



Anna Freud
National Centre for
Children and Families

Psychology-Informed University Practices for Wellbeing (PsychUP for Wellbeing)
Professional Advisory Board

Meeting 3 – Monday 16 November, 15.00-16.00

Agenda

1	Welcome and introductions		AT	
2	Minutes of last meeting - Matters arising	<u>Meeting minutes</u>	AT	Approval
3	Update on activity	<u>Quarterly activity summary</u>	LG	Information
4	Partnership with Koa Health		PF	Information
5	Office for Students funding	<u>Draft funding proposal</u>	SP/LG	Comment
6	Any other business		AT	

Advisory Board members

Attendees:

Prof Alan Thompson (Acting Chair), Dean of Faculty of Brain Sciences, UCL
 Prof David Clark, University of Oxford and National Clinical & Informatics Advisor for IAPT, NHS England
 John de Pury, Assistant Director of Policy, Universities UK
 Prof Peter Fonagy, Head of Division of Psychology and Language Sciences, UCL and PsychUP Director
 Prof Deborah Gill, Pro-Vice-Provost for Student Experience & Director of Medical School, UCL
 Sheila Gupta, Vice-Principal for People, Culture and Inclusion, Queen Mary University of London
 Prof Tim Kendall, National Clinical Director for Mental Health, NHS England
 Dr Vincent Kirchner, Medical Director, Camden & Islington NHS Foundation Trust
 Louise Knowles, Head of University of Sheffield Counselling Service
 Prof Stephen Pilling, Head of Department, Clinical, Educational and Health Psychology, Division of Psychology and Language Sciences, UCL and PsychUP Director
 Fiona Ryland, Chief Operating Officer, UCL
 Sir David Sloman, NHS Regional Director for London
 Rosie Tressler, Chief Executive Officer, Student Minds

Apologies:

Prof Mike Roberts, Managing Director, UCLPartners
 Prof Sasha Roseneil, Dean of the Faculty of Social and Historical Sciences, UCL

Secretariat

Dr Laura Gibbon, PsychUP Coordinating Director

Psychology-Informed University Practices for Wellbeing (PsychUP for Wellbeing)

Advisory Board Meeting 2 – Friday 17 July, 13.00-14.00

Meeting minutes

<p><u>Present</u> Prof Mike Roberts (Chair), UCLPartners (MR) Prof David Clark, University of Oxford, NHS England (DC) Prof Peter Fonagy, PsychUP Director, UCL, UCLPartners, AFNCCF (PF) Louise Knowles, University of Sheffield (LK) Prof Stephen Pilling, PsychUP Director, UCL (SP) Prof Sasha Roseneil, UCL (SR) Fiona Ryland, UCL (FR) Rosie Tressler, Student Minds (RT)</p> <p><u>In attendance</u> Dr Laura Gibbon (Minutes), PsychUP Coordinating Director, UCL (LG)</p>	<p><u>Apologies</u> John de Pury, Universities UK (JdP) Prof Deborah Gill, UCL (DG) Prof Tim Kendall, NHS England (TK) Sir David Sloman, NHS Improvement (DS) Dr Vincent Kirchner, Camden & Islington NHS Foundation Trust (VK) Prof Alan Thompson, UCL (AT)</p>
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Action summary

Action	Owner	Timeframe
Follow up with MR examples of tracking Board-level decisions informed by service users	LG	August
Follow up with FR how to ensure the University Clinic is integrated into the wider support system for students	SP	August

Discussion

Item
<p>1. Welcome and introductions</p> <p>MR welcomed LK who, with JdP (who sent apologies), is a new member of the Board. LK is Head of the University of Sheffield Counselling Service, within which she is setting up a University Clinic linked with the academic psychology department. She is also a collaborator on Office for Students-funded Student Mental Health Partnerships project.</p> <p>Apologies were received from JdP, DG, TK, DS, VK and AT.</p>
<p>2. Minutes of meeting on 14 May 2020</p> <p>Approved.</p>
<p>3. Student Advisory Board</p>



Following the last meeting, RT and LG met to plan how the student members of the Advisory Board would work alongside the professional members. The Board approved the resulting draft Terms of Reference, with the final version to be agreed with the student members.

- The Board agreed it was important for at least one person (LG) to attend both meetings and for there to be a standing item on each group's meeting agenda, so that feedback between members is an ongoing and continuous process.
- MR offered to share experiences from other Boards of how decisions informed by service users are logged, so that meaningful input can be tracked.

ACTION: LG to follow up examples of this with MR, to feed into the co-production strategy

4. Update on activity

LG updated the Board on programme activity since the last meeting, drawing members' attention to several local initiatives at UCL:

- An ongoing collaboration with Students' Union UCL on a peer support intervention;
- Plans to co-host Trainee Clinical Psychologist placements with UCL Student Support and Wellbeing, Staff Wellbeing and the Office of the Vice-Provost for Education & Student Affairs from September.

5. University Clinic

SP updated the Board:

- The 2019/20 pilot coordinated by LG is drawing to a close, with the end of the current Trainee Clinical Psychologist placements in September. The pilot went well, with the following being achieved:
 - Legal agreement between the university and Camden & Islington NHS Foundation Trust was achieved;
 - Clinic space for individual treatment sessions was set up in Euston House;
 - A well-received workshop pilot was run during the Spring term;
 - Individual sessions were moved online when the lockdown started.
- Plans for 2020/21 include:
 - Continuation of remote working, following best practice guidelines;
 - Scaling up of clinical activity, with additional Trainee Clinical Psychologists, Trainee Psychological Wellbeing Practitioners and Clinical Psychologists joining the clinic.
 - New clinics may be introduced, including for students struggling with addiction, and students with eating disorders who are on the autistic spectrum.
 - Discussions are underway with potential collaborating organisations, including Moorfields Hospital, around provision of support for NHS staff, and Alpha Healthcare, to improve access to digital interventions and evaluate their efficacy.

RT brought up that it is important needs assessments for black and other minority ethnic students are reflected in service planning.

- The Board agreed this was essential.



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- SP updated the group on a recent systematic review conducted by a researcher in the department, which found that adaptations to interventions for BAME groups led to improved outcomes, and confirmed this evidence will be translated into practice.

The Board agreed a priority is to ensure that the University Clinic does not end up working in a silo, but is instead integrated into the wider system of services available to students.

ACTION: SP to follow up with FR, to discuss how fragmentation of the system can be avoided.

6. Any other business

None.

PsychUP for Wellbeing

Quarterly activity summary

New team members

MSc peer researchers	Peer researchers have been identified for the next wave of IMPACTS. They will focus on experiences of LGBT and BAME students, students with chronic fatigue and students who are carers for people with mental health problems.
PhD students	Tom Osborn has started his PhD on Inequalities in access to NHS mental health services in London; Lyndsey Li has started her PhD on perfectionism in Chinese students. Both are also working on evaluations of <i>PsychUP for Wellbeing</i> implementation projects.

University Clinic/ service delivery support

Step 1	New buddy scheme ('Cultural Connections') being piloted; University Clinic workshops will start again next term
Steps 2-3	Additional staff identified for work in the clinic during 2020/21

Local partnership working

QMUL Student Support	Initial discussions with QMUL about implementing the Steps model
Students' Union UCL	PsychUP Engagement Coordinator secondment at Students' Union UCL has started; Co-facilitation of Student Fellow consultations ongoing; Peer support intervention and competence framework in development
UCL Staff Wellbeing	Co-hosted Trainee Clinical Psychologist placement has started

Research

ISL survey	Data collection has started
SENSE survey	Wave 4 of data collection currently ongoing
IMPACTS peer research project	Latest projects on experiences of students who self-harm, have eating disorders, social anxiety and depression are complete
Journeys student experience project	Trainee Clinical Psychologists have confirmed focus of their projects will be on impact of social media and help seeking (data collection to start Jan 2021); Student steering group is being convened

Evaluation

Student Mental Health Partnerships (OfS) service evaluation	Analysis of data collected from seven project partners is complete (led by University of Sheffield); Co-production component planned with Student Fellow, with project update published on SMaRteN blog
Workshop programme	Analysis of data from workshop pilot in 19/20 is complete (DClinPsy student)
Cultural Connections	Evaluation of buddy scheme has started (led by LL)
Peer support implementation	Evaluation of peer support implementation being planned (led by TO)

Resource development

Workshop-peer support programme	Scoping review of one-off workshop interventions complete; Development of linked online interventions with Students' Union UCL (peer support) and wellbeing workshops (University Clinic) ongoing
Peer support competence framework	UCLPartners-led adaption project is underway



Office for Students funding call

Draft funding proposal

Information about the call

- The Office for Students has another [funding call](#) currently open. The total funding available is £1 million, with individual awards between £70-200k. Institutions need to provide matched funding or in kind support.
- The funding is for innovative approaches to tackling barriers and challenges faced by groups of students at risk of poor mental health, with a focus on poor outcomes and low rates of access.
- They are particularly interested in initiatives that take an intersectional approach and which employ tech. They also want applications which build on projects funded through their first challenge competition (which supported the set-up of *PsychUP for Wellbeing*).
- There should be good data about the needs of the group(s) targeted in that institution. Co-production with students is essential.

PsychUP for Wellbeing draft proposal

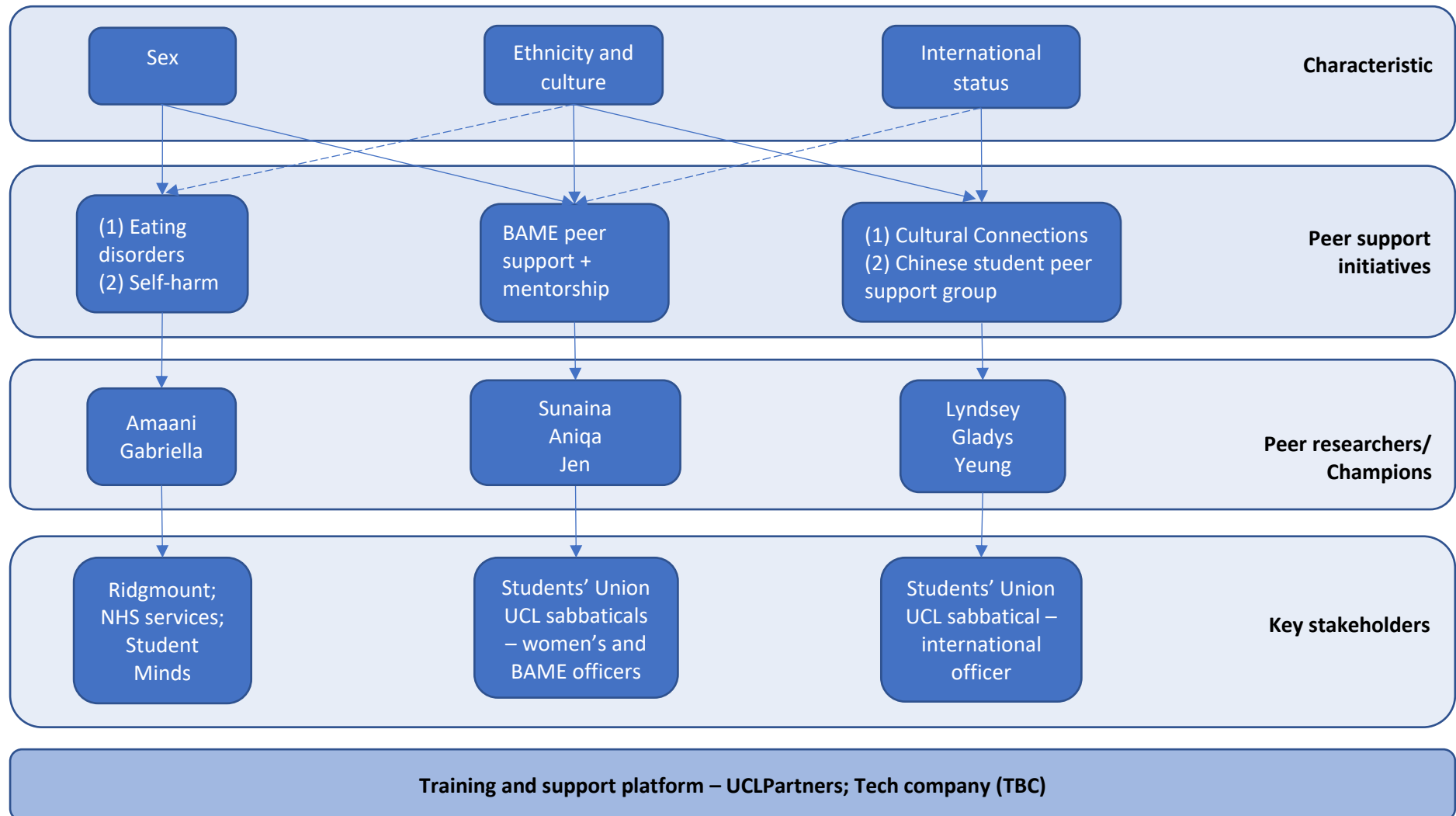
There are two components to our proposed project:

- (1) 'Incubator' support for the development of peer support initiatives, in areas where *PsychUP for Wellbeing* peer research suggests there is a need
- (2) An online training platform and supervision and support management platform in collaboration with UCLPartners and, potentially, a tech company

Component 1: Peer support initiative incubator

- The IMProving ACcess to Support and Treatment (IMPACTS) study is one of the strands of our current Office for Students-funded project. A number of BSc and MSc student peer researchers have interviewed student participants ($n = 85$) about barriers and facilitators to them accessing support for their mental health and wellbeing.
- A theme across several of the peer research projects is that students really value peer support. The peer researchers have also adapted models of help-seeking using the data collected, emphasising the importance of cultural and interpersonal factors in the help-seeking process – this interesting analysis from the peer researchers is suggestive for potential peer support initiatives.
- Three characteristics we propose to focus on are sex/gender, ethnicity/culture and international status, as several of the peer researchers' projects have highlighted the importance of how these characteristics interact (for example, the experiences of BAME women who have been sexually assaulted). There are initiatives which have either been set up already or are in the process of being set up, as well as some areas where there are no peer support initiatives we are aware of but where the peer research suggests there is a need. These are intersectional: concerning groups with cross-cutting characteristics (Fig 1).
- The initiatives would be student-led but supported through the project 'incubator', with IMPACTS peer researchers acting as Champions. As well as supporting students to set up safe initiatives, the incubator would encourage sharing of learning across the initiatives.

Figure 1: Peer support initiatives supported



Component 2: Training and supervision platform

- Students Minds and the National Union of Students have recommended peer support as an appropriate approach for students, whilst acknowledging the challenge of running safe peer support programmes in the university context.
- UCLPartners are leading the adaptation of an HEE national peer support competency framework for students providing peer support in the university context. The competency framework outlines core competencies that peer supporters should have, with implications for training for peer supporters, as well as systems needed to support them, including appropriate supervision.
- This component of the project would develop a platform for online training, including core training arising from the UCLPartners competency framework project and with the option to add customizable modules.
- Where supervision for peer supporters is needed (e.g. for mental health peer support), the platform would function to connect peer supporters and supervisors, akin to a case management system.
- As the peer support initiatives in part 1 are developed, the useability of the platform for their needs would be evaluated, linking with component 1 of the project.
- Students' Union UCL want to develop a 'peer support training academy', so the next stage would be to scale the use of this platform up to a wider range of peer support initiatives at UCL and across the UCLPartners geography.