

DCP Scotland

Newsletter

October 2019

Hello and welcome to the October edition of the DCP Scotland newsletter. In this issue we have updates on policy, CPD and public engagement.

Scotland Chair's Update – Alison McMullan

SCHOOL HOLIDAYS are over, summer has drawn to a close and it's my last newsletter as chair! I am pleased to be leaving on such a high note. I greatly enjoyed my session at the 'Mentally Healthy Fringe' taster wellbeing experiences for performers. Mental health is now very much on the Fringe agenda and our Public Engagement lead, Alana Davis, featured on STV News and has also done a [podcast](#).



Congratulations to newsletter editor Edel McGlanaghy on the birth of Elena. Edel will now be supporting Jane-Louise Jackson who has taken on the role.

I attended my last DCP Executive as chair recently. Five of us were at our last face-to-face meeting and photos were taken with the chair. From the

left: Me, Petra Corr (Chair DCP-NI), Esther Cohen-Tovée (DCP Chair), Jan Hughes and Gary Latchford (Joint Chairs GTICP), Adrian Neal (Chair DCP-Wales).

The committees both national and local are fabulous, I thoroughly recommend the experience of working with them.



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Get in Touch

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Policy update

Parliamentary activity

We've continued distributions of the weekly parliamentary activity via Pagoda. In March, Pagoda secured support from Scottish Labour to oppose the proposed HCPC fees increase in Scotland.

In June, SAMH attained the secretariat role of the Scottish Parliament's CPG on Mental Health. Pagoda will therefore seek to engage SAMH to secure speaking slots and to influence upcoming CPG work for the BPS.

Pagoda and BPS members continue to engage with Scottish Government advisors to develop the Diabetes Framework.

DCP-S will continue to work with other BPS divisions in Scotland, 'Policy United', and Pagoda to ensure a coordinated and efficient approach to policy contribution in Scotland.

There is a call for DCP-S members to attend cross-party parliamentary groups to represent the division. These are on mental health, ACEs, learning disabilities, children and adolescents, and older adults. Contact **John Higgon (john.higgon@nhs.net)** for more information. DCP-S can provide expenses to support attendance, and in return, the DCP-S would appreciate a brief report after each meeting that you attend.

Group	Meeting
Mental Health	24/09/19
Adult Survivors of CSA	11/09/19
Prevention of ACEs	TBC
Autism	20/11/19
Armed Forces/Veterans Community	10/09/19
Children & Young People	TBC
Dementia	27/11/19
Learning Disability	17/09/19
Older Adults	18/09/19
Drugs & Alcohol	TBC
Men's Violence Against Women & Children	18/09/19
Chronic Pain	09/10/19
Diabetes	17/09/19
Epilepsy	26/09/19
Sexual Health	TBC
Heart Disease	08/10/19
Multiple Sclerosis	24/09/19

Legislation update

Regarding the Adults with Incapacity Act review, communications have been maintained with **Kirsty McGrath** (Head of Policy – Reform of Adults with Incapacity Legislation, Scottish Government) to keep the BPS in the loop. A letter was also sent to the Mental Health Minister to remind her of the BPS' commitment to partaking in all legislation reviews.

Regarding the Independent Review of the Mental Health Act (for LD and Autism; chaired by **Andy Rome**), the BPS submitted a response to the phase one consultation at the end of November 2018, prompting the BPS to attend the IRMHA on 7 March this year (attended by **Belinda Hacking, John Taylor, and Alison Clark**). Discussions centred around the phase one submission, psychological formulation, and the role of psychologists as responsible clinicians.



A BPS seminar was held on 25 April to engage key stakeholders (i.e. service users, workers in service delivery, and parliamentary researchers) on proposals to implement the 'Approved & Responsible Clinician' roles in Scotland. Feedback from this event is being drafted and will be cascaded at future engagement events with MSPs. The BPS submitted responses to follow-up questions on 7 May from the 25 April event.

The BPS and HOLDS are meeting with the IRMHA on 3 October for feedback and responses to the IRMHA's views – these will be submitted by the BPS before 1 November this year. We urge anyone with an interest in developing these discussions to explore the following surveys, where psychology is explicitly referenced (available until 1 November 2019):

- Survey 3 – Support for decision making.
- Survey 6 – How professionals make decisions.
- Survey 7 – How decisions are monitored.
- Survey 8 – Offenders.

<https://irmha.citizenspace.com/>

Policy update *continued*

Furthermore, there was discussion of LD and ASD being considered as 'disabilities' as opposed to 'disorders', and the use of 'intellectual impairment' as opposed to the term 'learning disability'.

Review of the Mental Health (Care and Treatment) (Scotland) Act 2003 (chaired by **John Scott**) is expected to commence in the latter half of 2019, with a short survey on the scope of the review being submitted by Heads of Psychological Services (HOPS).

The final report of the review of the delivery of forensic mental health services in Scotland (chaired by **Derek Barron**) will be published in June 2020.

Future work

The Scottish Government legislative plans for the year ahead involve 14 bills to be brought forward (<https://www.gov.scot/programme-for-government/>).

Key announcements relevant to BPS:

- **Mental Health:** establish Scottish MH policy and Research Forum to promote excellence and improve quality and quantity of MH research.
- **CYP Mental Health:** Develop 24/7 crisis support using open-access model allowing for self-referral. Work with NHS boards to deliver waiting time improvements for CAMH.
- **Perinatal Mental Health:** Support development of community perinatal MH service in Scotland. Focus on women with mild-moderate symptoms to access brief psychological intervention.
- **Suicide Prevention:** Develop and promote best practice in suicide prevention planning. Extend suicide prevention workforce and provide support to those in crisis and those who are bereaved by suicide.
- **NHS Workforce:** Launch a national recruitment campaign for nursing, midwifery, allied healthcare professionals and healthcare scientists.

Learning Disability Rep feedback

There is a continuing lack of development of LD posts (comparable to other specialities) with the workforce data revealing a 1% wte decrease from 2008 to 2018, despite substantial growth in other specialities i.e. Adult MH, (+37%), physical MH (+62%), Neuropsychology (+69%), Forensic Psychology (+86%). There is also concern around staff retention, with more taking on part-time or private work due to increased funding/budget cuts.

Children and Young People Rep feedback

Adele Pashley provided an update on the children and young people faculty. There are seven key networks within the Faculty for Children and Young People (see below). There are also reported retention and recruitment problems for CAMH services which will be monitored in the coming months.

- **Clinical Psychologists in Education.**
- **Clinical Psychologists Working with CYP in Forensic/Youth Offending.**
- **Independent Practice Network.**
- **The Infant Mental Health Network.**
- **The Forum for Inpatient Child and Adolescent Psychology Services.**
- **The Child Learning Disability Network.**
- **Paediatric Psychology Network UK.**

Given that our BPS policy priority for 2019 is the 'Year of the Child', it may be of interest to some members who may want to get involved with the following petition. This regards sourcing additional financial and non-financial support for parents of multiple births. Access [here](#).

Professional development

Sharon Horne-Jenkins provided an update on the CPD Project group, aimed at enhancing the psychological knowledge and professional skills of our members. We are keen to run CPD to meet members' needs and have a number of suggestions fed back by our reps at our recent reps assembly. There are themes around wellbeing, team working and dealing with complexity. We also received suggestions about CPD events from members in other regions and are happy to continue to take suggestions.

Completed CPD Events:

- **Delivery of Senior Leadership Training** (supported by HOPS) – **Alison McMullan** (DCPS Chair) and Division of Occupational Psychology. Feedback was provided to HOPS and BPS leadership Board by Alison.
- **Interdivisional Event on Trauma (2018)** – Presentation facilitated by **Alison McMullan** with **Sandra Ferguson** presenting for the DCP-S.
- **Mental Health Act Review Seminar** – Attended by **Alison Clark** (Policy Project Group/LD Rep).

- **Interdivisional Event on Children and Young People** – Attended by **Adele Pashley** (DCP-S Committee member).
- **Collaboration with the Law Society** (proposed by **Shri Cameron**) – focusing on collaboration to facilitate discussions on legal and neurocognitive, neurodevelopmental issues, as well as provide opinions on supporting young people in family court cases, i.e. ACEs aware family courts.

In-progress CPD Events:

- **Working with Teams Under Pressure** – facilitated by **Eunice Reed** (Wellbeing Project Group Member) in Stirling and Glasgow. Our CPD event running twice in October has been oversubscribed. We will be evaluating this to see if we would want to repeat.
- **Leadership Training Programmes** – review proposal to be presented at committee by **Sharon Horne-Jenkins**.

Media and communications

Jamie Ferrie (Communications Lead) discussed the continued development of the DCP-S Newsletter and continued success of the DCP-S Twitter page.

- **Newsletter:** provides information on: committee updates, policy, CPD, leadership and management, media and communications, and other relevant developments in Scotland.
- **Reps Assembly Update:** agreed by committee to develop a document to cascade key discussions of the DCP-S Reps Assembly (which you are reading now!).
- **Twitter:** increased follow numbers are encouraging and we hope to see this continue into 2020. We would invite recommendations for what information you would like to see on the Twitter page (contact Jamie.Ferrie@outlook.com).

DCP-UK – Developing Online Communities

The DCP Online Community website is currently in the final stages of production. This will be

a member only website (accessed via the BPS site) replacing a number of other DCP systems and incorporating a number of exciting opportunities to discuss topics, share materials, post questions and communicate with peers. Following key points:

- Access a single site specifically for DCP-UK, where, on one side are discussion streams where anyone can start a discussion and others can add comments, like a forum thread, as well as add papers/slides etc.
- There will be a blog function where DCP-UK members can share.
- There will be a dedicated library section where people can set up folders for specific information and share these with other members.
- There will be a live Twitter feed on another corner so you can see what is going on.
- Likely to launch at end of October 2019

Public engagement

Feedback was provided by **Alana Davis** on the public engagement events that had been taking place. Both **Alana Davis** and **Alison Wells** (NHS Lothian) co-organised a 'Mentally Well Fringe', which were two 2-hour events for performers at the Fringe. Both days provided a successful mix of workshops ranging from mindfulness relaxation, music and arts therapy, and challenging unhelpful thinking styles, facilitated by a range of volunteers from NHS Lothian and DCP Scotland including clinical psychologists, CAAPS, counselling psychologists, trainee clinical psychologists, assistant clinical psychologists, nurse therapists and arts therapists. Highlighting the skill mix

delivering psychological therapies within and outside of the NHS. This event also attracted the attention of STV with a segment on the 6pm news, which was great publicity for promoting mental wellbeing and the role of psychology! Congratulations to both Alana and Alison.

Alana reiterated the importance of being able to promote the message of how psychological principles can be used to promote good mental health to audiences who are less likely to come into contact with these messages, so that we are encouraging use of these ideas for prevention and to maintain wellbeing as well as at the acute end, when people are unwell or in crisis.

Other information

Universities & education

Alison McMullan and **Eunice Reed** are considering ways to re-engage the East and West Clinical Doctoral Programmes with the DCP-S.

Alison Robertson (Chair Elect) reported that the University of St Andrews was the first university in Scotland, and second university in the UK, to be accredited for the prestigious APPTS (Accreditation Programme for Psychological Therapies Services) from the BPS and Royal College of Psychiatrists. APPTS accreditation specifically assesses the effectiveness and evidence base of the service and recognises effective interventions and efforts to promote recovery. Accreditation is awarded following a rigorous, externally audited process measured against 56 quality standards assessing whether a service is safe, well-led, effective, caring and responsive to people's needs.

BPS Scotland Hubs

The aim of these hubs is to run events promoting networking amongst psychologists in a geographical region of the country, cutting across boundaries such as divisions, sections and special interest groups. Each Hub event is organised locally with support from Scottish Branch as needed to find an appropriate speaker and venue, and collect feedback. It was noted that the Dumfries HUB event organised by **John Higgons** had been a great success and well attended.

Leadership and Management

Eunice Reed attends as our rep. Useful to highlight the range of resources:

- Mentoring from DCP colleagues (for both newly qualified and experienced clinicians).
- Self-directed learning activities.
- List of upcoming BPS and Faculty events related to leadership.
- Reading materials and webpages.
- Links to NHS-specific leadership resources, including courses on leadership and development relevant to clinical psychologists.

New Reps

We welcome new Clinical Associate in Applied Psychology (CAAP) rep **Fiona Sorbie**. We're also looking for a new LD Rep to take over from **Alison Clark**.

DCP Mentoring Scheme

Reminder that all our qualified members can now access free mentoring to develop their leadership skills. Find out more [here](#), and spread the word.

AGM 2019

Will be held on 15 November 2019 at the Edinburgh Training and Conference Venue (16 St Mary's Street, Edinburgh, EH1 1SU). Programme to be circulated soon.



Other information *continued*

Early Intervention in Psychosis

Two NHS healthboards (NHS Forth Valley and NHS Highlands) are piloting early intervention for psychosis.



Policy Change and Impact Through Psychology Workshop

Presented by **Saskia Perriard-Abdoh** (BPS Policy Advisor for Health), who provided some interesting discussions on what policy is and how psychologists can influence policy change in an increasingly turbulent political climate.

There was discussion around three major political theories, and how each of these can be used to engage politicians with policy change.

Agenda Setting Theory (influenced by the Public and Media) – The more awareness an agenda item has on the public conscience, the more opportunity there is to inform policy change i.e. the ban of plastic straws following from environmental awareness documentaries.

Elite-Model Theory (influenced by individuals and nodes of power) – separates ‘the masses’ (public), from the ‘middle level’ and the ‘power elite’. Assumes that policy decisions are dependent on a small elite group, and thus requires the engagement of such groups.

Policy Stream Theory (dependant on timely opportunity) – assumes the necessity to have three streams to come together to offer a policy window that can lead to effective change. These three streams include:

- **Problem Stream:** where a problem has been identified as requiring attention.
- **Policy Stream:** where there is a solution to the problem.
- **Political Stream:** where Government has the motivation and opportunity to change policy.

