



Greater Manchester Universities Student Mental Health Partnership 3 + Years of Learning 7 July 2023

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Improving Lives

Background



75% of chronic adult mental illness reportedly starts before the age of 18

18-25 age range in which the first onset of SMIs - psychosis, depression, eating disorders emerging Personality Disorders usually present.

Suicides amongst students have increased

Students struggle to access Mental Health services due to

- Current waiting times for psychological therapies being significant
- Student needs does not fit a service criteria
- Issues re term times/going home/moving accommodation
- Many do not change their GP registration when they move to university



Sexual abuse at English and Welsh universities 'a public scandal' – study

About 50,000 cases of abuse or harassment take place every year, report finds



The report found about 15% of female students and 3% of male students are abused while at universities



How it began

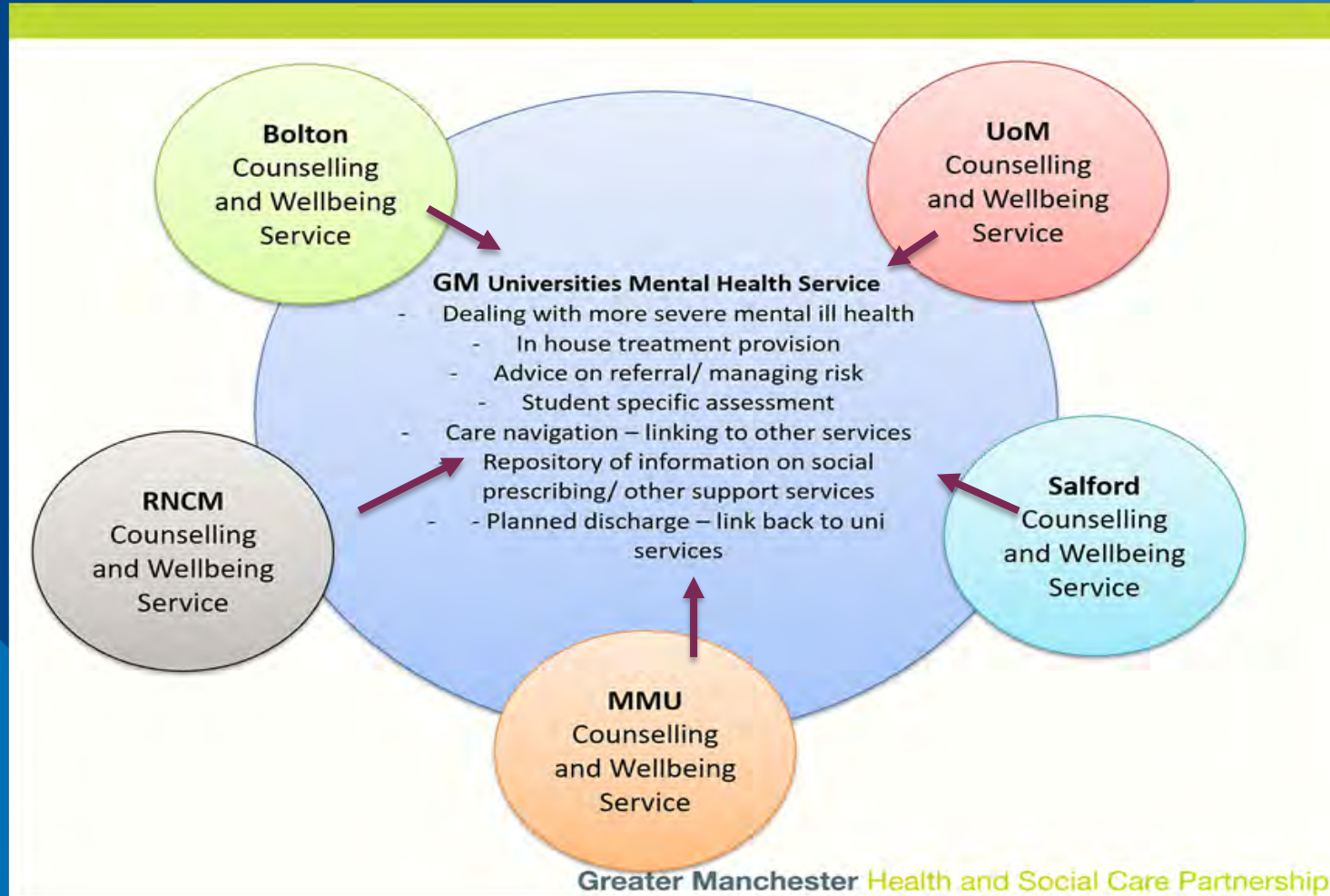
A Greater Manchester Student Mental Health Summit was held in June 2017

The task force designed a care pathway that aimed to:

- Emphasise a good prevention and Mental Health resilience model
- Improve access to assessment and treatment for students with SMI
- Integrates existing good practice with new provision
- Creates a uniform screening and assessment process
- Establishes a clear referral criteria
- Facilitates co-working
- Provides clinically effective treatment and facilitates planned discharge



Service Model



Service Creation



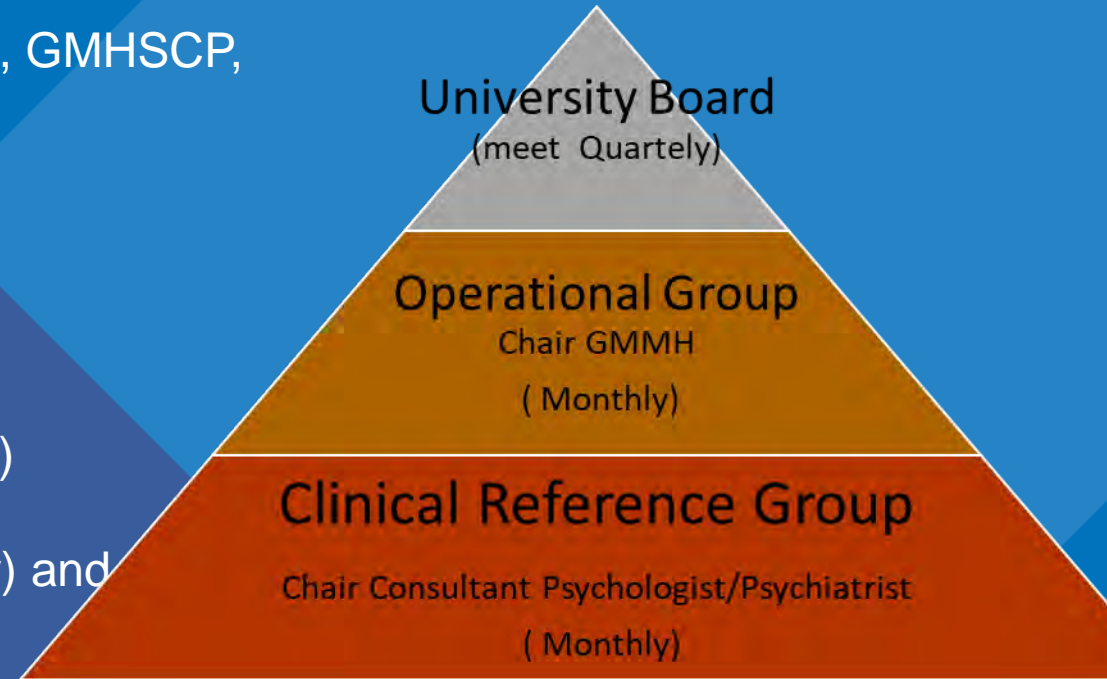
Joint collaboration and Partnership between 5 Universities in GM, GMHSCP, GMMH

Service delivered by GMMH

Current service costs are ~£1m (60% universities: 40% NHS)

Overseen by a Board (with operational/clinical groups reporting in)

Board Co-Chaired by Simon Merrywest (University of Manchester) and Ranote (GM Exec Medical Lead Mental Health)



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Greater Manchester Universities Student Mental Health Partnership



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Mission Statement



The GM Universities Mental Health Service aims to support the universities to improve the mental wellbeing and resilience of students to improve their capacity and capability to deal with difficult emotions and experiences, reduce social isolation and increase confidence.

This is provided through timely access to evidence-based interventions through a multi-disciplinary team approach.

The service strives to provide trauma informed care that is focused on the student within a strengths-based recovery program to support activities and clinical interventions to promote wellbeing, build social capital and develop psychological coping strategies.



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The service is based on the i-Thrive model which places an emphasis on prevention and early intervention.

The Service offers timely and flexible support thinking holistically about the needs of the student rather than focusing on a diagnosis.

Thrive framework Principles:

- A Common Language
- Needs Led
- Shared decision Making
- Proactive Prevention and Promotion
- Partnership Working
- Outcome Informed
- Reducing Stigma
- Accessibility

Clinical Pathway

- Referral form completed by university C&WB
- Assessment (standardised assessment of needs, risk assessment/plan, outcome measures)
- Outcome measures (WSAS, PHQ 4, Loneliness Scale)
- Assessment outcome/plan (copy to university, GP and student)
- Care plan delivered (combination of Psychiatry, Clinical Case Management, Clinical groups, 1-1 therapy)
- Discharge plan (copy to uni/GP/student & outcome measures)
- Student feedback re experience of service



Meet the Team



Consultant Psychiatrist, Consultant Clinical Psychologist 4 Clinical Psychologists, 1 Psychotherapist, 6 Senior Mental Health Practitioners, 3 Mental Health Practitioners, 3 Admin Staff, Operational Manager





Psychiatry Pathway

Psychiatric assessment
Prescribe
Diagnosis
Medication
Consultation
Training to team
Clinical leadership
Supervision of medics
Consultation/liaison with university C&WB services



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Clinical Case Management



Assessment

Risk assessment & management

Development of care plans (psychologically informed)

Case management (support students re risk, substance misuse, academia, finances etc)

Co-facilitating online therapy groups

Consultation/liaison with university C&WB services



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Psychology and Psychotherapy Pathway

We offer a range of Trauma informed psychological therapies

Case formulation

Groups

Individual therapy

- Cognitive Behaviour Therapy
- EMDR
- Compassion Focused Therapy
- Cognitive Analytical Therapy

Supervision/consultation

Team training

Consultation/liaison with university C&WB



Clinical Groups



Emotion Regulation	Building Compassion	Trauma	Disordered Eating
Based on DBT skills	Compassion Focused Therapy	Psychoeducation	Psychoeducational/Stages of change
Difficulties regulating emotion/interpersonal problems. May have diagnosis/traits EUPD	Self-critical thinking, intense shame, anxiety, perfectionism	Post-Traumatic Stress Disorder (intrusions, avoidance, hyper arousal)	Any problems re eating (if ED primary referred to local EDS)
3 x 5 weeks	8 Weeks	8 weeks	8 weeks
2 hours	2 hours	2 hours	2 hours



Clinical Governance



Service Operational Group & Service Board

Adhere to Trust policies/procedures & best practice

Service SLT

Weekly MDT meetings

Monday/Wednesday team 'check ins'

Clinical supervision

Caseload/line management

Consultation

Joint working

Training



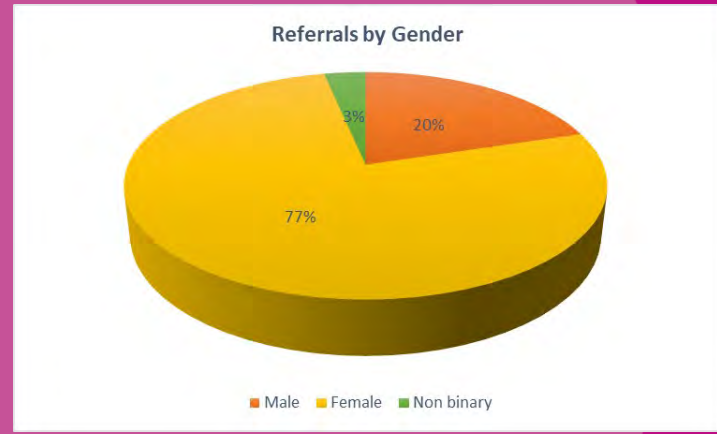
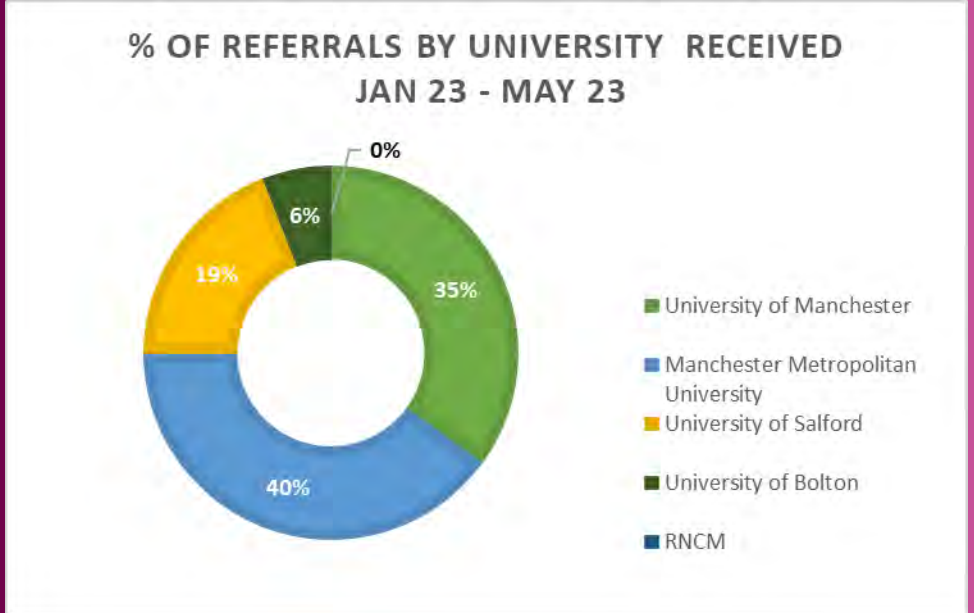
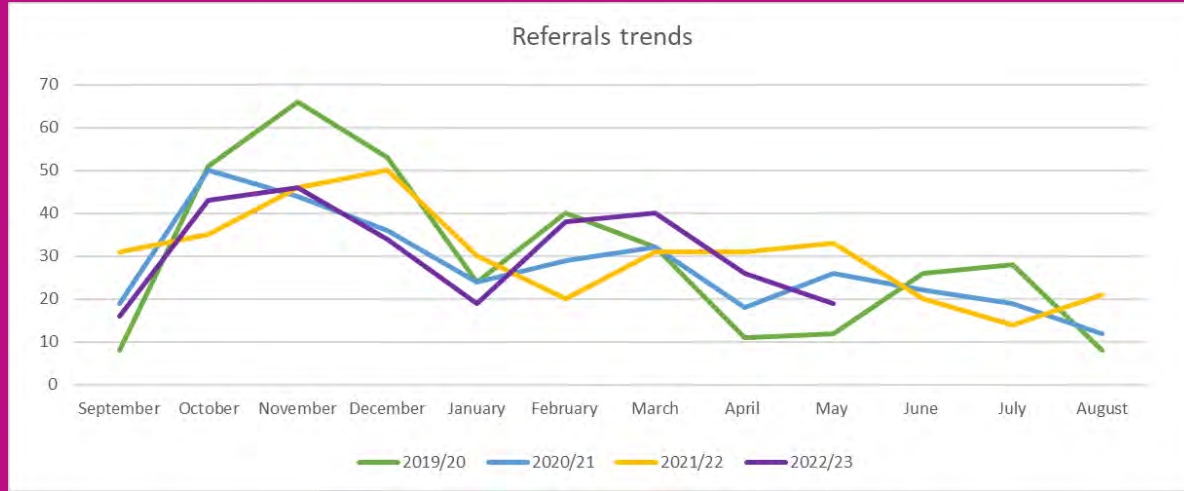
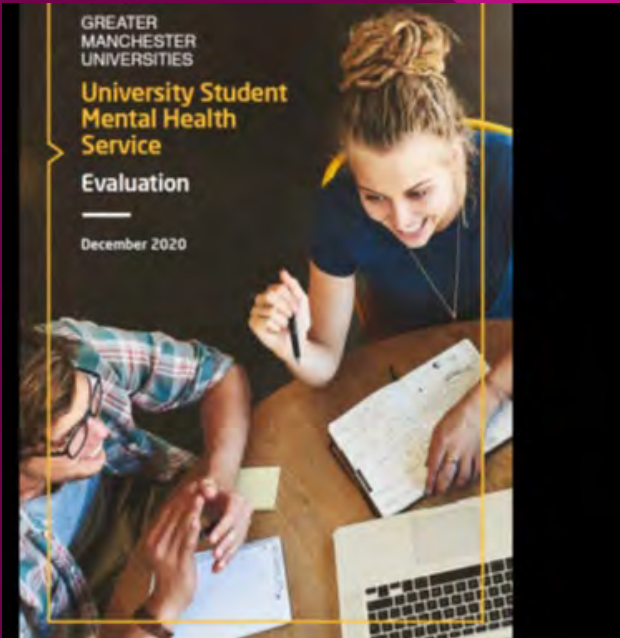
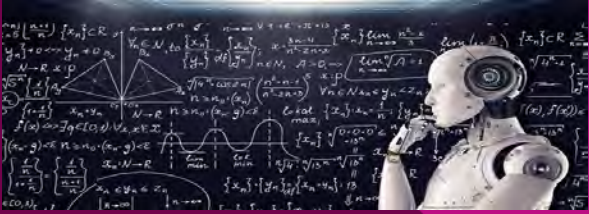


Service Performance

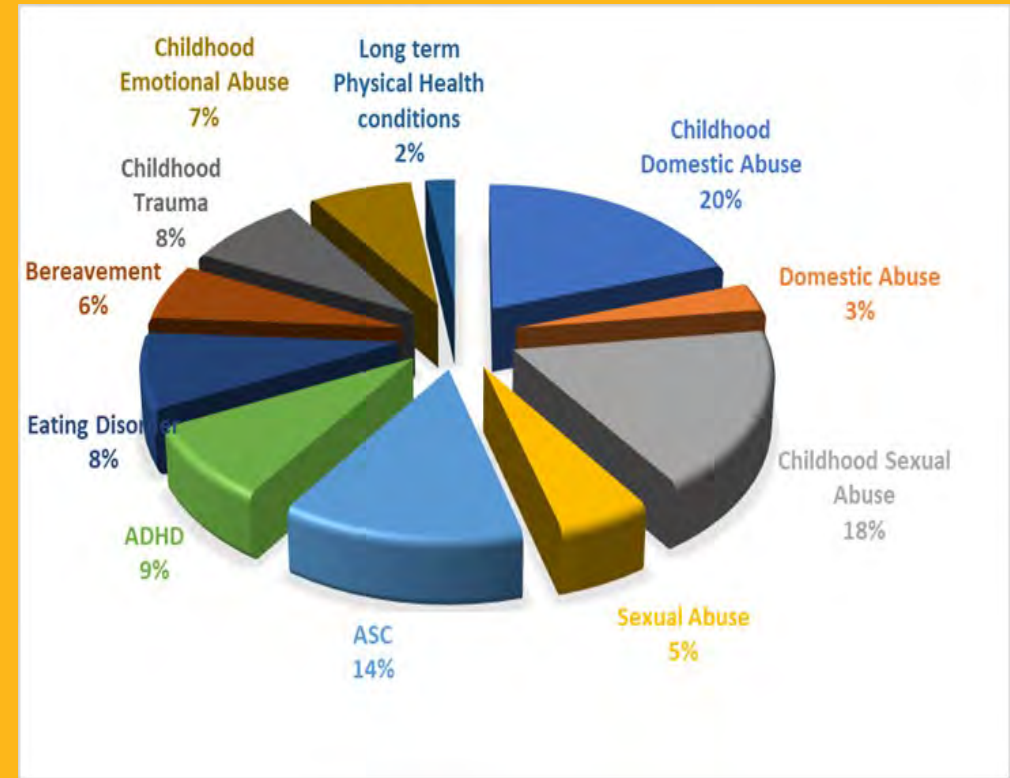
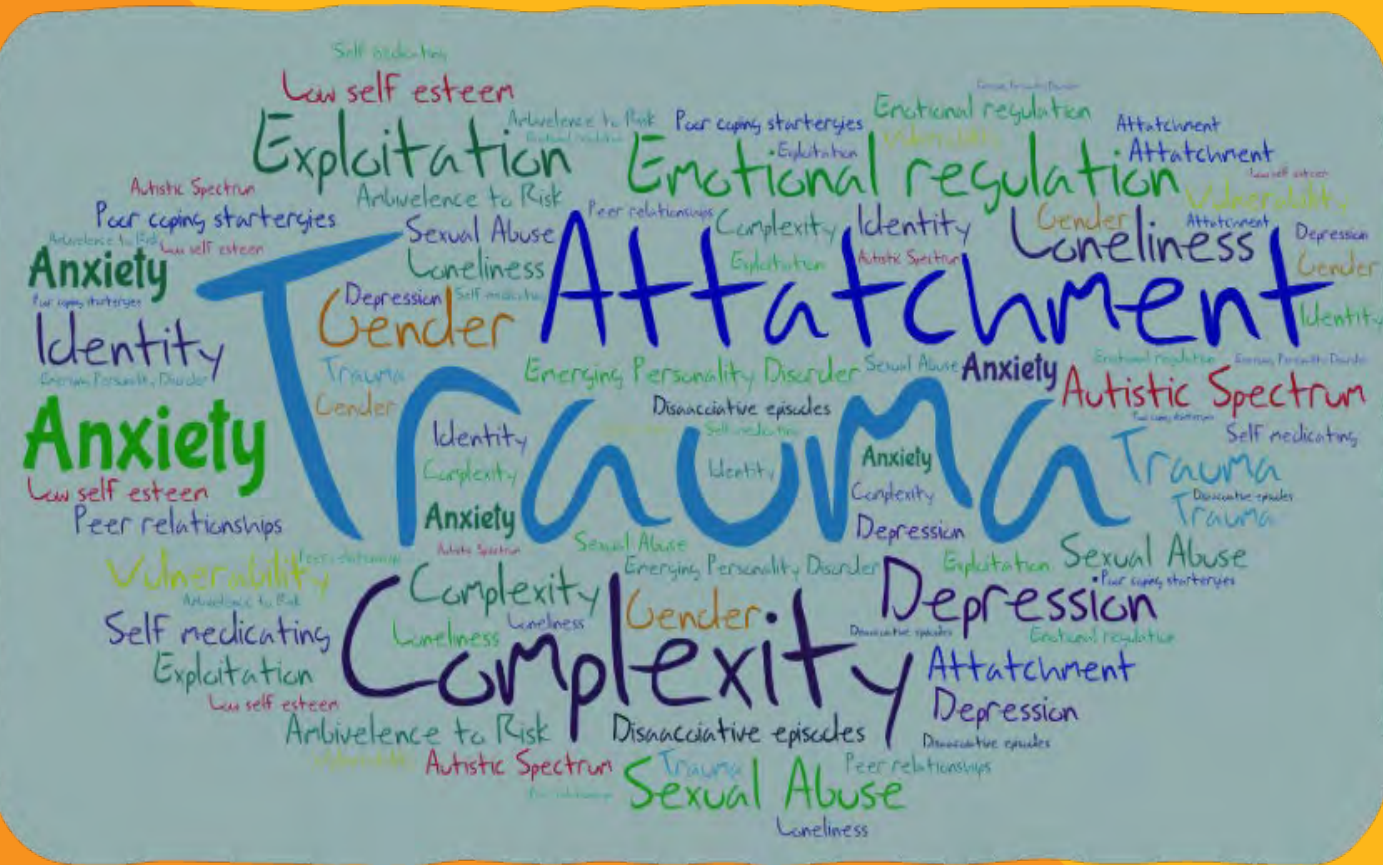


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Intelligent Data



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Trauma Informed Care (TIC) is a strengths based framework which recognises the complex nature and effects of trauma and promotes resilience and healing

Principles of TIC

- Safety
- Trust
- Choice
- Collaboration
- Empowerment

Actions

Physical environment (e.g. signs, feedback forms)

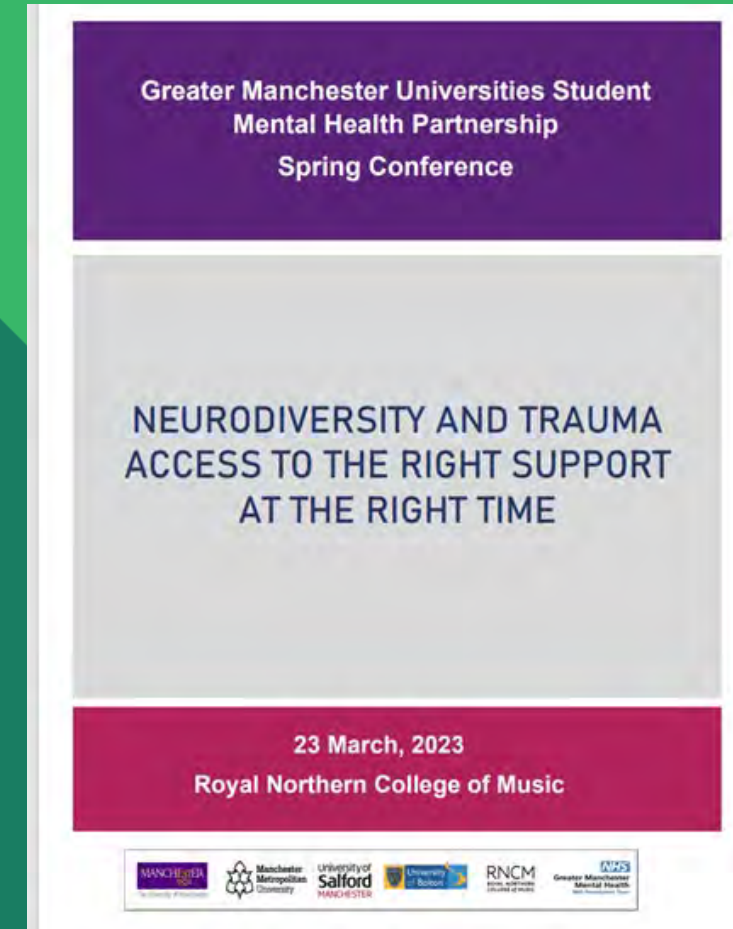
Emotional safety (e.g. Reflective practice group)

Transparency (e.g. care plan sharing)

Choice (e.g. method of contact)

Collaboration (e.g. Service user group)

Empowerment (e.g. staff training)

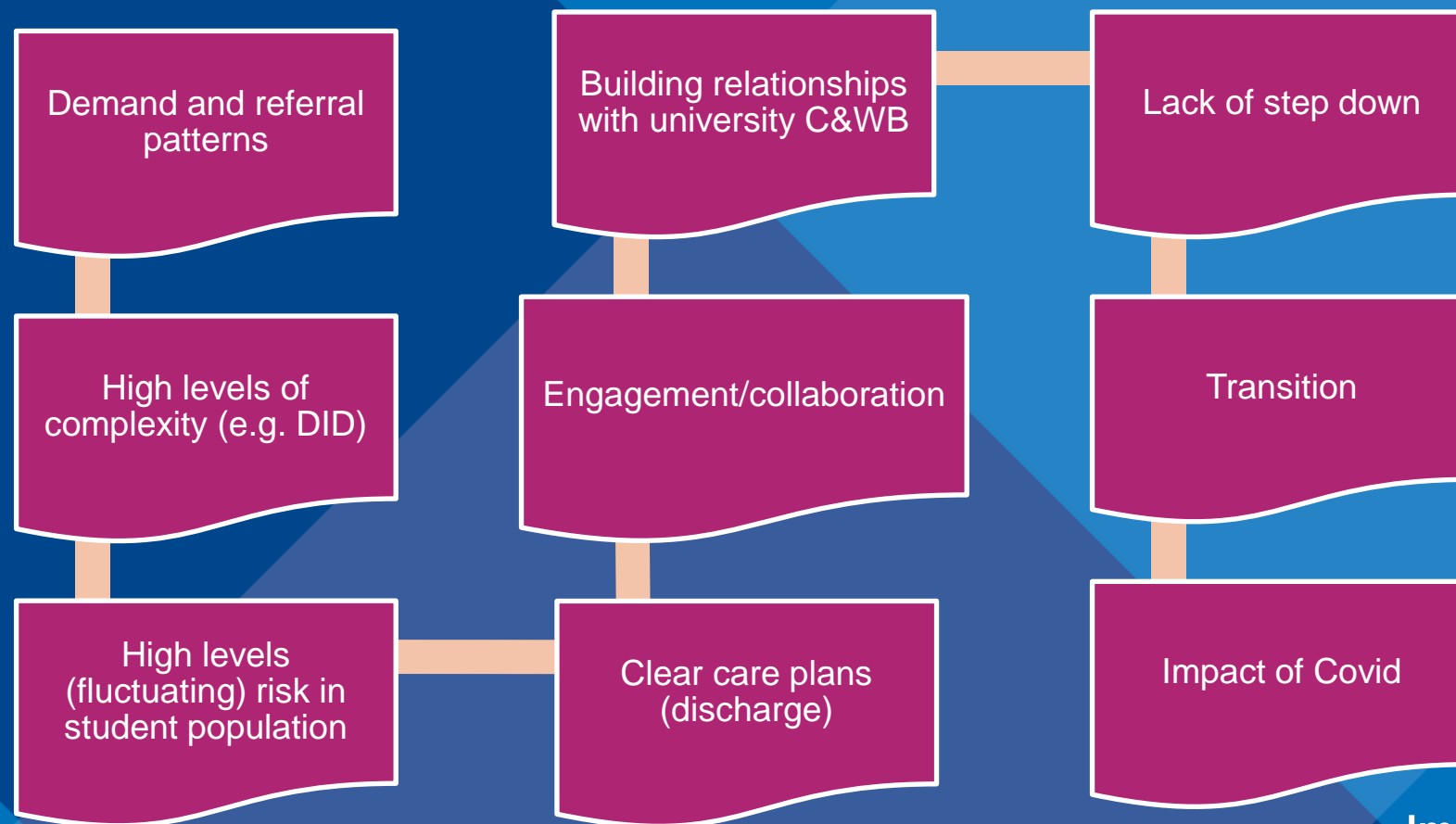


Greater Manchester Universities Student
Mental Health Partnership
Spring Conference

NEURODIVERSITY AND TRAUMA
ACCESS TO THE RIGHT SUPPORT
AT THE RIGHT TIME

23 March, 2023
Royal Northern College of Music

What have we Learnt?



Current & Future Developments

- Student Co Production
- Relationships
- Trauma Informed Care/Practice
- Underrepresented groups (males, BAME)
- ADHD student pathway
- Provision to students with ASC/Neuro Diversity
- Continued Involvement in research trials (e.g. MISST)
- Annual Partnership Conference
- Research and Audits



Service Feedback

I think it was helpful in reminding us of the framework of our mind in order to understand why we have certain feelings in a situation, so then we can decide how relevant it is and how to act based on it.

I found it extremely helpful and very well presented :) thank you!! ALSO: The different examples made it helpful to understand better and it went deep into why thoughts happen and how we react and helped me understand how I can begin to change my thought pattern and process. Very helpful!!

I was really glad people shared. I also really appreciated how the facilitators managed the sharing, validating everyone, respecting that people were sometimes sharing things they felt strongly/emotionally about while keeping the discussion going.

the group talking and collaborative aspect was nice, along with it being in person. the people leading the group were really nice and great at delivering the workshop

The staff have all been so lovely. Overall just a great service.

Was kind of forgotten about for 6 months but now that I have access to what I need the service is awesome and everyone is amazing.

I only have positive feedback. I really like the service and the people. The staff are really friendly and helpful, the person I see is great

Spaces between available appointments can feel like a long time when you're struggling.



Service Feedback

Thank you so very much for your hospitality and for the openness and kindness you showed me during the formulation work. It has made this journey a lot less strenuous, and I felt genuinely engaged with everything the service has had to offer me, something I was not expecting as I entered the service feeling very apprehensive. While it is bittersweet, I have been treated with nothing but kindness and I will remember that fondly.

Thank You so Much for everything you have done for me from supporting me when I didn't even speak (LOL) and helping me slowly start to process what happened on bad and good days! You are the first NHS staff I've trusted ! 😊



Thank You for everything you have done for me over the past couple of years- without it I definitely would have dropped out in 2nd Year and wouldn't now be preparing to start my first job as a staff nurse!

Thank you for all your help and support over the years you have been the best therapist and helped me change my life forever



Any Questions or Feedback

