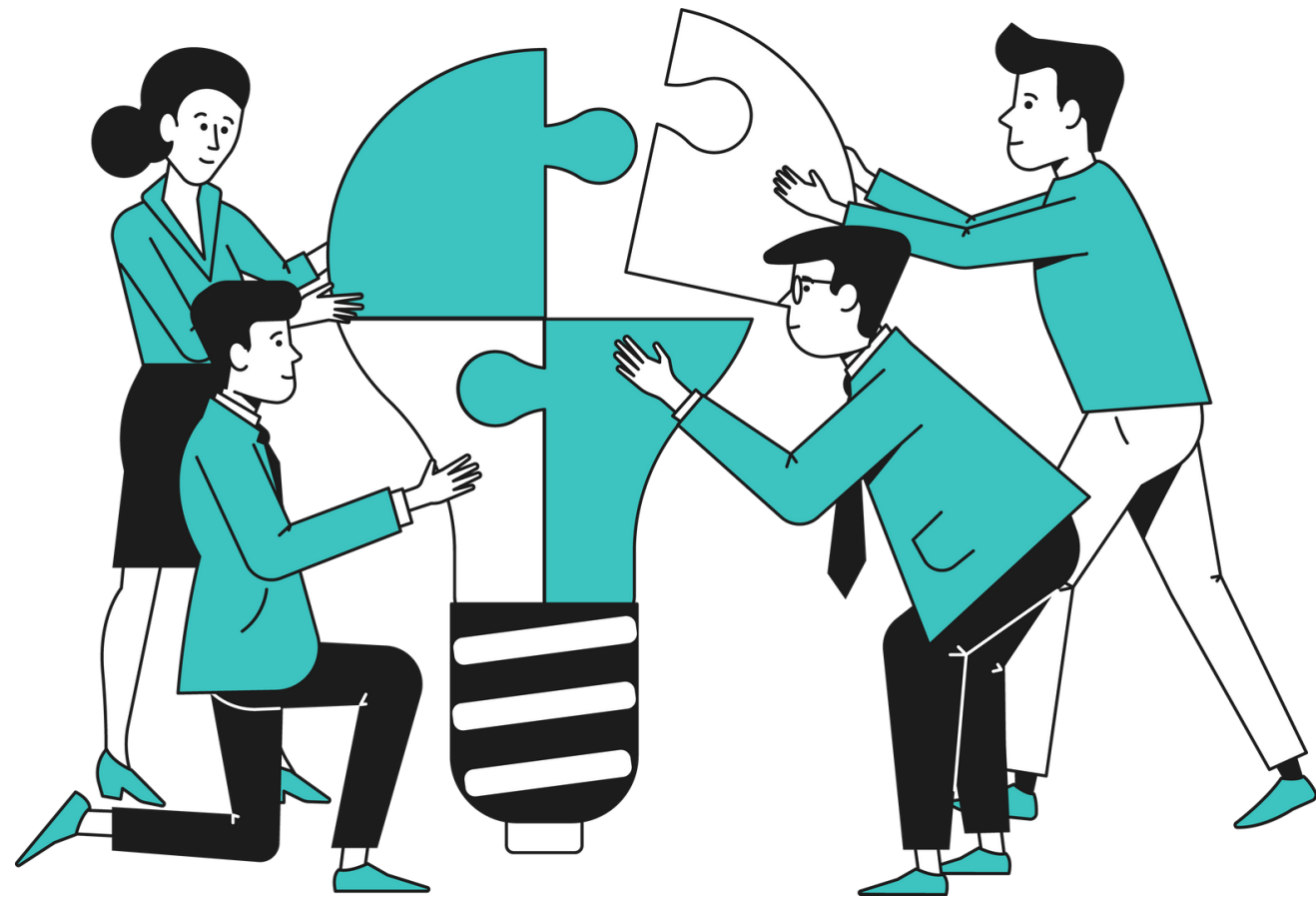


The NHS Greater Glasgow and Clyde Mental Health Improvement Team



End of Year Report

July - December 2023

The Team



Trevor Lakey

Health Improvement & Inequalities Manager -
Mental Health, Alcohol and Drugs



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

Celebrating our Success

400

NHSGGC staff have accessed our Online Harms Module since its launch in October 2023

UKPHR Winners

Won the Allison Thorpe Award; for significant contribution to translating evidence into practice for our Black and Minority Ethnic Perinatal Mental Health Research

150

Colleagues and partners attended the launch of our refreshed Aye Mind website in September 2023

Team Highlights

“



A highlight for me was the work of a short life working group I convened and chaired to develop an Online Harms e-learning module. The true definition of a short life working group should be an agenda for a strictly time limited piece of work with a beginning, middle and an end that results in a desired outcome or product. From the first meeting of the group in mid-April where we floated ideas to subsequent meetings where we brought the ideas to life and created content; to the launch of the module at the end of October. It was a 6 month task I set the group but didn't think we'd realistically make it. Almost 400 NHS staff completed the module which in itself is no mean feat in such a short space of time. All credit goes to the working group who worked extremely hard to meet the demands I placed on them through true collaboration, sheer hard work and commitment. Well done all involved – you know who you are!

”

“



There have been so many highlights this year, particularly around our digital developments - the relaunch of Aye Mind, the development of our Online Harms Module, and the Literature Review looking at social media's impact on mental health. Every single one of these projects is a testament to the power of partnership working and what we can achieve when we come together. We know that being online brings with it a range of risk and protective factors for our mental health and wellbeing and it has been a real joy to work alongside so many partners and colleagues on some of these issues. I'm excited to see what next year brings as we continue to work together to build on what we have achieved so far.

”

“



As a small team we are continually exploring how we can best build mental health improvement capacity and equip our colleagues and partners with information, resources and learning opportunities to support them in their roles. A highlight for me was the development of our Mental Health Improvement, Self-harm and Suicide Prevention Training Pathway. This resource is an example of how we take the national narrative and translate it for our Board area to support delivery of the public mental health agenda. Finding the right learning opportunity can be a task in itself, there is so much information out there and people ask, where do I start, what training should I explore? This resource offers a good starting point for individuals, teams and organisations to explore the mental health knowledge and skills expected of them to fulfil their responsibilities. We have shared the resource with another Health Board who are adapting for their own area.

”

Strategic Leadership

Continued active involvement in a range of Strategic Groups.

NHSGGC Mental
Health and
Wellbeing Stream

NHSGGC Mental
Health Prevention
and Early
Intervention:
Children and Young
People Group

NHSGGC Digital
Public Health
Working Group

Active within a
range of National
Suicide Prevention
Networks

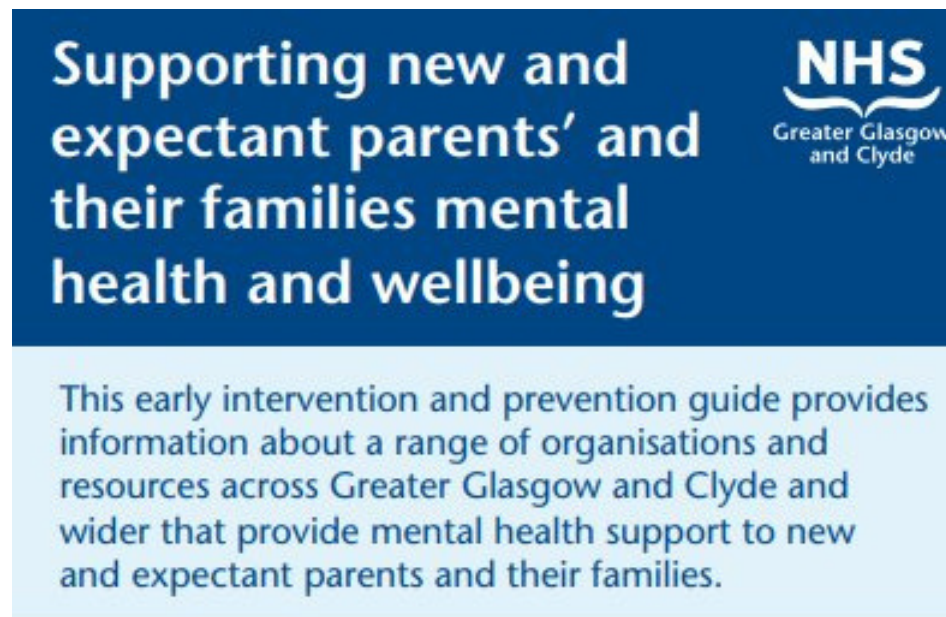
Perinatal Mental
Health Managed
Clinical Network

NHSGGC Perinatal
and Infant Mental
Health Local
Implementation
Group

Co-chair of the
Scottish Public
Mental Health
Special Interest
Group

NHSGGC Mental
Health Prevention
and Early
Intervention:
Children and Young
People Group

Perinatal and Infant Mental Health



- Glasgow
- East Renfrewshire
- Renfrewshire
- Inverclyde
- West Dunbartonshire
- East Dunbartonshire
- Greater Glasgow and Clyde

Continue to chair the **Perinatal and Infant Mental Health Network**.

Over **100** colleagues and partners are connected to the network.

13 service spotlights attended the network during 2023.

1000 of our “Supporting new and expectant parents mental health staff resource have been distributed across Greater Glasgow and Clyde during 2023.

Suicide Prevention



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

25 participants attended an **Introduction to Suicide Prevention** course, July - December 2023.

36 participants attended **Applied Suicide Intervention Skills** Training.

32 participants attended **Scottish Mental Health First Aid** Training.

26 participants attended a **Trauma and Mental Health** course, July - December 2023.

Suicide Prevention Week 2023

Planned a comprehensive **social media campaign** to mark **Suicide Prevention Week 2023**.



28

Posts throughout the week.

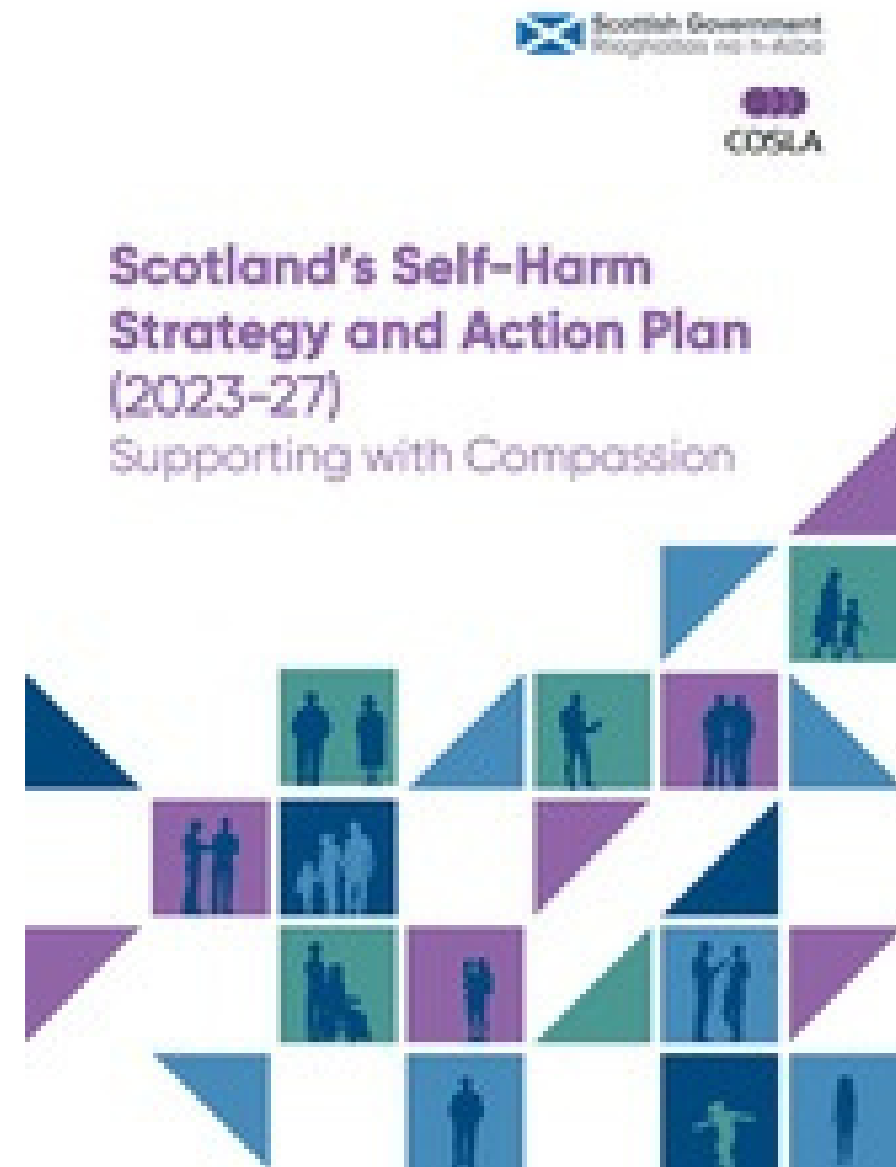
368

Engagements (likes, comments, re-tweets, link clicks).

11,144

Impressions over the week!

Self-harm



Ongoing active involvement in a range of **self-harm** activity and provision of learning opportunities across Greater Glasgow and Clyde.

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

Updated and refreshed content in our **On Edge Learning about Self-harm** resource pack.

Working in partnership with **Strathclyde University** to build self-harm capacity via Training for Trainers.

Delivered an **Instructor** Training for Trainer self-harm course to equip localities to deliver Training for Trainers courses.

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 Greater Glasgow and Clyde.

14 courses delivered between July - December 2023 including: **Introduction to Suicide Prevention, Mental Health Supporting Others, Trauma and Mental Health, ASIST, Scottish Mental Health First Aid and Looking After Your Wellbeing.**

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

Training and Capacity Building



Continue to deliver a range of **Healthy Minds** Sessions to provide learning opportunities to colleagues, partners and volunteers across Greater Glasgow and Clyde.

9 sessions delivered between October - December 2023 including: **Online Harms** and Mental Health, **Mental Health Resources**, **Aye Mind** and **Menopause** and Mental Health.

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

Digital



Created an **Online Harm and Mental Health LearnPro module** to raise awareness and give information and support around online harms.

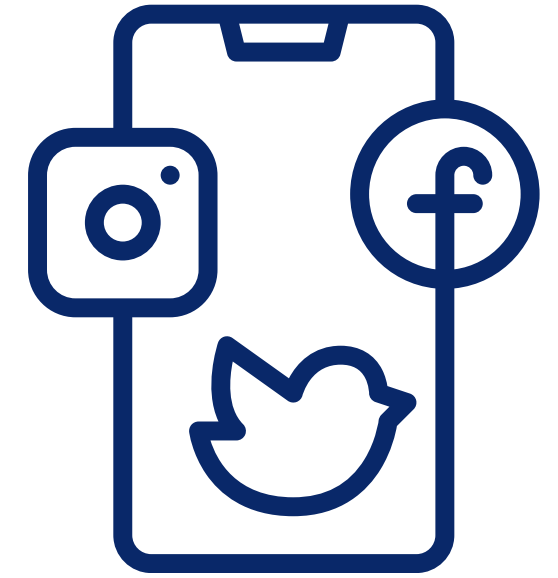
Re-launched our **Aye Mind** project. The website aims to help people use digital tools with young people to support their mental health and wellbeing. To date there has been **32,000** website views and **11,000** users visit the website.

Launched a monthly **Aye Mind Newsletter**, with almost **100** subscribers in its first few months.

Established a **Digital Collaborative Group** to steer the future direction of Aye Mind.

Digital

Working in partnership with **Social Work** colleagues at Glasgow City HSCP to develop a **Digital Wellbeing Toolkit** to support professionals to speak with young people about their online lives.



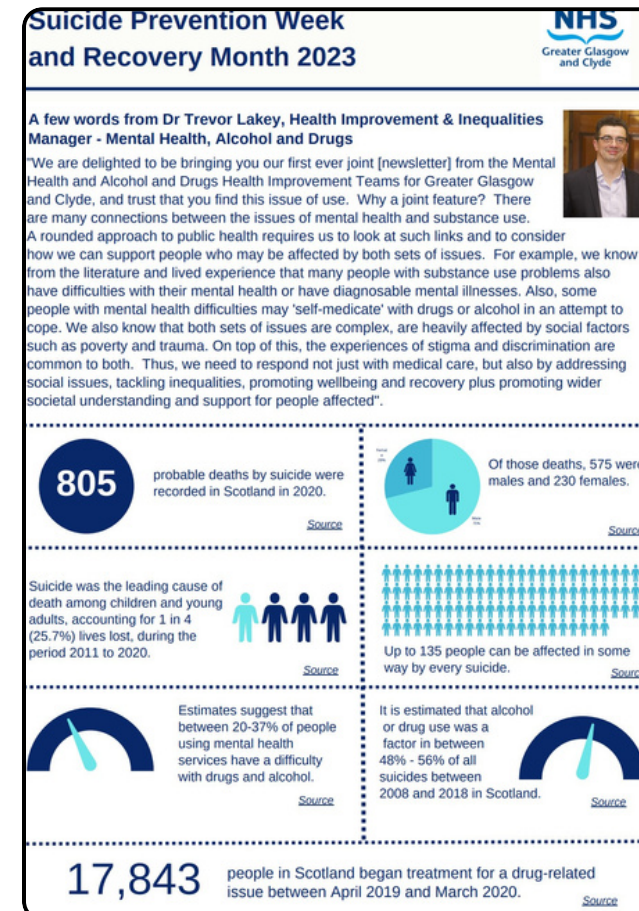
Working alongside **Specialist Children's Services** colleagues to undertake an exploratory project that heard from young people about their experiences of social media and how it relates to self-harm.

Working with colleagues within **Specialist Children's Services** and **Library Services** to undertake a literature review that explores global evidence surrounding the influence of social media on the mental health of children and young people.

Supported the redevelopment of a **social media guidance** document for responding to incidents and concerns that are raised online alongside colleagues at Glasgow City HSCP.

Campaigns

Extensive involvement in various mental health awareness campaigns, including **International Youth Day, Suicide Prevention Week, World Mental Health Day, Black Maternal Mental Health Week, Stress Awareness Day, World Menopause Day** and **Grief Awareness Week.**



Resources



Refreshed and updated some of our mental health improvement resources including our **Child and Youth Mental Health Useful APPS, Websites and Helplines, Suicide ALERT** resources and Mental Health Improvement Resources for **Schools and Youth Organisations**.

Created an **Online Harms Useful Helplines, Websites, Reporting Mechanisms** document signposting to available support for those who have experienced a range of harms online.

Developed two new **Healthy Minds** Sessions to add to our suite, **Screen Time** and Mental Health and **Online Harms** and Mental Health.

Contact Information



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Donald Boyle
Business Support Assistant

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.