

## NHS Integration Operational Group

Friday 14<sup>th</sup> August, 14:00-16:00

[Zoom Meeting Link](#) | Meeting ID: 828 6732 5335 | Password: 350794

Item no.	Agenda Item	Lead	Time
1.	Welcome and Introductions	Steve Pilling	10 mins
2.	Minutes from the last meeting and matters arising – Sign off Terms of Reference	Steve Pilling	5 mins
3.	Updates <i>Relevant updates on work and perspectives on Covid-19</i>		45 mins
	(i) Student Psychological & Counselling Services and Disability, Mental Health and Wellbeing	Barry Keane	
	(ii) Ridgmount General Practice update	Claire Elliot	
	(iii) Students' Union UCL	Simon To	
	(iv) University Clinic	Steve Pilling	
	(v) International students and the psychological effects of quarantine	Steve Pilling	
4.	Updates on research and evidence	Laura Gibbon/ Steve Pilling	15 mins
5.	Future planning and areas of collaboration - Workshops and peer support - Extended discussion as to the objectives and work of this group for the next 12 months	Steve Pilling	40 mins
6.	Sum Up and Any Other Business	Steve Pilling	5 mins

### Papers:

Item 2 Minutes

Item 2 Terms of Reference

**Attendees:**

**IOG:**

Steve Pilling (Chair), Head of Research Department of Clinical, Education and Health Psychology, UCL  
Medha Akella, Student Fellow, UCL  
Wendy Appleby, Registrar and Head of Student & Registry Services, UCL  
Josh Cane, High Intensity Therapist, iCope  
Claire Elliott, GP, Ridgmount Practice  
Rosie Ellis, Project Manager, PaLS, UCL  
Laura Gibbon, Teaching Fellow, PaLS, UCL  
Hilary Grater, Clinical Psychologist, Deputy Clinical Lead, Camden iCope, NHS  
Hanna Hirvonen, Care Pathway Coordinator, PaLS, UCL  
Barry Keane, Acting Head, UCL Student Psychological & Counselling Service, SSW, UCL  
Lina Kamenova, Deputy Director, Student Support and Wellbeing, UCL  
Judy Leibowitz, Clinical Lead, iCope, NHS  
Denise Long, Director, UCL Student Support and Wellbeing, UCL  
Aatikah Malik, Welfare and International Officer, Student Union UCL  
Aeli Roberts, Professorial Teaching Fellow, The Bartlett, UCL  
Karen Smith, Head of Workplace Wellbeing, Workplace Health, UCL  
Simon To, Leadership Development & Change Manager, Student Union UCL

## NHS Integration Operational Group – Meeting 1

Friday 13 December 2019, 13.30-15.00

9-11 Endsleigh Gardens

Chair:	Steve Pilling (SP)
Attendees:	Wendy Appleby (WA), Claire Elliott (CE), Laura Gibbon (LG), Joshua Cane (JC), Barry Keane (BK), Judy Leibowitz (JL), Denise Long (DL), Aeli Roberts (AR), Karen Smith (KS), Simon To (ST)
Apologies:	Lina Kamenova, Aatikah Malik
Minutes:	Jennifer O'Connor (JO)

Item	Action
<p><b>Welcome</b></p> <p>SP introduced the context for the NHS IOG – to bring together a group from SSW, Student Union UCL, Ridgmount Practice, iCope and other local NHS services, and PaLS to work on the Office for Students-funded national Student Mental Health Partnership project.</p>	
<p><b>Introductions and conflicts of interest</b></p> <p>Each attendee introduced themselves and declared any conflicts of interest.</p> <p><i>JL – Service Lead, iCope</i></p> <ul style="list-style-type: none"> <li>- iCope provide treatment for a number of UCL students already, particularly in Ridgmount Practice, are keen to develop this support by collaborating with UCL on the University Clinic.</li> </ul> <p><i>SP – Head of Clinical, Educational and Health Psychology (CEHP)</i></p> <ul style="list-style-type: none"> <li>- SP said his motivation to improve student mental health is primarily as Head of an academic department.</li> <li>- CEHP plans to develop a University Clinic, a model common in the US and used in several UK universities (e.g. Kings College London; University of Oxford)</li> <li>- Director of National Collaborating Centre for Mental Health (NCCMH), Royal College of Psychiatry</li> <li>- Honorary contract with iCope</li> </ul> <p>SP and JL declared they are married.</p>	

*KS – Head of Workplace Wellbeing at UCL*

- Currently tending for a new Employee Assistance provider, which is part of the support on offer to post-graduate students

*LG – Teaching Fellow in PaLS*

- Coordinator of PaLS university mental health programme
- Honorary contract with iCope pending

*WA – Registrar, UCL*

- WA has responsibility for all student services at UCL

*ST – Leadership Development & Change Manager, Student Union UCL*

- Co-lead with BK for Objective 4 of the UCL Student Health and Wellbeing Strategy

*BK – Acting Head of UCL Student Psychology and Counselling Service (SPCS), SSW*

- Co-lead with ST for Objective 4 of the UCL Student Health and Wellbeing Strategy

*DL – Director of SSW, UCL*

- Safeguarding lead at UCL
- Warden of a UCL halls of residence

*AR – Faculty Tutor, The Bartlett*

- Work with personal tutors has spurred her personal interest in student wellbeing

*CE – GP, Ridgmount Practice*

- Motivation for being involved in the project is a long history of UCL students in need of mental health support

*JC – High Intensity Therapist, iCope*

- Motivation for being involved in the project is experience providing CBT for UCL students at Ridgmount Practice

**Office for Students-funded Student Mental Health Partnerships (SMHP) – project overview**

LG gave an overview of the SMHP project:

- Seven universities in five regional hubs in England have been funded. The group are starting to collaborate with universities in the devolved nations.
- UCL is leading the North London Hub, where our local partners are Imperial College, Student Union UCL and Imperial College

- Student Union, Camden & Islington IAPT (iCope) and Westminster IAPT.
- National partners include Universities UK, Student Minds, NHS England, the Academic Health Science Network.
  - The main aims of the project are to Improve access to care; Co-produce the design and delivery of care; Drive innovation; Shape policy; Evaluate models of partnership working between university and NHS services
  - As set out in the Implementation Paper, written in consultation with SSW and SU UCL, goals of the project at UCL include the provision of NHS care on campus at UCL, within a University Clinic linked to CEHP. Additional local objectives are student-led consultations in collaboration with SU UCL and peer research looking at barriers to students accessing support.
  - Staff members who have been recruited to work on the project are an Engagement Coordinator and Care Pathway Coordinator (who will start in the role in January).

Discussion:

*Steps Model:*

- DL suggested the Steps Model was better suited to undergraduate students, whereas SPCS sees predominantly post-graduate students.
- SP said the model could be reviewed as the project progresses.

*General Practice perspective:*

CE said that the vast majority of student contact takes place in General Practice, so a primary care perspective must be central to any systems change.

- SP and LG agreed it is essential this perspective is captured, whilst noting the limited scope of the project to make substantial changes to practice. Agreed that LG and CE would meet to discuss further.
- CE said one particular issue is students with complex mental health presentations (e.g. eating disorders; borderline traits; autism).
- SP said that a goal of the University Clinic would be to bridge the gap between primary and secondary care, with these students in mind.

*University Clinic – overview:*

- SP explained the University Clinic would harness resources within the NHS and CEHP (clinical academic expertise and NHS-funded clinical trainees) to substantially increase provision for minimal cost.

LG to meet CE to discuss issues arising in primary care

<ul style="list-style-type: none"> <li>- Clinical academics in CEHP with honorary contracts with Camden &amp; Islington NHS Foundation Trust would contribute to the running of the clinic and do research to develop new treatments and models of care. This would allow UCL students to have access to cutting edge treatments from world-leaders in the field of psychological interventions.</li> <li>- WA asked about the ethical considerations around research with students. SP explained the rigorous requirements for ethical approval for all research involving NHS patients.</li> </ul> <p><i>University Clinic – honorary NHS contracts:</i> DL asked for an explanation of NHS honorary contracts.</p> <ul style="list-style-type: none"> <li>- SP explained they were contracts commonly used by NHS Trusts for a variety of purposes, including governing clinical academics doing clinical work which may be unpaid.</li> <li>- JL added that Camden and Islington NHS Foundation Trust uses honorary contracts frequently.</li> </ul>	
<p><b>Terms of Reference</b></p> <p>SP asked whether anything was missing from the ToR</p> <ul style="list-style-type: none"> <li>- DL pointed out an error in the abbreviation of ‘UCL Student Union’</li> <li>- Group agreed ToR would be updated following the discussion, for review by email and at the next meeting</li> </ul> <p>CE and BK asked about who was leading the Imperial project; Imperial’s role in the North London Hub; and how the two universities would work together.</p> <ul style="list-style-type: none"> <li>- LG said that Hannah Bannister, Director of Student Services, was leading, with Debra Ogden, Deputy Director.</li> <li>- This IOG is only concerned with developments for care pathways for UCL students.</li> <li>- Imperial have some similar objectives, which might warrant shared working on specific projects. It was agreed possibilities of shared working would be reviewed.</li> </ul>	<p>Project team to update ToR</p> <p>All to review</p>
<p><b>Current care pathways</b></p> <p>DL explained the current care pathway for UCL students</p> <ul style="list-style-type: none"> <li>- Access – portal for self-referral; referrals from A&amp;E; daily drop-in</li> <li>- Treatment – in addition to treatment provided by SPCS, SSW has SLAs with outside agencies (Care First; Nightingale Hospital)</li> <li>- Coordinates DSA funding</li> </ul>	

<ul style="list-style-type: none"> <li>- Policy of welcoming parents into the conversation, with any call to A&amp;E/emergency services accompanied by a call to next of kin</li> <li>- An independent external review of SPCS has taken place and all recommendations have been implemented.</li> </ul>	
<p><b>AOB</b></p> <p>BK asked whether other universities can get involved in the project and how information would be shared.</p> <ul style="list-style-type: none"> <li>- Other universities can be involved by invitation to the National Learning Collaborative, convened by Universities UK</li> <li>- LG said that resources developed will be made available on the programme website. Project information cannot otherwise be shared with other universities.</li> </ul>	

## Student Mental Health Partnerships – North London Hub (UCL) NHS Integration Operational Group – Terms of Reference (ToR)

### 1. Background

- 1.1 UCL is part of *Student Mental Health Partnerships*, a national project funded by the Office for Students over two academic years, to develop and evaluate local models of partnership working between universities and the NHS. Implementation of the UCL Steps Model is the aim of the *Student Mental Health Partnerships* project North London Hub, and an objective of the UCL Health and Wellbeing Strategy.

### 2. Purpose

- 2.1 This group's purpose is to inform the development, planning, implementation and evaluation (success and challenges) of the UCL Steps Model based on the updates provided from key stakeholders and sub-projects.

### 3. Objectives

- 3.1 To monitor progress and coordinate actions related to the implementation of the Steps Model at UCL between partners of UCL and the NHS by:
  - 3.1.1 Providing a forum for colleagues from UCL, SU UCL and relevant NHS services to come together to improve mutual understanding and share ideas.
  - 3.1.2 Informing all interested parties with project milestones and key decisions
  - 3.1.3 Considering student and stakeholder engagement and consultation.
  - 3.1.4 Reviewing, scrutinising and promoting decisions and plans made by other groups related to this project, and in turn feed into these groups. Related groups include the UCL Health and Wellbeing Strategy Steering Group, the Office for Students project Advisory Board, the Office for Students Pathways and Outcomes Evaluation Group and the National Collaborating Centre for Mental Health Framework Expert Reference Group.
  - 3.1.5 Considering the implementation implications of identified evidence-based principles for partnership working between the NHS and UCL.
  - 3.1.6 Discussing the implications of emerging sector best practice guidance (e.g. Student Minds Mental Health Charter; Universities UK Data Framework) for the UCL context. To undertake horizon scanning to identify factors that may affect the partnership's delivery of the project.
  - 3.1.7 Identifying useful learning for the sector, particularly in relation to developing sustainable approaches following the end of the project.
  - 3.1.8 Supporting dissemination activities
  - 3.1.9 Exploring how, with consent, data can be shared across services and institutions to improve the quality of care
  - 3.1.10 To drive the sharing of student mental health best practice across services and institutions.



## 4. Membership

- 4.1 This group (as of March 2020) comprises of 15 members, including representation from Student Union UCL, UCL Student Support and Wellbeing, Psychology Informing University Practice (PsychUP), Camden and Islington NHS Foundation Trust, UCLPartners and primary care services. If a member is unable to attend they should be informed with minutes, actions and key discussion points and be given the opportunity to comments on documents.
- 4.2 List of members:

Name	Title	Organisation
Steve Pilling	Head of Research Department of Clinical, Education and Health Psychology	UCL
Medha Akella	Student Fellow	UCL
Wendy Appleby	Registrar and Head of Student & Registry Services	UCL
Marie-Clair Breen	Student Fellow	UCL
Claire Elliott	GP	Ridgmount Practice
Laura Gibbon	Teaching Fellow	UCL
Hilary Grater	Clinical Psychologist, Deputy Clinical Lead	iCope, NHS
Lina Kamenova	Deputy Director	UCL
Barry Keane	Acting Head, UCL Student Psychological & Counselling Service	
Judy Leibowitz	Clinical Lead	iCope, NHS
Denise Long	Director	UCL
Yasmeen Daoud	Welfare and International Officer	SU UCL
Karen Smith	Head of Workplace Wellbeing	UCL
Simon To	Leadership Development & Change Manager	SU UCL
Aeli Roberts	Professorial Teaching Fellow	UCL

## 5. Reporting

- 5.1 The following work streams are required report quarterly to the NHS Integration Operational Group:
- 5.1.1 University Clinics Workshop Delivery
  - 5.1.2 Student Led Consultations
  - 5.1.3 Peer research (includes IMPACTS)
  - 5.1.4 Shared Learning

## 6. Contact

- 6.1 Project Manager: Rosie Ellis ([rosemary.ellis@ucl.ac.uk](mailto:rosemary.ellis@ucl.ac.uk))
- 6.2 Project support officer, Lynsey Shevlin ([lynsey.shevlin@uclpartners.com](mailto:lynsey.shevlin@uclpartners.com))