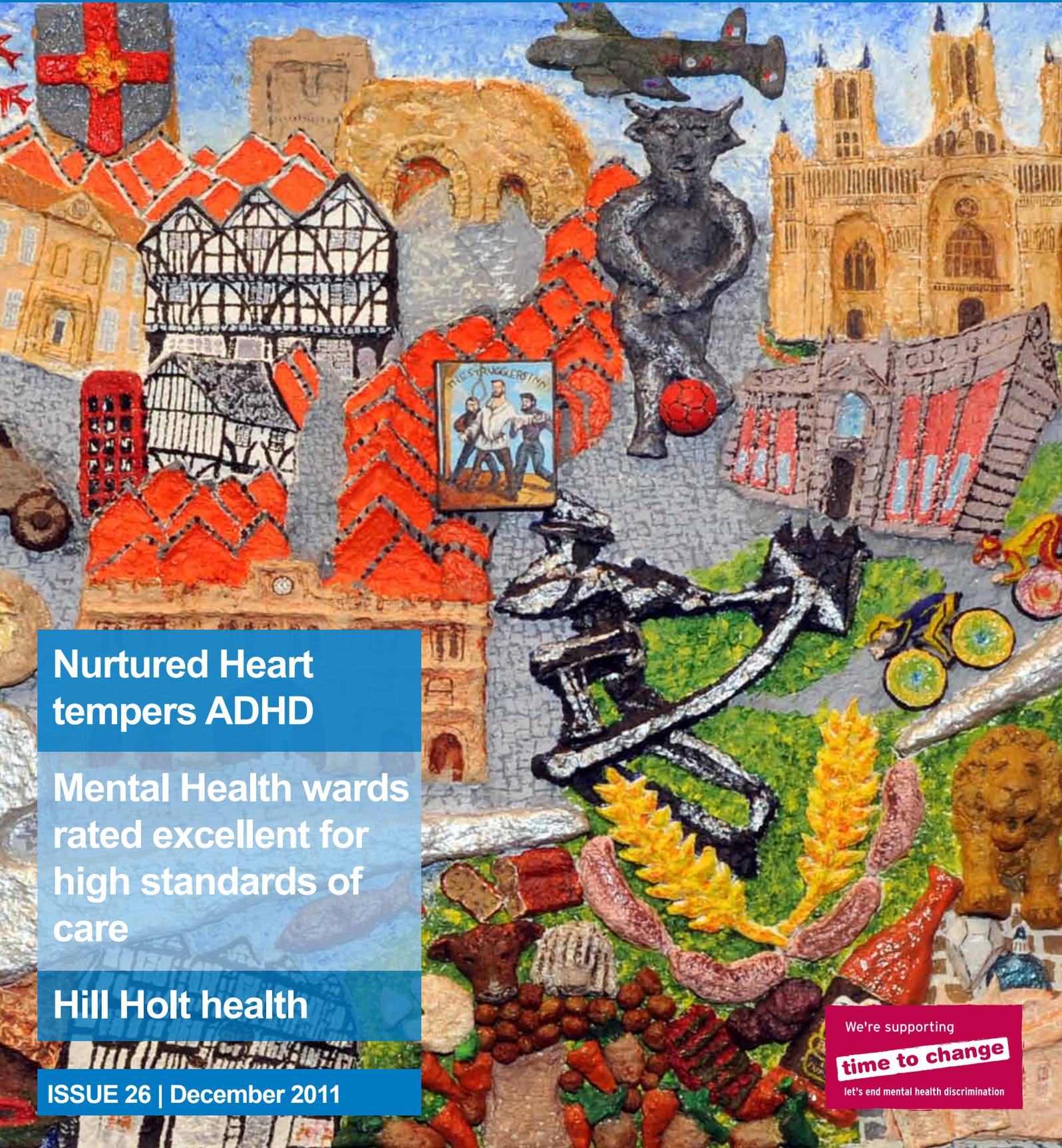


INMIND

Mental health, learning disabilities and substance misuse news for GPs



**Nurtured Heart
tempers ADHD**

**Mental Health wards
rated excellent for
high standards of
care**

Hill Holt health

ISSUE 26 | December 2011

We're supporting
time to change
let's end mental health discrimination

Welcome

Welcome to the 26th edition of In Mind and a special welcome also to Dr John Brewin our new medical director (p6).



I've known John for some years as he chaired SHA meetings I attended when he was based in Nottingham. He will be a great asset in Lincolnshire and as his wife is a GP he really understands mental health problems from our perspective.

I think this edition has the best cover ever, thank you and congratulations to the Gemini project. I encourage anyone visiting Lincoln Hospital to view the original which brightens up the waiting area enormously (p3).

Another impressive project helping both our patients and the environment is described in the Hill Holt feature (p7). I hope this, or similar projects, might be developed in other areas of the county.

A very special thank you in this edition must go to Lydia for her moving and insightful reflection of her difficult condition (p4).

Today I have heard that the BMA are formally opposing the plans the Coalition has for the reorganisation of the health service. As GPs most of us are struggling with vastly increased paperwork and emails associated with

the commissioning groups. Whether ultimately the health service will provide better care for patients I would not like to say, but I hope that mental health services will not deteriorate.

With this in mind, please do read Paul Jackman's feature (p6). Lincolnshire Partnership NHS Foundation Trust really is determined to improve the services it provides for our patients and Paul is keen to enter into dialogue so to this end he would be happy to respond to your emails.

Finally it remains for me to wish all our readers and their families a very happy Christmas and a peaceful New Year.

Nurtured Heart tempers ADHD

A new approach to alleviating the challenging behaviours of children diagnosed with Attention Deficit Hyperactivity Disorder (ADHD) has been achieving great results.



The American-developed Nurtured Heart Approach involves helping parents refocus their emotional energy away from the problems and toward building stronger and positive relationships with their 'intense' child. The success of this philosophy has led to schools and forensic services being developed with Nurtured Heart at their core.

At the invitation of LPFT consultant child and adolescent psychiatrist, Professor Sami Timimi, a workshop was held for interested clinicians by the founder of the Nurtured Heart Approach, Howard Glasser.

Howard, a former disruptive child, qualified in psychology and subsequently became a family therapist. He recognised through his own childhood experience that the recommended approaches for parenting challenging children did not work. This knowledge, combined with his academia, helped him to scope out the Nurtured Heart Approach.

Sami discovered Glasser's work as a result of his own interest and research in ADHD. Impressed by the results, Sami invited Glasser to lead the clinical workshop in Sleaford. The level of interest

in this teaching soon had the workshop oversubscribed.

Sami said: "This versatile approach can be used one-on-one, in group work with parents, and with children. It helps parents re-focus their emotional energy on finding strengths and celebrating their child."

Dr Sami Timimi, is a consultant with Lincolnshire's child and adolescent mental health services.

"Transforming the Difficult Child: The Nurtured Heart Approach" paperback Authors: Howard Glasser & Jennifer Easley Nurtured Heart Publications April 1999

Bright new era for local mental health support



A new organisation is bringing people together for a common purpose to improve mental health support in Lincolnshire.

Shine aims to connect people with services that most suited to their needs to improve their lives. The new network also unites mental health support service providers to work together for joint benefit.

Shine spokesperson, Stacey Gillott, said: "We can put people with a common interest in touch with each other and help them to work more closely and therefore, more effectively together."

Launch events are being held around the county for local people and support services to find out more about how Shine can help.

Venue:	Date:	Times:
Mablethorpe: Community Hall Stanley Avenue LN12 1DP	9 th December	11.30am - 1.30pm
Lincoln: Renew Centre Mint Lane LN1 1UD	13 th December	10am - 12 noon
Boston: Committee Room Municipal Buildings West Street PE21 8QR	20 th December	10am - 12 noon

For details, contact: Marion Christopher on tel: 01529 222 271

H'art of our city

Artwork created by mental health service users has been unveiled in the outpatients waiting area at Lincoln County Hospital.

The Heart of our City piece of wall art depicts well-known Lincolnshire landmarks and other images representative of local people at work, rest and play.

Heart of our City was produced by artists from the Gemini art project, a recovery group supported by LPFT. Research studies suggest that opportunities to engage in creative activities play an important part in recovery from mental ill health. Gemini assists the recovery process by helping people to share their experiences and make connections with other people through their creative art activities.

For more details about Gemini, contact LPFT creative arts lead: Terry Overton on tel: 01522 573526



A personal reflection on Bi-polar Disorder

“When darkness comes he follows me everywhere I go. You can’t get rid of him when he arrives. He makes me so tired. He pulls my insides out and replaces them with mud.

I am no longer a proper human being. He fills my mind with nothing. I can’t lift my head, it buzzes and aches. Maybe I’ll stay still in this one place forever. He tells me I deserve every bad thing I have ever gotten and I have only ever gotten bad things.

I am preoccupied with endings, he encourages me. Sometimes he invites his friend around to keep a close eye on me; he makes my muscles twitch and my head spin. My heart beats too fast and I can’t breathe, he scares me and twists my thoughts.

When light shines he scares the others away. He seduces me into thinking everything is okay. He controls what I do, I don’t mind, he is witty and charming. Everybody is interested in what he has to say and he has a lot to say.

My brain might explode with all the ideas he puts there. He widens my eyes and shows me what all of my senses are really for. He plays with me for a while, we explore and go on adventures, he flies me up past the stars, he is my greatest friend, but he is not what he seems.

Soon he becomes too much, he won’t let me sleep and has too much energy. He makes me irritable and agitated he is brutal and relentless. He makes my mind move too fast and other people’s mouths move too slowly.

He convinces me that people are out to get me, I am being spied on. He tells me they will knock on my door at any moment and take me away for the terrible crime I have committed. I ask him who they are and what I have done wrong, he doesn’t know yet but he knows it’s bad. He keeps me awake so long that I start to see things I wouldn’t normally see. He makes me bleed all over my bathroom floor.

After he has had his kicks with me and tested my strength he finally gives me back myself, but I am only on loan, he’ll be back eventually, they all will.”

A true account from Lydia, a service user.



New library opens at PHC

A brand new library at the Peter Hodgkinson Centre (PHC) in Lincoln has opened its doors to service users and staff in September.

The opening marks a milestone in the redevelopment of service user focussed services at the PHC. It will allow its users to access a broad range of evidence based patient information, self help guides, medical literature and information on complementary medicine.



Mental health wards rated excellent for high standards of care

Two mental health wards at Lincolnshire Partnership NHS Foundation Trust have received the highest accreditation for standards of care.

The Charlesworth and Connolly wards at the Peter Hodgkinson Centre (PHC) in Lincoln which offer in-patient assessment and treatment for adults, have received an ‘excellent’ accreditation for Acute Inpatient Mental Health Services (AIMS) from the Royal College of Psychiatrists’ Centre for Quality Improvement in October.

The standards have been subject to extensive consultation with all the professional groups involved in the provision of acute in-patient mental health services. They have also been tested by several mental health trusts with the active involvement of service users and their carers. The standards cover aspects such as general standards, timely and purposeful admission, safety, environment, facilities, therapies and activities. Both wards met all the requirements from across more than 450 quality standards.

PHC team leader, Donna Bradford attributes their success to the way the team works together to provide the best possible care for service users.

LPFT chief executive, Chris Slavin, said: “AIMS identifies and acknowledges wards that have high standards of organisation and patient care. It is fully deserved by all PHC staff, who provide high-quality care for our service users and their carers.”

The AIMS accreditation lasts for four years, subject to satisfactory completion of an annual review.

For more information about AIMS accreditation please visit The Royal College of Psychiatrists’ website: <http://www.rcpsych.ac.uk/>

Image above: Front row - Right - Dave Oakes
- PHC volunteer librarian

What more can local mental health services do to help GPs?

In February 2011 the coalition government published No Health Without Mental Health, a cross-government strategy to improve mental health outcomes for people of all ages. Among its many laudable objectives are two that Lincolnshire Partnership NHS Foundation Trust is especially keen to work with GPs on:

1. more people having a positive experience of care and support, and
2. more people with mental health problems having good physical health.

To achieve these, the LPFT has to overcome two obvious and massive challenges.

The challenges ahead:

LPFT has to:

- Find savings across its health and social budgets on a scale never previously experienced;
- build the new NHS in the face of continuing political uncertainty.

LPFT does not underestimate the size of the task. But nor does it underestimate the determination to see this through to get the best possible experience and outcome for its service users.

And so LPFT is already working closely with GPs to plan care and support that ensures that people do access the timely, evidence-based and least intrusive help which improves both physical and mental health envisaged by No Health Without Mental Health.

LPFT has already embarked on major changes to organise specialist mental health and social care services to get the best possible value from shrinking resources.

LPFT has made a good start; however it needs to do more to engage and support GPs to ensure it is doing everything it can to support its GP colleagues achieve the things they want for their patients.

LPFT associate director of strategic partnerships, Paul Jackman, would be delighted to talk to any GPs about how LPFT can work with you to rise to this challenge.

You can contact Paul by emailing: paul.jackman@lpft.nhs.uk

New mental health medical director



Lincolnshire Partnership NHS Foundation Trust is pleased to announce the appointment of a new medical director to its executive board.

Dr John Brewin, joined LPFT in October, having been previously employed as an associate medical director for the locality services division within Nottinghamshire Healthcare NHS Trust.

Dr Brewin said: LPFT has an excellent reputation for providing high quality care for people with mental health problems. There are many challenges ahead in the current financial climate, and ensuring we continue to develop excellent services for this vulnerable patient group, will be a priority for me.

Music group soothes the soul

Making music and singing are sources of expression which provide valuable outlets for many people. It is particularly therapeutic for individuals with complex communications needs who find it difficult to process their emotional experiences verbally.

Acorn music group has been meeting weekly for the past three years in Boston to provide musical creativity in a friendly, safe environment. Service users and their carers can play instruments and sing to enhance their abilities, build on their self-confidence and improve their social skills.

Acorn's objectives are team working, while retaining individuality; reducing the stigma of mental illness labels; practical peer support; and integration into the wider community.

The group's members' abilities range from those who have been singing or playing instruments for many years, to those who have never had any musical involvement before.

Acorn's membership has steadily increased with its popularity. It is headed up by volunteer, Neave Taylor and his wife, Annette. They meet every Friday at The Acorn Centre on Horncastle Road in Boston from 11am to 1pm.

Neave said: "If you just get pleasure from music and good company then this is a positive place to be. The music is varied; we can accommodate anyone. A natural development of making music together and socialising has helped group members to support each other with practical issues, everything from giving each other lifts to resolving much more demanding problems."

New members who currently have a care coordinator are welcome to join the group. For more joining details, please call LPFT community psychiatric nurse Karen Le Boeuf on tel: 01205 445151

Hill Holt Health



Volunteers preparing land for a fire pit and seating area.

Mental Health Provision in Ancient Woodland, the Ecominds project established by environmental social enterprise, Hill Holt Wood aims to provide people with experience of mental health and wellbeing issues a 'green environment' and purposeful activity to support their journey to recovery.

The project is managed by occupational therapist, Nikki Gibson, who has been seconded by LPFT, and woodland ranger, Ian Beeson. It offers structured and valued activities to individuals within the natural environment of a woodland.

The project aims to improve an individual's well being through engagement in purposeful activity. People have the opportunity to work as part of a team to maintain the woodland, part of it ancient, for the benefit of the local community.

Activities undertaken include general woodland maintenance such as coppicing, rhododendron clearing, tree felling as well as creative activities like green woodworking, carving, art and craft projects, and photography.

The volunteers have the opportunity to learn skills in forestry, bushcraft and outdoor cooking whilst developing their confidence, social interaction and team working skills. Activities undertaken also give the opportunity to develop cognitive and processing skills and offers supportive practice opportunities.

The project runs from Norton Disney Big Wood, just off A46 between Lincoln and Newark. Volunteers can attend between Monday and Friday. Transport can be arranged at a small charge.

Funding for the project comes from an Ecominds grant supported by the National Lottery and Mind.

Sustainability for the project is hoped to come from offering natural burials in the woodland, block commissioning of places and also use of personal budgets.

Volunteers do not have to have a formal mental health diagnosis or to be seen by LPFT services, they only need to have challenges to their mental health and well-being. Referrals are taken via any route, including self referral.

If you would like to know more about the project or to make a referral please contact Nikki on nikki@hillholtwood.com 01636 892836 / 07582 937244.



Cabinet making – woodland style!

Football & service charities join forces to help young veterans

Inside Right is a mental health and wellbeing programme which uses football as a vehicle to help young service veterans adjust to civilian life.

insideright

**Football
Foundation**

Using the hook of football and the appeal of professional football clubs, Inside Right improves service leavers' health and wellbeing and provides access to on-going support and services.

Initially a three-year pilot, Inside Right, is being delivered by five professional football clubs: Chelsea, Colchester United, Everton, Lincoln City and Portsmouth.

Aims of Inside Right:

- Reduce the isolation affecting veterans through a programme of social activities focused around the football club, such as attendance at matches, social events, meeting players, etc.
- Provide physical activity and social opportunities for younger veterans.
- Offer veterans access to training qualifications, and volunteering roles.
- Raise awareness and access to the array of support services available.

Referral Criteria

Inside Right is open to ex-servicemen and women (aged 20-50 who may be socially isolated, long term unemployed, or on a low income), with a diagnosis of a mental health issue or vulnerability.

Health professionals can refer people from all services to the football clubs direct, by using a referral form: www.footballfoundation.org.uk/our-schemes/inside-right/

Damon Parkinson, who is lead coach at the Lincoln project, said: "We want to promote team work and encourage ex-servicemen and women to become more involved with the club. For many people sport is a release and can definitely increase motivation, esteem and self confidence."



Image: Graham Taylor OBE, Air Dog Buster and Lincoln players launch the Lincoln City FC Inside Right programme.

Contacts Book

Medical director: Dr John Brewin
Director of strategy performance & information: Ann Hunt

Deputy director of strategy & service transformation: Dr Carol Brady

General Adult Services

General manager – Mary Quint
Clinical director – Dr Tim O'Grady
Associate clinical director – Dr Stuart Beatson
Acting clinical director, older adults – Dr Kishore Gopalkaje

New RCGP online course:

Veterans Health in General Practice

- Caring for veterans and their families
- Mental health problems
- Severe or long-term injuries

Free to all primary care professionals!

Created in partnership with the Department of Health and the Royal British Legion with support from Changing Faces

elearning.rcgp.org.uk



This publication can also be made available in large print, other languages, braille, audio or electronic formats.

This magazine is printed from 100% sustainable source materials. Please recycle when you have finished reading.