

## *This Issue*

[01 Welcome](#)

[02 Resilience and Moral Injury](#)

[04 The Right to Punishment without Harm](#)

[06 Updates from the Network](#)

[10 QNPMHS Creative Artwork Competition Winners](#)

[12 QNPMHS Creative Artwork Competition Entries](#)

[16 Previous Newsletters](#)

# WELCOME

Thank you for choosing to read the 13th issue of the QNPMHS newsletter! We continue to theme our newsletters to help inspire articles. The theme for this edition is Resilience and Moral Injury, although we still accept articles outside of this theme.

Once again, we have run our exciting patient artwork competition! A huge thank you to our members for encouraging patients to get involved with this again this year. Please check out the entries and winners within this newsletter.

We have recently had our first QNPMHS webinar of the year on the topic of Moral Injury. This two-hour webinar was very exciting and included a range of speakers who inspired thought provoking conversations. The recording for this webinar and the slides from the presenters are available on our online platform [Knowledge Hub](#).

More information about this event can be found within the newsletter.

Lastly, I wanted to remind our members that registration for the new Cycle (8) is now open! Please do get in touch if you have any questions about this. Peer-reviews are planned to take place in person from November 2022. However, as usual for the past two years, this is subject to change and will be reviewed regularly. Nonetheless, as a team we are very excited at the prospect of going back to visit services in person so we are keeping highly optimistic about this!



**Kelly Rodriguez, Programme Manager**



## Resilience and Moral Injury

**Aimee Crawford, Team Manager / Registered Mental Health Nurse, HMP Huntercombe**

As a mental health nurse, your patients' best interests are at the centre of everything we do. And as a manager for an integrating mental health and drug and alcohol recovery service, I can honestly say that every member of our team is committed to ensuring our service users are provided with an excellent service, to support them to live safe and fulfilling lives. Naturally, treating our patients within a prison setting has its challenges. Then tell them that they are very likely going to be deported at any point in their remaining sentence, and this changes everything. Working in a prison for those with foreign nationalities poses unique obstacles and considerations not present with the rest of the prison population, or any other healthcare service.

Take Patient A, who lived and worked in England for six years before suffering his first episode of psychosis at the age of 21. Sadly, this subsequently led to a conviction of manslaughter and an associated diagnosis of paranoid schizophrenia, and he has relied on antipsychotic medication to remain well ever since. Patient A then gets deported to Poland after spending 10 years in the UK secure mental health and prison

services. He is put on a plane with two weeks' worth of medication, and a discharge summary google-translated from English to Polish, with his promise that he will see a doctor when he arrives the other side. There is no option of a professional handover, no linking in with Polish mental health or social care services, no oversight of transition into the community, and no guarantee that Patient A will access the support he needs. Had Patient A been released from prison in the UK, this release planning would have felt far more robust. Luckily for Patient A, he has supportive parents, who (we trust) will have the funds to acquire his prescription.

Patient B is less lucky. He is sent to the Middle East, having looked his mental health nurse in the eye two days prior and told her he is unable to afford his prescription at home. Sadly, knowing medication is imperative to preventing a relapse in his mental state, there is little the team can do other than provide the usual two weeks' medication to take away and wish him the best. After months of stability and promising recovery work, this feels far from adequate.

The presence of potential moral injury for staff is not only present at the point of our patient's release, however, through psychological therapies, we work to treat extremely complex, deep-set trauma, most of which is present following experiences of witnessing civil war,



hostage situations, and physical and psychological torture. Some of the symptoms have simply arisen from the experience of traveling to the UK as refugees. Treating post-traumatic stress disorder (PTSD) and complex trauma, is a challenge in itself, but we do so whilst knowing the patient is likely returning to the very place that traumatised them in the first place. Returning to their birth countries often poses a real threat to their safety and the certainty of deportation sometimes remains unknown until days prior to their flight leaving.

Often, our patients' jobs, homes, and families are in the UK. Deportation not only makes accessing professional services and treatment difficult, but it also removes their social support systems and the valuable opportunity to involve families in release planning. Sometimes, our patient may not even speak the language of the country they are being deported to, increasing the risk of relapse through isolation and difficulties accessing services, if they exist. When thinking about moral injury, I think of how uncomfortably this system sits with me – not only as a nurse, but simply by being human. After tireless work to

identify, challenge and break down cultural barriers including stigma associated with accessing our services, to successfully stabilising, treating, and supporting the men on our caseloads with limited resources, we are then expected to prepare them for the uncertain prospect of potential deportation, unable to provide much reassurance that things will be ok when they leave prison.

Aside from the skills required to accurately assess and build a rapport with those for whom English is not their first spoken language, and then treat trauma associated with the real threat that they are returning to, there are additional skills required, I believe, to present a reassuring, but realistic, approach, to onward care planning in such uncertainty. We work within a service and system which stands for supporting the most vulnerable, with a sense that we are then letting them down at the final hurdle. For this, I am unwaveringly inspired and humbled by, my colleagues' resilience in supporting our patient group. Real resilience, however, is seen in the men we care for.



## **QNPMHS Annual Forum is coming soon!**

**QNPMHS Annual Forum will be taking place on 08 September 2022.**

**We are taking proposals for workshops for the annual forum. If you are keen to present a workshop, or at the event, please get in touch by emailing [prisonnetwork@rcpsych.ac.uk](mailto:prisonnetwork@rcpsych.ac.uk).**



## The Right to Punishment Without Harm

**Sarah Markham**  
**QNPMHS Patient Reviewer**

One of the acknowledged reasons for the existence of prisons is the belief that it is important to punish those who commit offences. For anyone with the capacity for moral agency who commits an offence cognisant that it is ethically and legally the wrong thing to do, there exists a societal consensus that said individual should be made to 'pay' for their transgressions. However, in the context of the mentally disordered offender the notion of inflicting mandatory punishment can be problematic.

Firstly, a mental health condition can for certain individuals in certain circumstances compromise their moral agency. The experience of paranoia, delusions and hallucinations for example, can distort someone's sense of what is happening, perhaps causing them to feel under threat, and lead to them behaving in ways in which they wouldn't were they well. However, the nature and extent of such experiences and the degree to which they can compromise an individual's sense of right and wrong and related behaviour can be hard to determine. It is important

to bear in mind that people with mental disorders can also commit crimes because of other factors such as aggression, anger, relational conflict, greed, substance misuse which may or may not be linked to their mental health. Thus, although a mental health condition may partially compromise moral agency, the offending behaviour may also be influenced by other factors over which the individual has more control or responsibility. Ultimately, it may only be the individual concerned who knows the true extent to which they are responsible for their offending behaviour and perhaps deserve to be punished.

It can be argued that mentally disordered offenders should not be held in prisons given the recognition that such custodial environments can lead to further deterioration in mental health. Indeed European Court of Human Rights ruled that, under Article 3 of the Convention on Human Rights: 'The authorities are under an obligation to protect the health of persons deprived of liberty... in the case of mentally ill persons, to take into consideration their vulnerability ... ' For prison staff, especially those with an awareness of mental health issues and empathy for the suffering of the prisoners, moral injury can present and prisons need to be aware of this and offer their staff appropriate support.



Whatever the individual mentally disordered offender's circumstance and nature and degree of culpability, it can be of significant value for them to face and embrace their moral obligations as adult members of society. Taking responsibility for one's actions, both good and bad, is a key component of the Model of Secure Recovery, a process which is therapeutically linked to the lessening of the degree of restriction imposed upon the individual. Thus, at least according to this model, moral agency and

responsibility should be encouraged and supported in mentally disordered offenders. It is helpful to recognise that for someone to take responsibility for their actions, can be an empowering and liberating as well as a painful experience and one that can promote positive sense of self and behaviour, especially desistance from further offending.

## **nowledgehub**

**Have you joined the QNPMHS Online Discussion Forum yet?**

**Joining Knowledge Hub 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**

We use Knowledge Hub as our main way of communicating with our members, so in order to keep up to date with the Quality Network, ensure you sign up!

Email **'join Knowledge Hub'** to [\*\*PrisonNetwork@rcpsych.ac.uk\*\*](mailto:PrisonNetwork@rcpsych.ac.uk)

# Updates from the Network

## Planning effective mental healthcare in prisons using CPA: Training resources

To improve knowledge and awareness of CPA/CMHF within your prison, you can use the resources that have been developed by the Network in collaboration with QNPMHS member services. The resources include:

- **Training slides** (PPT)
- **Guidance document** (PDF), including aims and recommendations for the training
- **CPA/CMHF passport** (PDF).



## Moral Injury Webinar

The Network hosted an insightful two-hour **webinar** on **moral injury** on Wednesday, 22 June 2022.

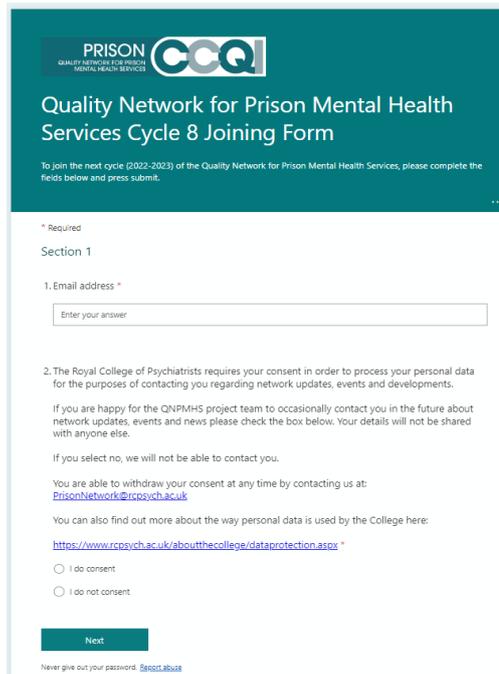
We listened to fantastic presentations by a range of professionals who explained the concept of moral injury, its impact on healthcare workers, long-term consequences of moral injury and exclusion culture. They provided tips on supporting staff, posed important questions about the current system and shared interesting research outcomes.

The recordings and presentations of the webinar will be available on our online discussion forum **Knowledge Hub**. If you would like to join, please email 'join Knowledge Hub' to [prisonnetwork@rcpsych.ac.uk](mailto:prisonnetwork@rcpsych.ac.uk).



## QNPMHS Cycle 8 Membership Registration is now open!

Join over 60 prison mental health services that have taken part in our Cycle 7 and enjoy our benefits such as sharing good practice across the services, quality improvement, networking with colleagues, visiting other prisons, showcasing work, access to free online webinars and reduced price for in person events.



The screenshot shows the 'Quality Network for Prison Mental Health Services Cycle 8 Joining Form'. At the top, it features the logos for 'PRISON QUALITY NETWORK FOR PRISON MENTAL HEALTH SERVICES' and 'CCQ'. Below the logos, the title 'Quality Network for Prison Mental Health Services Cycle 8 Joining Form' is displayed. A sub-header reads: 'To join the next cycle (2022-2023) of the Quality Network for Prison Mental Health Services, please complete the fields below and press submit.' The form is divided into sections, with 'Section 1' containing a required field for '1. Email address \*' with a text input box labeled 'Enter your answer'. Below this, there is a consent section: '2. The Royal College of Psychiatrists requires your consent in order to process your personal data for the purposes of contacting you regarding network updates, events and developments. If you are happy for the QNPMHS project team to occasionally contact you in the future about network updates, events and news please check the box below. Your details will not be shared with anyone else. If you select no, we will not be able to contact you. You are able to withdraw your consent at any time by contacting us at: [PrisonNetwork@rcpsych.ac.uk](mailto:PrisonNetwork@rcpsych.ac.uk) You can also find out more about the way personal data is used by the College here: <https://www.rcpsych.ac.uk/aboutthecollege/dataprotection.aspx>' followed by two radio button options: 'I do consent' and 'I do not consent'. A 'Next' button is located at the bottom of the form. A footer note states: 'Never give out your password. [Report abuse](#)'.

To register for cycle 8 (2022-2023), please complete the following steps:

- Complete and submit an **electronic joining form** (memorandum of understanding can be found **here**)
- Raise a purchase order number (costs of membership can be found **here**)

The deadline for completing the form is **06 July 2022**.

Please visit our [website](#) for more information on our processes.



## QNPMHS Green Month!

In March we launched a Green Month campaign through our mailing list. Throughout the month of March, we shared weekly tips and ideas on how to encourage environmentally sustainable practices in prison settings.



### QNPMHS Green Month 2022- Sustainability principles explained

Dear Colleagues,

#### Welcome to QNPMHS Green Month 2022!

As a network we are passionate about sustainable healthcare and supporting our member services to improve the sustainability of the care they provide. Each week in March we will be releasing different tips and ideas on how you to encourage environmentally sustainable practices in Prison settings.

To start our green month off we are providing guidance around sustainability principles and what services can do to ensure they are meeting these principles.

#### Sustainability Principles Explained

The five sustainability principles are intended to support services to think about the resources needed for different mental health interventions and to be aware of the environmental economic and social impact of these interventions.

Each sustainability principle can be linked to a number of different standards relevant to that principle

Sustainability Principle	What standards do these apply to?	What you can do to sustainably meet these standards!
Prevention Preventing poor mental health can reduce mental health need and therefore ultimately reduce the	Std 9 Patients have a risk assessment and management plan which is updated regularly and shared where necessary with relevant agencies (with consideration of confidentiality). The assessment considers risk to self, risk to others and risk from others.	<ul style="list-style-type: none"> <li>Support patients to do physical activities, for example <a href="#">walk222</a></li> <li>Educate patients to monitor and manage their own physical</li> </ul>

### [Week 1: Sustainability principles](#)



### QNPMHS Green Month 2022- Sustainability in Mental Health: Social Prescribing

Dear Colleagues,

#### Sustainability in Mental Health: Social Prescribing

Social prescribing offers a way of supporting patients suffering with mental health problems through non-clinical means. It helps people to connect with non-medical services and activities in their local area.

Interventions include practical activities linked to patient's interests, such as taking part in a local art group, playing football in a local club or learning new skills by attending training workshops. Patients can take part in such activities on an ongoing basis, for a set number of sessions or even as a one-off event.

Social prescribing recognises the impact of social, economic and environmental factors on our health and provides interventions that are patient-centred, skills-based and pro-social. As such, it can play an important part in providing a sustainable healthcare system.

#### Evidence for Social Prescribing

Social prescribing has been shown to provide range of benefits to patients experiencing poor

### [Week 3: Social Prescribing](#)



### QNPMHS Green Month 2022- Identifying Environmental Hot Spots within your Service

Dear Colleagues,

#### Identifying Environmental Hot Spots

This week we're going to focus on identifying environmental Hot Spots. These are the areas in your service which generate the most carbon emissions and therefore areas which deserve the most attention when it comes to reducing emissions in order to deliver sustainable healthcare.

#### What are the main environmental hot spots in healthcare?

It's might be surprising to know that waste actually only accounts for a very small proportion of carbon emissions in in healthcare settings. According to analysis by the [NHS Sustainable Development Unit](#) waste only represents about 0.1% carbon emissions in the NHS. So, whilst it's important to reuse and recycle, this alone will not have the necessary impact.

Some of the top environmental hot spots are:

1. Medical instruments and equipment - 13.2%
2. Pharmaceuticals - 12.1%
3. Electricity - 7.6%

### [Week 2: Environmental Hotspots](#)



### QNPMHS Green Month 2022- Its time for Action

#### Sustainability in Metal Health: Time for Action!

Dear Colleagues,

There was a [COP26](#) summit that happened in 2021. Please find the report which explains the future of sustainability.

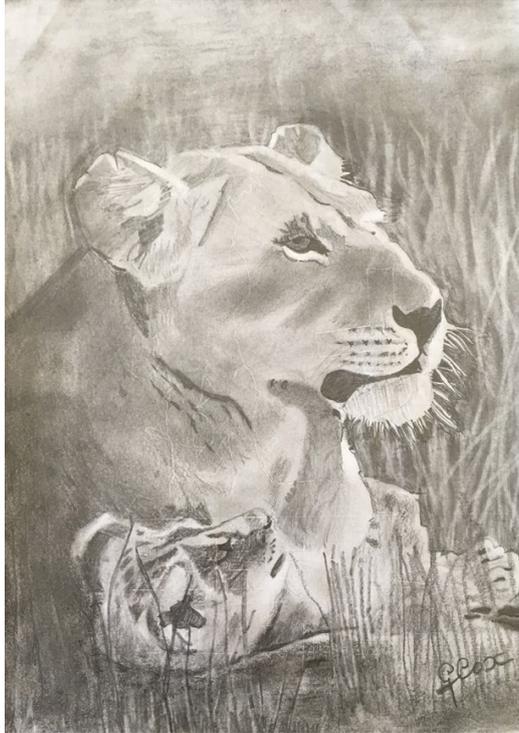
In the most important international meeting on climate change since the signing of the Paris Agreement in 2015, there have been some stark warnings over the current rate of progress. Despite a slight decrease in emissions due to the COVID-19 pandemic last year, [greenhouse gas emissions continued to rise](#) by more than the average annual growth rate over the past 10 years.

The report highlights that more ambitious net-zero commitments are necessary to stand a chance of limiting global warming below 2.0 degrees. You can see the [COP26 health commitments here](#), which detailed all the targets that was discussed to build climate resilient and sustainable health care systems.

### [Week 4: COP26 Health Programme](#)



# QNPMHS Creative Artwork Competition Winners



*Lioness with Cubs*



*Cub*



*Sea Hunter*



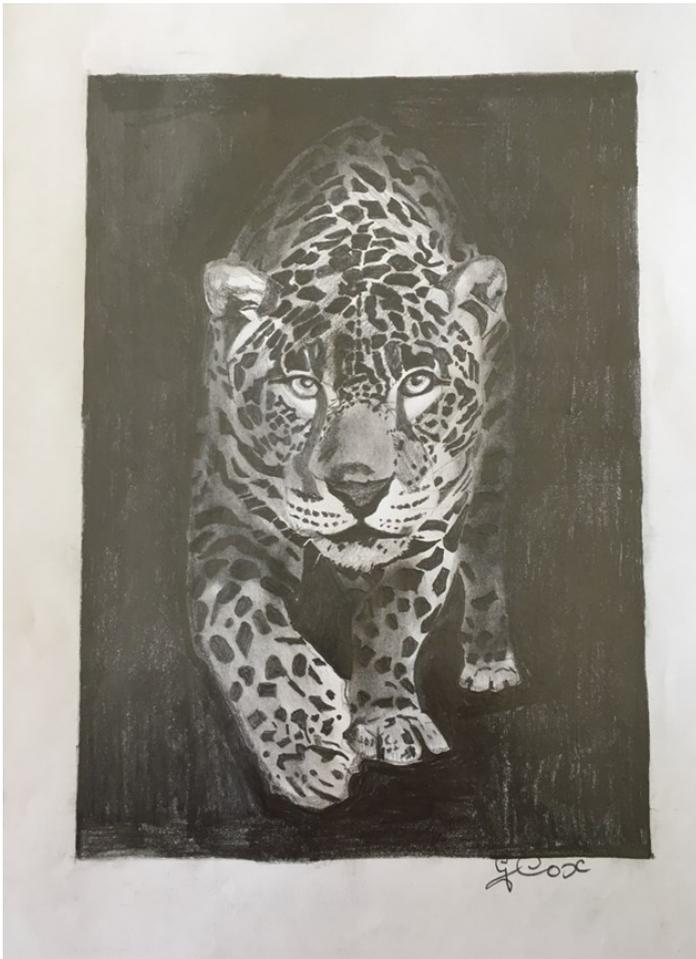
*Vase of Wildflowers 1*



*On Patrol*



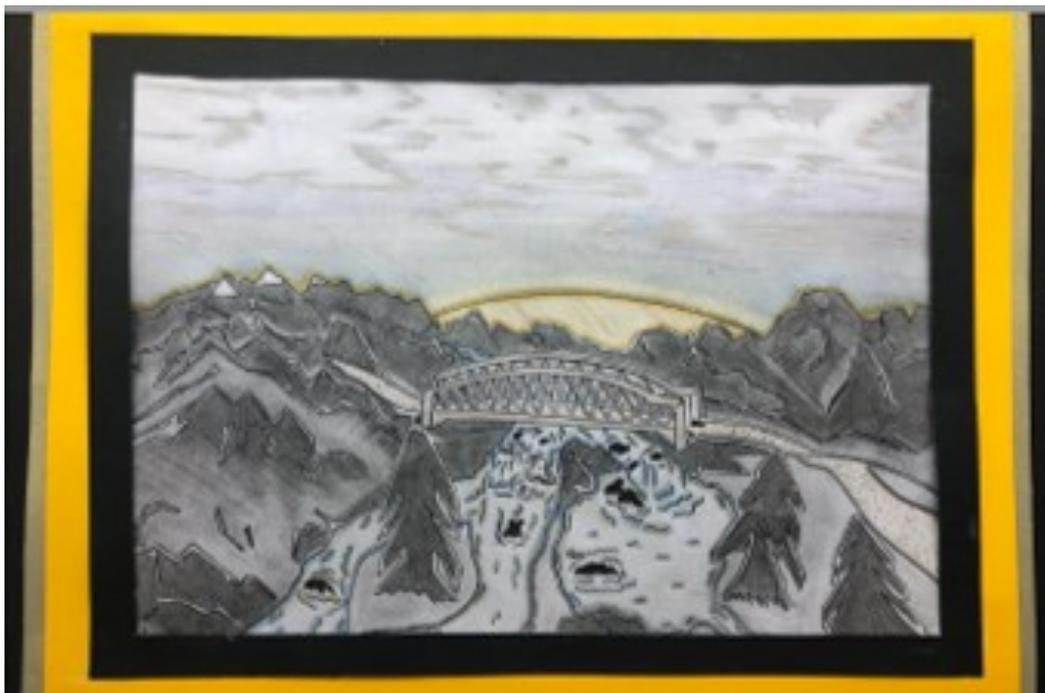
## QNPMHS Creative Artwork Competition Entries



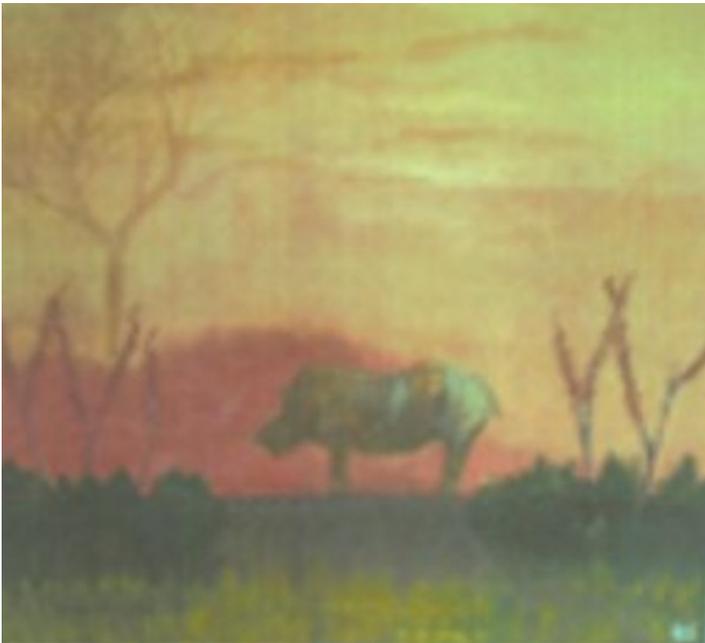
**Leopard**



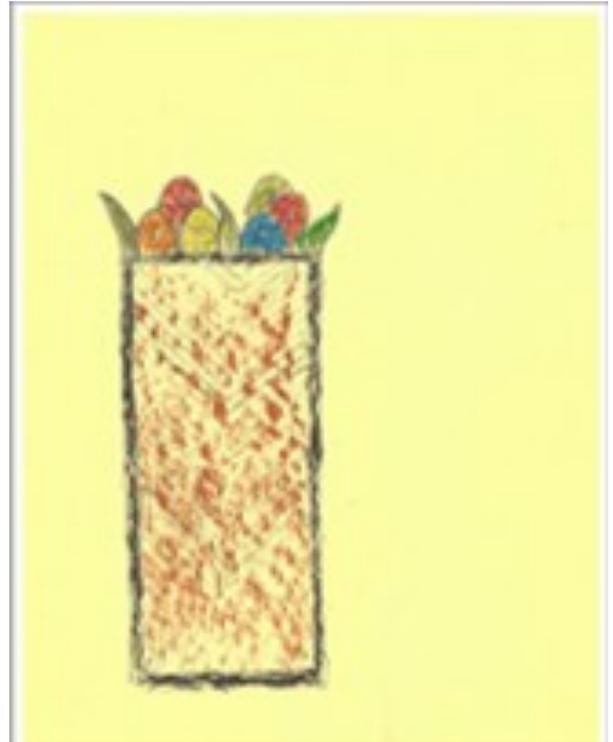
**Vase of Wildflowers 2**



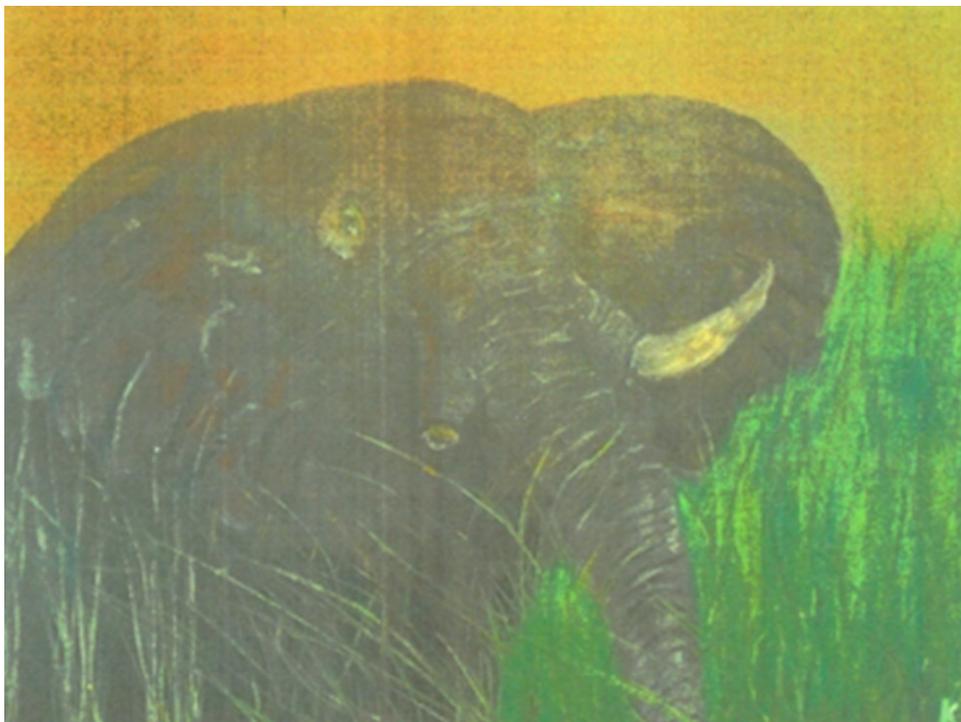
**Untitled**



*The Poser*



*Vase of Wildflowers 3*



*El in he Grass*



*Vase of Wildflowers 4*



*Jewellery*



*Night Spy*



*Tucked in*



*Untitled*



*Looking Cool*



*Perfick*

## Previous Newsletters

Click on the images below to access the previous editions



**PRISON CCQI**  
QUALITY NETWORK FOR PRISON MENTAL HEALTH SERVICES  
ISSUE 12 Autumn/Winter 2021

**This Issue**

- 1) Welcome
- 2) 'You've Made My Mirror Smile at Me' - Compassion and Complex Trauma in Prison
- 3) Trauma informed care (TIC) - My Views and Experiences
- 4) Encouraging a trauma informed approach in prison teams working with young adults
- 5) Trauma informed care (TIC) - My Views and Experiences
- 6) Developing Trauma Informed Care at HMP Only
- 7) The Simple Things
- 8) Early Days in Custody: Mental Health Team Pilot Project at HMP Emley
- 9) Social Responsibility Units and Their Role in the Trauma Pathway
- 14) Experience of Being a Listener
- 15) PIPE: How Best to Approach Trauma in the Prison System
- 16) Take Me to the Top
- 20) Patients and Staff at HMP Dartmoor Create a Prison Version of '5 Ways to Wellbeing'
- 21) Embedding a Trauma-Informed Culture in Youth Offender Institutions
- 24) QNPMHS Festive Card Competition
- 30) Previous Newsletters
- 31) Useful links

**WELCOME**

Welcome to the final newsletter of 2021! It is hard to believe that the year is drawing to a close already, it has not been the easiest year for everyone within the prison worlds, and we are sending our good wishes to everyone working hard to keep people safe and well within prison.

This edition of the newsletter is on Trauma Informed Care, and we have received some fantastic articles including how people have implemented a trauma informed environment within their services, and experiences of people receiving care in a trauma informed way—and what a difference it has made it is a really powerful edition, and I would like to thank everyone who contributed towards it. This is clearly a topic that people are passionate about.

I would also like to do another thank you to everyone who contributed to our recently QNPMHS annual forum! We had a fantastic day of speakers and presenters. This included hearing about technology within prisons and information on restorative justice. We also had a fantastic section about the patient pathway, hearing about continuity of care following discharge/release from prison, the parole board and mental health, and then finally about probation and mental health. This was timely as the recent joint thematic inspection report was published on the journey for individuals with mental health needs ([available here](#)).

Included in this newsletter is also the fantastic Festive Card Competition Entries—and what a fantastic haul we received this year! There are around 30 submissions which I was just blown away by!

Finally, I would also like to mention that this will be the last newsletter from me, as I will be leaving the College at the end of the year. It has been wonderful working here for the last five years, and I have learned so much. Thank you to all members for the wonderful teaching and innovative experiences I have had.

**Kate Townsend, Programme Manager**

**Low event**

The Generic Parole Process

- ▶ Parole: outside of Parole Review
- ▶ Prison reports submitted
- ▶ Review discussed
- ▶ Representative invited
- ▶ Paper Hearing (MCA)
- ▶ Oral Hearing



**PRISON CCQI**  
QUALITY NETWORK FOR PRISON MENTAL HEALTH SERVICES  
ISSUE 11 Spring/Summer 2021

**This Issue**

- 1) Self-harm in remand prison during the first year of COVID-19
- 2) HMP Thameside and Belmarsh Transfers/Remissions for year 2020
- 3) Forensic Psychiatry in Prisons: A Trainee's Perspective
- 4) QNPMHS Creative Art Competition
- 5) QNPMHS Creative Writing Competition
- 6) News
- 7) Previous Newsletters
- 8) Useful Links
- 11) Care and separation unit – what are the healthcare needs?
- 12) HMP Thameside and Belmarsh Transfers/Remissions for year 2020
- 14) Forensic Psychiatry in Prisons: A Trainee's Perspective
- 16) QNPMHS Creative Art Competition
- 18) QNPMHS Creative Writing Competition
- 20) News
- 21) Previous Newsletters
- 22) Useful Links

**WELCOME**

Thank you for taking the time to read our 11th newsletter! We are choosing to theme our newsletters to help inspire articles, and this edition is based on Transfer and Remission! We have some great good practice examples throughout this edition, to help support services with the long awaited recent publication of the [NHSF Transfer and Remission Guidance](#).

In addition, we were once again delighted to hold an artwork and creative writing competition to our members. A huge thank you to our members for encouraging patients to get involved with this again this year. Please check out the entries and winners within this article.

In other news, we have recently done our biggest QNPMHS virtual event! This was in collaboration with ELFT, Traverse, QNPMHS and QNPMHS projects (CCQI) to discuss the topic of 'Emerging Drug Trends and their Impact of Mental Health Services'. This was a fantastic and engaging two-day event that covered a range of topics. We had international speakers, experts by experience, researchers and community projects share their knowledge and stories—a huge thank you to the presenters for their hard work. It was such an enjoyable two days. The recordings are now available on our online platform [Knowledge Hub](#).

Excitingly, the Network submitted evidence to the Justice Select Committee about mental health in prisons. RCPsych submitted one from our Network and also from the Forensic Faculty. We were able to offer different perspectives for this, and the data collected from our members helped to support the evidence given. Dr Josanne Holloway was able to provide oral evidence and supported membership of our Network as a way to maintain standards.

Finally, I want to remind our members that registration for our new Cycle (7) is now open! Please do get in touch if you have any questions about this. I am going to be sending out more detail to our members about this, but we are hoping to return to face-to-face visits from 2022. This means we will be scheduling reviews from January onwards. As a team we are very excited to get back on the road and continue physical review visits again. However, as always, we must acknowledge that Covid-19 sometimes takes over the best made plans. So we say this with hopeful optimism, but with the understanding that these plans may have to change.

[parliamentlive.tv](#)




**PRISON CCQI**  
QUALITY NETWORK FOR PRISON MENTAL HEALTH SERVICES  
ISSUE 10 Autumn/Winter 2020

**This Issue**

- 01 Welcome
- 02 The User Voice of Lockdown
- 04 A productive look at prisoners needs at HMP Belmarsh
- 05 Artwork from HMP Thameside and HMP Belmarsh
- 06 My Mental Health Journey
- 8 EMDR Delivery at HMP Birmingham
- 10 Keeping afloat whilst weathering COVID-19
- 11 An investigation into aftercare planning for those remitted to prison from secure services
- 12 Sleep Hygiene Packs at HMP Belmarsh
- 14 QNPMHS Festive Card Competition
- 18 News

Well, it's almost the end of what has been dubbed as the worst year of all time. Although it has not been an easy year for people, we want to provide the opportunity for positive sharing of best practice, and hope to finish the year with some festive spirits and best wishes from the Quality Network team.

Our virtual reviews have just started! This is not an easy thing to arrange or organise, so a huge thank you to the project team and our member services for their dedication to facilitate this. We continue to work closely with everyone to make the reviews run as smoothly as possible, and to make sure that staff, patients and partner agencies receive what they want and need from the review.

We have recently published the CPA document: Planning effective mental healthcare in prisons using the Care Programme Approach and the Community Mental Health Framework Quality Network for Prison Mental Health Services. This is available on our website for guidance and information on the CPA process within prisons. We will use this as a base to create more practical guidance and information. Please click on the picture to be sent to the document on our website. (Click on the picture to be directed to the document).

We have recently had our first virtual annual forum at the beginning of December. Although we had the inevitable technical glitches, they day was so interesting and engaging. I hope you all enjoyed it. We had speakers from User Voice, baby companions and RECONNECT, and presenters speaking about the Winston Churchill fellowship, veteran mental health and the OPD pathway. So not all about COVID which was a nice escape. We have some pictures of the event on page 13 and a link to the feedback form if anyone has not had a chance to complete this yet.

During the QN updates presentation, I spoke about patient involvement on reviews. This continues to be priority for us, and we are so keen to continue getting patient involvement at all opportunities. We have linked with Visitable (England and Wales) and NearMe (Scotland) to use their technology to help with this. If you are unsure what stage your service is at with the roll out of the remote consultation software, please get in touch and we can connect you to our Visitable & NearMe contacts.

I want to end the message on a festive note. With our focus on patient engagement at an all time high, we have hosted our first ever festive card competition, which has had amazing results. The entries and winners can be found from page 14. I was amazed by the skills and creative flare from everyone. I want to recognise that we couldn't hold these patient-focused initiatives without the push from staff to get our messages through to patients. We really appreciate it and couldn't do this without your hard work. I hope everyone has a wonderful Christmas, and look forward to speaking to you in the New Year. Bring on 2021!

From Kate Townsend, Programme Manager and the Quality Network team.




**PRISON CCQI**  
QUALITY NETWORK FOR PRISON MENTAL HEALTH SERVICES  
ISSUE 09 Spring/Summer 2020

**This Issue**

- 01 Welcome
- 02 Confusion and hope at HMP Belmarsh with coronavirus
- 03 Barriers to developing resilience and how a compassionate approach can help
- 05 Rethinking primary healthcare during the pandemic
- 07 Good practice of physical health in prison
- 08 QNPMHS webinars and open forums
- 09 Changes to the QNPMHS review process
- 10 News
- 12 QNPMHS artwork competition
- 16 Useful Links

**WELCOME**

Welcome to the 9th edition of the Quality Network for Prison Mental Health Services' newsletter. The year so far has largely been dominated by COVID-19 and the challenges a pandemic brings. The prison system has had its own set of unique challenges in handling the situation and prison mental health teams have had to adapt to new ways of working. The Quality Network would like to thank all of the staff working in prisons for their efforts in managing the pandemic and keeping everyone on the inside safe.

This edition contains articles relating to COVID-19, as well as good practice on physical health management and the benefits of compassionate approaches to care. In addition, we have included the entries to our artwork competition for you all to enjoy. They really are excellent and we look forward to using the winning pieces on our publications over the next year.

As a result of COVID-19, we sadly had to cancel all peer-review visits from mid-March 2020. We are planning to restart the cycle of visits later this year. Initially visits will occur virtually until it is safe to conduct reviews face-to-face again. We will be working closely with services to anticipate in advance any potential issues and ensure the review visits run as smoothly as possible.

Just before lockdown came into effect, we were able to host a conference with Nottinghamshire Healthcare NHS Foundation Trust on wellbeing and recovery in prisons. The event was well attended and received positive feedback. Unfortunately, since then, we have been able to meet in person. Although, we have hosted a series of webinars to support services through the pandemic, and started a programme of open forum discussion sessions to enable a form of peer support. We hope you are finding these useful; please do get in touch if you have an idea for a webinar or any other form of virtual initiative.

Finally, Megan Georgiou is stepping down as programme manager in July, having worked at the College since 2014. Kate Townsend has been appointed to take over the role and is looking forward to further developing the programme of work.

We wish you all the best over the coming months and hope it won't be too long before we can see you all in person.





## Useful Links

**Care Quality Commission**  
[www.cqc.org.uk](http://www.cqc.org.uk)

**Centre for Mental Health**  
[www.centreformentalhealth.org.uk](http://www.centreformentalhealth.org.uk)

**Department of Health**  
[www.doh.gov.uk](http://www.doh.gov.uk)

**Health and Social Care Advisory Service**  
[www.hascas.org.uk](http://www.hascas.org.uk)

**Institute of Psychiatry**  
[www.iop.kcl.ac.uk](http://www.iop.kcl.ac.uk)

**Knowledge Hub**  
[www.khub.net](http://www.khub.net)

**Ministry of Justice**  
[www.gov.uk/government/organisations/ministry-of-justice](http://www.gov.uk/government/organisations/ministry-of-justice)

**National Institute for Health and Care Excellence**  
[www.nice.org.uk](http://www.nice.org.uk)

**NHS England**  
[www.england.nhs.uk](http://www.england.nhs.uk)

**Offender Health Research Network**  
[www.ohrn.nhs.uk](http://www.ohrn.nhs.uk)

**Revolving Doors**  
[www.revolving-doors.org.uk](http://www.revolving-doors.org.uk)

**Royal College of Psychiatrists' College Centre for Quality Improvement**  
<https://www.rcpsych.ac.uk/improving-care/ccqi>

**Royal College of Psychiatrists' Training**  
<https://www.rcpsych.ac.uk/training>

**See Think Act (2nd Edition)**  
<https://www.rcpsych.ac.uk/improving-care/ccqi/quality-networks-accreditation/forensic-mental-health-services/see-think-act>

## Contact the Network

**Kelly Rodriguez, Programme Manager**  
Kelly.Rodriguez@rcpsych.ac.uk  
020 8618 4063

**Maisie Webster, Deputy Programme Manager**  
Maisie.webster@rcpsych.ac.uk  
020 8618 4023

**Anja Gerjevic, Project Officer**  
Anja.gerjevic@rcpsych.ac.uk  
020 8618 4083

**Twitter**  
Follow us: [@rcpsych](https://twitter.com/rcpsych) [@ccqi](https://twitter.com/ccqi)  
And use [#qnpmhs](https://twitter.com/hashtag/qnpmhs) for up-to-date information

**QNPMS Knowledge Hub Group**  
[Home - Quality Network for Prison Mental Health Services \(QNPMS\)](#)  
[Discussion Forum - Knowledge Hub \(khub.net\)](#)

**Royal College of Psychiatrists' Centre for Quality for Improvement**  
21 Prescott Street, London, E1 8BB

[www.qnpmhs.co.uk](http://www.qnpmhs.co.uk)