

iMind



Faculty of General Adult Psychiatry
Summer 2018

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Summary of GAP Faculty strategy and executive meeting in June 2018

by

Dr Lenny Cornwall Chair, GAP Executive

A lot of the discussion at our recent strategy day and executive meeting was about how we can influence national policy to focus investment and priority on core general adult services: inpatient, crisis and community teams. An example of how we can do this is here – getting the message across in response to [a story run in the Health Service Journal](#) about crisis teams not meeting national standards. You need to register with the HSJ to read this, but you can do that for free.

We have made the same argument in greater detail in our response to the All Party Parliamentary Group inquiry into the progress of the Five Year Forward View for Mental Health. You can read about our submission [in this issue](#).

We used our strategy day to consider our priorities within the broader heading of safeguarding core general adult services and we came up with 4 key areas for improving quality of care:

- Capacity
- Continuity
- Co-production
- Data literacy and systems

The key questions we will be working on will include:

What recommendations will we make to policy makers and commissioners about the ability of teams to manage the increasing demands on the service?

How can we improve continuity of care in a fragmented service without further reorganisation of services?

How can we promote co-production so that it becomes everyday normal practice?

How can we help members access and use the data that Trusts and Health Boards get about their services?

If you are interested in contributing to this work please contact our faculty administrator [Stephanie Whitehead](#) who will put you in contact with the lead for each area of work.

Along with this new work, we are continuing to work on a number of areas:

Members survey on the state of general adult psychiatry – the preliminary results were presented at last year's conference and the final report will be coming out soon.

Student mental health – an update of the 2011 College report is being prepared and we are establishing a joint working group on youth mental health with the Child & Adolescent Faculty.

Mental Health outcomes

– our recommendations for recording routine outcome measures in general adult services will be published later this year.

Models of care – we will be using the Delphi method to examine some of the different models of care currently operating with a view to recommending the key ingredients for adding value to patient care.

There will be symposia and workshops on our current priorities at our conference in London in October. But in addition, there is a very high quality scientific programme – [see later in this newsletter](#) for the highlights. Look forward to seeing you then.

The minutes for the meeting can be found [here](#).



Premier meeting conceived for UK general adult psychiatrists

by

Dr Alessandro Colasanti,
Dr Andrea Malizia



The General Adult Psychiatry Faculty Annual Conference on Thursday 11 & Friday 12 October 2018, at the Millennium Gloucester Hotel, Harrington Gardens, London SW7 is only two months away.

It's time to book and come to an event that will help to beat the Autumn blues and sustain brains and spirits.

The main innovation in 2018 is that members of the Faculty Executive Committee (the representatives you have elected) have championed and organised seminars and master classes which are germane to keeping up to date and evolving in the environment we work in:

- Measuring Outcomes in Psychiatry
- The healing power of Mutuality - neural synchrony in peer support
- Student Mental Health

- The NCCMH Community Care pathway
- Mental Health Benchmarking
- Revising the Mental Health Act
- The New Curriculum
- The National Audit of Depression
- Open Dialogue, and
- A special 'hot topic' seminar organised by the Chair and Vice-Chair of the Faculty are the titles of seminars and master classes that have been organised by your peers.

All organisers are jobbing clinicians or carers' and service users' representatives and the events are borne out of the personal commitment of the people who have put them together and map out the many updates we need to be cognisant of.

We are privileged to have secured three excellent plenary speakers: The Right Honourable Norman Lamb MP, Professor Francesca Happé and Dr Neil Harrison who are recognised for their commitment and leadership. They will speak of Equality for Mental Health, Autistic Spectrum Disorders and Inflammation and the Brain in Depression.

These will be followed by symposia that further particular aspects of the above topics and focus on a deeper understanding of detailed cognate issues.

Experts from a variety of backgrounds and locations such as Professor Nisha Dogra (Leicester), Mr Stuart Bell (Oxford Health NHS Foundation Trust), Professor Edmund Sonuga Bark (London), Professor Peter Talbot (Manchester), Dr Valeria Mondelli (London), Professor Tamsin Ford (Exeter), Professor Marios Adamou (Huddersfield), Professor David Osborn (London) and Professor Femke Lamers (Amsterdam) will share their knowledge and views with us.

The rest of the programme has depth and breadth: from an understanding of brain changes associated with schizophrenia to an understanding of some key issues in psychotherapy, from an understanding of the inequalities that LGBT people experience to an analysis of what is and what is not in the new NICE guidelines on depression, from the specifics of the workings of alpha 2 delta calcium channels and their ligands in psychiatric disorders to vitamin D and so called dietary supplements such as omega-3 fatty acids and tryptophan, from the use of avatars and fMRI based feedback in treating psychiatric disorders to internet based measures of mental health and psychopathology.

We are fortunate to have colleagues who are worldwide experts and can speak to the above - the full programme will be available shortly.

YOU are the meeting! Come, listen, think, mingle, participate, meet your peers, [follow the conference on Twitter \(@RCPsych #GAPsych2018\)](#), present your research, your audits and your quality improvement projects.

Registration is open now and we wait for your submissions. Visit [the conference page](#) for more information.

Five Year Forward View of Mental Health: half-way there and up for review

by

Dr Andrew Moore

Experience tells us that like it or not, national policy does sooner or later trickle down to heavily influence grassroots clinical care at the coalface, for better or worse, and this reality often applies equally to what is not in policy as to what is in. With this in mind, the General Adult Faculty Executive has made an impassioned and forceful contribution to the All Party Parliamentary Group (APPG) on Mental Health when they recently called for interim feedback on the original Five Year Forward View for Mental Health (FYFVMH). Now about halfway through its lifespan, already the sequel is being prepared and debated in the corridors of power, so it is important for our voices to be heard clearly, and now, if we are not to miss out in the next round of priority setting.

The essence of our reply, which is too long to include in full here, is that whilst some areas of mental health have enjoyed a boost from the Parity of Esteem agenda of recent years (typically those specialist services who can muster media interest or

demonstrate clearly the whole systems cost-savings of their service), there are many others who are still quietly suffering the effects of the ongoing parallel austerity agenda. These less fortunate services typically include the historical General Adult 'core' services, such as CMHTs, Crisis Teams and Inpatient Wards, many of which are likely to be still enduring significant cost-saving targets (typically 3-5% annually, but due to lack of clear financial information it is hard to know for sure), to part fund the newer "shiny" priority specialist services. For a few years now there has been talk of services beginning to resemble a badly baked cake; firm on the outside but increasingly sunken and hollow in the middle...in places now it is starting to feel more like a polo or doughnut.

With this in mind, the GAF Executive has begun urging the policy makers (starting with the APPG, but including many others e.g. NHSE, and even within the College itself) that any sequel to the FYFVMH must include a serious refocus on, re-energising and re-resourcing of the Core General Adult services no matter how politically unexciting that may at first seem.

The original FYFVMH was far too piecemeal, focussing on a few specialist areas (e.g. Liaison, CAMHS, IAPT) and failed to take a system wide approach.

Any system is only as strong as its weakest parts, especially if those are the core, foundational services, where the majority of care still takes place. Continuing to ignore them, or slowly erode them, not only means a poorer, deteriorating service for a huge number of patients, but also puts at risk the specialist areas that are receiving attention. The current predicament can be likened to the wooden tower block balancing game ('Jenga'), whereby lower blocks (the foundations) are gently removed to be placed on the top with new bricks (to produce the shiny new services) ...sooner or later it becomes impossible to keep removing blocks without the whole tower coming crashing down.



Look out for more from the Executive on this matter, and do let us know your views too...we will be more than happy to incorporate them into a growing case for a change of focus in the sequel to the FYFVMH.

Student Mental Health: Update.

by

Dr Michael Doherty

The latest report from the Universities UK working group on student mental health was published in May 2018 [Minding Our Future: starting a conversation about the support of Student mental Health](#). This report was chaired by Paul Jenkins, Chair, UUK Task Group on Student mental health and CEO of the Tavistock and Portman Foundation Trust. The focus is on the interface between university Student Support services and NHS mental health services. It has been designed to be easily read especially for busy university and health service managers and decision makers. It is full of very useful information and distils very well the key issues.

'Minding our Future' emphasises the importance of a partnership approach at the local level to assess need and design local services. This should involve CCGs, Public health teams, GP services, mental health services as well as further and higher education leads. Assessing need for a student population is a major challenge as the information is not always readily available and carrying out a Joint Student Strategic Needs Assessment (JSSNA) is

recommended. Integrating the design and delivery of mental health services between the NHS providers and university support services with the focus on the student, will help facilitate timely and seamless referrals.

Your chance to give your views on university student mental health

We are keen to hear the views of psychiatrists who are involved in treating university students. This could be in their home place or in the university town. We hope to capture as many views as possible and want to incorporate the views into the updated college report on student mental health, chaired by Dr John Callender.

We would very much appreciate if you would complete [this short survey](#).

Vacancies for SAS doctors – we want you to work with us

Are you keen to contribute to the psychiatric community, gain invaluable networking opportunities by working on behalf of the College AND boost your CV?

Would you like to get involved?

There are vacancies for SAS doctors on the Specialty Doctors' Committee.

If you have any queries or would like to get involved, please e-mail specialtydoctors@rcpsych.ac.uk

We look forward to hearing from you.

Your contribution is welcome to iMind, GAP e-newsletter

We produce iMind, our e-newsletters quarterly. This is a means to keep you informed and updated on relevant topics and the faculty's work.

If you would like to share your experiences in your area or write in the newsletter, please contact the Faculty and Committee Manager, [Stephanie Whitehead](#).