NHS Integration Operational Group Meeting 4

Friday 19th February, 10:00-12:00

Time	Agenda Item	Lead	Time	Paper
10:00	1. Welcome and Introductions	Steve Pilling	5 mins	
10:10	2. Minutes from the last meeting and matters arising	Steve Pilling	5 mins	*Minutes*
10:15	3. Current projects: - UCLPartners and UCL Student Support and Wellbeing partnership: UNI-LINK - SU-iCope blended workshop and peer support intervention Group discussion: on system integration - Lessons form above for collaboration and system integration?	Steve Pilling Rosie Ellis & Simon To All	50 mins	
11:00	4. Research and evidence Presentation from Tom Osbourn, *PsychUP for Wellbeing* PhD Student looking at health inequalities and students' pathways through care	Tom Osbourn	25 minutes	
11:25	5. Updates *Relevant updates on work and perspectives on the on-going provision of service sand support online* (i) Student Psychological & Counselling Services and Disability, Mental Health and Wellbeing (ii) Workplace Wellbeing (iii) Ridgmount General Practice update (iv) Students' Union UCL	All	30 mins	
11:55	6. Sum Up and Any Other Business	Steve Pilling	5 mins	

Chair:	Steve Pilling (SP)
Attendees:	Medha Akella (MA); Wendy Appleby (WA); Phoebe Barnett (PB); Claire Elliot (CE) – arrived 10.45; Rosie Ellis (RE); Hilary Grater (HG); Laura Gibbon (LG); Sonia Greenidge (SG); Lucy Jackson (LJ); Barry Keane (BK); Lina Kamenova (LK); Judy Leibowitz (JL); Aeli Roberts (AR); Simon To (ST); Karen Smith (KS)
Apologies:	Marie-Clair Breen (MCB); Yasmeen Daoud (YD); Denise Long (DL)
Minutes:	Hanna Hirvonen (HH)

	Agenda Item	Action
1	**Welcome and Introductions**	
2	**Minutes from the last meeting and matters arising** *Minutes of the last meeting* **Action: Participants to send comments relating to the minutes of the last meeting over the next few weeks.** *Matters arising* There were no matters arising.	**All**
3	**Areas of collaboration** *University Clinic* Steve Pilling (SP) updated the group about Clinic-related developments: - IAPT staff and trainees continue to work at the University Clinic this academic year, building on learning from the initial placements which took place last year. - Clients are currently being seen by two Clinical Psychology trainees, and clinic oversight sits with Dr Joshua Buckman (an experienced IAPT-based Clinical Psychologist and UCL Wellcome Fellow). It is expected that Psychological Wellbeing Practitioner (PWP) trainees will join the clinic later in the academic year - SP also spoke of an evolving partnership with Moorfields Eye Hospital. Individuals experiencing degenerative eye diseases are experiencing delays to appointments and concerns are increasingly been noted regarding the mental health of this	

group. Discussions are underway to explore the possibility of the Clinic undertaking some research with this group, with a view to developing and trialling potential interventions.

- A partnership with Central and North West London addiction services (Club Drug Clinic) is in development. T.
- A specialised pathway for individuals with a diagnosis of autism spectrum disorder (ASD) and who are experiencing disordered eating patterns is being planned. Professor Will Mandy, will collaborate with Camden and Islington NHS services to research and pilot a novel intervention.

Barry Keane (BK) asked f about the current physical location of the clinic. SP noted that the clinic is currently functioning virtually but space continues to be available at Euston House. In the future, the intention is for the clinic to move to the 6th floor of the Torrington Place building.

BK also enquired as to how many students are currently using the virtual clinic. SP said he will check and circulate this information.

Action: report back to the group on number of students supported via the clinic.

Blended workshops and peer support intervention

Rosie Ellis (RE) and Simon To (ST) updated the group about the blended IAPT workshop and peer support intervention in development. The work builds on the wellbeing workshop programme which took place during the last academic year. The intervention will consist of IAPT workshops recorded jointly by peer link workers and clinical psychology trainees, with follow-up discussion groups. The intervention is to be piloted in the new year.

The aim is to recruit 6-12 peer supporters. It is being informed by parallel work taking place at UCLP to adapt the Peer Support Competency Framework for the student population.

ST clarified that the rationale for the programme is to connect people with similar lived experiences. RE advised that research findings from peer-research studies conducted through *PsychUp for Wellbeing* have highlighted an interest in peer-led interventions.

SP commented that it would be interesting to study not just the impact of the intervention, but also the process of uptake (barriers etc.). RE confirmed that the evaluation planning is still ongoing and that this can be incorporated into the study.
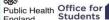
	Judy Leibowitz (JL) noted the importance of exploring the links between various services within the system, and whether this may be important to communicate to students engaging in the peer support programme.	
	SP advised that the peer support work builds on the competence framework developed for the NHS, relation to adult mental health settings. A student-specific competence framework is in development, and this process is highlighting some differences as compared to the adult mental health context. e.	
	Aeli Roberts (AR) asked about the number of peer supporters that an organisation the size of UCL might expect to need. BK also highlighted that consideration should be given to the complexity of the issues of the students being supported, as a determinant of the numbers of students supported by any one peer support worker.	
	Claire Elliot (CE) joined the call, and SP highlighted a joint project with Camden & Islington NHS Foundation Trust focused on individuals with personality disorder traits who fall in the gap between primary and secondary services.	
4	**Research and evidence** Phoebe Barnett (PB), Research Assistant and PhD student provided an overview of her research. PB carried out a systematic review and meta-analysis looking at the efficacy of psychological interventions for the prevention and treatment of mental health disorders in university students. BK asked about whether other (non-CBT based) therapies were included in the research. SP conformed a range of different therapies were included in the review. PB further clarified that her review and analysis included randomised control trials (RCTs) only, of which none focused on psychodynamic approaches within a student population. AR asked whether the review highlighted any differences in effectiveness between home/ overseas students, or by ethnicity. PB advised that no studies specifically explored these factors. SP advised that a PhD student he supervises is currently studying BAME-specific adaptations to interventions. Further qualitative interviews were conducted, and they highlighted the confusion students often face in attempting to navigate the system. Previous experience of engaging with mental health services was seen as a facilitator in seeking further support.	

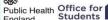| 5	**Updates**	
	Student Psychological & Counselling Services and Disability, Mental Health and Wellbeing	
	BK requested that group members are sent the minutes slightly more in advance. It was confirmed that this will happen next time.	
	BK and Sonia Greenidge (SG) updated the group about how the term has gone for SPCS. They have had 404 registrants this term, and they are expecting a further increase in the lead up to Christmas/ linked to the lockdown. They have provided 1492 assessments and counselling sessions this term. The team (and some mental health advisors) had all been given training relating to complex bereavement and PTSD in the lead up to the term, and BK expects these concerns to increase as time goes on. In addition, the team ran a quarantine programme at the start of term, which has now become the self-isolation programme. This involved short online events (mindfulness, discussion groups, exercise guidance). The team has been given funding to hire three further therapists to join the team. The SPCS team is preparing for a partial return to the building for the next two terms as the they have found that some students struggle to engage with their support from home (e.g., due to privacy reasons).	
	SP asked whether a number bereavement and PTSD-related concerns has appeared . BK advised the group that Covid-related bereavement has come up increasingly, and they are expecting to see more PTSD towards the end of the term. The team are particularly focused on on the BAME student population.	
	Lina Kamenova (LK) provided an update on the work of the Disability, Mental Health and Wellbeing team. Uptake of online common rooms have been poor. Staff have been provided with support relating to student motivation and engagement. The team is planning specific support for 1st year undergraduate students (contacting specific students who are thought to be struggling), and this will involve collaboration with specific departments (e.g., informing departments about any students who may be struggling). SP enquired as to how this will be evaluated.	
	Ridgmount General Practice update	
	CE provided an update from primary care. Covid-related services have been integrated well over the past months. The surgery has made a number of changes to local policies (e.g., infection control). Virtual ways of working have been partially successful, but CE voiced concerns that this approach does not suit all students or health concerns – e.g., it may	

	reinforce physical health concerns, thus masking mental health concerns. Students of concern have been invited into the surgery for further assessment and support. The surgery continues to liaise successfully with UCL student services. The surgery has seen new registrations, albeit fewer international students. An increasing number of students are coming in with complex histories (e.g., those with suspected or formal diagnoses of EUPD/PTSD/ASD).	
6	**Sum Up and AOB** • The group were asked if they are happy for their profiles (picture and job title) to be included on the *PsychUP for Wellbeing* website and this was agreed. • **Action: Laura Gibbon (LG) to send a follow-up email to members of the group relating to a further OfS funding bid that *PsychUP for Wellbeing* are considering submitting.**	**LG**