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WELCOME

Welcome to the 56th and final newsletter of 2022! It has been another tough year for our forensic mental health colleagues, all our thoughts and good wishes are with everyone working so hard to continue to keep people safe and well.

This edition of the newsletter is on Quality Improvement and Research. We know services are involved in a vast range of research and quality improvement projects. It has been truly fantastic to see so many articles with updates on what services have been working on.

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!

The first meeting of the Accreditation Steering Group took place in November 2022. I would like to thank all of those involved for their time and input. Interesting discussions were held and some good ideas were created. Members will soon be able to complete an online survey to share their feedback on the introduction of an accreditation membership.

There are a couple of pieces of information about the Network and what is planned for 2023 within this newsletter. This includes the plans for the revision of the current standards and a new section on meeting the QNFMHS 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. Reviews have now been taking place for a few months and it has been absolutely fantastic to see so much engagement and networking amongst services. We are all looking forward to continuing our visits to services in 2023.

I hope everyone has a wonderful Christmas, and we look forward to speaking to you in the New Year. 2023 here we come!

Kelly Rodriguez, Programme Manager



National Positive Practice in Mental Health Awards 2022

Devashni Naidoo, Head Occupational Therapist for Secure Services and CAMHS, Essex Partnership University Trust

On 06 October 2022, Brockfield House Secure Services in Essex Partnership University Trust (EPUT) were the overall winners in the category of Integrating Physical and Mental Health at the **National Positive Practice in Mental Health Awards**.

The nomination included how the multidisciplinary team has been working together to promote healthy lifestyles amongst patients with severe mental illness within the secure service. Occupational Therapists and the Occupational Therapy Team have been involved and have developed some of these interventions.

Some of the ways that we are doing this is through the following projects and interventions:

The Fitness and Lifestyle Intervention Programme (FLIP IT) for Obesity management among Inpatients in a Medium Secure Service.

FLIP IT is a healthy lifestyle programme that was written and developed by a Senior Occupational Therapist and the Physical Health and Wellbeing Coordinator.

The programme focusses on helping patients improve their understanding of the benefits of living a healthier life and supporting them to live a healthier life.

Cultivating Recovery Opportunities Project (CROP)

This is a weekly off-ward open group with a directive purpose based on assessment of patients and their specific needs. The group is facilitated by a Senior Occupational Therapist and an Occupational Therapist on rotation.

This group requires patients to have perimeter leave and provides the opportunity for them to develop new skills and knowledge to do with gardening while in a therapeutic and supportive atmosphere.

The HEALTHY Eating Project (HEAT)

The project includes the following staff: an ST5 Forensic Psychiatrist, two CT2 psychiatry trainees, Head Occupational Therapist, a Physical Health and Wellbeing Coordinator/Occupational Therapy Apprentice, two Consultant Forensic Psychiatrists and patient representatives.

The aim of the HEAT project is to evaluate and understand the consuming habits of the inpatients in one of the medium secure units, and to implement an electronic cashier till system to better understand the classes of food and drink items purchased by patients at the hospital's shop.

The Occupational Therapy Team represented the Service and the Trust at the Awards ceremony in Durham, where it was revealed that this application was one of 800 submissions, across 21 categories, open to all Mental Health Trust across the country.

It was a proud moment for the Secure Services Team. It was an even prouder moment to discover that in EPUT, two other services achieved highly commended places and two further services also won in their categories.



Pictured left to right: Devashni Naidoo (Head Occupational Therapist for Secure Services and CAMHS), Thomas Wood (Senior OT and Brockfield House), Maniya Duffy (Physical Health and Wellbeing coordinator and Occupational Therapy Apprentice) and Kayleigh Reardon (Senior Occupational Therapist at Brockfield House).



Follow us on Twitter @ccqi_ @rcpsych
and use #qnmhs for up-to-date information

Increasing Physical Activity in a Medium Secure Service: The Development and Feasibility of a Physical ACTivity Intervention (IMPACT)

Gloria Lui, Research Associate, Durham University, Dr Simon Gibbon, Consultant Forensic Psychiatrist, Nottinghamshire Healthcare NHS Foundation Trust, and Professor Tammi Walker, Professor of Forensic Psychology, Durham University

The IMPACT research project is funded by the Institute for Health and Care Research (NIHR) and led by Durham University, in collaboration with South West Yorkshire Partnership NHS Foundation Trust and Nottinghamshire Healthcare NHS Foundation Trust. The aim of the research project is to co-develop and test the feasibility of an intervention created to increase physical activity in medium secure psychiatric services.

Why do we need the IMPACT research project?

Service users in medium secure services often have severe and complex mental health problems, with comorbid physical health problems (Royal College of Psychiatrists, 2017). It has also been documented that people with serious mental illness (SMI) have poor physical health and tend to have a shorter life span than the general population by about 10-20 years (Chesney et al., 2014). This poor physical health is typically related to the effects of

medication, lifestyle choices, substance misuse etc.

On average, service users residing in medium secure services will stay for a duration of three years or so. This could be seen as a unique opportunity for individuals to access healthcare support, that they may find difficult accessing in the community and improve their physical health.

However, research has shown that there is a high level of weight gain and obesity, following in-patient admission at psychiatric services (Public Health England, 2017). This could be linked to different factors such as medication, mental health illness, sedentary behaviour, restricted access due to legal status etc.

Participating in physical activity can improve physical health, in addition to mental health and the reduction of psychiatric symptoms (Rosenbaum et al., 2014; Curtis et al., 2016; Department of Health and Social Care, 2017). However, there are substantial barriers for service users in medium secure services access and increasing their physical activity levels, with calls for further research into this area (Hassan et al., 2022).

This is why the IMPACT research project is focusing on the development and feasibility of a physical activity intervention, to increase physical activity levels in medium secure services. Through this research project, the research team hopes to be able to inform future pilot trials and make positive changes for service users.

What is the IMPACT research project?

Since June 2021, the IMPACT research project has been collecting data and information from service users, staff members, academics, and other key stakeholders, regarding their views on increasing physical activity in medium secure services. Questionnaires, focus groups and intervention design groups have been held in two medium services (Newton Lodge in Wakefield and Arnold Lodge in Leicester).

The data and information that was collected, informed the IMPACT research team

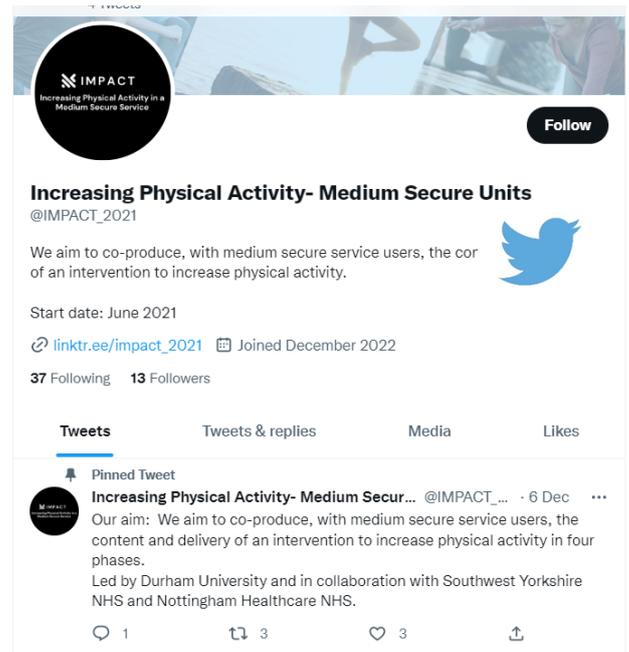
regarding:

- 1) barriers and facilitators to increasing physical activity in medium secure services,
- 2) how to establish engagement and maintain commitment to a proposed physical activity intervention,
- 3) the design of an intervention and how to implement it.

This co-production process brings valuable insight and context to the design of the physical activity intervention. The testing of the feasibility and acceptability of the physical activity intervention is due to commence in 2023.

You can follow the IMPACT Research Team on Twitter for more updates.

@IMPACT_2021



The Arkwright Project

Brandon Cocker and Sean Murphy, Recovery Team, Kemple View

42 per cent of people aged 55 and over are inactive compared to 29 per cent of the adult population. Within a forensic setting this percentage is generally lower and more complex with the Commissioning for Quality and Innovation aiming to increase access to physical exercise for all service users, improve recording and focus on individual plans, with specific bespoke plans for those with specific needs, improving wellbeing and motivation for all.

Age related issues such as sarcopenia (muscle loss), increased reliance on mobility aids, lack of strength and mobility are worrying factors within the general public due to certain lifestyles and behaviours.

Due to the specific nature of patients on the Kemple View Arkwright Ward being older adults, fall risks are at a higher rate. It is imperative proactive measures are put in place to counteract these potentialities.

Additionally, with Arkwright being within a forensic unit, there are added constraints that can place hurdles in the way of maintaining healthier active lifestyles. Therefore, on ward resistance training is an effective method of reducing the onset of age related issues and improving quality of life.

The goal is to improve Arkwright's patient's physical and mental health. Some specific examples of benefits are:

- Reducing mobility related falls
- Maintaining or improving joint health
- Maintaining or improving cardiovascular health
- Increasing patient independence
- Improving patient strength
- Improving patient mobility

- Contributing to improved mental health
- Improving social confidence
- Improving social skills

Previously on Arkwright, physical activity levels and activity opportunities have been limited. Getting older can come with many barriers but also a natural decline in participation of activity and exercise. This can occur for a multitude of reasons and unfortunately reasons such as exercise relatability or avoidance can be common. As we age we can simply avoid exercise due it not being relatable to our age group or it's simply not part of our weekly or daily routine.

Exercising as a group can help overcome that issue and on Arkwright we have seen popular participation rate within a group setting. Staff and patients perform a resistance exercise based workout three times per week on a consistent basis. Performing exercises as a group can create a sense of community and togetherness which encourages individuals to join in. This provides a great foundation to develop further with physical activity with some individuals taking advantage of community trips and other onsite activity sessions such as onsite hospital gym sessions.

Additionally, performing resistance training within a seat can help break the barrier of relatability as it suggests to the participant it will be more achievable.

One of the main goals on Arkwright is to reduce mobility related falls and increase independence of service users from a mobility point of view.

It's important we take a proactive preventative approach with physical health throughout the hospital but especially on Arkwright. Therefore, the introduction of grip strength monitoring started.

Grip strength is a reliable measurable reading using a dynamometer and selected patients complete an assessment every 6-8 weeks. This allows for consistent data to be gathered and interpreted. As a result, trends can be seen and preventative measures can be put in place. It has been shown that weaker grip strength in later life is associated with disability, morbidity, and mortality. It is also recognised as an important part of the identification of people with sarcopenia and frailty.

Grip strength does distinguish between older adults based on their mobility and it also relates to poorer muscle actions across other muscles in individuals who are healthy and who have pathologies (the causes and effects of diseases).

Therefore, we need to keep exercising or providing opportunities to exercise no matter our age.

References available upon request.

Knowledgehub

Have you joined the QNFMHS 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 forensics@rcpsych.ac.uk

Koestler Judges Visit St Andrew's Healthcare, Birmingham to Meet our Creative Writers

Andrew Kane, Teacher, St Andrew's Healthcare, Birmingham

The Koestler Art Competition is a prestigious national programme, open to anyone in custody in a UK prison, secure home or a psychiatric hospital such as St Andrew's.

Every year, our Arts and Education teams encourage the people in our care to get involved and submit their creations – from visual art, craft and design, writing, performance and audio, film and animation or multi-artforms - with the hope of winning cash prizes and the opportunity to have their work exhibited at the South Bank Centre in London.

This year, our Birmingham hospital has welcomed some very special guests. Last week, the Koestler judges chose to visit our patients at the hospital, all of whom had entered their creative writing pieces for the 2022 Koestler Awards.

Research conducted by Koestler in 2019-20, found that feedback on patients work is the thing many Koestler entrants value the most. Research participants told Koestler they would like to receive feedback more frequently and to be able to speak directly with the experts providing feedback on their work.

During their visit, the judges held a workshop where they shared their personalised feedback to each writer, as well as hints and tips for creative writing.

Andrew Kane, teacher, explained: ***"There are only a few selected institutions chosen for a feedback visit, and we were extremely privileged to have the Judges commuting to visit us from London"***.

The Judges - which included Wanda Canton (Koestler Spoken Word Judge) and Christopher Lunn (former Koestler Mentee and Award Winner) - took the time to meet with five of our patients for an interactive workshop.

"I was totally humbled and dare I say, a little emotional at points. Our patients were incredible and all of them read their work via spoken word. It was possibly the most powerful and humbling experience I have encountered during my career to date. One of the judges was emotional when KG read out her poem on living with Borderline Personality Disorder. All the patients have stated that they would now be more confident to share their work aloud. It was a session full of 'wow moments', and off the scale beautiful"

One of the participants from St Andrew's Birmingham has kindly written the following piece reflecting on the day that was shared in Summer 2022 Koestler Newsletter:

"I have been writing anonymously for a few years now; mainly poetry and a thoughts journal. I have struggled with my mental health and I find creative writing to be very therapeutic and it has most certainly helped me in expressing my thoughts and feelings in a healthy way. It has helped me enormously in my recovery. I have entered the Koestler Awards this year and I have to say I was really excited to hear that Koestler judges were coming to Birmingham to visit us for a Feedback Day in dear old Brum.

The Feedback Day was so useful and extremely enjoyable. Wanda, who is a Koestler Spoken Word Judge, and Christopher, a former Koestler Mentee and Award Winner, came to visit us. There were seven of us in the group and we all shared our selected written pieces that were read out amongst the whole of the group through spoken word. It was incredibly powerful as we all bared our souls to one another and the words came alive, with a resonating energy that evoked many emotions of laughter, sadness, joy, and even tears. Listening to

the creative writers was such a therapeutic and soothing experience. This was the highlight for me, as the words seem to me more powerful when they are read out rather than being on a page.

The feedback was really positive, constructive, and had an honesty and depth to it. We all had our unique writing styles and genres of writing; we all attentively and respectfully listened to each other's spoken words and offered our feedback to one another. I only wish we had longer as the session time went so quickly.

I think that was due to the energy of the powerfully word lit education room. Hearing Wanda has inspired to me to write

a rap; the rhythm and ways the words bounced was incredible. I am motivated more than ever to carry on writing. I am also going to practice spoken word reading as I recognise it is such a skilful thing to do.

Thank you Koestler for visiting us and for inspiring and helping us on our creative writing therapy journeys. Big thanks to Wanda and Christopher for your time; you are both amazing”

Unlock the talent inside



2022 Koestler Awards

A Great Place to Work – A Systematic Review

**Olivia Berry and Agna Benoy,
Langdon Hospital**

Introduction

A previous systematic review and meta-analysis (**O'Connor et al., 2018**) researched the prevalence and determinants of burnout in mental health professionals, and the pooling of prevalence estimated 'high' levels of emotional exhaustion, 'high' rates of depersonalisation and 'low' rates of personal accomplishment. Determinants were found to be workload and workplace relationships, while protective factors were role clarity, professional autonomy, fair treatment and clinical supervision.

There has not been a recent review of burnout or staff well-being in UK forensic psychiatric hospitals, but research suggests that burnout may be more prevalent in forensic settings due to the unique challenges faced by staff (**Oates et al., 2020**).

This review identified four themes for staff burnout and its protective factors; **challenging environment, quality and accessible supervision, peer support and coping strategies.**

Aims

The aims of this review were: to examine the factors that cause and affect burnout and staff well-being in forensic/secure psychiatric settings; to calculate which areas could be improved upon to increase staff well-being and to update O'Connor et al.'s 2018 systematic review with applications to forensic settings and considerations of recent challenges like Covid-19 and nationwide NHS staff shortages.

Method

A systematic search of PubMed and PsycInfo was conducted (11 November 2022) for research published between 01.01.18 and 11.11.22. Boolean operators were used to connect terms concerning well-being/burnout and secure mental health hospital staff. The inclusion criteria were:

- 1) the study must have been carried out in the UK
- 2) the study setting must be a secure/forensic psychiatric hospital.
- 3) the study must focus on staff experiences/answers.

The exclusion criteria were:

- 1) the study did not focus on burnout or mental well-being
- 2) the study was concerned with only patient experience.

The authors assessed the titles and abstracts for eligibility. Studies that did not fit in the inclusion criteria were removed; the remaining studies were selected for a full-text review and/or discussion between the authors. The themes and sub-themes were then identified and analysed.

Findings

Challenging Environment

Ward Climate

Long shifts cause staff to become fatigued and more likely to burnout. Staff working in forensic hospitals face role conflict as they have opposing responsibilities, care and correction, which increases workplace distress and burnout. (**Husted & Dalton, 2021**). Movement of staff between wards affected morale and sense of safety as they had to work in unfamiliar settings.

Staff are mainly female which does not maintain a gender balance as patients in high secure wards are mainly men, therefore

certain tasks must be completed by men [although this is not relevant for all forensic sites]. **(Oates et al., 2022)**. Moral injury is defined as when one 'perpetrates, witnesses, fails to prevent or learns about acts that transgress deeply held moral beliefs, and was found to be common in forensic settings. This leads to burnout and psychological difficulties such as hopelessness, guilt and anxiety. **(Morris et al., 2022)**. Positive ward environment was associated with lower levels of burnout; and it was more influential than clinical supervision. **(Berry & Robertson, 2019)**.

The Normalisation of Violence

The normalization of violence, threats and trauma exposure (a blanket term referring to seeing or experiencing traumatic events, like self-harming tendencies or patient assaults on staff) is associated with increased levels of psychological stress, staff absenteeism and turnover **(Husted & Dalton, 2021)**. Staff describe 'reliving' trauma and developing job checklists in their sleep. **(Mistry et al., 2022)**.

Geographical Location

High-secure sites in remote areas are inconvenient for staff to travel to, and more urban settings may be preferable to new recruits. Previously, there was staff housing on site as an incentive, but this has been disbanded on some sites. **(Oates et al., 2021)**.

Quality & Accessible Supervision

Clinical Supervision

Clinical supervision is inaccessible to many staff members as they are unable to leave the ward. Clinical supervision should be accessible for all staff **(McCarron et al., 2018, Davey et al., 2020)**, by raising awareness and following up on those who did not attend. Inadequate clinical supervision can negatively affect staff's confidence **(McCarron et al., 2018)**. Clinical supervision should include discussions about the effects of trauma exposure, work-life balance and available support. Psychological debriefs after an incident should also include later follow-ups as a study suggests that it is assumed staff no longer suffer from the

trauma after the debrief **(Mistry et al., 2022)**. Informal supervision is favored over formal sessions. **(Mistry et al., 2022, McCarron et al., 2018)**.

Support from Senior Management

Some staff feel underappreciated **(Husted & Dalton, 2021)** and believe the multi-disciplinary team do not understand the effects of trauma exposure. Compassion satisfaction (the pleasure one feels from helping others) and positive perceptions of 'making a difference' to patients' lives aid job satisfaction and self-esteem (Mistry et al., 2022), which could be increased by recognition from senior management.

Training and guidance

Staff should be psychologically informed throughout their career. Some staff find that they have little understanding of patients with personality disorders and would benefit from psychologically informed practice (Mistry et al., 2022).

Peer Support

Staff Support

Staff members should feel able to talk to and support each other. Motivation and morale are negatively affected by perceived inequities in pay and can be a source of tension in the workplace (Oates et al., 2022). Beliefs of peer support are positively associated with job enthusiasm (Cramer et al., 2020). 'Safety huddles' are useful – short, ward-focused meetings held every day (O'Sullivan et al., 2020). Staff stay standing to engage focus, only the most important issues were discussed and all staff are encouraged to join. Staff held 'unscheduled huddles' if they identified a risk – these increased staff confidence in tackling issues and reduced ward violence (which in turn reduces burnout). Peer-review quality networks are not recommended as they were not beneficial. **(Aimola et al., 2018)**.

Coping Strategies

Resilience

Staff members differ in their levels of resilience to aggression. Staff who may feel less resilient should be aware of the support available to them. More resilient staff members may accept the risks of violence and become normalized to it, leading to staff becoming desensitized to threat, which can have negative long-term psychological consequences (**Husted & Dalton, 2021**). Senior staff can help newer staff members build their resilience through mentoring. (**Davey et al., 2020**). 'Thought-stopping beliefs' (stopping, noticing and replacing the thought) were negatively associated with psychological exhaustion and is a useful coping strategy. (**Cramer et al., 2020**).

Avoidance/Dissonance

Some staff members use emotional dissonance as a coping mechanism. Other staff engage in avoidance and become absent or disengage with their work. (**Husted & Dalton, 2021**). Avoidance is associated with burnout and poor mental health (**Cramer et al., 2020**). Staff could benefit from engaging in cognitive dissonance with situations that could cause moral injury to prevent feelings of guilt and shame. (**Morris et al., 2022**).

Summary

Environmental factors such as **violence on the ward, role conflict** and the **convenience and accessibility to the forensic site** are some key factors to recruitment and retention of staff and the burnout and psychological distress staff face. **Quality and accessible supervision** can be a protective factor to burnout for staff. Supervision and senior management support must be **adequate** and **beneficial** for both individuals. There should be enough time to build a rapport so both members feel comfortable sharing. Supervision should be accessible to all members of staff in contact with patients and a little **acknowledgment and appreciation** can go a long way. **Peer support** is also a useful protective factor. **Talking to peers and venting** helps reduce burnout and improve well-being of staff. Techniques like **safety huddles** can help staff feel more confident in tackling issues on the ward. Coping strategies such as **desensitisation, emotional dissonance and avoidance** have negative psychological consequences. Staff should be made aware of positive coping strategies such as **peer support, work-life balance** and **psychologically informed practice**.

References available upon request.

Online Peer-Reviewer Training

Reviewer training is a two hour 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 reviews of medium and low secure forensic mental health services. This training is online and will take place on MS Teams.

Next training dates:

- Thursday, 19 January 2023 (10:00 - 12:00)
- Monday, 20 March 2023 (13:00 - 15:00)
- Tuesday, 11 April 2023 (10:00 - 12:00)



If you are interested in attending, please complete this [booking form](#).

QNFMHS Standards Revision

The Quality Network for Forensic 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 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 if you have any questions.



**Standards for Forensic Mental Health Services:
Low and Medium Secure Care – Fourth Edition**
Quality Network for Forensic Mental Health Services

Editors: Kate Townsend, Kelly Rodriguez and Dr Jude Deacon

Publication Number: CCQI 363

Meet the QNFMHS 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.

Salanh Kromah
Project Officer



When did you join the college?

I joined the college in May 2022, so it's been 6 months now!

What you were doing before joining the team?

Before I joined the team, I was working as a Social Therapist on an acute psychiatric ward. I supported people on their mental health journey and helped prepare them for integration into the community.

What is an interesting fact about you?

I'm half Kenyan and half Liberian, I was born in New York, but I live in the UK.

What is your favourite animal?

I love them all to be honest. But I must give an honourable shoutout to the felines! What can I say? I'm a cat mum!

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!

Emily Mohri

Deputy Programme Manager



When did you join the college?

I joined the college in January 2021.

What were you doing before joining the team?

Before I joined the College I did an MSc in Global Health and Development (with a timely ending before the COVID pandemic), and worked in the NHS on a relational practice training programme. Before I joined the Forensic team I was a Project Officer on the Enabling Environments team, another network at the College.

What is an interesting fact about you?

I was born and raised in Canada and lived in New York City for a few years before moving to London almost five years ago.

What is your favourite animal?

A tie between sheep and dogs, and my favourite dog is my family goldendoodle Lily (pictured below).

Lily Mohri

Team Mascot



QNMFHS Festive Card Competition Winner

This year, we welcomed all patients in forensic mental health services to submit their festive artwork for a chance to be featured on our electronic festive card which goes out to all of our members. We received so many fantastic entries and we are very grateful. Thank you to everyone who sent in their artwork. Below you will see this year's winner, 'Mistletoe'. On the next four pages you can see all of the amazing entries!

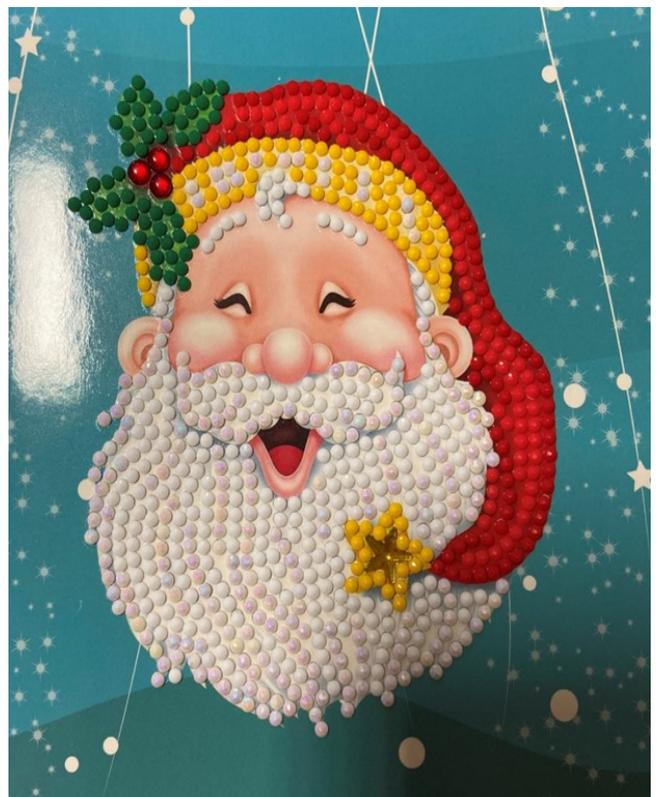


The winning artwork was created by B Edicott patient at the Lee Mill Hospital.

QNFMHS Festive Card Competition Entries



QNFMHS Festive Card Competition Entries



QNFMHS Festive Card Competition Entries



QNFMHS Festive Card Competition Entries

Merry Christmas
and
A Happy new Year!



*May peace continue as it did back then,
when enemies came together as good
friends.*

*Wishing you peace on earth and good will
to all men.*



World War 1 Christmas Truce of 1914

Last Year's Festive Card Winner



The winning artwork was created by Byron Endicott a patient at the Lee Mill Hospital.

Save the date

CQC Mental Health Observation Programme

CQC is currently developing a Mental Health Observation Programme, and would like to invite clinician members of the Quality Network to one of a series of two-hour virtual workshops being run in the third week of January (January 16 – 20) to help develop indicators for what “good” safe and caring cultures look like on inpatient wards to act as a guide for inspectors.

The aim of the programme is to **inspect and rate core services/locations** that are at **greatest risk of developing closed cultures** and **using restrictive practice inappropriately**.

Inspections that focus on the safety of cultures on inpatient wards will be carried out. These inspections will focus on collecting evidence through observation and understanding people’s experiences (e.g., through talking to staff and patients). However, there will also be other forms of collecting evidence such as reviewing documents where appropriate.

The CQC would like to develop an **assessment framework** to support these focused inspections.

The assessment framework will provide a list of indicators for what “good” looks like in safe and caring cultures for each core service.

These indicators for good will then be mapped to KLOEs and provide some guidance as to what evidence can be collected to support making judgements against these KLOEs and what tools can be used to help gather the evidence.

Existing evidence and guidelines is being reviewing as well as consulting with people with lived experience to develop the assessment framework, which the CQC would like to review with clinical experts in the January Workshops.

Clinicians interested in attending the workshops should contact Catriona Reeves at CQC via email, catriona.reeves@cqc.org.uk by **Friday January 6**.

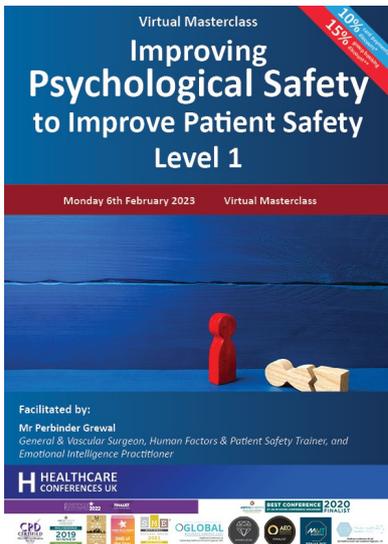
Keep an eye out for...

If you enjoyed reading our newsletter and would like to submit an article of your own, keep an eye out for our Spring, Summer, Autumn and Winter Editions in 2023.

If you enjoyed the festive artwork, keep an eye out for our Creative Writing and Artwork Competition in Spring 2023 and our 2023 Festive Card Competition.



CareQuality Commission

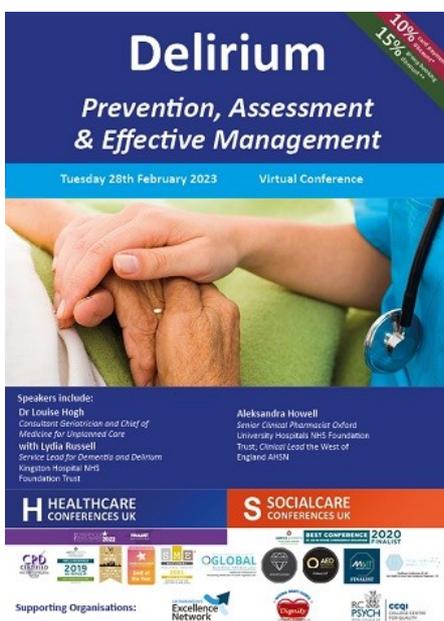


Delirium Prevention, Assessment and Effective Management

Tuesday 28 February 2023, Online

Through national updates and practical case studies, the conference will equip you to spread the message that delirium is preventable, and develop your skills in the recognition, assessment and management of delirium. The conference will include case study sessions focusing delirium as a symptom of coronavirus and how this should be managed, delirium and dementia, delirium following surgery, delirium in the ICU and delirium at the end of life.

For further information and to book your place click [here](#).



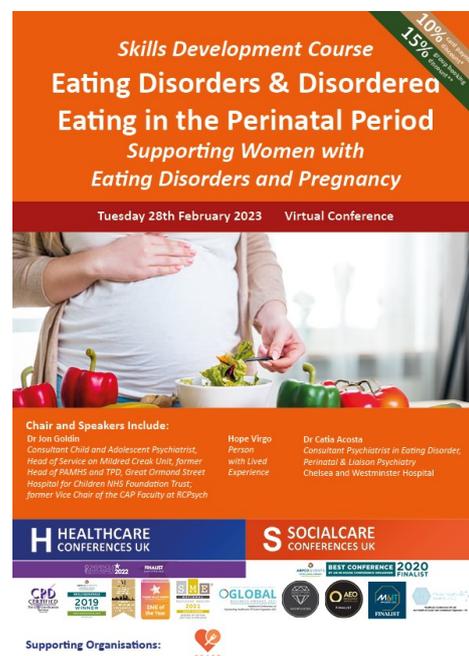
Eating Disorders & Disordered Eating in the Perinatal Period: Supporting Women with Eating Disorders and Pregnancy

Tuesday 28 February 2023, Online

This conference focuses on the important issue of Eating Disorders & Disordered Eating in the Perinatal Period, and how we can better support women with eating disorders and pregnancy. The event will focus on learning from lived experience, understanding why pregnancy can be triggers for eating disorders and exploring how we can better identify women with first episode eating disorders or disordered eating during pregnancy and support those with existing eating disorders that may experience relapse during the perinatal period.

The conference will learn from expert interactive sessions to identify strategies for support and treatment, improve partnership working and enhance training and support of healthcare professionals in this often overlooked area.

For further information and to book your place click [here](#).



NEWS

Faculty of Forensic Psychiatry Conference 2023

When: 1-3 March 2023

Where: The Grand Hotel, Brighton

This year's event will take place in-person and will not be live streamed. The conference programme is now live and can be found [here](#).

To book your place and find conference rates, please click [here](#).

For further information, please contact:

Email: Miriam.Muleba@rcpsych.ac.uk

Name: Miriam Muleba

Contact number: 0208 618 4244

National Collaborating Centre for Mental Health - Quality Improvement Programmes

Quality Improvement in Tobacco Treatment (QuITT) Collaborative

This November, the [National Collaborating Centre for Mental Health \(NCCMH\)](#) launched a Quality Improvement in Tobacco Treatment (QuITT) Collaborative.

Tackling tobacco dependency is a step in reducing health inequalities experienced by people with severe mental illness. The collaborative is funded by NHS England, as part of the NHS Long Term Plan, and will also be delivered with subject matter expertise from [Action for Smoking Health \(ASH\)](#).

The QuITT programme will be delivered in two waves over the course of two years, working with half of NHS Mental Health Trusts in

England in wave 1, and the remaining half in wave 2. The programme launched on 14 November 2022, with an in-person event in London. If you have any questions, please contact the team at QUITT@rcpsych.ac.uk.

Quality Improvement Collaborative on Demand, Capacity and Flow in Mental Health Services across the UK

The [National Collaborating Centre for Mental Health \(NCCMH\)](#) at the Royal College of Psychiatrists launched a new 18-month subscription Quality Improvement (QI) Collaborative focusing on Demand, Capacity and Flow in Mental Health Services across the UK earlier this year.

The broad aims of the Demand Capacity and Flow QI collaborative will be to:

- Support community and inpatient teams within mental health services to understand demand, develop and test change ideas to improve flow, reduce waiting lists and manage demand in creative ways.
- Provide opportunities for peer-to-peer sharing and learning through regular in-person events.

The programme will run from January 2023 to July 2024 and is open to all organisations that provide mental health care (including NHS, third sector and private providers).

Participating organisations will be supported with bespoke quality improvement guidance by the national improvement lead, Dr Amar Shah, director of the NCCMH, Tom Ayers, and an experienced team of QI coaches. Visit the [NCCMH's website](#) for more information about the collaborative.

Registration has now closed but if you have any questions, please contact the team at DCFQI@rcpsych.ac.uk.

Previous Newsletters

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CCQI

RC PSYCH
ROYAL COLLEGE OF PSYCHIATRISTS

MSU/LSU Issue 55, October 2022

This Issue	04 A Patient Representative's Perspective	11 Peer Support Workers
01 Welcome		13 Useful Links
02 Peer Support in In-Patient Medium Secure Forensic Services	06 Family Ambassadors	
	07 A Peer Support Supervisor's Perspective	
03 Spaces for Carer Peer Support	09 Peer Support Working: Lived Experience, Support and Hope	

WELCOME

Welcome to the 55th edition of the Newsletter on the theme of *Patient and carer access to peer-support*. It has been incredible to read through so many articles and good practice examples from our member services.

This edition contains articles with detailed information on the support offered to patients and carers, as well as the role of various peer-support workers. I strongly recommend sharing the newsletter as widely as possible with staff, carers, patients and visitors. It is a good resource for services who are thinking of introducing peer-support services for their patients and carers.

With the new cycle, cycle 14-B (2022-2023) starting, we have decided to continue facilitating developmental reviews virtually but to go back to in person full reviews. The first few reviews have now taken place successfully and we are all really looking forward to visiting services in person again.

Very excitingly, we will be running our Festive Card Competition shortly and more information can be found within the newsletter. We cannot wait to see all the entries!

The Annual Forum took place over the summer, which was a hugely successful event. We had presentations on the topics of relational security,

restorative justice, reducing restrictive practices and Hospital Rooms. The event also included various workshop presentations on the topics of peer support for patients and carers, co-production and access to technology.

Lastly, the Network has been planning on introducing an accreditation membership and a steering group will be put together to discuss how to best do this. This requires careful planning and consideration and more information can be found within the newsletter.




Kelly Rodriguez, Programme Manager

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MSU/LSU Issue 54, June 2022

This Issue	07 Projects of Stockton Hall
01 Welcome	09 Transforming Clinical Shells into Inspirational Environments
02 In Praise of Rights Based Social Work	11 QNFMHS Annual Forum
03 My Recovery and Goals within the Recovery Team	12 Artwork-Winners
04 The Support Worker Role	15 Artwork-Runners Up
05 The Importance of Community Sports and Leisure Activities	16 Useful Links
06 Welcoming Back Friends and Family	

WELCOME

Welcome to the 54th edition of the QNFMHS newsletter! As part of this review cycle draws to a close, we reflect on opportunities to strengthen community connection and 'bring the outside world in'. After two years of COVID-19 restrictions, services embrace the lessening of restrictions and, in this edition, showcase links with local organisations, charities and sports teams. Family and friends are welcomed back on site and one author reflects on the powerful role of social work in her experience of care.

With all forensic peer reviews now complete, the network have observed innovation including consideration of trauma informed approaches, the centring of staff wellbeing and allyship initiatives to combat racism. Some shared challenges remain: staffing recruitment/retention, co-production of policy and family inclusive practice. We hope this year's peer reviews have provided a meaningful opportunity for reflection, the sharing of ideas and helped to reduce feelings of clinical isolation. Sometimes, it is just good to hear other services are struggling with similar things!

Please join us in wholeheartedly looking forward to the return of in-person reviews starting in September 2022. Part 2 of this cycle will see all full reviews facilitated in person and all developmental reviews facilitated virtually. Recent in-person pilots allowed staff to connect, share stories, laugh and most importantly – have lunch. Oh, how we've missed the lunches!

Lastly, the month of June provides an opportunity to pause and reflect on mental health provision within the context of the LGBTQ+ experience. Pride is an opportunity to reflect on our diverse and interconnected identities. For the care and treatment of those we support, this should be an ongoing process, not simply a celebration once a year. Please enjoy the LGBTQ+ resources dotted around this edition and take a moment to appreciate the enormous contribution of LGBTQ+ staff and patients to forensic services.

TED TALKS

'Love, No Matter What' by Andrew Solomon—A comparison of the shared experiences of children with physical, neurological and/or identity differences, and how we can apply progress and acceptance across marginalised groups.

'My Daughter, My Wife, Our Robot and the Quest for Immortality' by Martine Rothblatt—An interview looking at how Martine's disregard for societal limitations allowed her come out as a woman and develop lifesaving medical advances.

'Life with Gender Dysphoria' by Sunny Miller—On the emotional benefits of coming out as transgender.

Adele de Bono, Deputy Programme Manager

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MSU/LSU Issue 53, April 2022

This Issue	Co-producing a Staff E-Learning Resource to Raise Family and Carer Awareness	Working with Family, Friends and Carers (Oxford Health NHS Foundation Trust)
Welcome		Working with Family, Friends and Carers (Birmingham Clinics)
QNFMHS Carers Working Group	Involving Carers as Experts by Experience	From Ongoing Awareness to Working Together
The Use of Skype for Virtual Social Visits at Ashford Lodge	"I would like to understand more" Developing a Carer Support Programme at Babon Spring Unit	Family Inclusive Practice and Partnerships Working in Forensic Mental Health
Carers Interventions at Ashford Low Secure Unit	Involving Families in Secure Services	There's Always Something You Can Say Look at Confidentiality
The Journey to Improving Carer's Experience at Ravenswood House	Family Reunited—an Opportunity Nearly Missed	
Ravenswood Summer Festival	Working with Family, Friends and Carers (Tamarisk Centre)	
Virtual Carer Events	From Carer to Support	

WELCOME

Welcome to the 53rd edition of the Newsletter on the theme of *working with family, friends and carers*. It is wonderful to see how many articles have been submitted to showcase all the good work from our services and it is a great way to kickstart the newsletters for the year.

This newsletter contains a wide range of articles, including opportunities for virtual carer involvement, carer events, communication with carers, personal experiences from carers as well as information on the Quality Network carers working group. I really recommend sharing this newsletter widely with as many staff, patients, carers and visitors as possible.

The Quality Network team have been working collaboratively and flexibly with services, offering support where needed and holding open and honest discussions with teams on their current circumstances. Services are at different stages, with some being fully clear of COVID-19 and back to a "normal" service, whilst others are still facing vast COVID-19 associated staffing challenges.

We are running a number of See, Think, Act workshops with Elizabeth Allen, original author, gathering feedback from attendees on the current edition as we embark on a third edition of the document. We have so far run two See,

Think, Act workshops and have received good quality feedback from those attending. There are two more workshops taking place and more information can be found within the newsletter.

We are looking for trauma informed approaches practitioners to attend these workshops so please do get in touch if this is something you could contribute to.

Lastly, in December last year we were sad to say goodbye to Kate Townsend as she stepped down as Programme Manager for the Network. Kelly Rodriguez has been appointed to take over this role and is very much looking forward to continuing the good work the Network does.

Kelly Rodriguez, Programme Manager



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MSU/LSU Issue 52, December 2021

This Issue	08 Interventions re-imagined: developing the use of digital platforms in secure care	learning platform Cygnat Hospital Clifton
01 Welcome	10 Close to the Edit	18 Challenging digital exclusion in secure and forensic mental health services
02 A Note From the Editor	11 Peer Reviewer Training	19 Festive artwork competition
03 CSCS card success at Fromeside and Wickham Unit	12 South London Partnership digital technology pilot in virtual motor mechanic training	25 Last year's winner
04 Moving forward in Internet Access—The experience of a low secure rehabilitation ward	14 SLP Assertive rehabilitation pathway	26 Useful links
06 Clinical innovations and digital technology	16 Secure Services online	

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 secure world, and we are sending our good wishes to everyone working hard to keep people safe and well within secure services.

This newsletter edition is on 'Clinical Innovations and Digital Technology', and we hope you enjoy! We have had some fantastic articles on construction skills cards, access to the internet and virtual reality headsets! It's been a creative and innovative edition, I hope you all enjoy the articles.

Included in this newsletter is also the fantastic Festive Card Competition Entries—and what a fantastic haul we received this year! There are around 90 submissions which I was just blown away by!

Since the last article we have been working hard in the background and preparing for the return of face-to-face reviews. We held a Physical Security Document Webinar to explain the guidance document and exactly what is required from the Quality Network. This was recorded and is available on Knowledge Hub for anyone who couldn't make the webinar.

We have been preparing for plans for 2022, and hope to provide some interesting training events, a focus on equality, diversity and inclusion, and also finish our carer's action plan, to help services engage with carers and involve them more within the service. So please watch this space!

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



Useful Links

Care Quality Commission

www.cqc.org.uk

Centre for Mental Health

www.centreformentalhealth.org.uk

Department of Health

www.doh.gov.uk

Health and Social Care Advisory Service

www.hascas.org.uk

Institute of Psychiatry

www.iop.kcl.ac.uk

Knowledge Hub

www.khub.net

Ministry of Justice

www.gov.uk/government/organisations/ministry-of-justice

National Forensic Mental Health R&D Programme

www.nfmhp.org.uk

National Institute for Health and Care Excellence

www.nice.org.uk

NHS England

www.england.nhs.uk

Offender Health Research Network

www.ohrn.nhs.uk

Revolving Doors

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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Twitter

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

QNFMS Knowledge Hub Group

www.khub.net/group/quality-network-for-forensic-mental-health-services-discussion-forum

Royal College of Psychiatrists' Centre for Quality for Improvement

21 Prescott Street, London, E1 8BB

www.qnfmhs.co.uk