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# WELCOME

Welcome to the final newsletter of 2022! It has been another tough year for our prison colleagues, all our thoughts and good wishes are with everyone working so hard to continue to keep people safe and well within prisons.

The Network will be setting up a working group to explore how prison mental health teams work with carers in 2023, and more information about this work is included in the newsletter. For this reason, this edition of the newsletter is on Carer Involvement and Engagement. There was a small number of articles received, which only goes to show the great scope of this work and how the Network can support their members to do so.

Included in this newsletter is also the fantastic Festive Card Competition Entries and the winner. We would like to thank all participants for their submissions and all our members for their support with this competition. It has truly been amazing to see so many submissions!

Also, I would like to thank everyone who contributed to our recent QNPMHS annual forum. This was the first event planned to take place in person since the pandemic started, but sadly had to be moved to take place online due to the rail strikes. Nonetheless, this was hugely

successful and we had a range of speakers presenting on various topics. More information about the event can found within the newsletter.

There are various pieces of information about the Network and what is planned for 2023 within this newsletter, including the carers working group, the revision of our current standards and a new section on meeting the QNPMHS team.

Lastly, the team and I would like to thank all our members for their hard work over the past year and for their continuous engagement with the Network. We are all looking forward to visiting services in person from January 2023. I hope everyone has a wonderful Christmas, and look forward to speaking to you in the New Year. 2023 here we come!

**Kelly Rodriguez, Programme Manager**





## A Patient Experience

**Sarah Blakely,**  
**Head of Healthcare,**  
**HMP Leeds**

Our patient arrived at HMP Leeds in June 2022. On his arrival in reception he told reception staff he does not want to eat and would rather die, this was believed to be at his dissatisfaction of being returned to custody pending further charges.

Mr A is a slight man of 5ft in height and his weight on arrival was 6st 4lb and a BMI of 17. He was also placed on ACCT straight away due to his statement of intent and a food refusal log was opened so that staff could record what he was eating or drinking if anything. The patient had a history of using food to control situations in his personal life.

Our patient was at high risk of malnutrition due to his low weight on arrival, which could lead to sudden death syndrome if his BMI reduced below 13.5.

A joint decision was agreed with healthcare and the prison that the complex needs unit would be most suited for him so healthcare and prison staff could monitor him more closely. This is a small 20 bed unit meaning that staff have the time to engage with the patient group located on there.

He was prescribed nutritional build up drinks to get the nutrition he needed and to hopefully aid his weight gain. His weight was monitored every couple of days and healthcare saw him daily to obtain his observations plus to check his welfare.

He was also placed on the mental health case load and was seen by the Psychiatrist and questions were made around his capacity, two of our doctors had different views on his capacity and this was fluctuate so regular assessment

were undertaken.

The patient was placed on the weekly MPCCC which is a multi-case conference made up of various clinicians and disciplines to look at the best way to support the patient.

It was felt that he required a planned hospital admission so he was able to receive secondary care input. The prison and healthcare staff continually worked together and met through MDT's and Regional MPCCC to review his clinical care.

We liaised with a local secure unit and the local trust to discuss the complex case given that there were questions raised regarding his capacity and whether this could be treat as part of the Mental Health Act.

I engaged the patient's family member to explore whether she could support the patient to better engage with the team at the prison but this unfortunately did not change the patients mind and he remained on his food refusal.

Following the patients BMI dropping below 13.5, I organised a further MDT with all interested parties from the healthcare team, the safer custody department, local trust, secure unit and our legal team to look at acting in the patients best interests.

As a result of this the patient was admitted to the local trust so that the psychiatrists from the trust and the secure unit could undertake a joint assessment.

It was at this point that the patient was then detained under the mental health act and offered a bed in a secure unit.

The patient began to engage with services and began to gain weight and was speaking to his family again and receiving visits. It was deemed he was no longer detainable under the MHA and he was transported back to the prison environment.



Upon arrival, we located him back on the complex needs unit so it was a familiar environment for consistency. However, the patient did recommence his food refusal immediately.

Following robust support from the CNU staff and MH team along with guidance from the Lead GP and psychiatrist the patient began to eat small amounts of food, little and often – this was all logged in a food diary by prison staff and was able to maintain his weight over a period of 12 weeks.

When the patient was due for transfer in order to progress his parole hearing we continued the MDT approach and facilitated a teams call with the receiving prison to ensure a firm handover of his current care

plans and needs. In addition to this we were able to negotiate a bed on a smaller unit at that prison so that the patient could remain closely supported and monitored.

The patient was granted Parole and released into the community. Following his release he contacted our lead GP and thanked us for admitting him to hospital and ultimately saving his life.

He is now at home with his family and doing really well and was grateful for the support he had received.

### Online Peer-reviewer training

**Peer-reviewer training** is a **free event** for staff from a service that is a member of the Quality Network. The training is a great learning experience for those who are **interested in participating in the peer-reviews of prison mental health services.**

The training takes place online via MST Teams and lasts for two hours. The following training sessions are available:

- **Tuesday, 31 January 2023, 10:00-12:00**
- **Monday, 03 April 2022, 13:00-15:00**

If you are interested in attending, please complete this [booking form](#). Keep an eye on the [website](#) for more training dates and updates.



# QNPMHS Standards Revision

The Quality Network for Prison Mental Health Services is revising the current set of quality standards. This will be the first opportunity to provide feedback on the current set of standards since their publication in August 2021.

The standards were published following a standards event, where experts in specialist fields of mental health within the criminal justice system presented. This was the first large-scale review of the standards since their creation in 2015, and discussions were held about the various specialisms in the context of the Quality Network standards. The standards can be found on our [website](#).

This will be a two-part consultation. The first part will be the completion of an online survey. The survey will be divided into the different sections of the standards and ask

for feedback on the standards, specifically focusing on:

- Clarity and grammar
- Measurability of standards
- Suggested additions and deletions
- Which standards are working well.

The survey can be accessed [here](#). The deadline to complete the survey is **01 February 2023**.

The second part to the consultation will take place as an online Teams meeting. The aim of this meeting will be to highlight what feedback has been received and provide members with a second opportunity to provide further feedback on the standards, focusing again on the above points. The date for this meeting is yet to be decided.

Please contact [Kelly.Rodriguez@rcpsych.ac.uk](mailto:Kelly.Rodriguez@rcpsych.ac.uk) if you have any questions.



## Standards for Prison Mental Health Services – Fifth Edition

*Quality Network for Prison Mental Health Services*

**Editors:** Kate Townsend, Dr Huw Stone, Dr Steffan Davies and Kelly Rodriguez

**Publication Number:** CCQI 364



## QNPMHS Carers Working Group

As a Network, we are really passionate about carer engagement. Across our sister Networks, we have held 'Carers Working Groups' to look at how we can increase engagement with carers within services, and with the Networks.

We would like to support prison mental health services to increase carer engagement with their services and with the Network. At the moment, we do not have any standards relating to carer engagement and we do not often hear about carer engagement during reviews.

We would like to get an idea of the levels of carer engagement within prison mental health services, and the barriers services are facing when trying to engage carers.

We will be setting up a 'Carers Working Group' for the Network. If you would like to be involved in this, please contact [Maisie.webster@rcpsych.ac.uk](mailto:Maisie.webster@rcpsych.ac.uk).



## Knowledgehub

**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)



# QNPMHS Annual Forum

**Ciara McAree,**  
**Project Officer, QNPMHS**

On 16 December 2022 we held our seventh QNPMHS Annual Forum. Despite the decision to move it to a virtual event due to national strike action, it was a success! The day was filled with fantastic speakers with great interaction from those watching, and we have received a lot of positive feedback.

The day started with a warm welcome from Andrew Forrester, Professor of Forensic Psychiatry and new Co-Chair of the QNPMHS Advisory Group.

We then had our first keynote speakers of the day, Kate Morrissey and Liz Taylor-Diparno, from the National Implementation Manager for RECONNECT and Enhanced RECONNECT, NHS England. They gave a fascinating talk about RECONNECT and Enhanced RECONNECT, a care after custody service which works towards reconnecting patients to community based health services.

Next, the Programme Manager, Kelly Rodriguez, and Deputy Programme Manager, Maisie Webster, gave updates on the Network and what is to come in 2023. More information can be found throughout this newsletter.

Our next keynote speaker was Charlotte French, Lead Occupational Therapist from the Health and Justice and Secure Inpatient Services at Tees Esk and Wear Valleys NHS Foundation Trust who gave an interesting insight into prison healthcare through the lens of occupational therapy.

The last keynote speaker of the day, Professor Cornelius Katona, Medical Director from the Helen Bamber Foundation, and Honorary Professor, Division of Psychiatry, University College London, spoke about

mental health in immigration detention and in quasi-detention accommodation, which was striking and impactful.

The afternoon was filled with thought-provoking workshops from a host of speakers.

The first workshop session of the afternoon focused on **'Allied Health Professionals in Prison Settings'**. We saw a range of workshops including:

- Stephanie Dunn, a Dramatherapist from HMPYOI Werrington speaking about the releasing power of drama therapy;
- Amy Hubbard, a Senior Mental Health Practitioner from HMP Lowdham Grange spoke about Social Work in Prison Mental Health Teams;
- Gillian Crawshaw a Specialist Clinician and Occupational Therapist, and Allison Woodhead, the Clinical Lead and Speech and Language Therapist from the Nottinghamshire Healthcare NHS Foundation Trust spoke about an AHP Led Neurodiversity Pathway in prisons.

The second workshop session of the afternoon honed in on **'Quality Improvement and research projects'**, seeing workshops on:

- Patient Involvement in QI and Research Projects from Sarah Markham, a Patient Representative on the Network;
- Supporting offenders with intellectual disabilities and autism, from Kimbia Mothersill the Learning Disability and Autism Lead for Greenwich Prisons;
- Attention deficit hyperactivity disorder in prison, exploring diagnosis and treatment including the outcome of a randomised controlled trial., by Professor Lindsay Thomson, Professor of Forensic Psychiatry from the University of Edinburgh.

These workshops were informative and forward thinking.



## Event Programme

- 11:00**      **Welcome and introduction**  
*Steffan Davies, Consultant Forensic Psychiatrist and Co-Chair of the QNPMHS Advisory Group, and Andrew Forrester, Professor of Forensic Psychiatry and Co-Chair of the QNPMHS Advisory Group*
- 11:10**      **RECONNECT, Care after Custody, The Story So Far**  
*Kate Morrissey, National Implementation Lead for RECONNECT and Enhanced RECONNECT, and Liz Taylor-Diparno, National Implementation Manager for RECONNECT and Enhanced RECONNECT, NHS England*
- 11:40**      **Break**
- 11:55**      **Updates from the Network**  
*Kelly Rodriguez, Programme Manager and Maisie Webster, Deputy Programme Manager, QNPMHS*
- 12:15**      **Small Change, Big Impact - Looking Through an Occupational Lens in Prison Health Care**  
*Charlotte French, Lead Occupational Therapist, Health and Justice and Secure Inpatient Services, Tees Esk and Wear Valleys NHS Foundation Trust*
- 12:45**      **Lunch break**
- 13:30**      **Mental Health in Immigration Detention and in Quasi-Detention Accommodation**  
*Professor Cornelius Katona, Medical Director, Helen Bamber Foundation, and Honorary Professor, Division of Psychiatry, University College London*
- 14:00**      **Workshops: Session One**
- 14:30**      **Break**
- 14:45**      **Workshop: Session Two**
- 15:15**      **Final plenary**  
*Steffan Davies, Consultant Forensic Psychiatrist and Co-Chair of the QNPMHS Advisory Group, and Andrew Forrester, Professor of Forensic Psychiatry and Co-Chair of the QNPMHS Advisory Group*
- 15:30**      **Close**

Join the conversation on Twitter @rcpsychCCQI #QNPMHS

We would like to thank all the speakers and attendees, as we are aware of how busy services are at the moment.

It was an invaluable day for sharing knowledge and best practice, something that is a rare opportunity in the current climate.

We will be adding the recordings to Knowledge Hub shortly for those who missed it or would like to watch it again! If you haven't already, please fill out this [short feedback form](#).



## Meet the QNPMHS Team!

### **Ciara McAree**

Project Officer



#### **When did you join the college?**

I joined the college in September 2022, so I am still fairly new!

#### **What were you doing before joining the team?**

I was an assistant psychologist at the Lucy Faithfull Foundation, working with those who had sexually offended against children online and offline, their families and young people displaying harmful sexual behaviour. I was always interested in the mental health side of my previous role and wanted to pursue it more closely.

#### **What is an interesting fact about you?**

I can weightlift/deadlift around 120kg but due to my kneecap being in the wrong place I have had to stop lifting... for now :)

#### **What is your favourite animal?**

DOG. SPECIFICALLY, ROTTWEILERS.

### **Maisie Webster**

Deputy Programme Manager



#### **When did you join the college?**

January 2020 so I've been at the College for nearly three years now.

#### **What were you doing before joining the team?**

Before joining the team, I supported people who are homeless with complex needs.

#### **What is an interesting fact about you?**

An interesting fact about me is I was on Dickinson's Real Deals.

#### **What is your favourite animal?**

My favourite animal is a gecko. My leopard gecko Onyx is in the pic with me!



## Kelly Rodriguez

Programme Manager



### **When did you join the college?**

I joined the college in February 2018, so nearly half a decade ago.

### **What were you doing before joining the team?**

I was a Community Support Worker, working with patients who had left hospital and required continued support. At the same time, I was studying for my MSc in Forensic Psychology, busy times!

### **What is an interesting fact about you?**

I was born and raised in Spain (as the surname suggests) so I can speak Spanish. More interestingly, I am from the Basque Country so I can also speak Basque.

### **What is your favourite animal?**

Cats, always and forever. My most favourite feline of all times is the snow leopard and their amazing habit of biting their tails, so precious!

## Gordito Rodriguez

Honorary Assistant



### **When did you join the college?**

June 2019.

### **What were you doing before joining the team?**

I have always been at the college.

### **What is an interesting fact about you?**

I actually love belly rubs.

### **What is your favourite animal?**

Pigeons!



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and use [#qnpmhs](#) for up-to-date information



## QNMPHS Festive Card Competition Winner

This year we held our third annual festive card competition. We had such amazing entries and we would like to thank everyone who sent in their artwork. Below is this year's winner, 'The Elf Trio'. On the next page you can see all of the brilliant entries.



The winning artwork was created by D. Cullen, a patient at HMP & YOI Polmont.



# QNPMHS Festive Card Competition Entries



Season's Greetings  
to you. I hope this  
card makes you  
smile as much as  
it does to me.  
Merry Xmas &  
Happy New Year 





**Last Year's QNMPHS Festive Card Competition Winner**



B.C., HMP New Hall.



## NEWS

### **Construction starts on UK's first all-electric prison**

Over 600 jobs are set to be created as construction starts on the UK's first all-electric prison at Full Sutton in East Yorkshire.

The new prison – opening in 2025 – will hold nearly 1,500 prisoners who will spend their time behind bars learning the skills they need to find work on release, as part of the government's drive to cut re-offending and keep the public safe.

The site will be the first prison in the UK to run solely on electricity, with solar panels and heat pump technology meaning it will use 78% less energy than HMP Wormwood Scrubs – a traditional Victorian prison – cutting energy costs to taxpayers by over £1.1 million a year. To find out more, please visit [gov.uk](https://www.gov.uk).

### **New sports fund to tackle youth crime**

Thousands of youngsters will be put back on the right track thanks to a new £5 million fund for crime-cutting sports schemes, the Deputy Prime Minister has announced on 4 November 2022.

Charities across England and Wales will be able to bid for new money to run programmes designed to steer young people away from law-breaking and into positive activities aimed at teaching teamwork, resilience and discipline.

While the number of young people in custody remains at a record low, statistics show around 80% of prolific adult offenders begin committing crimes as children – with the economic and social costs of reoffending costing the taxpayer an estimated £18 billion per year. For more information, visit [gov.uk](https://www.gov.uk).

### **Government backs crime-cutting bill to end Friday releases**

Changes to help reduce reoffending by making sure vulnerable prison leavers get ample time to access vital support services will be introduced under a new bill that gained government support on 2 December 2022.

Around one in three prisoners leave prison on a Friday – giving them just a few short hours to find a bed for the night, register with a GP and sign up for job support before services close for the weekend. This race against the clock can leave ex-offenders homeless and without support, increasing their chances of committing further crimes.

This is particularly true for ex-offenders with substance misuse problems, mental health issues or at real risk of homelessness. Ex-offenders with safe accommodation are around 50% less likely to slip back into a life of criminality. More information can be found at [gov.uk](https://www.gov.uk).

### **Reading app to help prison leavers turn new page**

A new app to boost prison leavers' literacy is the latest part of a £20 million government plan to reduce reoffending through innovation. It will be trialled with 300 offenders in Kent, Surrey and Sussex, starting this month, encouraging them to improve their reading skills and turn their backs on crime.

The app gives offenders who have left the prison gates the ability to improve their literacy with additional help from trained mentors – filling a skills gap and boosting their chances of getting a job. Further information can be found at [gov.uk](https://www.gov.uk).



## The experience of immigration detainees in prisons: a thematic review

A thematic review surrounding the experience of immigration detainees in prisons was recently published in September 2022 by the HM Chief Inspector of Prisons. It outlined how although the number of detainees from immigration centres rising amidst the COVID-19 pandemic, they still only comprise a small proportion of the prison population. Despite their small number, the unique challenges these individuals face cannot be ignored.

The report pulled together the findings from eight prisons, 45 immigration detainees and 33 key staff through interviews throughout 2022. Key findings indicated that immigration detainees are more likely to face disadvantages regarding legal safeguards and their welfare compared to their counterparts in immigration removal centres (IRCs). It was seen that immigration detainees in prisons saw a large impact on their well-being after often serving lengthy sentences in detention.

Immigration detainees reported feelings of confusion, helplessness and frustration in response to lack of meaningful information from the Home Office about their case progression, with often lack of resources to overcome language barriers.

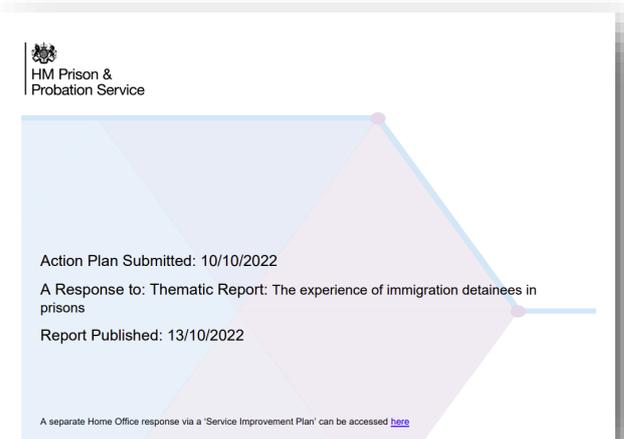
Legal advice given to immigration detainees was 'inadequate' and many struggled to find a representative to cover their case. These individuals were often victims of torture or trafficking, which was not taken into account in line with the 'adults at risk' policy as few staff understood the policy.

More information on the thematic report can be found [here](#).

In October 2022, a response to the thematic report was published by the Home Office. It included an action plan on how each of the findings were to be addressed.

This month, a new 'Individuals in Immigration Detention in Prison' policy framework will be published, embedding the policies surrounding accessing legal aid and the adults at risk policy. This will be subject to a twelve month review.

This, alongside a separate service improvement plan, can be found [here](#).



SERVICE IMPROVEMENT PLAN – HMP SHORT THEMATIC REVIEW – The Experience of Immigration Detainees in Prisons – 2022

Concern addressed to	HMP concerns	Action already taken / proposed to further address concern	Expected completion within (3M/12 months or N/A)	
1	Home Office (EO)	<p><b>Case Progression</b></p> <p>Many immigration detainees were held in prisons for long periods despite minimal progress in their cases. There was little prospect of removal within a reasonable period for many detainees and some continued to be held in prisons after their release was agreed in principle because of a lack of full accommodation. Several were also held despite the Home Office's own Case Progression Panels repeatedly recommending release (to the Home Office).</p>	<p>The Home Office will continue to review detention regularly. We make every effort to ensure that an FNO's removal by deportation coincides, as far as possible, with their release from prison on completion of sentence. Where it is not possible, careful consideration is given to a case-by-case basis as to whether immigration detention is appropriate and justified. There is a published guidance in favour of early release for all individuals and decisions to lengthen are made in line with published guidance. The Home Office Immigration Prison Team (IPT) officers have been empowered to raise concerns with their senior management units. A single national officer (FNO) has been designated for a lengthy period, with little prospect of removal within a reasonable timeframe. Review of such cases will be expedited by senior teams.</p> <p>As a result of COVID restrictions, many FNOs had to be released from detention and this put significant pressure on the availability of suitable accommodation. This has been rectified and the Foreign National Offender Return Commission (FNORC) accommodation team is processing cases within a normal timeframe. However, barriers such as legal challenges and travel documents can delay the efficiency of removal taking place early in the FNO window. Other factors such as the length of the custodial sentence to be served following sentencing is also relevant to returns within the FNO window, especially where the individual has a short sentence, or they have served most of their time on remand.</p> <p>We are recruiting new caseworkers who will improve FNOHC's capacity to carry out its core functions, including the management of detention.</p> <p>In addition to Case Progression Panels (CPP), each detained individual is subject to a regular 28-day review (DTR), undertaken by FNOHC casework. This review considers a detained individual's removability, criminality, and vulnerability. CPP recommendations form part of this consideration, with a mandatory requirement to record whether their recommendations are being accepted, or rejected, and why. All CPP recommendations are circulated to the Senior Management Team, with the panel chair having the capacity to escalate any specific cases of concern.</p>	<p>N/A</p> <p>N/A</p> <p>12 months</p> <p>N/A</p>
2	Home Office (EO) and HMPs	<p><b>Access to legal advice</b></p> <p>Detainees routinely encountered difficulties in obtaining legal representation for their immigration cases. Some legal difficulties in obtaining solicitors' phone numbers to their list of approved contacts and some had not been informed that they were now entitled to have an hour of free legal advice in line with the provision in immigration removal centres. Many of the prison and Home Office staff we spoke to were not familiar with the entitlement. (to the Home Office and HMPs).</p>	<p>We recognise that not all FNOs will be legally represented and therefore throughout the disposition process we seek to explain and signpost appropriately, whether through written documents or direct engagement. The disposition notice informs the FNO who disposition is being considered and invites the person to provide any reasons why they consider it should not be pursued. A statement of reasons accompanies this decision, clearly setting out examples of possible claims, including those protection and human rights based, which could be raised through possible sources of support elsewhere. These notices support Civil Legal Advice (and Scottish and Northern Ireland equivalent), an organisation which can provide information on legal aid. If a person is unable to pay for a legal representative, a published list of legal aid providers is available from the Legal Services Commission. Removal paperwork reminds the person of the same. Additionally, in November 2021, HMPs issued an instruction which allows all individuals held under immigration powers in a prison, access to 10 minutes of legally aided immigration legal advice. This provides a functional equivalent to the service currently available in IRCs.</p> <p>The Home Office will ensure information regarding legal advice is provided to the FNOs in their HMPs induction packs. Additionally, we will ensure all IPT managers have access to the lists for their regions, which can be provided to FNOs on request.</p>	N/A

The Experience of Immigration Detainees in Prisons – 2022



# Previous Newsletters

**PRISON QUALITY NETWORK FOR PRISON MENTAL HEALTH SERVICES** **CCQI** ISSUE 13 Spring / Summer 2022

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## 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 invited 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

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

**This Issue**

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- 6) Trauma Informed Care (TIC) - My Views and Experiences
- 8) Developing Trauma Informed Care at HMP Orkney
- 9) The Simple Things
- 10) Early Days in Custody: Mental Health Team Pilot Project at HMP Elmley
- 12) Social Responsibility Units and Their Role in the Trauma Pathway
- 14) Experience of Being a Listener
- 16) NICE: How Best to Approach Trauma in the Prison System
- 18) Take Me to the 110
- 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
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## 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.

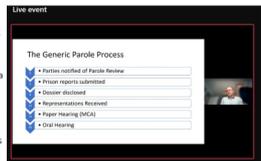
I would also like to do another thank you to everyone who contributed to our recently QNPMHS annual forum! We had a fantastic day of speakers and presenters. This included hearing about technology within prisons and information on restorative justice. We also had a fantastic section about the patient 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 50 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



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

**This Issue:**

- 2) Self-harm in remand prison during the first year of COVID-19
- 4) The light in the darkness
- 5) Transfers and remissions across the Kent Cluster Prisons in 2020: The Key Role of a Transfers Coordinator
- 7) Mental health training for prison officers at HMP Wandsworth
- 9) Reflections from a psychologist and nurse working in the care and separation unit at HMP Balmash
- 11) Care (and separation unit – what are the healthcare needs?)
- 12) HMP Thameside and Balmash Transfers/Remissions for year 2020
- 14) Forensic Psychiatry in Prisons: A Trainee's Perspective
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## 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 [NHS 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, QNFMHS and QNPMHS projects (CCQI) to discuss the topic of 'Emerging Drug Trends and their Impact on 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. DCPsych 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 Joanne 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.



**PRISON QUALITY NETWORK FOR PRISON MENTAL HEALTH SERVICES** **CCQI** ISSUE 10 Autumn/Winter 2021

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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, this 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 15 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 a priority for us, and we are so keen to continue getting patient involvement at all opportunities. We have linked with Visionable (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 the our Visionable & 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 2022!

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





## 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>

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And use [#qnpmhs](https://twitter.com/hashtag/qnpmhs) for up-to-date information

**QNPMHS Knowledge Hub Group**  
[Home - Quality Network for Prison Mental Health Services \(QNPMHS\)](#)  
[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)