

The NHS Greater Glasgow and Clyde Mental Health Improvement Team

Mid-year report

January - June 2023



A few words from Trevor Lakey, Health Improvement & Inequalities Manager - Mental Health, Alcohol and Drugs

The last few months have remained a very busy and productive period in relation to public mental health - this includes continuing our commissioned training contract work, funding places on an Applied Suicide Intervention and Skills Training for Trainers programme, detailed development work at Greater Glasgow and Clyde level on suicide prevention action planning in response to the Creating Hope Together strategy, digital development work including a revamp of our Aye Mind platform, plus widening interagency working, such as links with the university sector.



The Team



Heather Sloan
Health Improvement Lead Mental Health



Greg Usrey
Health Improvement Lead Mental Health



Laura Hills
Health Improvement Senior Digital Mental Health



Michelle Guthrie
Health Improvement Senior Mental Health

Strategic Leadership

Continued extensive involvement in the implementation of prevention and allied section of the **NHSGGC Mental Health and Wellbeing Stream.**



Active Involvement in the **NHSGGC Mental Health Prevention and Early Intervention: Children and Young People Group.**

Co-chair of the **Scottish Public Mental Health Special Interest Group**, which reports to the Scottish Directors of Public Health Group.



Continued active involvement in the (national) Perinatal Mental Health (PNMH) **Managed Clinical Network** and NHSGGC Perinatal and Infant Mental Health **Local Implementation Group.**



Strategic Leadership

Recently appointed as **Honorary Visiting Researcher at University of Strathclyde** to contribute to its development of a Mental Health Futures Collaborative.



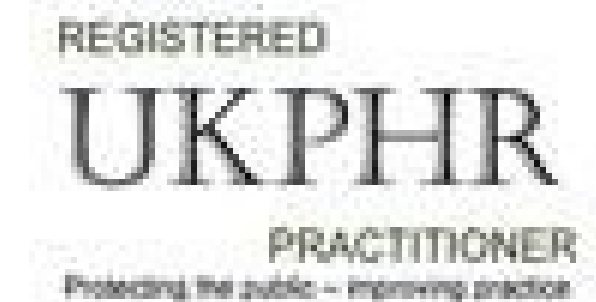
Active within a range of **National Suicide Prevention Networks**.

Continue to support the national anti-stigma programme **See Me**, including a member of its Advisory Group.



Continued active involvement in the NHSGGC **Digital Public Health Working Group**.

Continue to coordinate the **Scottish UKPHR Public Health Practitioner Scheme** for NHSGGC to support Health Improvement staff to become Registered Public Health Practitioners.



Campaigns

Extensive involvement in various **mental health awareness campaigns**, including Time to Talk Day, Mental Health Week, Maternal Mental Health Week, Infant Mental Health Week.

Worked in partnership with colleagues from the **Infant Mental Health Team - Wee Minds Matter** and the **Specialist Perinatal Mental Health Midwives** to plan social media programme of activity to support and raise awareness of **Maternal and Infant Mental Health Weeks**. Created videos to be shown in ante-natal clinics and Dr Ann McFadyen co-chair of the Perinatal and Infant Mental Health advisory group at the Scottish Government attended our Perinatal and Infant Mental Health network as a service spotlight.



Suicide Prevention



Ongoing active involvement in a range of **suicide prevention** activity across the life course.

Created a **GGC Suicide Prevention Action Plan** translating strategy into Board actions.

Continue to Chair the **Youth and Young Adults Suicide Prevention** subgroup.

Establishing a **suicide prevention training subgroup** to take forward a more collective approach to suicide prevention training across GGC.

Suicide Prevention



Continued provision of a range of online learning opportunities including **Introduction to Suicide Prevention**.

4 Introduction to Suicide Prevention Courses delivered from January - March 2023.

39 participants attended a Introduction to Suicide Prevention course.

8 colleagues and partners completed a 5 day **Applied Suicide Intervention Skills Training for Trainers** course.

38 participants completed a 2 day **ASIST** training course.

40 participants completed a 2 day **Scottish Mental Health First Aid (Adults)** course.

Self-harm

Continue to chair our NHSGGC **Self-harm Forum**; reporting to the NHSGGC Suicide Prevention Group.

Updated our **Whole Establishment approach to Self-harm for Schools and Early years** resource.



Working alongside colleagues from **Specialist Children's Services** to explore the links between **social media and self-harm**. Collaborated with **Youth Interventions** to run a series of focus groups with young people to hear their views on the topic, and a literature review to determine the evidence-base. This will be used to create a resources for professionals around engaging with young people on their digital lives and how it relates to self-harming behaviours.



Equalities

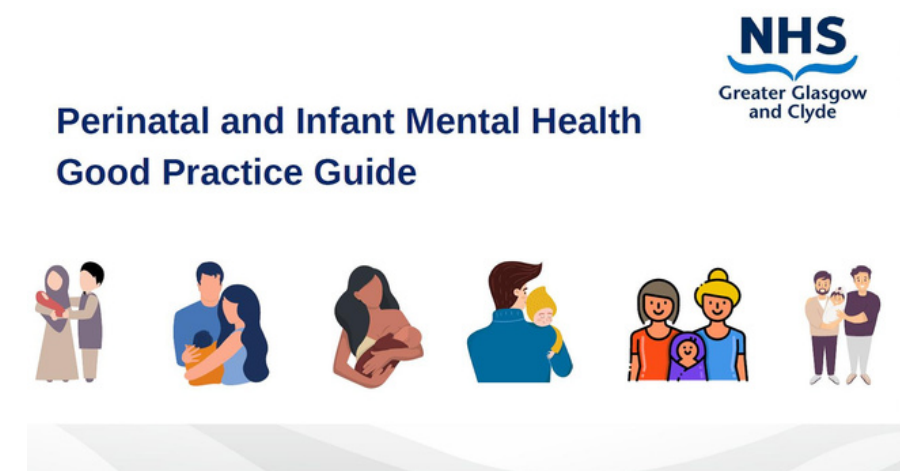
Continued membership of the **Employers Network for Equality and Inclusion Network** accessing several webinars and resources to support our Equalities Work.



Active involvement in large tendering process for a **LGBTQI+ service** for Glasgow City.



Updated and refreshed our **Perinatal and Infant Mental Health Good Practice Guide** which is underpinned by the protected characteristics set out in the Equality Act.



Training and Capacity Building



Continue to work with our commissioned service, **Scottish Association of Mental Health (SAMH)** to provide online and in person learning opportunities to colleagues, partners and volunteers across GGC.

14 online courses delivered between January - March 2023 including: **Introduction to Suicide Prevention, Mental Health Supporting Others, Trauma Informed Practice and Looking After Your Wellbeing.**

158 colleagues and partners from Health, Education, Social Work, Housing and Third Sector attended the courses.

Training and Capacity Building

Created a **Mental Health Improvement, Self-harm and Suicide Prevention Training Pathway**. A resource to encourage the public health workforce to progressively build their knowledge and skills relevant to their role and responsibilities in the area of mental health.



Digital

Redeveloped **Aye Mind** alongside a range of local partners. In its soft launch phase, currently testing the site with a small group of users before it is launched to a wider audience. It features a range of 'how-to' guides on using digital tools, a directory of digital tools, community of practice.



Set up a working group to develop an **Online Harms Learn Pro module**. This will be a step up from the Healthy Minds Online Harms session, and offers an opportunity for more in-depth learning on the subject.



Refreshed our **Team Website** to include the latest resources and information on our key action areas that span the life course, from training and capacity building, self-harm, suicide prevention, to infant and maternal mental health, among others.

Mental Health Improvement

Hello – Welcome to our Mental Health Improvement Team's page.

We are a Greater Glasgow and Clyde Board wide team who support our colleagues and partners across the six Health and Social Care Partnership areas with public mental health; Glasgow City, Renfrewshire, East Renfrewshire, West Dunbartonshire, East Dunbartonshire, and Inverclyde.

On this page, we share updates about the work we are undertaking across our key priority areas, and share useful resources and information to help you deliver on the public mental health agenda.

| | | |
|-----------------------------------|--------------------------------|------------------------------|
| About Us | Adult Mental Health | Best Practice Sharing |
| Anti-Stigma and Discrimination | Child and Youth Mental Health | Healthy Minds Resource |
| Infant and Maternal Mental Health | Training and Capacity Building | Resources and Planning Tools |
| Self Harm | Suicide Prevention | |

Anti-stigma

11 organisations from across Greater Glasgow and Clyde received funding through our **Anti-stigma Fund** for projects which look to address mental health stigma and discrimination. They included:

Parkhead
Citizen's
Advice
Bureau

West Dun
Champions
Board

Common
Wheel

Cosgrove
Care



CVS
Inverclyde

ENABLE

Helping
Heroes

Mind
Waves

Saheliya

The Well

The Village
Storytelling
Centre

Resource Development

Active partner in the development of an **Early Years Mental Health Improvement Framework**. Currently out for consultation, the framework aims to support those working in the early years to plan and deliver mental health improvement activities for babies and young children who are under 5 years old, as well as for their parents / caregivers.



Supporting new and expectant parents' and their families mental health and wellbeing

This early intervention and prevention guide provides information about a range of organisations and resources across Greater Glasgow and Clyde and wider that provide mental health support to new and expectant parents and their families.

1 to 1 support
Organisations that offer confidential 1 to 1 counselling or support sessions for those struggling to cope with everyday stress or feeling anxious or depressed.

Greater Glasgow Health
Where: Tunnock Centre, 23 Embank Street, G2 4FB
Referral: Self or professional
Contact: 0141 221 3003
@www.ggc.nhs.uk

Connections Scotland
Referral: Self or professional (Health Visitor or Midwife)
Contact: @Blaiddalibhrosnach.org.uk
for self-referrals contact: @Blaiddalibhrosnach.org.uk
0141 221 3003

Uthmaniyah
Where: Venues across Glasgow City
Referral: Self or professional
Contact: 0141 552 4434
@www.uthmaniyah.org.uk

Mind Music
Where: 7 Union Street, Greenock PA16 8PH
Referral: Self or professional
Contact: 01475 892 208 or
@www.mindmusic.co.uk

Recovery Across Mental Health Causeray
Where: 21 Canlar Road, Glasgow G78 1AA
Referral: Self or professional
Contact: 0141 881 8811
@www.ramh.org

Recovery Across Mental Health
Where: 41 Blacktown Road, PA3 1LU
Referral: Self or professional
Contact: 0141 842 8900
@www.ramh.org

Stepstones
Where: Unit A10, Whitbrook Business Centre, 78 Whitbrook Street, G81 1QP
Referral: Self or professional
Contact: 0141 943 2929
@www.stepstones.org.uk

Peer Support and Family Support
Organisations that offer a range of supports from talking to others who have similar experiences to your own and/or a range of family/parent/child activities.

SD Drumchapel
Where: 143 Canisadden Road, Drumchapel, G15 7HA
Referral: Self or Professional
Contact: 0141 944 5740

All supports and resources are free to access

Refreshed and updated our GGC **Supporting New and Expectant Parents' Mental Health Staff Guide**.

Developed a new Healthy Minds Session, **Online Harms and Mental Health**.



Partnership Working

Continue to support the **Scottish Mental Health Arts Festival** via membership of its operational and strategy groups, funding and support our local HSCPs / Health Improvement Partners and Third Sector Organisation's to participate.



Supported a **Glasgow Life Libraries Health and Wellbeing** networking event, attended by 40+ partners. Facilitated 4 round table sessions, to showcase our work and signpost to our wide range of resources.

Supported the NHSGGC **Children and Adolescent Mental Health Services CPD programme**, delivering an information session to showcase the variety of child and youth resources available on our website to support Mental Health Improvement work.

Workforce Development



Continue to support and promote the work of the Board wide **Workforce Development Group** through our **Work Force**

Development Champion. A number of staff have taken up a range of the Quality training offers that have been made available. This ensures the team are skilled in Public Health Practice.

Our Teams workforce champion is also the **UKPHR Scheme Coordinator** and has recently delivered 2 'Portfolio Ready' sessions for GGC staff. The sessions were joined by colleagues from Shetland, Orkney Western Isles Grampian and Lothian where just over 80 colleagues attended across the 2 sessions. A new Cohort will be announced late autumn for anyone interested in becoming a UKPHR Registered Public Health Practitioner.

Contact Information



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If you have any queries please direct them through our Admin team at **ggc.mhead@ggc.scot.nhs.uk**

Please visit our **[website](#)** to find out more about the work our team do.