



# Report of the May 25, 2010 meeting of the Mental Health Forum in Tynepark Arts Centre, Haddington

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## Who was there?

Tony Segall  
Claire Thomas  
Laurelle Edmunds  
Ross Macphail  
Phemie Turnbull  
Nikki Moran  
John Ferguson  
Morgan Flynn  
Nikki Moran  
Myra Waugh  
Laurelle Edmunds  
Ken Morrice  
Lesley Aitkenhead  
George Paterson  
Linden Ross

Andrew Kernohan  
Ginnie Moreton  
Angela Kenney  
Peter Ingles  
Linda Irvine  
Garry Smith  
Helen Dalley  
Linda Young  
Gordon Miller  
Mike and Denise (Carr Gomm)  
David Barrie  
Veronica Forrest  
Ian Stevenson  
Ian Johnston  
Patricia Graham

*This meeting was exceptionally well attended with members of the Mental Health Joint Planning Group turning up to explain their work, the East Lothian mental health strategy and their role in its implementation.*

## Previous Report:

The MH Forum report of February was accepted.

## The Tiered approach to Mental Health:

Ian Johnston, Clinical Director of East Lothian Community Health Partnership, and co-chair of the JPG, recapped on the Scottish Government's intention to cut down on the number of in-patient beds available for mental health

The strategy is meant to put local design and direction to this intention to help the welfare and well being of the mental health community in East Lothian.

As part of this, the move is being made toward a recovery-based model of delivering services. There is a range of therapies and services available in East Lothian in a four-tiered model of delivery; tier one with the most people, tier four with least.

**Tier one's** broad range of delivery services consist of promoting general health and well being such as volunteering and book prescribing. Health support worker Ginnie Moreton expanded on the initiatives available at this level, which also include: the **Changes** project and its range of services; funding for the CAB service for a dedicated service to people with mental health problems and the Stepping Out lifestyle service.

Changes' John Boyle listed the project's services in supporting self-help, which include individual CBT with a pilot phone-in line, group work, and stress control programme.

**Tier two** concerns include first contact with GP health services; dealing with issues such as depression, and anxiety.

GP Morgan Flynn explained the GPs' role in the Tier two position and spoke of the changes over the years: GPs and health professionals, he said, are now more aware of MH issues, services are now more patient-centred and there have been great changes with improvements in patient empowerment and psychological services.

Substance abuse, currently seen and treated as a separate issue should come under the umbrella of mental health, he said.

**Tier three** involves contact with secondary services such as contact with psychiatrists or the Community Mental Health Team, and seeing a community psychologist or a community psychiatric nurse.

Patricia Graham, consultant clinical psychologist with the East

Lothian Community Mental Health Team explained the three parts and staffing of the **CHMT**; psychological therapies, recovery and the Intensive Home Treatment Team.

As part of services of Tier three, a collaborative relationship has been established with Queen Margaret University which is hosting a project on the treatment of stress control to be delivered across the county.

She said there had been a big change in the allocation process for CBT referrals from GPs now dealt with by one team including consultant psychiatrist John Ferguson.

Despite the NHS Lothian 18 week limit from referral to assessment, one Forum member said she had been waiting two years since referral.

**Tier four** caters for more specialised care needs. John Ferguson explained the work of IHTT and reported the service was keeping many people out of hospital even though it was still new and developing.

Integrated care pathways for standards of care has come from the Scottish Government via the NHS' Quality Improvement Scotland to give equality in care for specific conditions.

### **Social Work**

Linda Young community care social work services manager reported there were two social workers working with the CMHT. The number of working hours providing to clients is coming down. One social worker works with drug and alcohol services with families at risk.

Seeing service users in Edinburgh, attending tribunals there, and journey time, is adding to the weight of the mental health officers' statutory duties.

A review was underway to grow the Local Area Coordination service across East Lothian.

Day services have seen more people coming to them with dual conditions and the service if being reorganised to help with this.

### **Respite**

Tony Segall of Carers of East Lothian has the job of redesigning respite services in East Lothian. The work is to take him two days a week for two years. He has to come up with a strategy - a plan for the Council and Health to follow.

Currently he is gathering information from all sources, including service users.

### **Homestart**

Linde Ross of the East Lothian Homestart project explained how her work in supporting families took in mental health and abuse problems.

### **Issues raised and comeback from Forum:**

\* Employment was an important issue. There were difficulties existing between government policy and local initiatives regarding getting back to work. People put under extreme pressure and need local health staff to support benefit claims.

\* Those at risk, ie people being dealt with by Homestart had little information available on contact or navigate mental health services.

### **Lastly**

There was a big agenda for the meeting and it was generally agreed that more time would have been needed for issues raised to be voiced, especially from service users.

**Next meeting of MH Forum**

**The next meeting will take place at 10.30am Tuesday,  
17th August in Tynepark Resource Centre.**

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