

Making Recovery Real in Moray Partnership Meeting

Tuesday 21st September 2021 10:30 – 12:00

Present: Aimee Wright, Michelle Raisborough, Heidi Tweedie, Martin Kirwan, Heather Fisher, Kirsteen Pyett, Tracy Grant, Nadine Weiland-Jarvis, Kirsteen Carmicheal, Susan Johnston, Elliot Makner, Pauline Forbes, Anne Pendery

Apologies: Pam Cremin, Becky Poyner, Darren Bruce, Fiona Imlach, Ailsa Innes, Paul Johnson, Alison Potts

Chair: Kirsteen Pyett

Minutes: Aimee Wright

Organisations / Perspectives formally represented:

Lived experience of MH challenges.
- Young people & adult perspectives.
tsiMORAY
Police Scotland
Moray Wellness Service (Penumbra)
DBI Service (Penumbra)
Scottish Recovery Network
Circles Advocacy
SAMH

Aberlour Child Care Trust
Children 1st
Quarriers Care Support Service Moray
North East Suicide Prevention Team
Moray Wellbeing Hub CIC
HSCM (Health & Social Care Moray)
- Commissioning
- MH social work
- Psychological services
- Public Health Coordination

Actions from meeting:

- Discussion with Pam around unintentional overlaps in services and how we collaborate as partners – Heidi/Pam (anyone else who would like included please email Aimee to be invited to meeting).
- Share flyer for my big life with partners. – Aimee
- Actively check pathways is up to date for service – All

Agenda for Next Meeting:

- Supporting people who are intoxicated and suicidal continue to explore options (peer led resource) – Anne P/Heidi/All
- Administration monitoring and reporting – Heidi/Pam
- Wellness College – Heidi/Pam
- Young People Funding and Future Projects – Heidi/Becky
- Update on Suicide Survey – Paul J

Previous Meeting Minute:

- All minutes agreed.

Meeting Topics:

1. CHIME In

Heidi: MWH - feeling stretched due to COVID, Martin: Independent Psychologist/trainer -feeling good ready to rediscover energy, Anne P: Circles Advocacy – positive writing a news article on what you like about your job, Michelle: MWH lead admin MRR project – new to MS teams, hope that don't have COVID waiting results, Tracy: SAMH – feeling okay 1 member of staff off with COVID, Heather: Children's 1st: Hopeful full diary, Nadine: DBI – due to go on maternity leave and happy to introduce Elliot who will be attending in place, Elliot: DBI – first meeting, hopeful and happy to meet all partners, Aimee: MWH admin support – mixed emotions happy as its daughters birthday, a little down due to being in isolation after being identified as a close contact, Kirsteen Pyett: Primary Care Psychology – feeling empowerment element of CHIME after recent discussions around self-care and breaks. Susan J: Public Health – feeling happy and positive to attend after some issues login in and very pleased to introduce Kirsteen Carmichael as new area co-ordinator, Kirsteen C: Public Health – feeling great happy to meet the partners.

2. Supporting People who are Intoxicated and Suicidal

Anne P discussed background on how this was highlighted from people being supported who are not in a position or ready to make change in relation to alcohol and or drug addiction who find themselves at various times with poor mental health and suicidal thoughts.

Following on from the drug and alcohol partnership a meeting took place in March to include key partners. Most services rely on the police to do a welfare check, then the police make a risk assessment to determine if the person requires to go to A&E or can remain at home. A&E then have struggles if person is sober enough to carry out assessment of mental health, is person willing to sober up and return for assessment, high number of people leave without assessment and do not return.

Discussion at meeting was based around what could we do to support people during this time? A lot of services rely on friends and family to try and keep person safe. Point raised people who are intoxicated and suicidal may have worn out their friends and family. General feeling A&E isn't the best place for people intoxicated due to other patient's elderly/children.

Look into options of peer support, however safety concerns arise if volunteers would be at risk in situations and recognising the risks involved.

Conversation lead to connecting with people in A&E like CHIME informal softer peer support, for more formal crisis management it would require specialist trained staff from services.

Bring a smile to someone in A&E from someone with compassion and training on mental health first aid.

No one is averse to Peer going into hospital, someone with humanity, connection to community. Already structures in place for formal channels. Agreement that informal human connection would be beneficial if boundaries are place.

Same limitation applies to volunteers, even if skills and training in place as they need to be linked to service.

The person is the centre, but also support is required for the people who are giving the support as outcomes are not always positive.

Action to carry forward, peers are used as effective support with boundaries, debriefs and focus support use of language. Supporter needs tools/training, to deal with all outcomes. Return to this at next meeting.

SAMH successfully support people under influence, the next day is just as important to learn to self-manage triggers. AA sponsors may also be able to support if already in place.

This links into the trauma informed approach look at future meetings how we carry forward so that everyone is informed and educated.

Pathways are in place to refer to penumbra from police, ambulance staff and also NHS24. Penumbra are currently training additional police officers due to natural movement of staff. Penumbra would still access people who are intoxicated this would not prevent support.

3. Suicide Prevention Week

Martin Kirwan was guest speaker for SAMH suicide prevention week with employers. Great discussions. Not as many attendees as expected. How do we reach a wider audience and promote to local businesses?

Moray Wellbeing Hub were able to deliver on SP week. Bee Well Café at Callum's kitchen theme this month was suicide prevention. 1st Monday of every month for community and last Friday of every month for champions recurring. News stories went out to local press and social media. It was mentioned at the Scottish Government, lovely to get recognition.

Heidi and Jonathan had discussions on signs of hope in different localities if people were having negative thoughts. A little complex as don't want to focus on specific areas but conversations have started to move forward.

4. Services Unintentional Overlaps

Partners have worked through difficult times together and are able to have sensitive discussions to ensure no unintentional overlaps in training offered.

MWH don't want to be a commissioned service. Sell courses to businesses as part of our income. Louise from SAMH shared a slide about MWH at the business training herself and Martin were apart of which was appreciated. All services could deliver similar training but that are different and its about the individual have the option and access to the most relevant course of them. We want to reach a wider audience together but so we don't step on each other's toes. Separate conversation to discuss with Pam and anyone else who would like to be involved email Aimee to be include on invite.

Martin K is a commercial trainer, only independent trainer. Do not want to undermine the partners. Would hate for role to be a threat to partnership due to independent business. Public Health Scotland training is still suspended, isn't likely to be rolled out until 2022.

5. Service Updates

Primary Care Psychology open since 1st April aligned with resilience hub, people can self-refer along with GPs different pathway, will be closing in January next year. Looking at other options for self-referrals. Therapy is still online via attend anywhere. A post will be opening in the team.

Circles advocacy is now open. Pop up in local libraries will hopefully be in place soon, link up with MWH about Bee Well Café.

MWH Discuss funding for young people at next meeting. CBT course my big life is open for registration until the 26th September, course is aimed at 10 – 16 year olds. Aimee to share flyer with partnership. HSCP Moray project to run some events for staff wellbeing and what suggestions people had on relaxing sessions, closed peer support groups and barriers. Family wellbeing walks in Keith and Speyside dates and details on webpage.

Martin K is a commercial trainer, only independent trainer. Do not want to undermine the partners. Would hate for role to be a threat to partnership due to independent business. Public Health Scotland training is still suspended, isn't likely to be rolled out until 2022.

Public Health assist training are still suspended due to pandemic. Health Point has campaigns running and all staff assist trained. Making Every Opportunity Count is happening and sign posting to services, to assist someone with support where required. Hoping more face-to-face training soon. Alcohol Brief Intervention training in talks with police for army cadets and is available for staff, Susan Thom is leading. Working with MIRO free volunteer service in Findhorn.

6. Partners Survey

Meeting happening 22nd September at 13:30 – 15:00 with Heidi, Michelle, Aimee and Pam. All partners are welcome to join. If anyone would like to be added to invite email Aimee direct. Will share report and outcome at next meeting.

7. CHIME out

Kirsteen – Lovely to catch up feeling connected, Martin – feeling good and encourage to hear working continues and grateful, Nadine – Hopeful and connectiveness, Tracy – Hope and enjoyed supporting people under influence, Pauline – connected to a lot of people, Michelle – connected to group and good to finally meet everyone, Heather – connected and unsure but better understanding, Heidi – strong sense of identity and felt strong peers connection, Susan – connected and glad to introduce to group, Kirsteen – excited to be a part of the team, Elliot – connected and interested to hear all the services input, Anne – disconnected due to jumping in and out, Aimee – hopeful and connected.

Next Meeting: 2nd November 2021 at 10:30 - 12:00

Next Chair: Kirsteen Carmichael

Minute: Aimee Wright

Future Meeting Dates:

14th December TBC