standards were that all medical records contain information on relationship status, information on the current relationship and information on the risk of domestic abuse within the risk assessment. We found that 90% of assessments have information on

relationship status and details of people residing in the household. Of the assessments 65% have good information on current relationships. 23% of the assessments included information on the risk of domestic abuse within the risk assessment.

This audit has demonstrated as a mental health service we are missing the opportunity to screen for domestic abuse. Given the increasing prevalence of domestic violence during the COVID-19 pandemic there is even greater prospects of highlighting cases of domestic abuse in mental health assessments and intervening. By intervening we will act on precipitating factors for a mental health crisis and improve the safety of vulnerable patients. We plan to add a prompt on the assessment tool within the electronic medical records to include information on domestic violence. There is also a plan to disseminate this information to relevant teams.

Dr Gurbinder Maumi. ST6 Psychiatry, Worcester Health and Care Trust and Dr Louisa James, Consultant Psychiatrist, Worcester Health and Care Trust

Acknowledgments

I would like to thank Dianne Burton, Medical Secretary, Worcester Health and Care Trust who assisted with the data collection for the audit.

References

Domestic abuse in England and Wales overview - Office for National Statistics [Internet]. Ons.gov.uk. 2020 [cited 12 May 2020]. Available from: <https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/bulletins/domesticabuseinenglandandwalesoverview/november2019>

Domestic Abuse Bill 2020: overarching factsheet [Internet]. GOV.UK. 2020

[cited 12 May 2020]. Available from: <https://www.gov.uk/government/publications/domestic-abuse-bill-2020-factsheets/domestic-abuse-bill-2020-overarching-factsheet>

Feng J. COVID-19 fuels domestic violence in China - SupChina [Internet]. SupChina. 2020 [cited 12 May 2020]. Available from: <https://supchina.com/2020/03/24/covid-19-fuels-domestic-violence-in-china/>

Refuge sees online traffic to its National Domestic Abuse Helpline website rise by 700%. - Refuge Charity - Domestic Violence Help [Internet]. Refuge Charity - Domestic Violence Help. 2020 [cited 12 May 2020]. Available from: <https://www.refuge.org.uk/refuge-sees-700-increase-in-website-visits/>

Domestic violence and mental health [Internet]. Taylor & Francis. 2020 [cited 12 May 2020]. Available from: <https://www.tandfonline.com/doi/abs/10.3109/09540261.2010.512283>

Howard L, Feder G, Agnew-Davies R, editors. Domestic Violence and Mental Health. RCPSYCH Publishers; 2013.

The freephone, 24-hour National Domestic Abuse Helpline 0808 2000 247

Contribute to our Newsletter!

We want to hear from you!

If there have been any interesting or innovative developments in your home treatment service recently, and you would like to tell others about it please send your ideas or submissions to:

HTAS@rcpsych.ac.uk

Mental Health Awareness Week 2020

Kindness keeps people together, and during challenging times it is imperative that we are kind to ourselves and each other – especially those who are most vulnerable. In light of this, the theme of ‘Kindness’ for Mental Health Awareness Week 2020 felt incredibly fitting to represent the generous, selfless and kind acts that we’ve seen in our communities and around the world. From 18-24th May this was a chance to celebrate, bring awareness and encourage kindness amongst everyone around us. So, why does kindness matter?

The British Red Cross campaign this year reminded us of the ‘Power of Kindness’, which is needed more than ever as the world faces the current Coronavirus pandemic. Communities in and outside of healthcare have come together to show how kindness can impact and change lives, from supporting the care given in hospitals to giving a lonely neighbour a call during isolation.

Charity Age UK Wiltshire took on the provision of Meals on Wheels to the elderly or vulnerable on a seven-days-a-week basis. The charity is understandably receiving an increasing number of calls from older local residents asking for advice and support to enable them to live safely at home. In England alone, 3,300 homes are to be provided for homeless people after coronavirus. Town centres across the UK are supporting this including Swindon, whose rough sleepers were given hotel rooms to live in by the council to help them self-isolate during the coronavirus outbreak. Hardship has fuelled selfless actions and given those in need the support they require. An initiative called ‘Furloughed foodies’ has been set up by a research associate at City University to cook and deliver fresh, healthy meals to NHS hospitals. Many working staff struggle to

access fresh food in the evening as hospital canteens close around 5pm and they are not allowed in non COVID-19 wards. In times of uncertainty, hope, altruism and compassion have prevailed and these acts of kindness are testament to that.

Kindness has a profound effect on our physical and mental health too. Practising kindness has been shown to promote gratitude, empathy and compassion and help us to feel more connected with others leading to more positive interactions. The Mental Health Foundation recently collaborated with YouGov to conduct an online survey of over 4,000 adults in the UK. They concluded that nearly two thirds of UK adults agree that when they are kind and other people are kind to them, it has a positive impact on their mental health. As inherently social creatures, being connected with others through kindness brings about strengthening of community and belonging. Further evidence has shown that performing acts of kindness result in an increase in life satisfaction, urging people to do it more often. There are all kinds of reasons why this may be the case: often being kind can improve our mood and drive us to want to help others. The literature also suggests that kindness reduces stress, boosts our immune system, and helps reduce negative emotions such as anger, anxiety, and depression. So how can we implement kindness in our daily lives?

Kindness is a habit of giving—of wanting to lift burdens from others or to merely provide a helping hand or a shoulder to cry on. It humanizes us and it is good for us. The huge heroic acts of kindness that have taken place are just as important as the small acts of kindness that we can find in our every day lives. If you’re struggling to think of where to start, perhaps take some inspiration from these ideas:

1. Tell someone why you’re thankful for them
2. Donate to a foodbank

3. Give praise to a colleague for something they've done really well
4. Reach out to a neighbour who may need help
5. Volunteer with a community project

We want to see a world where kindness is built into senior decisions, government policy and official systems. However, we can start by individual commitment to showing kindness in our words and our actions. MHA week is a chance to promote

and encourage the kindness in human nature that often emerges out of adversity, hardship or loss. It can change lives and it can change the world, so let's keep it up.

***Natasha Lindsay, Project Officer,
Royal College of Psychiatrists***

Useful organisations and information for MWAH 2020

Mental Health Foundation

Our vision is of good mental health for all. The Mental Health Foundation works to prevent mental health problems. We will drive change towards a mentally healthy society for all, and support communities, families and individuals to lead mentally healthy lives with a particular focus on those at greatest risk. The Foundation is the home of Mental Health Awareness Week.

Action for Happiness

A movement of people committed to building a happier society. They also run the International Day of Happiness.

Do-it

Volunteering made easy. Quickly find ways to help in your community by searching their online database of volunteering opportunities in your area.

Gov.uk

For general guidance about how to get involved in your community.

International Voluntary Service

Links volunteers with charities and other organisations that could benefit from their time, skills and experience.

Kindness UK

Promoting, sharing and uniting kindness. Take part in the first ever nationwide kindness survey.

Samaritans

Volunteers are at the heart of Samaritans' 201 branches across the UK, delivering core services, running branches, fundraising and raising awareness of what they do.

Follow us on twitter



**#HTAS
@RCPSYCHCCQI**

HTAS Webinar Series Summary—Responding to COVID-19

KEY MESSAGES

- Ensure people continue to have access to crisis resolution and home treatment services.
- Work as a team to make challenging decisions.
- Support and protect patients and staff from COVID19 infection.
- Prioritise the needs of patients individually.
- Make use of digital technology to advise and support patients where possible.
- As a priority ensure safer staffing in crisis home treatment services.
- Make use of national and local NHS trusts guidance to support decisions.

RISK MANAGEMENT AND LEADERSHIP

- Continue to undertake home treatment with **similar frequency** to normal circumstances *remotely*. Emphasis should remain on building relationships with patients and carers.
- Undertake face-to-face assessment when unable to do this remotely and make a clinical judgement on the suitability of this.
- Senior clinicians should engage in MDT's, as they help us understand different perspectives and depth of decision making.
- Share guidance being distributed locally and nationally within your teams to inform decision making.

You can find the full recordings of each webinar on our website

www.rcpsych.ac.uk/htas

MEDICOLEGAL AND ETHICAL CONSIDERATIONS

- **Only use approved platforms to do video consultations** with patients as there are concerns about patient confidentiality.
- Practical tips to ensure patient confidentiality:
 - * **check identity of patient**; don't be in a public place (yourself or patient);
 - * **assess who is in the room** during consultation.
- Have a **discussion with patients and carers** to decide what form of consultation would be appropriate.
- **Document all decisions**, the rationale for decisions and key considerations. If these are judged at a later date, this is the evidence that will be considered.
- Be prepared to justify your decisions.

TEAM WORKING

- Put measures in place to **ensure effective team working and safety for staff**:
 - * use a large room for meetings to comply with social distancing and use technology (e.g. Microsoft Teams) to allow others to join remotely.
 - * Ensure staff who are not tech 'savvy' are supported by hosting in-house training sessions.
 - * Home working.
 - * Some teams are having staff work longer shifts to reduce the time they're in the office and support with childcare.
- Set up a working group teleconference to troubleshoot and **discuss best practice/changes** in practice as the COVID-19 situation is rapidly-changing.
- Ensure staff **receive scrubs and PPE** for going onto wards, and limit access to wards where possible.
- **Use video calling** to consult patients.
- **Screen patients** if they have symptoms prior to home visits. Make use of PPE for patient contacts.
- **MDT's and staff meetings continuing** with the use of Microsoft teams as well as using larger rooms for face-to-face meetings in an attempt to maintain social distancing,
- Weekly STP teleconference to discuss updates regarding clinical working guidelines.
- Support staff and patients from the impact of COVID 19 pandemic

We would like to thank our wonderful speakers:

Pranveer Singh, Consultant Psychiatrist, Essex Partnership University NHS Foundation Trust and Chair of the HTAS Advisory Group

Helen Pike, Nurse Consultant, Cumbria, Northumberland, Tyne & Wear NHS Foundation Trust

Georgina Mills, Clinical Team Lead, Essex Partnership University NHS Foundation Trust

Kapil Bakshi, Deputy Medical Director Chair, Clinical and Ethical Advisory Group, Norfolk and Suffolk NHS Foundation Trust

Luke Sullivan, Senior Clinical Psychologist, South London and Maudsley NHS Foundation Trust

Gabriella Bergin-Cartwright, Honorary Assistant Psychologist, South London and Maudsley NHS Foundation Trust

Vicky Ayres, Clinical Lead, and Urgent Care (Mental Health) Programme Lead, NAVIGO

Sean Boyle, Lead Practitioner, Cheshire & Wirral Partnership Trust

Kerry Turner, Clinical Team Leader, , Consultant Psychiatrist, Essex Partnership University NHS Foundation Trust and Chair of the HTAS Accreditation Committee

Jane Itangata, Associate Director of Mental Health Commissioning, Mid and South Essex Health and Care Partnership

HTAS teams that have gained Accreditation in 2020

Congratulations to our teams for all of their hard work. This year these teams have received accreditation from the network:

- **City and Hackney Home Treatment Team**, East London NHS Foundation Trust
- **Crisis Resolution Home Treatment Team East, Rochford**, Essex Partnership University NHS Foundation Trust
- **Crisis Resolution Home Treatment Team West, Basildon**, Essex Partnership University NHS Foundation Trust
- **York Crisis Home Treatment Team**, Tees, Esk and Wear Valleys NHS Foundation Trust
- **Newcastle and Gateshead Crisis Resolution and Home Treatment Team**, Northumberland, Tyne and Wear NHS Foundation Trust
- **Sheffield City Wide Home Treatment Team**, Sheffield Health and Social Care NHS Foundation Trust
- **Scarborough, Whitby & Ryedale Crisis Resolution and Home Treatment Team**, Tees Esk and Wear Valleys NHS Foundation Trust
- **Bromley Crisis Resolution Home Treatment Team**, Oxleas Foundation NHS Trust
- **Grantham Crisis Resolution & Home Treatment Service**, Lincolnshire Partnership NHS Foundation Trust
- **Islington Crisis Resolution & Home Treatment Team**, Camden & Islington NHS Foundation Trust
- **Croydon Home Treatment Team**, South London and Maudsley NHS Foundation Trust
- **Worcester, Malvern and Wychavon Home Treatment Team**, Worcestershire Health and Care NHS Trust

HTAS Chat—Discussion Group

Joining the discussion group will allow you to:

- Share best practice and quality improvement initiatives
- Seek advice and network with other members
- Share policies, procedures or research papers
- Advertise upcoming events and conferences

To sign up, email HTASCHAT@rcpsych.ac.uk

Upcoming Events

Save the dates for the events below. Don't forget you receive a CPD certificate for attending.

Peer Reviewer Training

To attend peer-review visits you need to undertake peer-reviewer training first. Our next session will be held virtually.

Date: 24 September 2020

Time: 14:00-16:00

Location: Online; Microsoft Teams Meeting

Booking will open soon

Suicide Prevention

We will be holding our next special interest day virtually. It will consist of a range of talks throughout the day which HTAS members are welcome to join.

Date: 28 September 2020

Location: Online

Booking will open soon.

Annual Forum

Our 2020 Annual Forum will be held this November. The day will be virtual, with a range of talks and activities being hosted throughout the day.

Date: 26 November 2020

Location: Online

If you would like to present, we are currently accepting proposals for speakers, and poster proposals [please complete this proposal form](#).

Suggested topics:

- Current research
- Quality Improvement
- Co-production



Useful Links

Department of Health

www.doh.gov.uk

Health and Social Care Advisory Service

www.hascas.org.uk

An evidence based service development organisation working in all spectrs of mental health and older people's services across the health and social care continuum

Institute of Psychiatry

www.iop.kcl.ac.uk

The largest academic community in Europe devoted to the study and prevention of mental health problems.

National Institute for Health and Clinical Excellence

www.nice.org.uk

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.

Centre for Mental Health

www.scmh.org.uk

An independent charity that seeks to influence mental health policy and practice and enables the development of excellent mental health services through a programme of research, training and development.

QIPP

www.dh.gov.uk/health/category/policy-areas/nhs/quality/qipp

College Centre for Quality Improvement

www.rcpsych.ac.uk/improving-care/ccqi

College Training

www.rcpsych.ac.uk/rainingpsychiatry/eventsandcurses.aspx

Offers courses for professional development in mental health care.

CARS

www.cars.rcpsych.ac.uk

Contact the HTAS team

We love hearing from our members and helping to facilitate communication amongst our teams — after all, it's what being part of a network is all about!

Royal College of Psychiatrists Centre for Quality Improvement

Home Treatment Accreditation Scheme
21 Prescott Street
London E1 8BB

HTAS functional mailbox:

htas@rcpsych.ac.uk

Eve Blanchard, Programme Manager

Eve.Blanchard@rcpsych.ac.uk
0203 701 2655

Cassie Baugh, Deputy Programme Manager

Cassie.Baugh@rcpsych.ac.uk
0203 701 2725

Natasha Lindsay, Project Officer

Natasha.Lindsay@rcpsych.ac.uk

Twitter: @rcpsychCCQI #htas

www.rcpsych.ac.uk/htas