

# QNPMHS Bulletin: Annual Forum Highlights



*The artwork displayed on the front is the festive card winner from the competition. "Robin" was created by a patient from HMP Wormwood Scrubs.*

# An Introduction to the QNPMHS Bulletin!

The QNPMHS team is pleased to release the first network bulletin! The bulletin will serve in place of the newsletter, with an aim of highlighting good practice across members, updates from the network, events and other news. Look out for the next issue, coming in the new year and happy holidays from the Prison Network!

## Previous newsletters:



### WELCOME

Welcome to the 16<sup>th</sup> and final newsletter of 2023! This edition of the newsletter is on Staff Wellbeing and Retention.

As always, it is incredible to read through so many articles and good practice examples from our member services. 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!

As many of you will know, the Network hosted an Annual Forum on 26 October this year. This was the first in person event since 2019! Speakers covered topics such as ACHD pathways, involvement of families, interagency working, therapeutic communities and enabling environments.

As the new year starts, so do the peer-reviews. The team and I very much look forward to working with teams again to share good practice and provide networking opportunities.

I hope everyone has a wonderful Christmas, and we look forward to speaking to you in the New Year, 2024 here we come!

Kelly Rodriguez, Programme Manager



### 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 reviewed, 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!

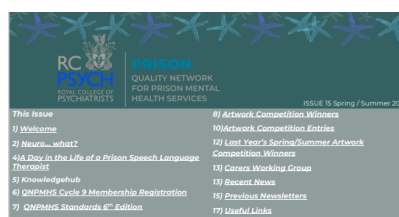
Also, I would like to thank everyone who contributed to our recent QNPMHS annual forum. This was the first event planned to take place in person since the pandemic started, but sadly had to be moved to take place online due to the rail strikes. Nonetheless, this was hugely

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



### WELCOME

Welcome to the 15<sup>th</sup> edition of the Newsletter on the theme of Neurodiversity Pathways in Prison Settings. As always, it is wonderful to read all the work going on in services, as well as reflections.

This newsletter contains articles from various services, as well as the entries for our Summer Artwork and Creative Writing competition. As every year, it was difficult to choose the winners with so many talented artists. These will be utilised for various Network documents, including guidance documents and the various service reports so keep an eye out for our new report cover!

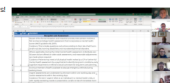
The Quality Network peer-reviews will be coming to an end at the end of the month. Thank you to all the teams for all the hard work organising your peer-reviews. As always, it has been emerging to connect with colleagues.

The Network standards revision has now taken place, following an extensive consultation with members via surveys and an online workshop. This workshop was incredibly productive with great member engagement and a new edition of the

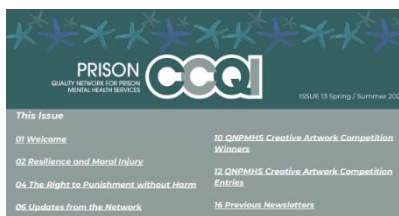
standards will be published soon. We look forward to the discussions this new edition will bring during review days.

As the cycle ends, the Quality Network team prepares for the start of a new cycle, cycle 9. During the course of the summer, the team will be updating the various data collection tools utilised during the course of the peer-reviews, including the workbooks and reports.

Lastly, the QNPMHS Annual Forum is set to take place at the RCPSych on 26 October 2023. It will be the first in person event in the past three years and we cannot wait to share a cup of tea with our colleagues!



Kelly Rodriguez, Programme Manager



### WELCOME

Thank you for choosing to read the 13<sup>th</sup> 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

# Highlights from the Annual Forum

The Quality Network for Prison Mental Health Services (QNPMHS) successfully hosted its 2024 Annual Forum in October!

The event took place online via MS Teams and featured network updates, a range of speakers and a panel discussion on deprescribing. It was free for all members to attend and brought together 45 delegates. This document provides an overview of the event highlights and feedback.

Event programme:

Quality Network for Prison Mental Health Services Annual Forum 2024 Tuesday 22 October 2024 Virtual event on MS Teams			
<b>Programme</b>			
09:30	<b>Welcome and introduction</b> <i>Dr Matthew Tovey, Consultant Forensic Psychiatrist and QNPMHS Advisory Group Co-Chair, and Professor Andrew Forrester, Professor of Forensic Psychiatry QNPMHS Advisory Group Co-Chair</i>		
09:45	<b>Updates from the Network</b> <i>Kelly Rodriguez, Programme Manager, and Maisie Webster, Deputy Programme Manager</i>		
10:15	<b>Human Rights and Mental Health in Prisons - The Science, The Humanity, and The Politics</b> <i>Professor Piyal Sen, Consultant Forensic Psychiatrist and Medical Director, Chadwick Lodge, Elysium Healthcare, and Chair of the Special Committee of Human Rights, The Royal College of Psychiatrists</i>		
11:00	<b>Break</b>		
11:15	<b>Managing the Impact of Psychological Trauma in Custody</b> <i>Clare Crole-Rees, Consultant Psychologist, Oxford Health NHS Trust, and Honorary Senior Lecturer and Research Associate, Cardiff University</i>		
11:45	<b>Trauma-Informed Training in Prisons in Wales: Accessible and Impactful Training That Influences Staff-Prisoner Relationships</b> <i>Lewis Jones, High Intensity Psychological Practitioner, Buvidal Psychological Support Service</i>		
12:15	<b>Lunch break</b>		
13:00	<b>Deprescribing is Not Antipsychiatry</b> <i>Professor David Taylor, Director of Pharmacy and Pathology, South London and Maudsley NHS Foundation Trust and Professor of Psychopharmacology at King's College London</i>		
13:20	<b>Deprescribing Guidelines Panel Discussion</b> <i>Professor David Taylor (Chair), Dr Boris Iankov, National Lead Consultant Psychiatrist, Practice Plus Group, Chris Tupiri, NMP, Practice Plus Group, Dr Katherine Bartlett, Consultant Forensic Psychiatrist, HMP Pentonville, and Kassia Lowe, Consultant Forensic Psychiatrist, Medical Lead Health in Justice, Midlands Partnership University NHS Foundation Trust</i>		
14:00	<b>Break</b>		
14:15	<b>Psychologically-informed Health and Justice Services at HMP Styal</b> <i>Sarah Scott, Integrated Mental Health Team Manager, Lauren Buddery, Principal Forensic Psychologist and Dr Rosalyn Tavernor, Consultant Forensic Psychiatrist, Health and Justice Services, Greater Manchester Mental Health NHS Foundation Trust</i>		
14:45	<b>The Forensic Psychiatry Faculty and Engaging with the Wider Offender Mental Health System</b> <i>Dr Sandeep Mathews, Chair, Faculty of Forensic Psychiatry, Royal College of Psychiatrists, and Associate Medical Director for Specialist Services, Greater Manchester Mental Health NHS Foundation Trust</i>		
15:15	<b>Final plenary and close</b>		

## Human Rights and Mental Health in Prisons – The Science, the Humanity and the Politics

*Dr Piyal Sen, Consultant Psychiatrist and Medical Director*

The first session of the day highlighted the intersection of human rights and mental health in the context of prisons. It looked from a perspective of international frameworks and best practices:

- International human rights framework: Emphasis on the UN's Convention on the Rights of Persons with Disabilities (CRPD) and the importance of equitable healthcare access, early intervention, community-based care and informed consent in prison health systems.
- Human rights violations in prisons: Common violations include coercive treatment, lack of informed consent, and inadequate care for prisoners with mental health needs. It's crucial to assess the impact of human rights violations and work toward reducing discrimination.
- Key human rights principles: The FREDA principles (Fairness, Respect, Equality, Dignity, Autonomy) should guide prison healthcare practices. Special attention must be given to the vulnerability of newly admitted prisoners and the need for personalised care plans.
- Best practices for mental health care: Prisons should ideally not be used to treat individuals with severe mental illnesses. Strategies for best practice include the promotion of mental health as a core policy, ensuring staff training, and providing personalised, voluntary treatment. Leadership is critical in fostering an environment that prioritises healthcare as key to rehabilitation.





- Key challenges: The presentation explored the challenges of applying CRPD principles (such as legal capacity and the right to independent living) within the prison context and how to address them, including reducing coercion in mental health care and ensuring equal rights for all prisoners.

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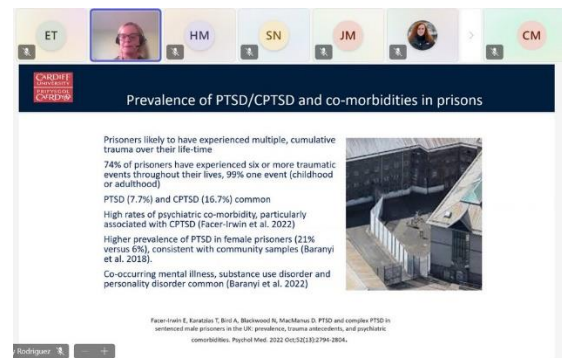
## Preventing and Managing the Impact of Trauma in Prisons

*Clare Crole-Rees, Consultant Psychologist*

Following this was a presentation by Clare Crole-Rees on the cycle of trauma in custody and preventing and managing the impact of trauma in prisons.

Key takeaways include:

- Trauma prevalence and mental health needs: Many prisoners experience cumulative, complex trauma which can often lead to PTSD/CPTSD.
- Psychological interventions for trauma: Trauma focused interventions show the most effectiveness within prisons.
- Core principles of trauma informed practice: Compassionate, empowering relationships. Embedding trauma informed practice with frontline services.
- Pathway and systemic integration: Developing structured clinical pathways that integrate screening, triage, assessment and evidence-based interventions. Continuity between prison and community services to ensure lasting impact.
- Policy and investment needs: Whole system trauma informed approaches require significant policy and funding support. Prioritising staff wellbeing is essential.



## Trauma-Informed Training in Prisons in Wales: Accessible and Impactful Training that Influences Staff-Prisoner Relationships

*Lewis Jones, Practicing Psychotherapist and High Intensity Psychological Practitioner*

Next, Lewis Jones presented about the value of creating training that is accessible, effective and long-lasting within the context of Welsh prisons. Lewis spoke about the correlation between experiencing trauma and serving a sentence and the high turnover rate of prison officers. Lewis argued that a trauma informed approach in prisons safeguards the health, wellbeing and safety of both residents and staff. Lewis reviewed a recommended tiered training structure with basic trauma awareness and enhanced training focusing on safe relationships and coping skills. Some key takeaways include:

- Both staff and prisoners are impacted by trauma and power imbalances between them can negatively affect relationships.
- In the prison context, a shorter, intensive training format would meet the needs of staff as prisons face challenges in retaining staff for training due to shift patterns.
- There is a need for a clear support pathway for prisoners after trauma-informed interventions, particularly with continued support in the community post-discharge.
- Collaboration with agencies in the community is key for ensuring a holistic, trauma-informed approach.

The screenshot shows a presentation slide titled "5. Understanding Root Causes". At the top, there is a navigation bar with several icons and labels: AF, MT, KT, DS, BI, CC, and CM. The slide content includes the following text:

A recent prisons strategy white paper (Ministry of Justice, 2021) calls for:

"A cultural shift amongst staff to improve understanding of the root causes of violence and self-harm" (p.46)"

This paper highlights prisoner-staff relationships as key to improving safety in the wider prison context.

On the right side of the slide, there are two illustrations. The top one is a colorful, abstract drawing of a tree with many branches and leaves, some of which are labeled with words like "CAUSES", "EFFECTS", and "COMPLEXITY". The bottom one is a drawing of a tree with a thick trunk and many branches, with the word "COMPLEXITY" written on one of the branches.

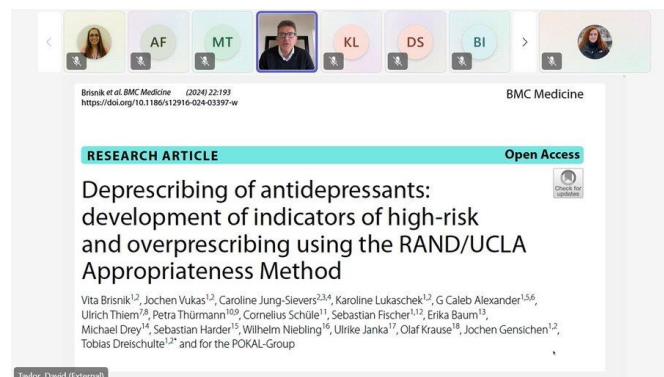
At the bottom of the slide, there is a footer that reads: "Jones (Cardiff and Vale UHB - Buidal Psychological Support Service) (External)" and a small number "21" in the bottom right corner.

## Antidepressants: Deprescribing is not Antipsychiatry

*Professor David Taylor, Director of Pharmacy and Pathology*

Up next, David Taylor discussed the topical conversation surrounding deprescribing and shared his perspective that deprescribing antidepressants is not antipsychiatry. He explored the reasons for prescribing antidepressants as well as the reasons for stopping antidepressants. He spoke about different studies on withdrawal and the prevalence of these symptoms, as well as relapse reactions to antidepressants. The presentation ended with David's thought on the need for training resident doctors on deprescribing as well as prescribing.

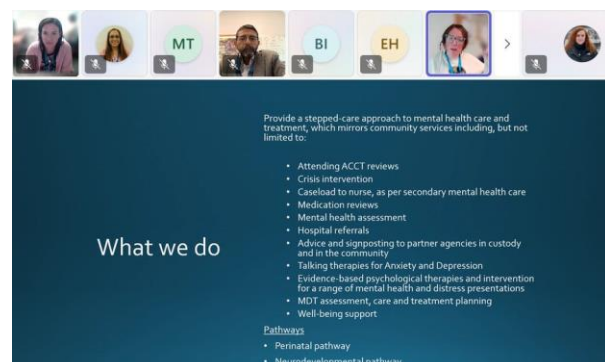
Following this presentation, Professor David Taylor; Dr. Boris Iankov, National Lead Consultant Psychiatrist; Chris Tupiri, NMP and Kassia Lowe, Consultant Forensic Psychiatrist, lead a panel discussion on the topic of guidelines on prescribing antidepressants.



## Psychologically-Informed Health and Justice Services at HMP Styal

*Sarah Scott, Integrated MHT Manager; Lauren Buddery, Principal Forensic Psychologist; Dr. Ros Tavernor, Consultant Forensic Psychiatrist*

Sarah, Lauren and Ros discussed their service provision at HMP Styal and how this has been informed by the NHS England review of health and social care in women's prisons. The service is built around a trauma informed approach and utilising the ADAPT service, which bridges the gap for patients who are not stable enough to access traditional psychological services. They discussed the broader mental health framework that ADAP is a part of and the collaborative nature of the service. This offers a combination of one-to-



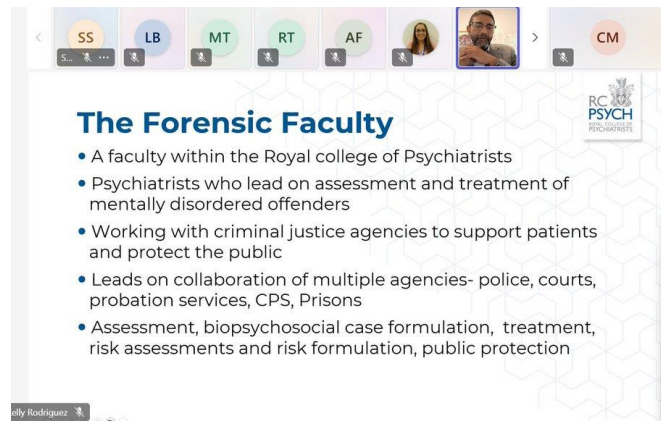
one therapy and group enrichment activities. It also emphasises non-pharmacological treatments. Additionally, the role of prescribers at HMP Styal was explored within a multi-disciplinary team (MDT) approach.

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## **The Forensic Faculty and Engaging with the Wider Offender Mental Health System**

*Dr Sandeep Mathews, Chair of the Faculty of Forensic Psychiatry and Associate Medical Director for Specialist Services*

Sandeep delivered the final presentation of the day on how the RCPsych's Forensic Faculty hopes to engage with the wider offender network. He spoke about the main challenges in prison psychiatry at present, such as the delays in transfer of prisoners to hospital beds. He also covered some of the priorities of the forensic faculty, namely, transfers from prison to hospital, improving diversion, alternative sentencing options and improving training offers to psychiatrists.



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## **A Thank You from QNPMHS**

A special thank you to our chairs, Professor Andrew Forrester and Dr Matthew Tovey for facilitating the day's discussions, and to our exceptional presenters for their inspiring work. Finally, thank you to our delegates for their engagement and attendance. We hope the forum provided valuable insights.



Overall, the webinar was rated either 'good' or 'excellent' by delegates. Here is some feedback received:

*"I really enjoyed the day and all presentations, in particular the interesting discussions re prescribing and women in prison."*

*"A great event with good learning across the board in prison mental health."*

*"Interesting speakers!"*

## **QNPMHS Annual Forum Feedback**

*"[Most enjoyed] hearing about what was happening in other prisons and sharing information."*

*"[I enjoyed] hearing an eclectic range of topics. Prof Taylor is always a great speaker. The systematic approach to ensuring evidenced based trauma care in prison was impressive."*

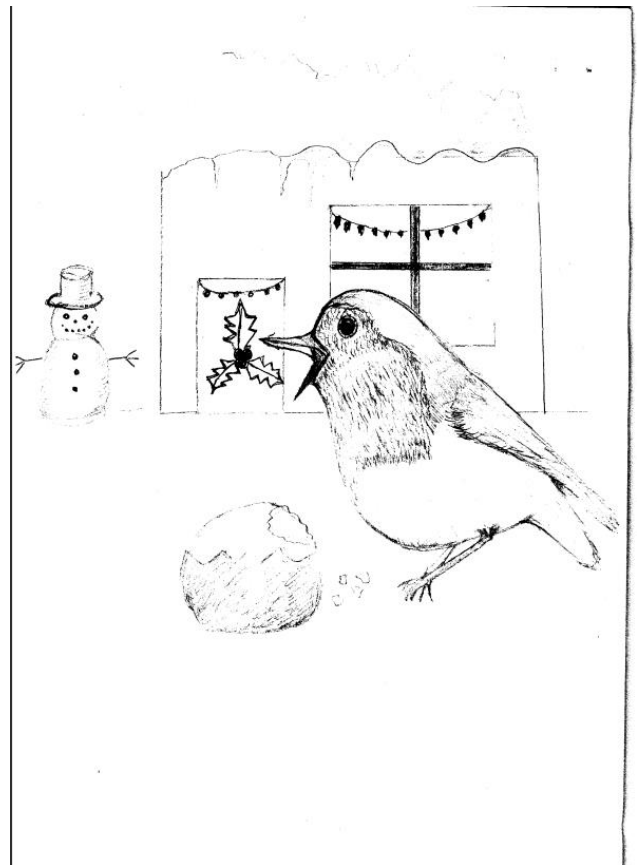
*"I enjoyed the range of high quality talks and good quality chairing and organisation."*

# Festive Card Entries!

Thank you to everyone who submitted their amazing artwork for our 2024 festive artwork competition, featured below!

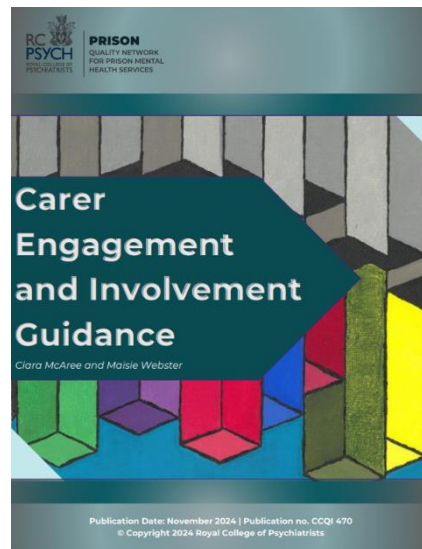


“Robin” by a patient at HMP Wormwood Scrubs is this year’s festive card competition winner!



# Other Network Updates

- The network has recently published a [Carer Engagement and Involvement Guidance](#) in partnership with a range of professionals who form the Carers Working Group!



- The network will be piloting international membership in 2025! The aim is to continue expanding the membership and develop an international learning community where members can share challenges, ideas and good practices to improve services. Members will participate in a 'virtual visit' focused on open-discussion, as opposed to a standards-focused review. The peer-review team will consist of another international service and UK and/or Ireland-based peers.
- The network will be reviewing its standards in 2025, keep a look out for opportunities to provide feedback on the standards.
- The team is working to develop a staffing report, which will examine staffing levels across member services from Cycle 9. The report aims to provide an overview of what staffing looks like across members, including across different regions and categories.



- Cycle 10 reviews will be starting up in January! It will be the ten year anniversary of the Network!

## Get in touch with the Network!

- Email us at [PrisonNetwork@rcpsych.ac.uk](mailto:PrisonNetwork@rcpsych.ac.uk) if you are interested in getting involved in reviews and to get in touch.
- Sign up for reviewer training [here](#)!
- Visit our website [here](#).



*The above artwork is from a patient at HMPYOI Cookham Wood*