

MINUTES OF THE FIFTEENTH MEETING OF THE CROSS PARTY GROUP ON MENTAL HEALTH HELD ON 18 JUNE 2015 IN CR2, SCOTTISH PARLIAMENT

1. PRESENT

Malcolm Chisholm (Chair) Shaben Begum; Fiona Barlow; Shane Buckeridge; Anna Buchanan; Jackie Clark; Jude Clarke; Jane Crawford; Alastair Cook; Susan Donnelly; Mahmud Al-Gailani; Doreen Graham; Caroline Henderson; Laura Hudson; Richard Jones; Miles Mack; Tom Jennings; Alastair Moodie; Hamish MacLeod; Willie McFadyen; Chrys Muirhead; Richard Simpson MSP; Rachel Stewart; Phil Watson and Sheila Wason.

In attendance

Ms Karen Addie (Minutes)

Speakers

Nigel Henderson, Penumbra
Jane Cumming, Penumbra

2. APOLOGIES

Apologies for absence were received from:

Derek Barron; Alison Cairns; Eric Carlin; Jim Hume MSP; Alison McInnes MSP; James Hendry; Tracy Kirkland; James McKirdy; Linda McGonigle; Frankie McLean; Pat Emslie; Joe Morrow; Colin McKay; Peter Glissov; Louise Marryat; Rob Murray; Sara Preston; Jen Richards; Mary Scanlon MSP; Kathleen Taylor; Grant Thoms; Phil Watson; Michael John De La Hay and Dan Wynn.

3. MINUTES OF THE PREVIOUS MEETING HELD ON 25 MARCH 2015

The minutes of the previous meeting held on 25 March 2015 were accepted as accurate.

4. PRESENTATIONS ON INDIVIDUAL RECOVERY OUTCOMES (I-ROC) FROM PENUMBRA

Mr Nigel Henderson, Chief Executive and Ms Jane Cumming, Development Manager gave a presentation to the group on I-ROC. The presentation is attached to these minutes.

In the discussion that followed these points were raised:

Chrys Muirhead pointed out that none of this is new and she used something similar when she was trying to get into employment in 2002/2003. She went on to say financial help for getting help accessing work now is not available in the same way it was 12 years ago. Chrys also asked about whether people have to use this tool or whether they can opt out of using it.

Nigel Henderson replied by saying they are aware this is not anything new but they developed it for use in their own services and since then it has attracted attention both within the UK and abroad.

People in their services are absolutely free to say they don't wish to use it and there are no repercussions for them doing so. Over 5000 people have used it and found it helpful to frame a conversation.

Jude Clarke asked about licencing and if Health Boards could use it for a single department. She also asked about building an evidence base for this. Jane Cumming replied that it can be used within a single team or department and, for example, the Community Mental Health Team in Tayside has just started using it. There is a lot of research going on and the tool has actually changed significantly since its introduction as they have continued to build an evidence base. The licence is a practitioner licence and there is a charge for that and also for practitioner training.

They are about to introduce an I ROC newsletter which anyone can access.

Alastair Cook asked about using it in statutory services beyond the Tayside team and if there was a way of linking it with national health and wellbeing outcomes. Nigel Henderson responded saying it is not routinely used in Health Boards except in the research sites. It is difficult to scale it up from individual outcomes to national outcomes.

Mahmud Al-Gailani asked about people with sensory impairment and Nigel Henderson confirmed some work in the Netherlands will look at using the tool with patients who are deaf but Penumbra has not done this up until now. They don't have a hugely diverse population of service users.

Willie McFadyen echoed the comments made about the deaf community and emphasised how difficult it is for British Sign Language (BSL) users to access recovery programmes because of the need for interpreters. Jane Cumming confirmed that the I ROC assessments and re-evaluations are written. The group acknowledged the problems of service users who don't have good literacy.

Miles Mack welcomed the presentations and said he thought it could be valuable in a primary care setting. There was a short discussion on the cost being a barrier but perhaps it could be developed later as a self-assessment in primary care.

Malcolm Chisholm asked if the tool had been critiqued in an academic sense. Nigel Henderson confirmed they have had very positive peer reviews of articles that have been published but they have not had any very critical comments to date.

There was some further discussion on the impact of the tool. Nigel Henderson confirmed I ROC is used every 3 months and the person's progress monitored. It

is not always obvious if the person has improved because of the tool or if they would have improved anyway but it does help people break down their goals into achievable chunks and helps them to focus more on their recovery. Jane Cumming added they have collected a lot of data but they have not been able to carry out a lot of analysis, most of what they have done is show quantitative data on the numbers.

Richard Jones asked about measuring outcomes in psychological interventions and how over time it is difficult to scientifically validate the therapies. Costing an outcome would certainly make it more meaningful. Alastair Cook added that for years the ideal outcome measures have been desired for mental health but the reality is the ideal will never be achieved and people need to use what is available now.

Malcolm Chisholm brought the meeting to a close and thanked Penumbra for their presentations.

5. ANY OTHER COMPETENT BUSINESS

No items raised.

6. DATE AND TIME OF NEXT MEETING

23 September, 5.30pm CR4 (and AGM)

3 December, 12.30 CR2