

The NHS Greater Glasgow and Clyde Mental Health Improvement Team



"A time for reflection"



Trevor Lakey
Health Improvement and
Inequalities Manager
(Mental Health, Alcohol
and Drugs)



Heather Sloan
Health Improvement Lead
(Mental Health)



Michelle Guthrie
Health Improvement Senior
(Mental Health)



Laura Andre
Health Improvement Senior
(Mental Health, Digital)

Welcome Back and Farewell



We are delighted to welcome back Greg Usrey, Health Improvement Lead (Mental Health), to the team. Greg was deployed during COVID-19, using his clinical skills to support our NHS during this time. Greg returns to us one day a week supporting the Public Mental Health agenda

We bid farewell to our colleagues Stephanie Kirkham and Vibha Gaikwad. We wish them both well in their new ventures



Celebrating Our Successes

271

Colleagues and partners who have accessed a range of learning opportunities through our team's Training and Capacity Building Calendar (Jan-Jun 2022)

3939

The number of participants who, to date have accessed our Scottish Association for Mental Health training courses

160

Colleagues and partners connected to our NHSGGC Perinatal and Infant Mental Health Network and it continues to grow

Celebrating Our Successes



13

Our Healthy Minds Network has been running for over 13 years and continues to thrive

Membership includes National colleagues, third sector representation, clinical colleagues as well as reps from Health Improvement from the 6 Health and Social Care Partnerships

Strategic Leadership

Continued extensive involvement in the implementation of prevention and allied section of NHS Greater Glasgow and Clyde 5 year Mental Health Services Strategy



Continued active involvement in the (national) Perinatal Mental Health (PNMH) Managed Clinical Network, NHSGGC Local Implementation Group

Co-chair National Public Mental Health Special Interest Group



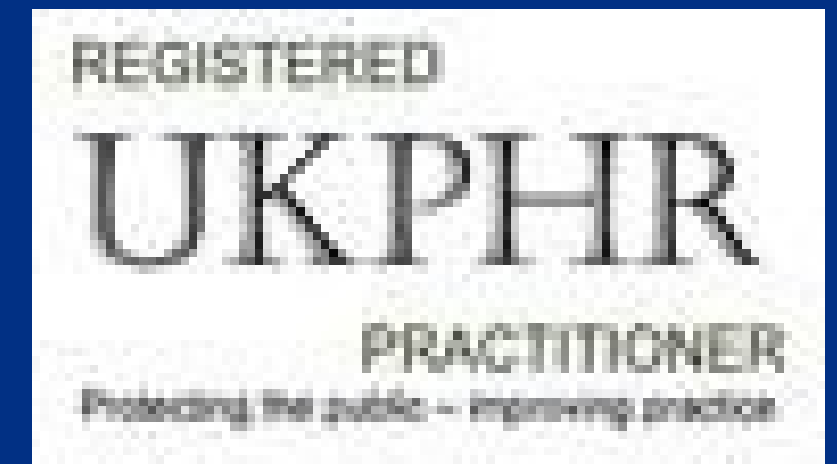
Strategic Leadership

Collaboration with Scottish Government to support and influence development of National Self Harm Strategy



Continued active involvement in the NHSGG 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



Engaged with several mental health awareness days; Time To Talk Day, Children's Mental Health Week, Self Harm Awareness Day, World Sleep Day, Stress Awareness Month, Mental Health Awareness Week, Maternal Mental Health Week, and others

Partnership Working

The ethos of our team relies heavily on partnership working and support for our colleagues across the 6 HSCP's. We act as a conduit between local and Board wide structures in many cases and this is evident particularly with the National Mental Health funding that is dispersed to HSCP's through the Prevention, early intervention, HI Work stream group (Adult MH Strategy). We attend a range of networks and meetings across NHS Greater Glasgow and Clyde and beyond including National Partners such as 'See Me' for example

Working alongside partners from across GGC, including health improvement, third sector, educational psychology services, health visiting teams, and others, to develop an Early Years Mental Health Improvement Framework



Perinatal and Infant Mental Health

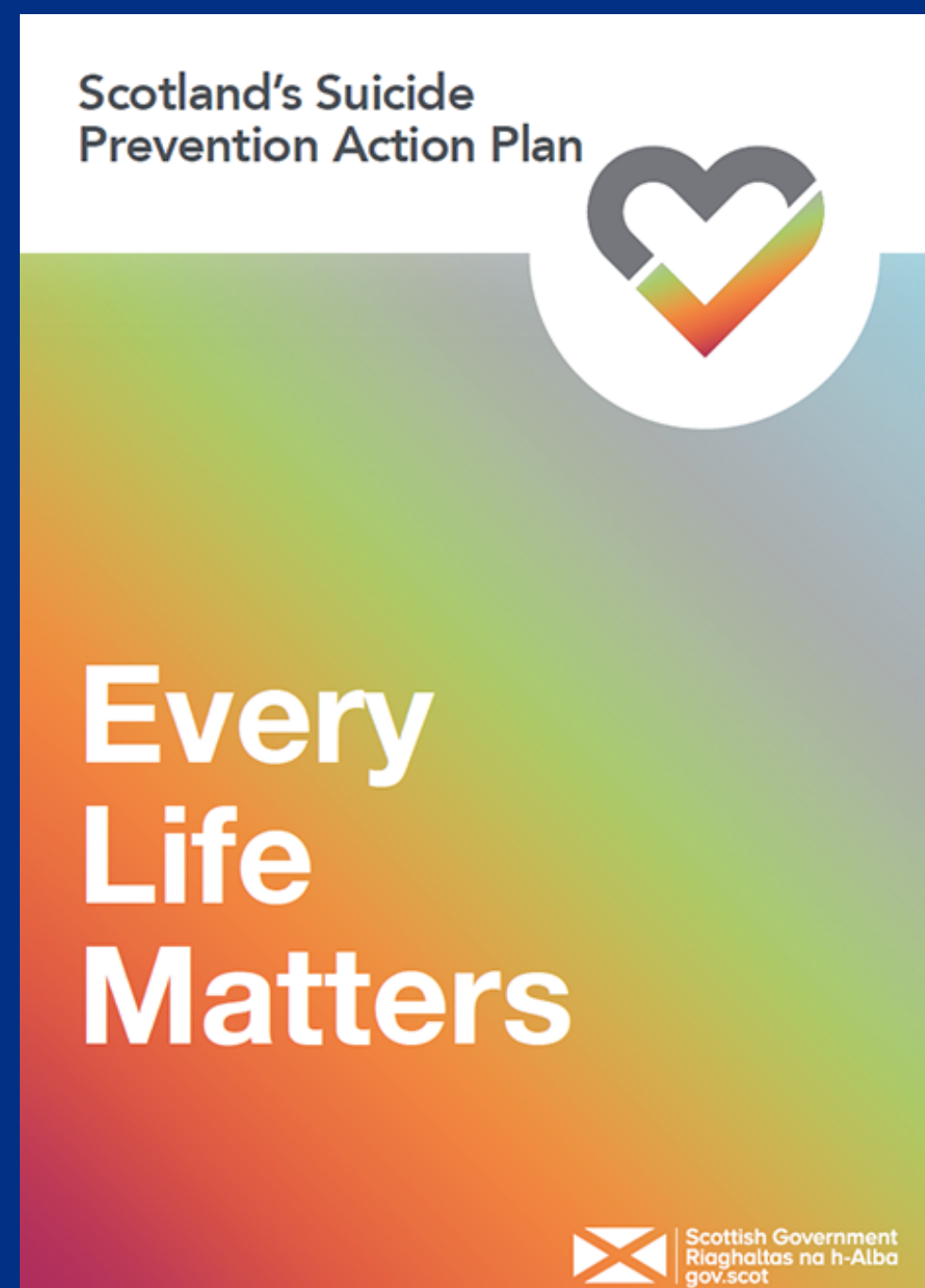
Led on the development of two locality (Glasgow City & Renfrewshire HSCP) resources; a staff guide to help support mental health during the perinatal period



Supported and presented at the Fathers Network Dad's Event; Supporting New Dad's Mental Health in GGC

Collaborated with colleagues at West of Scotland Mother and Baby Unit to run a series of Conversation Workshops bringing clinical and third sector staff together to enhance partnership working

Suicide Prevention



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

Facilitated stakeholder event to refine action plan for the Youth Suicide Prevention Sub Group

Continue to support policy and response work around suicide clusters

Continued provision of a range of online learning opportunities including Introduction to Suicide Awareness

Self Harm

Continue to chair NHSGGC Self Harm Forum

Delivered in partnership, What's the Harm Training for Trainers course to 16 staff from Health Improvement, Social Work and Third Sector organisations

Updated the 1 hour session Self Harm: An Introduction to support our wider self harm training and capacity building pathway

Continued active involvement in supporting the refresh development of Self Harm Policy at local HSCP level



Anti-stigma and Equalities

Funded and supported 9 Anti-stigma projects which included; mental health stigma among children and young people, disabled people, and people with disabilities

Commissioned a small scale research project to explore the experiences of organisations in engaging with Black and Minority Ethnic women and their families during the perinatal period to support mental health and wellbeing

Funded and worked in partnership with ENEI to provide Inclusive Leadership training to over 90 staff



Training and Capacity Building



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

Range of courses available; Introduction to Suicide Prevention, Looking after Your Wellbeing, Hybrid working, Mental Health Supporting others

Training and Capacity Building

Completed Adult Seasons for Growth Companion Training for Trainers to help build capacity in knowledge and understanding relating to change, loss and grief across Greater Glasgow and Clyde



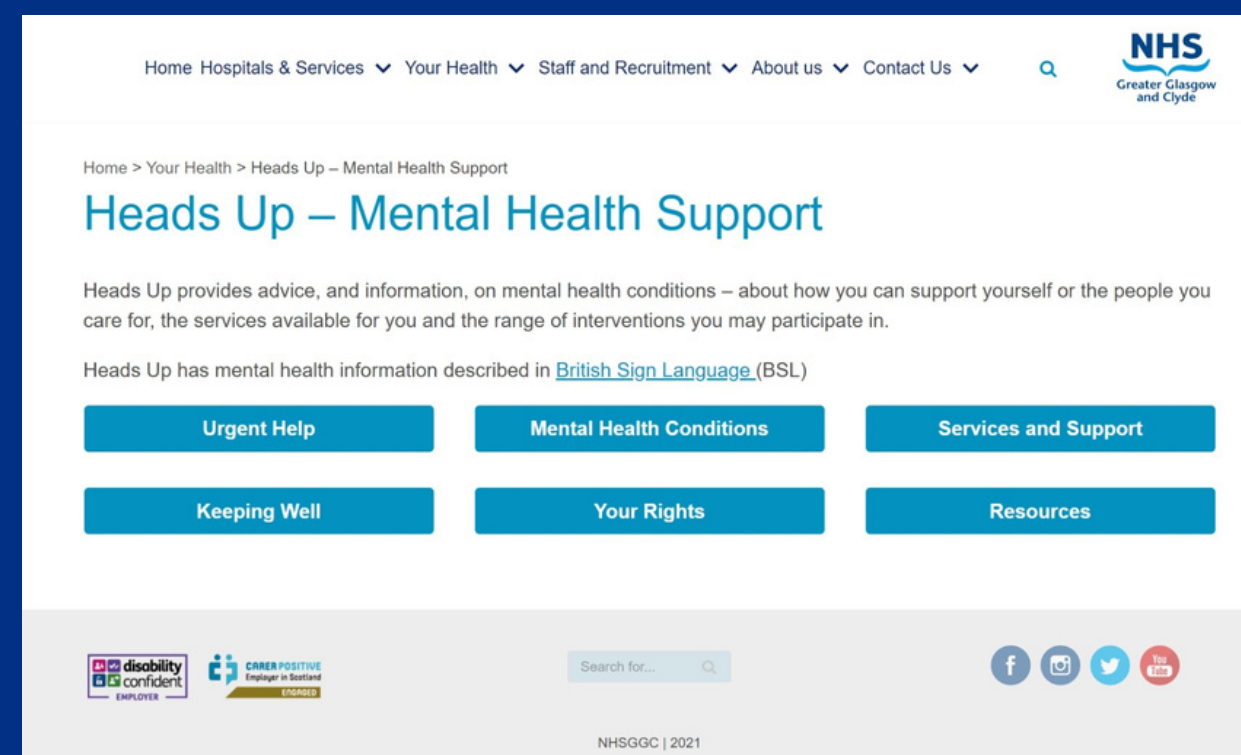
Worked in partnership with Fathers Network Scotland to deliver Understanding Paternal and Partner Mental Health Training for Trainers course to staff from Health Improvement, Clinical Services, and Primary Care Mental Health

Digital Approaches



Formed a new partnership to develop the next phase of our Aye Mind project, including with Third Sector Lab, Youth Link Scotland, Glasgow Life, Glasgow School of Art, and colleagues from across NHSGGC

The team has migrated the **Heads Up** website to the new Board-wide site. Click on image to view



Digital Approaches



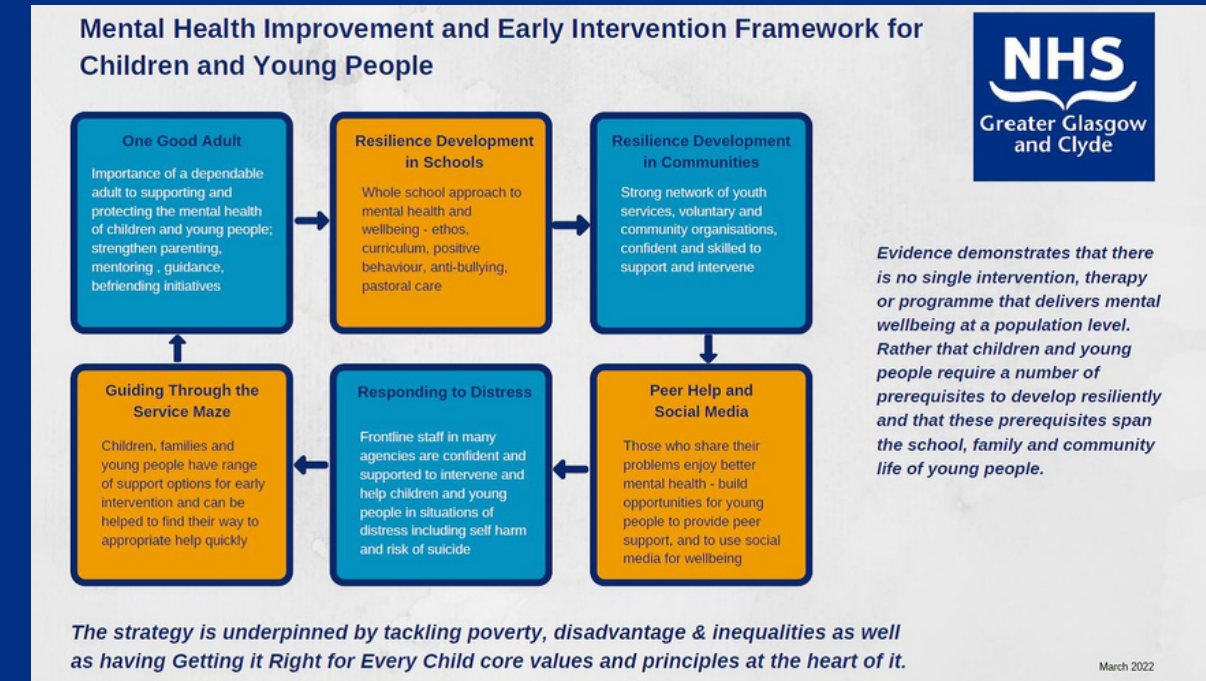
Working alongside the Health Improvement Team at Glasgow City HSCP, a project is underway to explore and raise awareness of the impact of online harm on people's mental health, and effective strategies to mitigate it

Continued active involvement in the Glasgow City HSCP Communications Group and the Glasgow City HSCP Social Media Moderators Group

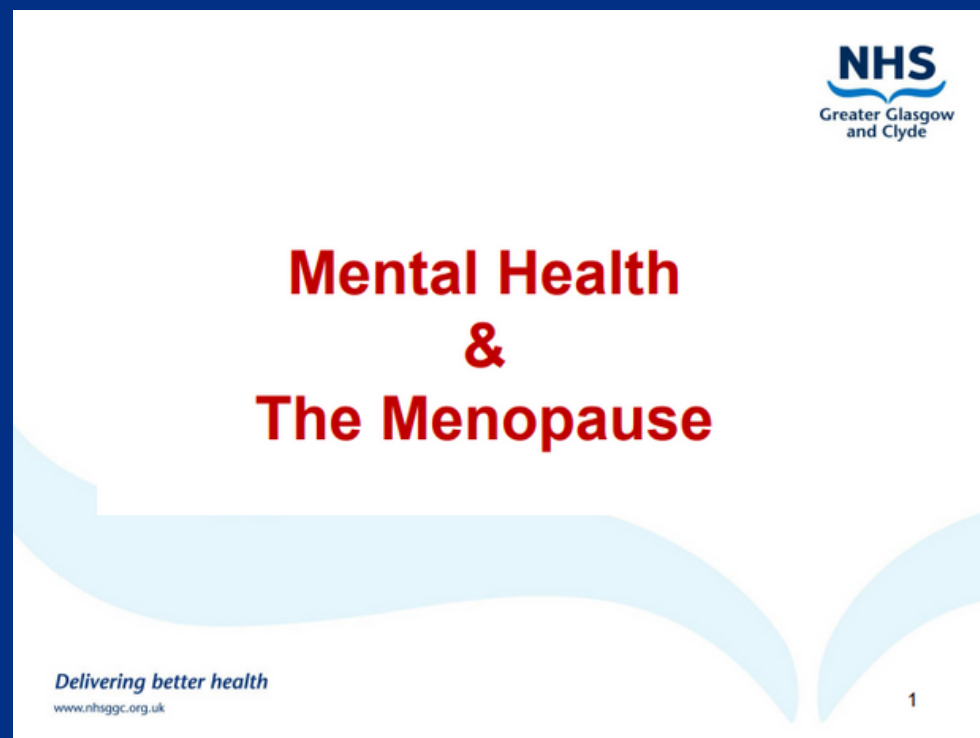
Working with health improvement colleagues to address digital training needs identified through the digital needs assessment shared with the Public Health Workforce

Resource Development

Refreshed our Child and Youth and Adult Mental Health Improvement Prevention and Early Intervention Frameworks



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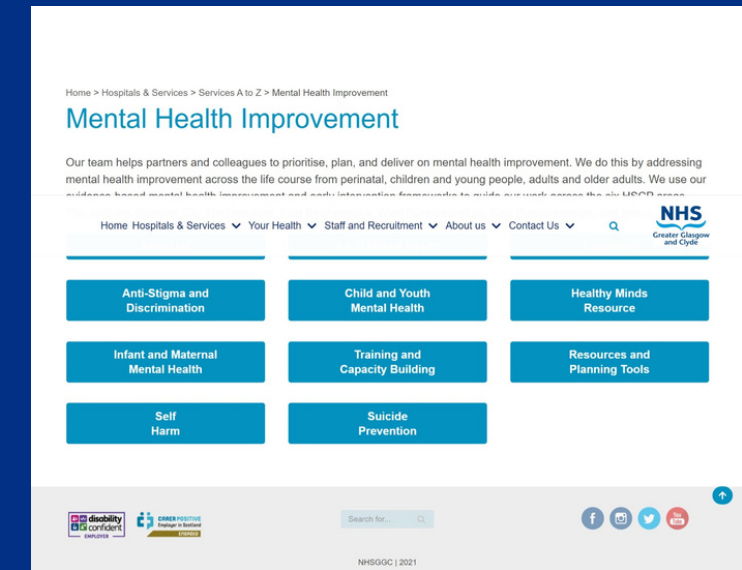


Click on image to download

Developed a new Menopause and Mental Health Healthy Minds Session (17)

Contact

Our team site has been migrated to the new Board-wide website, with a whole new look and feel. Click on the image to access



Owen Breen
Senior Business Support Assistant



Donald Boyle
Business Support Assistant

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