

**North Tyneside CCG Patient Forum
Mental Health Working Group**

Tuesday 23 October 2018

10.30am

205 Park Road

Wallsend

NE28 7NL

Attendees

Susan Dawson	Priory Medical Group
Anne Carlile	Priory Medical Group
Ray Calboutin	Park Parade Surgery
Janet Arris	North Tyneside CCG
Claire Studholme	Talking Therapies
Carole Reed	Community and Health Care Forum (CHCF)

Apologies

Steve Manchee	Lane End Surgery
Craig Nicholson	North Tyneside Council
Michele Spencer	Community and Health Care Forum

Welcome and Introductions

Janet Arris welcomed the group and the members introduced themselves.

Notes of last meeting (Tuesday 24 July 2018)

Agreed as a true record.

Matters Arising

Janet informed the members that Dr Sarah Mitchell has secured £2,000 extra funding towards the Memory Clinic which will help pay to employ an Assistant Psychologist who will liaise with various local groups. She is looking around the Borough for accessible venues for the January 2019 launch. The members suggested the YMCA and the Fire Station which are both reasonably priced.

Claire Studholme, Talking Therapies

Claire firstly gave out leaflets with information about Talking Therapies. She then discussed the current waiting times and explained there is a lot going on development wise. Some times are outside of the 18 week target but some assessments can take only four days. Primarily a patient would have a telephone assessment which lasts around 20 minutes then a decision will be made for what is the best course of action for that person. There are different steps of Talking Therapies – Step 2 contains a Low Intensity Package which is designed to offer first line treatment whenever possible, then reviewing that progress to step up to High Intensity Therapy if it is needed. There is a computerised Cognitive Behavioural Therapy (CBT) package where the same treatment as face to face therapy is available. Patients are given access to it and they can work through the modules with a support buddy who can contact them by telephone or email. The anxiety programme is called Silver Cloud which is easy to access by filling out a quick and

hassle free form. If you are suitable for this you will be set up on the system and have instant access to the support you need. People can go at their own pace as the programme is very flexible, easy to use and free to residents of North Tyneside. This has proved very popular, especially with men as it is a more private course. It is also useful for stay-at-home mums who have babies or small children. Feedback from patients who've been on the programme for 12 months say it produces amazing results. Step 3 contains a High Intensity Package which can help overcome difficulties such as self destructive behaviour and Interpersonal Psychotherapy (IPT). There is a 19 week waiting time for this. All Step 3 staff are fully trained in IPT. Eye Movement Desensitization and Reprocessing (EMDR) is offered to patients suffering from high volumes of entranced trauma and psychological stress; the waiting time is around 28 weeks. Claire told the members about a patient who had suffered child sexual abuse and had tried various therapies without success. She did the EMDR course and found the transformation in herself remarkable. Step 4 has a psychology workforce which includes CBT, EMDR and Cognitive Analytic Therapy, waiting times are 21 weeks. There are currently 1000 people on waiting lists.

Talking Therapies is working closely with physical health teams helping patients who have Long Term Conditions such as cardiovascular disease, diabetes, chronic obstructive pulmonary disease (COPD) and people who suffer with constant pain every day and also suffer from mental health problems.

Talking Therapies is currently liaising with local libraries to help patients who may wish to access the computer package but don't own a PC. There have been enquiries to find out if the programme software is compatible. They are also doing some workshops with Age UK and North Tyneside Carers Centre with many diverse groups. There are long waiting times nationwide not just in this Borough.

Talking Therapies have two bases, one at Wallsend Health Centre and the other at Hawkeys Lane, North Shields (behind the Collingwood Surgery).

Q Are patients encouraged to do Step 2 therapy whilst waiting for Step 3?

A Patients wouldn't particularly benefit from Step 2 in that case; in fact it could prove detrimental to their treatment.

Q Do people receive support whilst they are waiting for treatment?

A They are written to periodically to keep them up to date on waiting times.

Q Do the majority of patients have internet access?

A Yes a pilot took place to collect email addresses from clients and the results were very high.

Q Are your leaflets sent to GPs surgeries?

A Yes they are distributed throughout the Borough.

Mental Health Integration Board (MHIB)

There has been no Mental Health Integration Board meeting since the Working Group last met so there are no further updates.

World Mental Health Day

Claire informed the members that the World Mental Health Day was a great success and there was a good turnout of people. Beth Williams from Launchpad changed the usual formula and the day was very informal. It included networking, stalls, and a tombola, lots of photos were taken.

Future Agenda Items and Work Plan

Janet met with Anya Paradis from the CCG and Susan Meins from the Local Authority to discuss Social Prescribing which is going out to tender; it is currently shared between Age UK and MIND.

Everyone was given a copy of the Recovery College Collective (RE.CO.CO) magazine which is full of information about the Newcastle College based in Anderson House, Market Street and run by Angela Glascott. Copies will be taken to the next CCG Patient Forum. The North Tyneside Recovery College is on hold at present.

Any Other Business

There was no Any Other Business.

Date, time and venue of next meeting
Tuesday, 22 January 2019 at 10.30am
205 Park Road, Wallsend NE28 7NL

Actions

1. Janet to invite Dr Julie Owens, Consultant Child & Adolescent Psychiatrist CAMHS to January meeting.
2. The Mental Health Team from the Oxford Centre or The Green to be invited to a future meeting by Janet.