

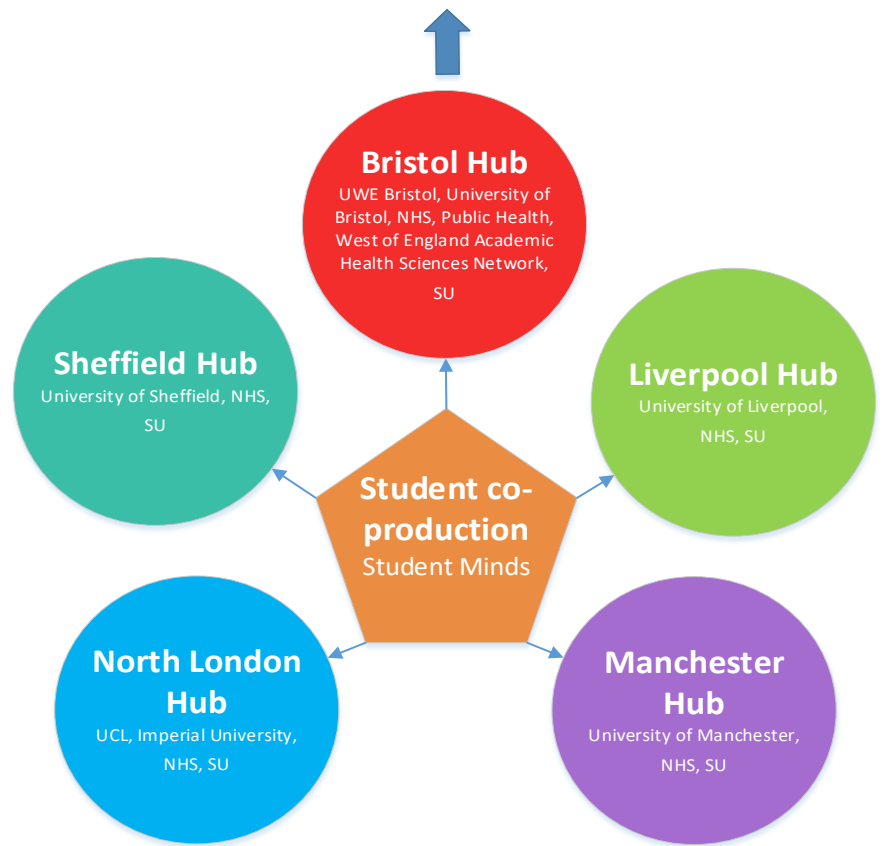
MENTAL HEALTH WEBINAR

Jamie Darwen, EDI Projects Lead, UWE

Student Mental Health Partnerships project



National Learning Collaborative
 UUK, NHS Confederation MH network, Public Health England, Student Minds, Academic Health Sciences Network, UWE Bristol, University of Bristol, University of Liverpool, University of Manchester, UCL, Imperial University, University of Sheffield and other local partnerships



Student Mental Health Partnerships project

- ✓ Awarded funding by the Office for Students (OfS), as part of the [Mental Health Challenge Competition](#)
- ✓ Led by UWE Bristol
- ✓ One of ten large-scale projects related to mental health and led by universities across the country
- ✓ To find innovative approaches to improving mental health outcomes for students

Context – why are we doing this?

- ✓ Students in higher education experience huge variation in mental health care.
- ✓ [Minding Our Future](#) report 2018 - urgent need to better coordinate support and services between universities and local NHS.
 - Difficulties in co-ordinating care between NHS primary and specialist services and support provided by universities
 - Students are mobile – information about their condition and treatment rarely travels with them
 - Issues of data protection and consent make information sharing difficult
 - Specialist needs – many student arrive at university with pre-existing conditions which require effective co-ordination of care

Student perspective

I've had so many assessments from different care providers and repeated my story several times unnecessarily. Its just exhausting!

Amy from Manchester

I felt like the support I needed was being organised quite well until a member of staff went on leave and clearly hadn't passed things over to anyone else, the uni tried to follow up for me but this took ages as no-one knew my situation and what had been agreed. We got it sorted eventually but I had to go through a lot of undue stress to get there

Jack from Liverpool

Communication was very poor between services. I was left for a significant amount of time with no support despite my care coordinator from home contacting and arranging a care transfer before I began uni..... Every uni service I saw told me I needed the support of NHS secondary services, however these refused to see me so I was very much stuck and felt like I could not be helped

Anonymous from Bristol

I just don't think services talk to each other effectively, I've been passed from service to service, rehashing my problems each time and I don't think they understand how distressing that is

Elliot from London

The response and availability has been quick, helpful and very responsive. My only real critique would be the confusing amount/diversity among services and ways of contacting them which makes it hard to know where to go and who to contact

Anonymous from Bristol

Aims

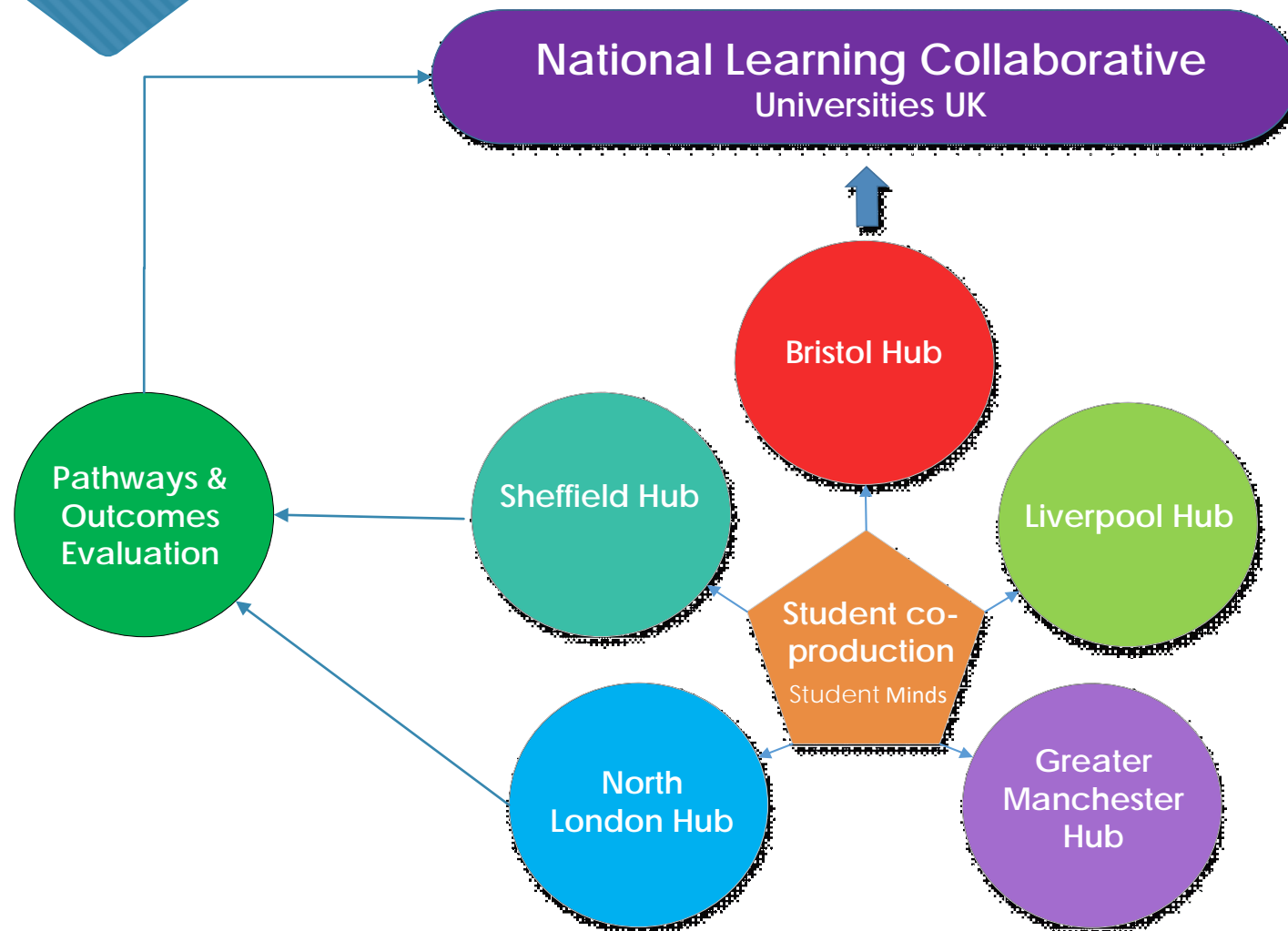
To improve care for students in need of mental health support through the development and evaluation of local partnerships between universities, the NHS and Students' Unions

- ✓ Improve local care pathways
- ✓ Co-produce the design and delivery of care with students and practitioners
- ✓ Share best practice through a National Learning Collaborative
- ✓ Evaluate effective models of partnership working

Five regional hubs



Project Governance



Bristol Hub

The Bristol Hub brings together professionals from the University of Bristol, University of the West of England and staff from NHS primary and secondary mental health services to focus on solving operational issues such as liaison and collaboration between services, referral pathways and sharing knowledge and research to co-create a better understanding of the local students needs.

Bristol Hub's top five priorities include:

1. **Information sharing** – improved understanding of HE/NHS support available and how they work together
2. **Pathways and infrastructure** – creating a bespoke student referral and care pathway
3. **Language and culture** – establishing common language around risk and referrals
4. **Research** – around student's experience of care pathways and consistency with NHS and referral data
5. **Student engagement** – creation of a student experience forum

Sheffield Hub

- ✓ New university-run research clinic launched, bringing together clinical academic staff and NHS-funded trainee clinical psychologists
- ✓ A 'win-win' model:
 - ✓ increase capacity - enables students to more easily access evidence-based treatment
 - ✓ takes pressure off the university mental health support system
 - ✓ provides clinical trainees with a high-quality placement experience
 - ✓ bridge gap between primary and secondary care
- ✓ Ongoing evaluation and improvement of care - setting for the development and testing of novel psychological interventions

North London Hub

- ✓ New university-run clinic launched with trainee clinical psychologists (as Sheffield).
- ✓ Student Fellows recruited at UCL and Imperial. Designing projects to address themes including data-sharing, peer support and student expectations.
- ✓ Running blended digital workshops and peer support interventions, bringing together local IAPT service and Students' Union UCL.
- ✓ IMPACTS peer research project: BSc and MSc Psychology students interview other students about barriers to accessing support for their mental health, and their experience of care. Particular focus on Chinese students.

Liverpool Hub

- ✓ New Liverpool U-COPE service for students who self-harm launched in September. Partnership between Liverpool HEIs and Mersey Care mental health trust.
- ✓ Aims to work with students presenting with self-harm to reduce presentations at A&E.
- ✓ Develop and evaluate a single assessment framework for self-harm. New care pathway developed, with training for referrers.
- ✓ Informed by student research projects looking at student 'lived experience' of mental health services.

Greater Manchester Hub

- ✓ Greater Manchester Student Mental Health Service launched Sept 2019
- ✓ Partnership between GM HEIs and devolved regional NHS services – offers a single designated MH care pathway for students across the region
- ✓ Aims to offer seamless experience of care and treatment, with access through existing university services
- ✓ SMHP project is carrying out evaluation of the new service and drawing lessons from the pilot
 1. Co-produce with students, service users and staff robust/innovative range of evaluation tools and approaches
 2. Evaluate the new service's impact on MH outcomes amongst service users, their academic outcomes (retention, progression and attainment) and the benefits/challenges of our approach to partnership working
 3. Evaluate the individual stories of specific service users – to allow a focus on intersectionality.

Pathways & Outcomes Evaluation

- ✓ Led by UCL and Sheffield
- ✓ Mapping and analysing service and referral processes to produce an evaluation framework for care pathways.
- ✓ Evaluation toolkit will include guidance on:
 - key principles for partnership working
 - clinical governance
 - management of risk
 - routine outcome monitoring and data sharing with metrics to measure these principles.

Student Mental Health Partnerships Project

Further information:

- ✓ [SMHP project website](#)
- ✓ OfS published [case study](#) on how SMHP project has supported the response to Covid-19
- ✓ Jamie Darwen, Project Lead, Jamie.Darwen@uwe.ac.uk