

Royal College of Psychiatrists

Volunteering & International Psychiatry Special Interest Group (VIPSIG)

Committee Meeting Minutes

22/6/18 Royal College

Present

Sophie Thomson (Chair), Ruairi Page (Secretary), Mandip Jheeta, Lena Jawad, Heather Dipple. Jane Mouny, Sally Browning

Apologies

Peter Hughes, Athula Sumathipala, Bradley Hillier,

EXECUTIVE MEETING

No specific matters arising. Proceed to general meeting.

GENERAL MEETING

Minutes of last meeting

Discussed and feedback received

Matters arising

PROJECT UPDATES

Introductions were made to the group.

HD introduced herself as a retired psychiatrist, based in Leicester.

Ellen Cook's handover message was read out and discussed. Discussed update from the College's volunteer scheme. Elen has emphasised the importance of maintaining the links between the volunteer group of the college and VIPSIG. Discussed the current volunteer schemes/volunteer placements that are endorsed by the college.

2611 people are registered as VIPSIG volunteers.

Discussed the relationship between the volunteering sect of the college and VIPSIG, being close and that regular communication between the two should continue.

RCPsych are looking more closely into their work in global mental health.

World Psychiatric Association- Looking at producing global list of volunteers.

Health Education England- Looking at producing global engagement strategy via online platform.

HD- Discussed the retrospective application for money can lead to issues.

ST- Discussed the challenges of invites for volunteers in some remote areas. Now there are more established links between volunteers and the college. College offer £500 towards air fares. It is being explored as to how volunteers can receive further grants. At the moment as it stands, the host country are expected to fund/provide the accommodation.

HD- Discussed the fundraising activities that her group are involved with towards volunteering in Ethiopia.

Discussed lack of contact between volunteers and the volunteer arm of the college.

LJ- Discussed difficulties with the website; difficulties that it all has to go via the college administrator, also there has been difficulties in arranging the training for the website that had been originally offered to her.

SMP- From her experience working overseas, needs to be based on what the host country wants. Some occasions where some volunteers have turned up unannounced and this has caused some difficulties. Issue is that there are difficulties in getting the message across to some countries that our volunteer scheme/MPI exist.

ST- Discussed the host country getting a questionnaire; how do the hosts know what is on offer? ST got invited to discuss in Mexico at the World Volunteer Association, regarding volunteering

ST has invited other members to write about their experience of volunteering for the College

HE England are currently undergoing work re: UK volunteer experiences, and advantages that are being brought back to the NHS.

Ideas of reaching host countries. mhGAP conference networking. Over 50% of psychiatry graduates are from overseas; therefore lots of opportunities for overseas volunteering.

HD- Discussed Ethiopia link between their group and the college.

ST- Discussed lots of work being done regarding volunteering. Lots more needs to be done regarding sustainability of projects.

AA- Gave update regarding link with Peter Van der Vogel. Was granted £500 into Rohingya for scoping exercise. Situation remains very chaotic, services still trying to organise themselves. Had a positive response from the WPA. Attempts are being made to translate the mhGAP into Bhengoli. Hopes that by the end of this year. AA has hopes to understand what is the best way that support can be offered to Rohingya. Has thought about the use of videolink.

ST- Discussion of mhGAP training for GPs in UK. Very Good idea following previous mhGAP trainings. ST has spent a long time liaising with College of GPs, paid for accreditation of course, GP college want

another £1000 for advertising, then said that it had not been approved. Therefore the event was cancelled.
Lots of obstacles.

MJ- Fundamentally, the GP mhGAP idea sounds like a great idea. Lots of obstacles. Hopefully with some working it will be able to work.

ST- Discussed the need for a GP champion to help push for the mhGAP GP course. ST will discuss further with the College business manager to help push the course through.

HD- Discussed if it would be more fruitful to ask the deaneries re: offering this training to GP trainees.

MJ- 3 areas. Package of what we offer, When/How. Advertising side of things. Need GP college or network of GP to do this. Business side re: link in with the college. Discussed the majority of the work being needed to push the project off the ground and that when it is up and running then things should be smoother.

RP discussed the idea of regional reps for the group.

HD discussed that there is a volunteers group in Leicester. Can target the postgraduate meetings elsewhere in the county.

ST: Would like to hear what volunteers elsewhere in the country are interested in.

SMP: Had very similar ideas to heather. Lots of keen volunteers in Newcastle. Whenever she has mentioned ideas for people to volunteer in Africa, people are keen, but she feels that a co-ordinator would help facilitator.

ST: Happy for the meetings to be held in other parts of the country.

Project updates:

Leicester mhGAP weekend has been organised and arranged. Weekend of 15/16 September. Limited to 60 people via their venue.

Annual Day 18 September E-Learning conference

Zanzibar offer

Myanmar project is active

SMMHEP

Guatemala link

Kings/Thet Somaliland Project looking for volunteers for OSCE Trip 6-12th July 2018

Discussed need for all these projects to be put on the website

Introduction from Dr Stella-Maria Patrick; said she was keen to be VIPSIG rep for North.

Heather Dipple has expressed interest in being the VIPSIG rep for the Midlands.

Website/Comms

Discussed the use of blogs for our website

MJ: Discussed the global emails, and success with the recent emails sent out from Sophie, via the college

ST: Peter Hughes has produced a CPD module entitled “Psycho-social Support in Humanitarian Crises”

Day Conference- E Learning

18 September Royal College of Psychiatrists

JM: Has put together a draft plan for this year’s programme. E-Learning and global mental health. Discussed the draft programme.

ST: Discussed excitement regarding e-learning conference

AA and JM: Discussed the recent conference they attended on E-learning and technology, PsychTech.

JM: Wants to add interactive exercise. Discussed lecture they attended on video gaming and the benefits relating to autistic children.

RP: Discussed the opportunity for groups to link in to the event electronically.

HD: Discussed the option of posters at the event for people to display research

JM: Asked whether we were happy with inviting an external speaker. All agreed that was a good idea and that finances will allow for it.

SMP: Discussed excitement about e-learning and how e-learning is being used in Tanzania with primary care workers. Use of WhatsApp works well in Tanzania.

Financial update

MJ: Says finances are healthy and we have room for external speakers. Especially given it is a CALC event, we will make healthy profits.

MJ: Stable finances. Different position to other SIGs in that a lot of our events are run on a free basis. Wants to go back to the idea of the GP mhGAP module, especially if we are paying for accreditation. Good position financially. Not many outgoings at present. Happy to consider options for all funding ideas.

MJ: Said that executives of SIGs are open to travel expenses for board meeting.

MJ: States that he will require to write a business plan when it is requested.

Essay Competition

MJ: We did not have an essay competition. Discussed the option of launching competition for October. Says that the national competition works well in that we do not have a topic for the essay. Topics can be on

anything to do with volunteering or international psychiatry. Needs to be put on the website. Annual essay, open to all non-consultants, including medical students.

Videos

RP- Discussed making videos at the mhGAP weekend and our conference for the purposes of the website

Psychological first aid (PFA)

ST- Questioned if there was still interest in this.

JM- Stated that it has proliferated as a teaching aid, especially after the Grenfell Tower incident

ST- Discussed there is a good case for us to run a PFA Humanitarian Day

AA- Stated that this would be a good idea, especially for the mental health needs with his Rohingya project

ST- Last September, Lynne Jones (CAMHS Psychiatrist) in Belize with special interest in work in humanitarian crises. Did some really useful exercises on bereavements and loss, in particular how she works with children around loss. ST discussed doing a PFA

Discussed future mhGAP weekend, in Birmingham next Spring 2019

Radha Bhat joined the meeting. Introduced herself as a retired CAMHS psychiatrist. Is happy to be involved in any projects, both inside and outside of the UK. ST explained that it would be good for Radha to contact Sally Browning who is the retirees representative.

AOB

AA: Web linking worked fantastically.

SMP: Has been asked the Royal college of Physicians (Chair: Professor Walker) International Committee would like to link up with International Committees from other colleges, and will email separately regarding the details of this event.

FINANCES

MJ- Finance officer unable to attend

Future events

Planned events:

Day conference-

mhGAP in London or Birmingham

PFA

e-Learning Conference

£900 spent on accreditation from GP college

Discussed with ex-president of GP College. Interest in going ahead with GP mhGAP course. Advised such a course would have to be in the week, ST has discussed with PH about doing it under CALC, proposed date 29 May 2018, would need volunteers for small group work

Titles discussed:

JM, SB, JM: Brilliant idea.

Need to advertise it 6 weeks in advance due to GP rotas being completed 6 weeks in advance.

Discussed: Everyone at meeting is in agreement to go ahead with the day and to use CALC. Cost of day would be £120 which would include printing of a mhGAP manual each, which would cost around

Day conference-

Titles: Refugees, Culture bound syndromes, e-Learning,

Date: Aim at end of September

JM: Discussed option of doing bi-annual day conference. Last conference very heavily focussed on mental health of refugees.

RP discussed interest in E-learning

SB discussed refugees is very key topic. For day conference, would need to include other topics as well, using day conference to help recruit volunteers

ST: Thought about doing modules and videos, likes idea of making the conference more workshop based, HEE England- modules (basic mental health), could use

JM: Feels relieved about idea on E-Learning. Thinks too short time to prepare day conference in time for September. Discussed workshop on E-learning. Would please the college. All faculties interested in refugees. Discussed about medicine Africa- inviting speaker on medicine Africa, CPD online, workshops,

ST will look for dates. General thoughts on dates: JM thinks it should be this year. How to setup our educational platform?

Discussed videos: RP discussed that he has done CASC videos for trainees taking college exams, similar to mhGAP videos

JM attended a simulation training day, said it went really well, learning through being videod

Decided on topic of e-learning. Topics for e-learning: Medicine Africa, mhGAP, internet based teaching, value of simulation in training

Need for further meeting to discuss further meeting to arrange day conference

Discussed use of doodle poll for key people to arrange meeting for day conference. Can attend via skype

JM discussed calling it a workshop instead of conference

Title: E-learning workshop

Discussed week of 24/September for provisional date, ST will liase with Jonathon from the college to arrange the VIPSIG workshop

Website:

Lena Jawad has agreed to do joint work with Brad to look at joint working re: website. Mark Turner has asked Lena to attend for College website training. Lena has asked for Bio and Picture, one line, interests, for executive committee. PH has completed 1 page of resources for the website. PH currently running the facebook page for VIPSIG.

Spirituality SIG resource page- very impressive

ST has discussed effort for the next 6 months into the website

Discussed need to invite Mark Turner to the next meeting to discuss website.

mhGAP training:

Interest in holding Birmingham course. ST would be happy to support RP and MJ. Exploring opportunity of mhGAP training in Birmingham next Spring 2019, and one in London next Summer

2019. MSc Global Health group are looking at preparing a mhGAP training with ST and PH supervising.

PFA/HIG event: ST will speak to Louay to see if he is keen on organising event again.

Project updates

Discussed updates re: Malawi SMMHEP group, looking for further volunteers

RP met with Professor Sumathipala who is interested in setting up mhGAP training in Colombo, Sri Lanka

ST gave update re: Rohingya crisis. ST is still awaiting an answer from Myanmar group re: memorandum of understanding(MOU)

JM concerned about Myanar project uncertainties.

Essay competition:

JM: Needs catchy title- Subject- Use of e-learning in Global mental health. 2000words. Open to medical student, trainees, consultants in the first 5 years. Presentation at the workshop. Open now until deadline of beginning of August. (1 August 2018)

AOB

RP agreed to production of videos to emulate mhGAP, to work on this as a project

JM: Would be good to determine who is on exec committee, and have list of job roles, SIG rules do not allow for multidisciplinary members on the exec committee, JM discussed opening up the group to multidisciplinary members. JM discussed opening up meetings to multi-disciplines. Need to clarify who is on the exec, need to be psychiatrists/ trainees.

Action plan

JM Workshop: Obtain date, do doodle poll for planning meeting, look into guest speakers

SB: Is keen to be involved in all projects and planning

RP: Video session, liase with AA about Feedback, arrange October meeting in Birmingham

Dates of next committee meetings

Next meetings-

19 October 2018 2pm- Birmingham- The Tamarind Centre

8 March 2019 2pm Royal College of Psychiatrists, London

June 7 2019 2pm- Venue TBC