

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>Welcome</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>Introductions and conflicts of interest</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"> - 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. <p><i>SP – Head of Clinical, Educational and Health Psychology (CEHP)</i></p> <ul style="list-style-type: none"> - SP said his motivation to improve student mental health is primarily as Head of an academic department. - 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) - Director of National Collaborating Centre for Mental Health (NCCMH), Royal College of Psychiatry - Honorary contract with iCope <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"> - Clinical academics in CEHP with honorary contracts with Camden & 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. - WA asked about the ethical considerations around research with students. SP explained the rigorous requirements for ethical approval for all research involving NHS patients. <p><i>University Clinic – honorary NHS contracts:</i> DL asked for an explanation of NHS honorary contracts.</p> <ul style="list-style-type: none"> - 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. - JL added that Camden and Islington NHS Foundation Trust uses honorary contracts frequently. 	
<p>Terms of Reference</p> <p>SP asked whether anything was missing from the ToR</p> <ul style="list-style-type: none"> - DL pointed out an error in the abbreviation of ‘UCL Student Union’ - Group agreed ToR would be updated following the discussion, for review by email and at the next meeting <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"> - LG said that Hannah Bannister, Director of Student Services, was leading, with Debra Ogden, Deputy Director. - This IOG is only concerned with developments for care pathways for UCL students. - Imperial have some similar objectives, which might warrant shared working on specific projects. It was agreed possibilities of shared working would be reviewed. 	<p>Project team to update ToR</p> <p>All to review</p>
<p>Current care pathways</p> <p>DL explained the current care pathway for UCL students</p> <ul style="list-style-type: none"> - Access – portal for self-referral; referrals from A&E; daily drop-in - Treatment – in addition to treatment provided by SPCS, SSW has SLAs with outside agencies (Care First; Nightingale Hospital) - Coordinates DSA funding 	

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