

MENTAL HEALTH FORUM

MINUTES OF MEETING HELD ON

Tuesday 17th September 2019

At Oxlease House, Travellers Lane, Hatfield, AL10 8TJ

- Carers:** 13
- Chair:** A Carer
- Staff:** Nicola Beedell (Minutes), Will Davis (WD), Rosemarie Muldoon (RM), Rosemary Willis (RW)
- Guest Speaker:** Simon Pattison, Integrated Health and Care Commissioning Team (SP)

| Item | |
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| 1 | <p>Welcome</p> <p>The chair welcomed everyone to the forum and introductions were made</p> |
| 2 | <p>Previous Minutes</p> <p>There was a discussion about the deadline to apply for the Healthwatch reference group. They have received a large number of enquires and will be making contact with people.</p> <p>A carer gave an update on the support group that runs in St Albans. They are due to hear from Helen Dudeney on the 14th October. They are eager to keep the group running, however HPFT do not seem to be promoting it.</p> <p>A carer asked where the DOLS team is located. The forum discussed how they are a part of Herts County Council, adult care services, and not HPFT.</p> <p>NB clarified how the dual diagnosis forum will run on the 22nd October at Oxlease House, 10-1;30</p> <p>A carer asked whether we can keep the question over the carer awareness training on the agenda.</p> <p>Minutes agreed</p> |

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| <p>3.</p> | <p>Forum Updates</p> <p>Carers asked for more agendas to be printed in the future.</p> <p>A carer shared how they participated in carer awareness training for senior managers in HPFT in the Colonnades.</p> <p>A carer shared how their loved one is being asked to move on from supported living. The carer has some concerns, but they are being supported by a HPFT staff member. The forum discussed how this could be a positive step forward, but also understands how the pressure of moving house and change can affect a person's mental health.</p> <p>A carer asked whether the forum can hear from someone in the DOLS team as a future guest speaker. NB to make contact with someone from the DOLS team.</p> <p>Carers discussed the Healthwatch reference group, and how the next stage will be an advisory panel. They are looking to produce a booklet given to people when they are discharged from hospital. The forum discussed how Healthwatch give recommendations to HPFT on how to handle discharge.</p> <p>A carer asked whether all GP surgeries in the county have carers champions, or whether this is just exclusive to Stevenage? It was discussed how all GP surgeries should have a named carers champion. This could be any member of staff within the surgery. However, some surgeries invest better training into their carers champion than others.</p> <p>NB gave an update on the mental health and substance misuse governance steering meeting. NB confirmed that the dual diagnosis protocol is to be reviewed; however this has not started yet. There will be more of an update after the next meeting, which will take place in January.</p> |
| <p>4.</p> | <p>Presentation from Simon Pattison</p>  <p>SP said how the biggest challenge is staff recruitment.</p> |

A carer asked what happens when a team underspends. SP said that the money has to be spent, it no longer gets rolled over or is fed into acute hospitals.

A carer asked the meaning of IAPT and CAMHS. They stand for improving access to psychological therapies, and child adolescent mental health service.

A carer questioned how far someone has to live outside of Hertfordshire to have access to Hertfordshire mental health services. SP said that it depends on a persons GP registration and if they are linked to a CCG.

SP explained how money is fed from NHS England to the CCG's, and then onto HPFT contracts.

A carer asked what perinatal means. SP explained that this is the time period around birth. It applies to pregnancy and 12 months post-birth, although this may be extended to 24 months.

SP said how the IAPT team doesn't cover complex needs and DBT. They cover the wellbeing service and CBT. But people can also access group and online therapies.

A carer asked what the provision is for the 50% of people who do not recover? SP said how this is a national issue, and the amount spent on medication is growing. A carer said that more money is going into people who have anxiety and depression but the chronically ill are often forgotten, and you have to question whether enough money is going into services that support people with long-term severe mental illnesses.

A carer questioned how effective IAPT is, and how long a persons "recovery" lasts for, because issues such as housing, unemployment and relationship changes can all have an impact on a persons mental health.

A carer asked how a person measures their recovery. SP said that people fill out assessment tools which ask questions on how they are feeling.

A carer asked who carries out physical healthchecks? SP said that primarily GP's but there is a requirement for HPFT to do these also. Physical health checks cover alcohol intake, weight, advice on how to stop smoking etc.

RM mentioned how if a persons first psychotic episode is treated quickly, then it could prevent further episodes from occurring. So surely it would make sense to fund more into this, because it is a preventative measure.

A carer said that if you are discharging people into the community, then more needs to go into the teams that work within the community, as they should be just as well trained as staff within hospitals.

A carer asked SP what would happen if their targets are not met. SP said that NHS England would have to address it.

There was a discussion about how CQC inspections measure safety and how they focus on the here and now, rather than money, targets and long-term goals.

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| | <p>There was a discussion about the average length of stay within inpatient units. The average within Hertfordshire is 32 days.</p> |
| 5 | <p>AOB</p> <p>A carer raised how they would like to attend more Carers in Hertfordshire activities within Hertford.</p> <p>A carer pointed out that we should always have a comfort break within the forum, as two hours is a long time to sit without one. RM apologised, we usually have a five minute break but we were running short on time.</p> <p>A carer raised how they find it difficult to hear everyone in the room, as it echos. NB said that they would be more mindful of the room layout in the future and sit tables closer.</p> <p>NB reminded the forum about the upcoming HPFT recovery conference and the Carers In Hertfordshire upcoming AGM</p> <p>WD reminded the forum about the upcoming Direct Payments Workshop.</p> <p>A carer asked for the presentation slides to be emailed. NB took down details and said she would email them over.</p> |
| 6 | <p>Next Forum: Thursday 21st November 12:30-3:00pm</p> <p>Oxlease House, Travellers Lane, Hatfield, AL10 8TJ</p> |