



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

<p>Item</p> <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>
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3. Student Advisory Board

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

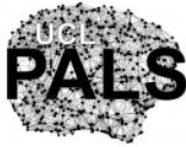
LG updated the Board on programme activity since the last meeting, drawing members' attention to several local initiatives at UCL:

- 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.
- 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.