

## **Student Mental Health: Improving Joint Working Meeting**

**Thursday 1<sup>st</sup> December, 12.00pm – 2.00pm**  
**Meeting Room, The Bodey Medical Centre, Fallowfield**

**Represented:** The Docs, Bodey Medical Centre, Primary Care Mental Health Team, Gaskell House Psychotherapy Service, University of Manchester Counselling Service, University DSO, MMU Counselling Service, Early Intervention Team (North), University Security, Mauldeth Medical Centre, Owens Park Medical Centre, Robert Darbishire Medical Centre, University Occupational Health, University Accommodation.

### **Minutes**

#### **1. Introduction**

Sarah Littlejohn, Head of Counselling Service, welcomed those present to the meeting, and provided an overview of the context and purpose of the meeting. It is hoped the Student Mental Health Forum (SMHF) will provide an opportunity for colleagues across different services to develop links and encourage joint working towards supporting students with mental health difficulties.

#### **2. SMHF Website**

Wendy Spruce, Office Manager of the Counselling Service, gave a demonstration of the proposed SMHF website, currently in development following discussion at the last SMHF meeting. The website will provide the following sections for ease of access to support information;

- How to navigate the University of Manchester
- How to navigate the NHS
- How to navigate voluntary services
- Resources (meeting minutes, training material, articles/research of interest)
- FAQ

The demo site was well received, and feedback was positive. It was agreed the SMHF website will be a helpful resource.

Those present suggested ideas to improve the development of the SMHF website, which will be actioned by Wendy Spruce, these being;

- Include a section on local GPs
- Include a 'how to navigate' section for MMU
- Include accommodation and pastoral care sections
- Include a section for the student unions
- Include a section for the Eating Disorder Service

There was also discussion around the benefit of including information/guidance on improving wellbeing and mental health, however, as the main users of the website will be GPs, University staff and mental health services, it was agreed this would not be necessary.

The content of the website pages will be checked with the relevant services.

Any ideas and suggestions for content can be sent to Wendy Spruce ([wendy.spruce@manchester.ac.uk](mailto:wendy.spruce@manchester.ac.uk))

### **3. Manchester Early Intervention in Psychosis Service (EIP) Presentation**

Vikki Sullivan and Emma Jones gave a presentation, providing information about what is psychosis, an overview of the service and aims of the EIP, and information about eligibility and the referral process. A copy of the full presentation is included with these minutes.

Referrals can be made directly to the EIP, because of this the EIP ask that if a referral is made the client is informed of the referral. Referrals are then assessed within 2 weeks, by a consultant and care-worker. To be eligible for referral, clients are to be aged 14 – 35 years, living in Manchester, with a GP in Manchester (although will take if living in Manchester with GP outside area), and demonstrating a psychotic disorder. A client is not eligible if they have had psychosis for more than 3 years.

Treatment is found to be most effective if intervention is within the first 3 – 5 years of onset. The EIP will work with a client for 3 years, offering practical support and advice, as well as working closely with families for coherent support.

The EIP also offer an extended pathway, where they will work with a client for 6 months if further assessment is required. Recommendations are then made at the end of this extended assessment.

There are particular challenges for University students, such as the break in intervention during the vacation periods, which impacts on continuous support, and medicine management. Accessing students living in halls of residence can also present a challenge, although Brendon Jones the General Manager of Pastoral Care, offered to liaise directly with the EIP if this becomes an issue.

The EIP proactively engage with clients, however, some clients may choose not to work with the EIP, and may therefore need to be referred back to their GP.

If there is any doubt, referrals can be made to the Crisis Resolution Team, who can refer back to the EIP if appropriate.

### **4. Confidentiality**

The issue of maintaining confidentiality whilst sharing appropriate information across services was raised at the last SMHF meeting, in particular by the University Security team. Those present agreed this will always be a challenge. The University Security Team and University Disability Support Office (DSO) had met and agreed protocols, which has been helpful for both services.

### **5. DSO referral**

Bryan Coleman, Deputy Head of the DSO, advised those present there is a guidance document available for Health Professionals to assist in writing medical evidence letters for applications for Disabled Students' Allowances. A copy of this guidance document is included with these minutes.

### **6. Next Meeting**

The next SMHF meeting will be held in late February/early March 2012 at the Robert Darbishire Practice. Further details will follow in due course.

### **7. Going forward**

- a) Wendy Spruce to update the development SMHF website to include the suggestions noted in section 2, and email relevant pages to services to approve content.
- b) Wendy Spruce to invite the Crisis Resolution Team to join the next SMHF meeting, to give a service overview as the focus topic for the meeting
- c) Any suggestions for agenda items, or website content to be emailed to [wendy.spruce@manchester.ac.uk](mailto:wendy.spruce@manchester.ac.uk), or telephone 0161 275 3555