

## **PMHCWN Steering Group Meeting 25<sup>th</sup> November 2008.**

**1. Attended:** Judy Foster, (Chair) Terry Bamford, Lauren Herlitz, Susan McKnight, Vicky Nicholls, Nicola Wallis Ginn, Louise Wardale, Jeni Webster, Alleyn Wilson, Jean Healy, (Minutes)

**Apologies:** Richard Anderson, David Goodban, Oliver Kianchehr, Drew Lindon, Clare Mahoney, Rose de Paeztron, Nicky Stanley, Tara Weeramanthri.

### **2. Minutes of meeting held on 9<sup>th</sup> September 2008**

The minutes were agreed as a correct record

### **3. Matters Arising**

**3.1** Mental Health Act Implementation Training Meeting with Malcolm King and Shirley Trundle had not happened due to Vicky's sick leave. It would be useful to meet with Malcolm King to look at gaps in existing training programme and to explore possibilities to have more active role in future training.

**Vicky to set up meetings with Malcolm King and Kathryn Pugh.**

### **3.2 My Care - Mental Health Foundation (see Annex 1)**

Drew had sent information to Vicky on My Care, a substantive MH Foundation and Princess Royal Trust project. Several PMH steering group members were on this steering group. The project, looking at coping strategies for young carers, started last March and Drew had asked if the PMH steering group could have a look at leaflet and possibly submit evidence to the project. Judy said that this was central to our remit.

Judy suggested that this can be put on the website allowing members to respond. These will be reviewed at next steering group meeting.

Alleyn suggested input through narratives which tell of the impacts on people.

**Nicola willing to contribute and Susan to consider writing a piece.**

**To put My Care on website for comments by members.**

### **3.3 Revolving Doors Feedback**

Lauren explained project. 3 case studies involving much pursuit of practitioners which had been very difficult.

Literature and policy review written with 30 pieces on practitioners attitudes.

Judy said that it would be good to have a full presentation at the end of the project. A launch at a forthcoming SPN day should be considered

Lauren meeting with her manager on Friday for discussion on how results to be disseminated. Susan suggested a presentation at a future study day.

Terry asked Lauren to let us know any specific proposals after discussion with manager on Friday and to bring up under study day discussion.

**Lauren to report any proposals back after meeting with Manager**

#### **4. 10<sup>th</sup> November study day in Birmingham report. (see Annex 2)**

Terry reported on the day. 70 people in hall which was a reasonable audience for plenaries. BVSC was a good venue and worth bearing in mind for future events.

Vicky had put together detailed feedback with gratifying ratings for both plenary and workshops.

Judy formally congratulated the SPN team.

Susan had attended the Family Action workshop and found it very interesting and informative. Nicola felt elated that people get together and made it special.

#### **5. Progress Report from DCSF (see Annex 3)**

Vicky went through the report which included what we said we would do, what had been done, and future plans before end of financial year (and what hasn't been done – predominantly SCIE/NICE guidelines). Terry had prepared a budget statement on how money had been spent.

Jeni said how shocking it was that many adult mental health problems make no mention of family issues and practitioners don't understand issues about mother's, children, young carers.

Judy delighted at progress report and said that it represents move from DH to DCSF – fantastic that the group has established relationship and got grant.

#### **6. Regional Development Plans (see Annex 4)**

Establishment of regional networks was included in bid to DCSF. Terry drew up guidelines and said that it was interesting that mini networks have come into being at far more local level than govt regions, for example Cambridge and Peterborough and Portsmouth –which were smaller areas than regional areas. Useful to build on local initiatives rather than try to pick somewhere and hope that people travel to come.

Terry suggested that where an event is held, to provide support and speakers and give modest funding, suggestion of 250 to support activities. Minimal conditions were that event should be multi disciplinary and include service users. Organisations should give a short account of expenses. Network should also think of continuing to move out of London for events, but at the Birmingham study day, most people were from the South.

Judy asked what people thought of these guidelines and thought herself that they seemed acceptable.

Lauren asked if we provide any administrative support – Judy thought that if one of PMHCWN was speaking, Jean could do slides but not admin support. We could also give advice from our own study days and advertise on website.

Susan asked if she was to set up event, would she receive this funding, as she feels more should be done in Nottingham. Agreed that a local network would be supported in this way.

Development plans approved.

## **7. Activity Plans for Next 3 years – to 2011**

### **7.1 Web discussion groups, survey**

Discussion on online forums.

Lauren suggested having a message board on website directing people to a particular question and try out in a small way.

**To have information on usage for next meeting.**

### **7.2 Survey of Members**

Vicky said that a network survey was undertaken when SPN picked up coordinating the network in 2007 asking people what they wanted from the network. It had been very useful. Priorities for study days were felt to be perinatal mental health, safeguarding (which had both been covered) and personality disorders.

Network committed to sending out another survey after Christmas – reviewing the old questions and to add e-based discussion groups

Piloting a message board when Vicky does the survey can get people's views.

**Vicky to send draft of survey to steering group for feedback**

### **7.3 Next Study Day – March**

Personality disorder was suggested. There was ongoing and lively interest about an event which would reflect impact on families of a parent with PD. Focus of the day, topics and speakers is very much open for discussion and Vicky welcomed ideas from group. A planning group will be set up and would meet as a much smaller group. Susan offered to take back to therapeutic community and ask people using services at present what they would like to see covered.

**To put out a call in next newsletter for people to be involved in a planning group.**

**Lauren knew of an academic who had done an online training package and will email details to Jean**

## **8. Network Links**

Terry spoke of the joint application for three networks (Safeguarding Leads, PMHCWN and Perinatal and Infant Mental Health) which did not proceed. The three networks remain in close contact and collaboration. PIMH had applied for funding and succeeded in getting more money for this year, safeguarding leads unfunded at present but applying to subset of Mental Health Network with a possibility of funding. To keep a joint funding application in mind for the future.

## **9. Involving children and young people in network**

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Professionals need to take responsibility for children involvement and ensure that young people are stakeholders within the network. Louise said it was the network role to encourage and inspire and make meaningful arrangements with young people. This did not mean attending steering group meetings or study days but ensuring perspective was reflected.

Terry reminded of the commitment to involve young people and of finding the most effective vehicle to do that. Need to make sure network listening to issues and being true to young people with the onus on professionals – what are they doing to actively involve young people?

Terry read out email from Angela Hill, carer of a parent with mental illness, who had been a young carer and now adult and offered to write a practice example for website. It was felt that this should be followed up

**Terry to thank Angela and encourage her to write practice example for web**

## **10. Research Ideas**

Terry had spoken to Sarah Carr and Jerry Tew after the research group meeting on Friday. They had discussed a seminar or workshop for mental health researchers sympathetic to social model. The policy leads at DH should be invited and could learn what research is actually needed to develop a modern mental health service.

Involve Conference – Vicky had attended a young people and adults workshop re playing and thought that the network could put a research idea together and get it funded.

Judy had met a psychiatrist (Andy Kent) at the London Perinatal Mental Health Network Launch. He was working at St George's. He was looking for advice and would like to meet with researchers on the steering group to see if they could evidence that having mother and baby beds is cost effective.

**Vicky to follow up and Judy to produce Andy Kent's email**

## **11. Training Group**

Set up for guidelines work and activities contingent on SCIE guidelines. Last meeting had discussed what might be cross cutting themes influencing practice, i.e. thresholds, interagency working, examples of specific models, undertaking joint assessments. Vicky had asked people to systematise experiences on a grid

**Judy asked Vicky to do an extract from training group minutes for circulation to the steering group.**

## **12. AOB**

Louise reported a lot of interest from study day. Noted that Keeping Family In Mind was buried a bit in the resource section on the PMH website. Louise asked Jean to update using the details from the Barnardo's website

**Jean to update KFIM**

**Date for next meeting**

Tuesday 10<sup>th</sup> February 2009 from 12.30pm until 2.30pm

*Jean – these will need redoing because of all the additions etc)*

**Vicky to set up meetings with Malcolm King and Kathryn Pugh.**

**Nicola willing to contribute and Susan to consider writing a piece.**

**To put My Care on website for comments by members.**

**Lauren to report any proposals re Revolving Doors back after meeting with Manager**

**To have information on usage of discussion board for next meeting.**

**Vicky to send draft of network survey to steering group for feedback**

**To put out a call in next newsletter for people to be involved in a planning group.**

**Lauren knew of an academic who had done an online training package and will email details to Jean**

**Terry to thank Angela and encourage her to write practice example for web**

**Vicky to follow up and Judy to produce Andy Kent's email**

**Judy asked Vicky to do an extract from training group minutes for circulation to the steering group as an update would be really useful.**

**Jean to update KFIM on website**