

ZOOM MEETING
MENTAL HEALTH CARERS FORUM
NOTES



Tuesday 16th June, 2020 - 11.00am – 12.30pm

1	<p>Welcome 12 carers took part Sarah Williams– chair Nicola Beedell- notes</p>
2	<p>Discussion</p> <p>WD spoke about the “Making Carers Visible” HPFT meeting on Friday and asked how carers felt it went and if they felt they had the opportunity to ask questions. There was a discussion about issues with digital communication in general and how there appears to be a lack of senior HPFT staff who are willing to talk with carers.</p> <p>The issues with care coordinators and lack of communication haven’t been addressed properly either. Care coordinators have to be a band 6, which may contribute towards the long waiting times. There also seem to be issues with recruitment, high staff turnovers and complex case loads. A carer wondered whether care coordinators are viewed as no longer needed, as mental health support digitalises i.e. through helplines. There was a discussion about what the role of a care coordinator is. If there is no care plan, does a person need a care coordinator? And can you contact a care coordinator in a crisis, even though there are specific crisis teams? There was a suggestion that this could be looked into by the carer council, once it resumes.</p> <p>A carer questioned when the carer council will begin again. A chair still needs to be elected. A carer questioned whether an independent person could be elected, to take the pressure off the carers.</p> <p>There was a discussion about the police employing their own mental health nurses, because they cannot rely on mental health teams. There was an agreement that police and mental health teams are working better together than they once were and there were some positive experiences shared by carers. One carer, however, shared a negative experience. A carer raised the issue that families shouldn’t have to call the police in the first place and they are being reduced to extreme measures.</p> <p>A carer mentioned that they attended a meeting 6-7 years ago in London with Rethink, where mental health workers were attending crisis situations to avoid</p>

	<p>people being put on a section 136. Within HPFT, this is known as street triage. John Murray from HPFT has presented this at previous forums. There seems to be a lot of confusion over crisis services within HPFT, including who to contact. NB and SW questioned whether we could invite John Murray to a future zoom forum to answer questions, or ask for a presentation to be sent over.</p> <p>A carer has recently attended the Stakeholder reference group. Minutes are to be released. There was also a discussion around how chronically ill service users are moved from team to team, and this is where communication breaks down.</p>
3	<p>Information from Carers in Hertfordshire</p> <p>SW spoke about New Leaf wellbeing college, and suggested that carers take a look at what online courses they are running. A carer raised the issue of booking onto a course, but then wasn't allowed to have two people on the screen. SW said this should have been clear at the start of the course, and this should be fed back to New Leaf.</p> <p>NB mentioned that there is a 4 week free course called "Caring for people with Psychosis and Schizophrenia", hosted by Future Learn. This addresses the links between cannabis use and developing psychosis, how medications work and how psychosis affects carers health:</p> <p>https://www.futurelearn.com/courses/caring-psychosis-schizophrenia/6?utm_campaign=course_wishlist_new_run&utm_medium=email&utm_source=FL</p>
4	<p>AoB No other business</p>
5	<p>It was agreed the next Mental Health Forum zoom meeting will be held Tuesday 23rd June at 11:00.</p>