

The Transformation Bulletin

A round up of how **community mental health services** are transforming across **Frimley**

Issue #4, October 2023

Top stories

New PICT Training

The Psychologically Informed Consultation and Training Team is a key part of our offer to all PCNs in Frimley to support primary care colleagues who are supporting people with personality difficulties

PICT in North Frimley has a variety of new training courses on offer to support GPs and other Primary Care professionals in understanding and working with people with complex emotional needs. Training is also open to emergency services and third-sector services.

There are 16 different courses on offer including:

- Managing Difficult Conversations and Preventing Burnout for Administrators/Receptionists in Primary Care
- Working with People who Self-Harm
- Emotionally Unstable Personality Disorder (EUPD) Training for Care Providers
- Building Relationships with Patients with Personality Disorder: Team Approach to Boundaries

For BHFT staff, please book your place via the [Nexus eLearning portal](#).

For non-BHFT staff, please book by contacting PICT@berkshire.nhs.uk



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Top stories

GP calls PICT “Helpful and thought-provoking”

Psychologically Informed Consultation and Training (PICT) in Frimley South has been gathering positive feedback from GPs and GP support staff.

One administrator said: “I would recommend that every admin attends as early as possible as it provides the toolkit and reassurance you need.”

PICT provides free consultation and training for Primary care staff and third-party organisations who would like to learn more about how to support patients with complex emotional needs and/or a diagnosis of personality disorder.

[Register your interest in training via the digital form.](#)

The PICT Team also offer weekly consultation sessions facilitated by a clinician and a PICT Trainer with lived experience on Tuesdays at 2-3 p.m. and Thursdays at 12-1 p.m.

[Find out more on the SABP website.](#)

Spotlight on Young Adults’ Mental Health

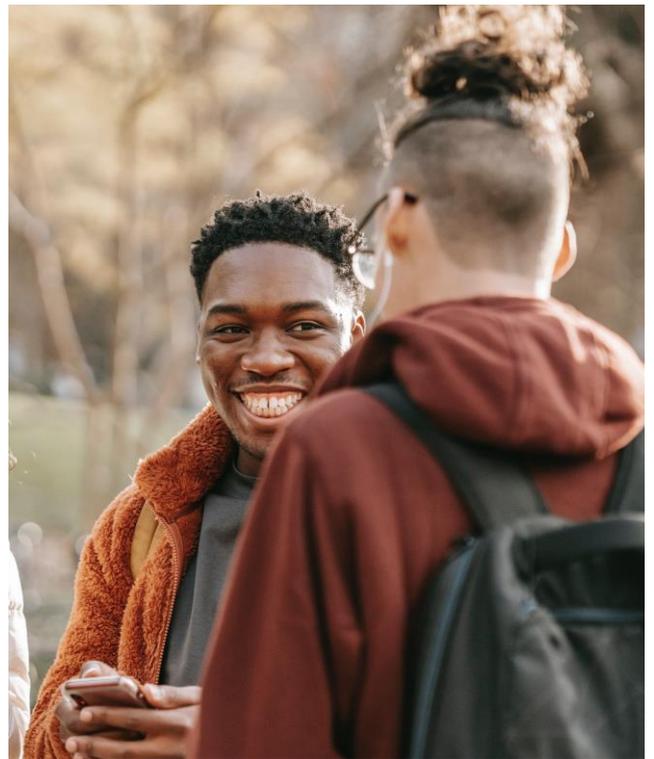
New Training on how to engage young people in mental health services

In September and October, three pilot sessions of training are being held on how to understand, engage and motivate young people in mental health services.

This training will be facilitated by Professor Deborah Christie, Professor of Paediatric and Adolescent Psychology at UCL Hospitals Foundation Trust and will be attended by staff from both BHFT, SABP and colleagues from Surrey County Council.

The aim is to better support and upskill our colleagues across mental health services so they can be confident when working with young adults.

Feedback will be evaluated after the pilot with the aim of finding a long-term delivery plan.



Spotlight on Young Adults’ Mental Health

Transition Checklist piloted in Frimley South

A checklist to support young adults transitioning from Child’s Mental Health Services has been piloted in Frimley South.

The checklist is designed to be completed in conjunction with the young person at their first or second session. The checklist gives prompts for different areas of transition that can be discussed. Completion of the checklist forms a care plan which details their transition needs.

The transition checklist has been piloted with Reaching Out Service and the East CYPS Community Team. The main theme of the feedback given is that the checklist is directed more at young people transitioning to adult services rather than back to Primary Care. Following this feedback, the checklist is to be edited and submitted to the digital team to make changes on SystemOne. The checklist will then be available for all CYPS teams to use to facilitate the transition conversation with a young person when they turn 17 years and 6 months old.

Spotlight on Young Adults' Mental Health

Guide created to help young adults navigate their mental health after CAMHS

A 32-page booklet has been designed under Berkshire Healthcare to serve as a comprehensive guide for young adults navigating the critical phase of moving on from CAMHS. This booklet, developed with input from service users who have recently transitioned and the clinicians who have supported them, combines practical advice, emotional support, and local resources to facilitate a smoother transition process.

Navigating Change: What the Booklet Offers

1. **First-Hand Insights:** The pack includes advice and insights from individuals who have personally experienced the transition. Sharing their experiences, struggles, and tips, these contributors offer a sense of connection and reassurance to those embarking on a similar path.

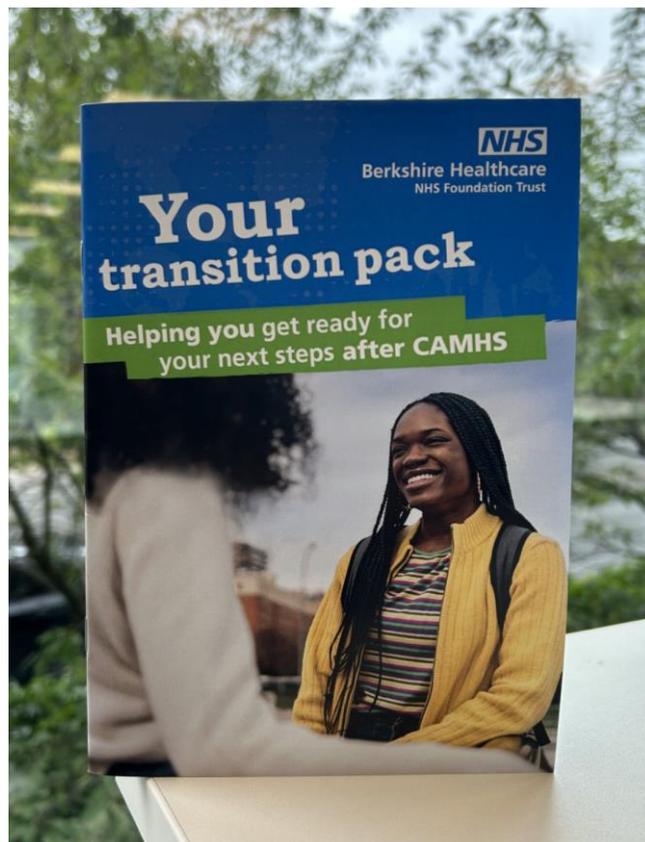
2. **Service Information:** Clear and concise information about the array of mental health services available to young adults is provided. This empowers individuals with the knowledge of what support is available to them, enabling them to make informed decisions about their mental health care.

3. **Local Support Directory:** Recognising the vital importance of community resources, the booklet includes a directory of local support options available to young people in Berkshire.

4. **Workbook Pages:** To encourage self-reflection and emotional expression, the booklet incorporates workbook-style pages where young adults can jot down their thoughts and feelings about the impending change.

5. **Checklists:** Practical checklists outline the essential steps and considerations for a successful transition. From managing appointments to understanding medication, these lists help individuals feel organised and prepared.

6. **Digital Accessibility:** Recognising the evolving digital landscape, the booklet is available in both print and digital formats, ensuring accessibility to a wider audience.



The booklet is currently being piloted with CAMHS teams and the feedback will advise any changes needed for the final rollout.

This information is due to be added to DXS as a resource for North Frimley PCNs. Frimley ICB is also supporting to share the booklet with care leavers and students at Royal Holloway University.

View the booklet [online on the Berkshire Healthcare CYPF website.](#)

Top stories

Lived Experience teams launch Peer Support Service

Peer Support with a Lived Experience Practitioner is now available across Frimley South and will launch in Frimley North by the end of the year.

The Lived Experience Practitioner (LXP) service provides peer support and practical assistance to help people regain control over their lives and support them to achieve a better quality of life despite their mental health difficulties.

In Frimley South, the Lived Experience Peer Support Service is seeing caseloads increase while also engaging with local community BAME and Young adult groups.

Frimley North have recruited a team of Lived Experience Practitioners. They are working towards launching the service as an add-on to the existing MHICS teams before the end of the year.

AEDimhs extends to Farnham and Farnborough

In June 23, the Adult Eating Disorders Integrated Mental Health Service (AEDimhs) extended the field test site for the Primary Care based ED service to include GP Practices in Farnham PCN and Farnborough PCN.

These PCNs will now have access to AEDimhs as well as the (First Episode Rapid Early Intervention for Eating Disorders) FREED pathway. This pathway's area of focus is early intervention and preventative support for people with low medical-risk eating disorders. They offer a range of evidence-based, NICE-recommended Individual and group treatments for people with Eating Disorders, including CBT and MANTRA. Beat is also commissioned to provide a workshop to support carers of loved ones who use the service.



Eating Disorder Services to work closely with MHICS teams

New collaborative working between Berkshire Eating Disorder Service (BEDS) and the Mental Health Integrated Community Service (MHICS) is underway.

The aim is to provide MHICS support for people waiting to access ED services, enabling them to address any comorbid difficulties while they wait. Which in turn can make it easier for them to engage in ED therapy and may alleviate some ED symptoms. It also allows BEDS patients to receive targeted interventions aimed at depression, anxiety, trauma, emotional dysregulation, and issues related to social stressors/difficult life events.

The MHICS offer for these service users will include psychological groups, brief interventions, and community support. This joined-up approach will also benefit people being discharged from ED services to help prevent deterioration. A group forum has been set up between Clinical Leads to discuss potential referrals and to consider which MHICS intervention is most appropriate, whilst ensuring a risk assessment, safety plan and ED risk can be managed.

One Team update



Berkshire One Team Project hold a Stakeholder event

At the end of July, the One Team project held an event consisting of two workshops that brought together an impressive array of key stakeholders, paving the way for improvements in community mental health services throughout Berkshire. The diverse group of attendees included representatives from the voluntary and community sectors, local authorities, primary care networks, as well as service users and carers, all united by a common goal: to strengthen mental health support and resources in the region for the people who need it.

One attendee from the community sector said the event was “a great opportunity to share information about what is happening across our organisations and find opportunities to work in an integrated way.” Another attendee who has experience with mental health services commented that it was positive to “be able to put my opinions and experiences forward to help carers and patients get help.”

[Read more about the event...](#)

[Read the first One Team Newsletter.](#)

Pathway Forums introduced in Surrey and Borders Partnership

Pathway Forums are being introduced across all Surrey and Borders Partnership localities.

The Pathway Forum is a multi-agency meeting where clinicians and service providers assemble on a regular basis to present cases, discuss them, and develop care plans that support positive outcomes for patients with complex needs.

[Read more about the Pathway Forums and where they are currently taking place.](#)

Berkshire One Team Event

22nd November 2023
Windlesham Golf Club
9am – 1.30pm

The event will include an update on the One Team Project with details of how we have incorporated stakeholder feedback from the last event and will provide a chance to network and share ideas with Berkshire’s voluntary and community sectors, local authorities, service users, carers, GPs and mental health professionals.

Register your interest by emailing OneTeam@Berkshire.nhs.uk.

The Community Mental Health Transformation Programme
is delivered in partnership between