



Eastern Division Autumn Conference 2021

Dr Adrian James, President, Royal College of
Psychiatrists

RCPsych President

- **47th President** after winning Presidential Election at start of 2020
- A **Forensic Psychiatrist** and front-line clinician for 36 years, served as College Registrar for previous 5 years
- My **priorities** as president are:
 - Parity between mental and physical health
 - Championing diversity
 - Workforce wellbeing
 - Sustainability at the heart of all we do



Eastern Division

- 2021 Elections
 - Chair: **Dr Kullar Suresh**
 - Vice Chair: **Dr Anna Conway Morris**
 - Executive Committee Member
 - **Dr Praveen Kumar Gandamaneni**
 - **Dr Sepehr Hafizi**
- Number of members: **1221**

What challenges are mental health services facing?

Challenges

Mental illness represents up to **23% of total burden of ill health** in UK but only **11% of NHS England's** budget

By NHS target date of March 2021, only **210 out of 570 (37%) consultant psychiatrist posts** and 3,010 of the target 8,100 (37%) mental health nurses are filled

GMC National Training Survey 2021 showed pandemic has had a marked impact on trainee and trainer wellbeing. **33% of trainees who responded said they felt burnt out to a high/very high degree** because of their work, compared to around a quarter in previous years

Challenges

People with SMI appear to be at increased risk of infection with coronavirus and have **higher rates of hospital admission, morbidity and mortality** with COVID-19 compared to the general population

OpenSAFELY analysis into risks of COVID-19 hospital admission and death for people with learning disabilities showed **markedly increased risks of hospitalisation and mortality** from COVID-19

Risks of long-COVID: Study published in The Lancet provides evidence for **substantial neurological and psychiatric morbidity** in 6 months after COVID-19 infection

Challenges

Centre for Mental Health modelling suggests up to **10 million people** will need new or additional mental health support for depression, anxiety, PTSD and other mental health difficulties

Record 1.5m people received NHS mental health support in June and estimated **1.6m are waiting for treatment**

NHS Providers mental health survey showed **100% of mental health trust leaders** said demand on their trust/local systems is experiencing for CYP services is significantly (80%) or moderately (20%) increasing compared to six months ago

Mental Health Watch is keeping track



Mental Health Watch is an interactive tool that brings together key mental health data into an accessible format

Holding government to account on delivery of ambitions in FYFVMH and NHS Long Term Plan

New feature enables regional level reports (ICS/STP) for relevant indicators

<https://mentalhealthwatch.rcpsych.ac.uk/> ▶



“ **The Guardian, 27 December 2020**

“It is probably the biggest hit to mental health since the second world war. It doesn't stop when the virus is under control and there are few people in hospital. You've got to fund the long-term consequences.”

-Dr Adrian James

**How the College is
supporting mental health
teams**

Equity between mental and physical health

- **Fair funding** for safe, high quality mental health services
- Preventing people with mental illness falling through gaps in **accessing services**
- Narrowing the gap: Addressing **physical health inequalities** faced by people with SMI, ID and Autism
- Ensuring outcomes for people with mental illness don't lag behind due to **inequalities in research**

COVID-19 Vaccination



Ensuring people with SMI and severe and profound learning disabilities were not forgotten in allocation of COVID-19 vaccines

Equity between physical and mental health

Implementation of **community mental health framework** for adults and older adults

Clinical Review of Standards expected to bring in waiting time standards across both emergency and community-based mental health services

Proposed **Mental Health Act reform** expected to lead to significant changes to improve process surrounding mental health detention

2021 CSR

- **Chancellor Rishi Sunak** stood in Parliament to deliver conclusions of 2021 Comprehensive Spending Review (CSR) in autumn budget
- Government's spending plans for England over **three-year period**, 2022-2025
- College submitted evidence – ***Investing in England's mental health***. We called for:
 - £4.9bn in recovery funding over three years for mental health services
 - £3bn capital investment
 - £1bn for day-to-day running of mental health estate, to ensure existing hospitals are safe

2021 CSR

- Small number of welcome announcements:
 - **£150m** in NHS mental health facilities linked to **A&E** and to **enhance patient safety** in mental health units
 - **£95m** for **Office for Life Sciences** to launch Prime Minister's healthcare missions, which includes mental health
 - **£66m** for **Start for Life** offer for families, which includes parent-infant mental health support
 - **£5m Veterans' Health Innovation Fund** to help veterans who have suffered physical injury or mental health challenges access treatment.
 - Reaffirming commitment to completing ongoing effort to **eliminate dormitories**

2021 CSR

- Disappointed the Government did not go further and **seriously invest** in mental health
- Continue to make case for further essential investment in **capital, services, and workforce**, alongside **parity of esteem** between physical and mental health services
- An increase in **NHS England and Improvement's** resource budget provides an opportunity for us to argue for investment in mental health services

Equity between physical and mental health



Continuing to meet regularly with CMO ensure mental health isn't forgotten as we emerge from pandemic



Engaging with Government to ensure promised forthcoming mental health strategy is ambitious and backed with appropriate funding



Working closely with NHS England to ensure mental health services continue to deliver

Championing EDI

Embedding our **values** and taking **braver decisions** on equality, diversity and inclusion matters and becoming a leader amongst Royal Colleges

Publication of our **Equality Action Plan**

Working towards **29 clear actions** that will enhance equality for College members and College staff, equality in training and equality for healthcare staff and patients in mental health services

Championing EDI

- In Year 1 our actions include:
 - Ensuring **annual consultations** are carried out to understand needs of members of all characteristics and backgrounds – including International Medical Graduates (IMG) and psychiatrists who have come to UK from EU nations – and needs of staff
 - Sharing **resources on good practice** for promoting equality on College website
 - Joining **Stonewall's Workplace Equality Index programme**, and working with other external organisations to promote understanding of mental health needs of LGBTQ+ people and promote initiatives to improve equality

Championing EDI

- In Year 1 our actions include:
 - Supporting and contributing to work of **NHS Race and Health Observatory**
 - Championing and supporting implementation of NHS England and Improvement's **Patient and Carer Race Equality Framework (PCREF)** and equivalent initiatives across devolved nations
 - Reviewing **CCQI's Core Standards** for mental health services

Advancing Mental Health Equality (AMHE)

- In 2019, **NCCMH** (commissioned by NHS England) published Advancing Mental Health Equality (AMHE) resource
- **'Toolkit'** outlines step-by-step process for commissioners and service providers to:
 - **Identify** mental health inequalities in their local areas
 - **Design** services and initiatives in collaboration with local communities
 - Deliver **measurable** strategy
 - **Evaluate** impact of service or initiative in reducing local inequalities

Advancing Mental Health Equality



Steps and guidance on commissioning and delivering equality in mental health care

Advancing Mental Health Equality (AMHE) Improvement Collaborative



- Help to bring about **meaningful change**
- **Support** mental health care providers reduce mental health inequalities in their local areas
- Providers can access **expert support** and **guidance** to tackle a difficult but important area
- Launched in **July**, organisations will come together for four, two-hour sessions each year over three years to share learning and will be closely supported by QI experts in equality

Supporting the workforce

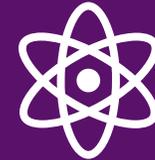
- Improve **retention and wellbeing** of frontline psychiatrists, as well as their wider multidisciplinary teams
- Create **supportive working environments** essential to delivering high quality care
- Addressing the current challenges brought about by **COVID-19 pandemic**

Supporting the workforce



Digitised exam during pandemic meaning around 3,000 candidates have been able to sit written and clinical exams

Developed our Workforce Strategy, giving clear direction to recruit and retain a psychiatric workforce



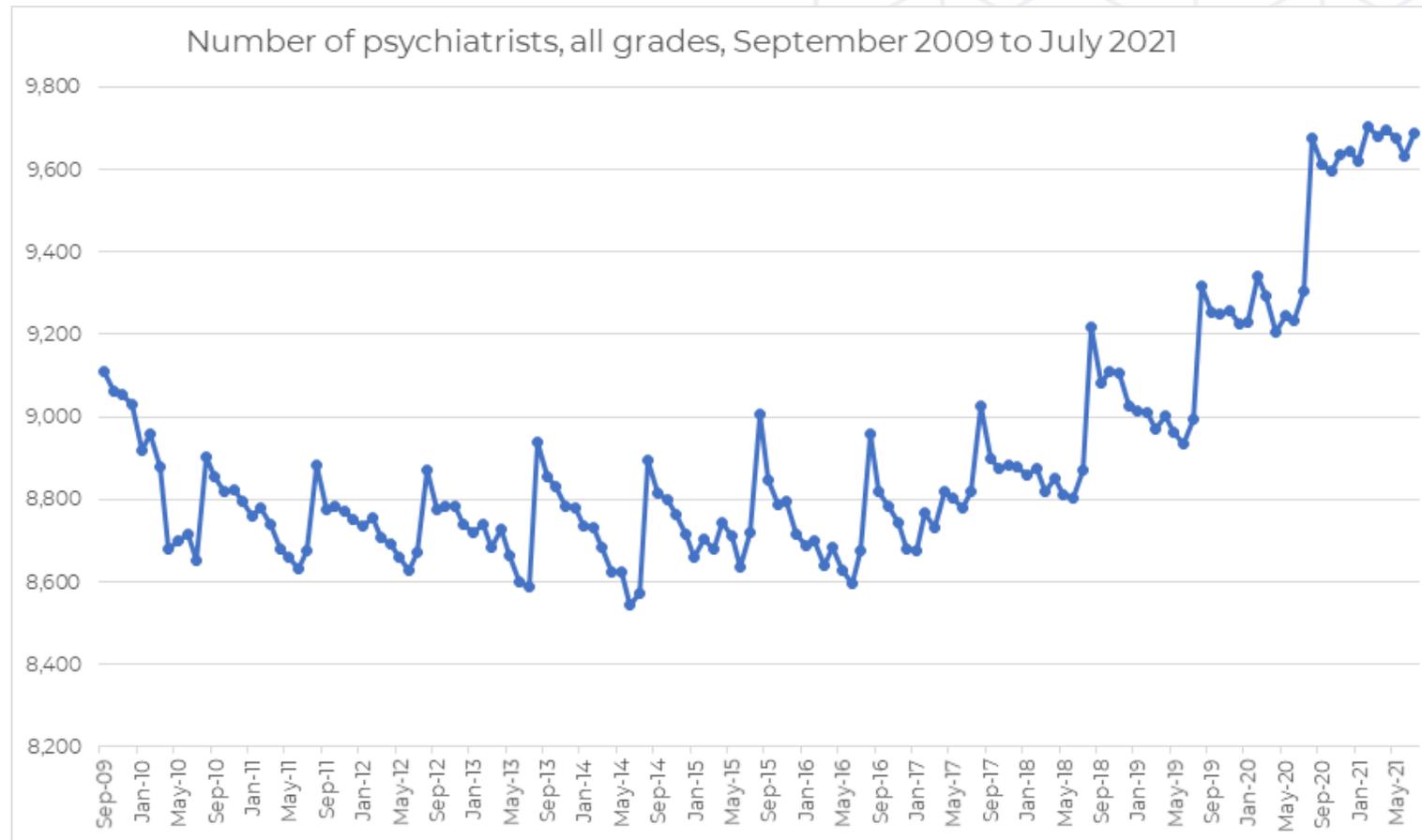
Launched a scheme to encourage physician associates to choose to work in mental health

Continuing to run the Psychiatrists Support Service – providing free, rapid, high quality peer support by telephone to psychiatrists of all grades

3354 delegates attended our International Congress, with record breaking number of trainees, students and foundation doctors compared to previous years

Ran our first ever member survey – the results of which will help shape our future services and activities

Number of FTE psychiatrists at all grades, NHS organisations in England, Sep 2009 – July 2021



Enjoying Work Collaborative

- Launched in **Spring 2021**
- Providing opportunities for a range of health care teams across UK to use **quality improvement techniques** to help their staff:
 - Connect to what brings them joy in their work
 - Find ways to enhance their wellbeing
- Institute for Healthcare Improvement's **'Joy in Work' framework**
- Share ideas, provide feedback and measure in a standardised way

Sustainability at the heart of all we do



- As a College we have a sustainability strategy, beginning with declaration of **climate and ecological emergency**
- We launched our position statement, ***Our planet's climate and ecological emergency*** in May this year
- We've made **pledges as a College**, recommendations for NHS organisations across the UK, for medical, education, academic and research organisations and for UK government

What steps is the College taking?

Associate Registrars for Sustainability, Lisa Page and Jacob Krzanowski

Collaborating with partners to develop actions which coincide with COP26

Commit College to a pledge that by 2040, it will achieve net-zero carbon dioxide levels for emissions it directly controls

Promote prevention in psychiatry. Detecting and treating illnesses early to halt or slow their progress is an essential part of making healthcare more sustainable

Continue supporting integration of social prescribing and nature-based care into mental health services

Empower patients to make more informed choices in their care and engage them in development of mental health services that are collaborative and sustainable

Public Mental Health Implementation Centre

- Based in **National Collaborating Centre for Mental Health (NCCMH)** within the College and will be led by Director Tom Ayers
- Two aims:
 1. join gap between public mental health and psychiatry, and to support College members in developing their **knowledge** and **understanding** of public mental health
 2. high-quality **evidence, advice, and recommendations** on public mental health to government, and other policy-making bodies at both local and national levels

Any questions?

Email: adrian.james@rcpsych.ac.uk

Twitter: [@DrAdrianJames](https://twitter.com/DrAdrianJames)