

**Student Mental Health: Improving Joint Working Meeting**  
**Monday 22 October 2012, 12.00pm – 2.00pm**  
**Meeting Room, The University of Manchester Counselling Service**

**Represented:** University of Manchester Counselling Service, Hope Citadel NHS Trust, SAFE Team at MRI, University of Manchester and Manchester Metropolitan Chaplaincy, Start2, University of Manchester Students Union, Central Manchester Commissioning Group, Manchester Student Homes, University of Manchester Occupational Health, Manchester Metropolitan University Counselling Service, Manchester Early Intervention in Psychosis Service

**Minutes**

**1. Introduction:**

Sarah Littlejohn (UoM Counselling Service) introduced the meeting and welcomed new members to the Student Mental Health Forum. The purpose of the forum was summarised as providing an opportunity to build new links between services involved in supporting students with mental health difficulties, and to strengthen existing networks.

**2. SAFE Team Presentation:**

Clive Turpin from the SAFE Team (Self-Harm, Assessment, Follow-up and Engagement) provided the SMHF with an overview of the service provided by the SAFE team, a summary of this discussion is outlined below.

The SAFE team is open from Monday – Friday, 9am – 5pm, and is based in the Rawnsley Building at MRI. Initially, SAFE began as a research project in 1998 to evaluate the effectiveness of a therapeutic intervention following up on patients who presented at A&E following an overdose. The effects of the intervention were positive and so a pilot scheme was run in 2000, which developed into the SAFE team service. The SAFE team is not a service which is replicated across the NHS.

The SAFE team review all MRI A&E cases of self-harm, mental illness and overdose to ascertain if an assessment by SAFE would be appropriate, if so, the patient will be contacted by phone, but if unavailable they are sent an invitation letter and information leaflet about the service. Taking up the invitation is the responsibility of the patient. **Only patients registered with a Central Manchester GP are eligible to access the SAFE team.**

If the patient was seen by the duty Psychiatrist or Mental Health Liaison Nurse at MRI A&E, these patients are not invited for assessment by SAFE, as it is assumed that if it were appropriate, these patients would have been directly referred to SAFE. If they are referred they are offered an assessment for therapy as soon as possible.

A patient will be offered an assessment within 7 days, depending on availability. Within the assessment a decision will be made about whether 4 sessions of psychodynamic intervention is suitable. Therapy will occur on a weekly basis (although this can be flexible) and a follow up session is offered approximately one month after completing therapy. Sessions can be held at the MRI or at the patient's home.

The aim of the therapy sessions provided by SAFE is to understand and address issues that are causing the distress to the patient in relation to interpersonal difficulties. Additionally exploring alternative ways of managing feelings and preventing or reducing self-harm.

The SAFE team will also liaise with the patients GP. If the patient is not registered with a Central Manchester GP, the SAFE team will still contact the patients GP to advise of their attendance and outcome of accessing the MRI A&E department – this is actioned as part of the SAFE team review of A&E cases.

It is anticipated by the SAFE team that in such cases, the home GP would encourage their patient to register locally – with a Central Manchester GP. Cat Gray (University of Manchester Students Union) advised that only 40% of students are registered with a Manchester GP, as they do not want to 'loose' their home GP. This presents a challenge to obtaining support for such students. Students can register in Manchester and keep their home GP as a temporary patient, although it was acknowledged by the SMHF this can be complicated.

The majority of referrals to the SAFE team are via the A&E department at MRI, however, the SAFE team can take referrals from other support services (as long as the patient meets the Central Manchester GP criteria). It is advised that referrals should be discussed with the SAFE team in the first instance to evaluate the suitability for assessment. The SAFE team can be contacted on 0161 276 8865/8866/8868.

The SAFE team has 3 full time equivalents, 4 members of staff in total. Whilst the core hours of the service are Monday – Friday, 9am – 5pm, there can be some flexibility around earlier or later appointments.

SAFE find that 75% of patients complete the full four sessions of therapy if they attend the first two appointments, and that of these patients the suicide rate is reduced. SAFE use the CORE clinical outcome measure tool.

Along with other support services, SAFE see an increase in patients at the start of the academic year.

The SAFE team will also refer on to other support services, such as the University of Manchester Counselling Service, or Manchester Metropolitan University Counselling Service. This led to a discussion within the SMHF about the fairness for Manchester students who can easily be referred to University counselling services, instead of being referred to NHS support services.

**ACTION: Clive Turpin will see if it is possible to find out how many patients accessing SAFE are students at the UoM or MMU to share with the SMHF**

### **3. Start2:**

Tamzin Forster of Start2 provided an overview of Start, as well as giving a demonstration of their new online resource, Start2, to the SMHF. A brief summary of this is provided below.

Start began as a face-to-face service and has been running for 25 years as part of Manchester Mental Health & Social Care Trust, located within Victoria Park. Clients attend creative structured sessions, such as animation, painting, creative writing, with the aim being to improve their mental wellbeing.

Clients attend sessions over 12 weeks, usually attending one 2 hour session per week, working towards achieving set agreed goals. Clients also keep a reflective diary which is reviewed during their sessions. Clients develop skills during their sessions which they can then transfer into everyday life.

Start2 was launched in June 2012, providing an online resource of over 70 different creative activities, all evidence based, and each linked to an aspect of mental wellbeing.

Start2 uses an outcome measure in which clients rate themselves against 7 wellbeing statements, this provides them with their 'wellbeing temperature' and offers relevant recommend activities which are linked to the statements with a lower score. All activities are categorised under the 7 statements of wellbeing. Information about the Wellbeing Thermometer, and how to use it, is available to the user, and if a user is worried about a consistently low score the Start2 resource signposts them to contact their GP or other support service.

The feedback from the SMHF, and from those attending the SMHF who are already using the resource, was very positive. With so many activities to choose from, it was raised whether clients may feel overwhelmed, however, Tamzin advised that Start2 are creating more 'bitesize' activities.

You can look at Start2 at <http://www.start2.co.uk/>

#### **4. A.O.B**

##### **a. Useful Download Apps and Links**

Sue Crookes from Hope Citadel NHS Trust recommended a number of download apps, based on client feedback, which are particularly helpful for students on placements/unable to attend support services, such as:

- Relax lite - Andrew Johnson - free
- Visulax sleep 69p
- Visulax break 69p (also relaxation)

##### **b. Website Links**

During the meeting, links for the University of Manchester Counselling Service and Manchester Metropolitan University Counselling Service were requested, for convenience these are:

- Manchester Metropolitan University Counselling Service:  
<http://www.mmu.ac.uk/academic/studserv/counselling/index.php>
- The University of Manchester Counselling Service:  
<http://www.studentnet.manchester.ac.uk/counselling/>
- The Student Mental Health Forum:  
<http://www.smhf.manchester.ac.uk/>

### **c. Manchester Student Homes**

Cooper Healey from Manchester Student Homes advised that welcome packs are included in private accommodation, and so support services can send information to Cooper to be included in these packs.

In order for private accommodation to achieve the 'accreditation plus' standard, landlords are required to complete 10 hours of CPD per year. Cooper is currently working on the development programme for this academic year, of which the University of Manchester Counselling Service will contribute a training session about increasing awareness of mental health issues and support services.

The SMHF wondered whether a fridge magnet of helpful numbers would be beneficial to students?

### **d. Student's Union**

Cat Gray, the Wellbeing Officer for the University of Manchester Student's Union, introduced herself to the SMHF. This is a new role, which is able to focus specifically on student mental health and wellbeing. Cat advised that students are interested in mental health, and so her role is to take the opportunity to tap into this interest.