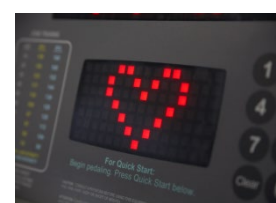
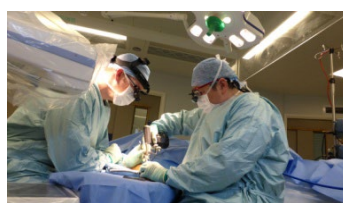


# Mental Health Strategy Update

**Sarah Turner**

**Assistant Chief Nurse Vulnerable Adults**

Trust Board 12<sup>th</sup> May 2022



# Mental Health Strategy Update

Bradford Teaching Hospitals  
NHS Foundation Trust

## BTHFT Mental Health Strategy 2021-2023

### OUR VISION

To promote, protect and improve positive mental health whilst providing outstanding physical care.

### OUR VALUES

We care • We value People • We are one team

### STRATEGIC OBJECTIVES

To deliver outstanding care for patients  
To be continually learning  
To collaborate effectively with local and regional partners

### PRIORITIES

**Training** – Health Promotion - Safe therapeutic Environments - Signposting to specialist service - De-escalation  
**Workforce** – Specialist lead post - Staff well being - Awareness campaigns - Supporting students  
**Information sharing** – Appropriate access - Reduction in repetition - Development of EPR templates  
**Partnerships** – Improved discharge planning - Reducing health inequality - Pathway planning - Patient experience

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Bradford Teaching Hospitals  
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- Approximately 1 in 4 people in the UK will experience a mental health problem.
- Patients with a mental health/illness diagnosis are at three times greater risk of premature death and a reduced life expectancy of approximately 20 years. With suicide accounting for 25% of deaths.



**Training** Level 1 e learning package devised, de-escalation and restraint training undertaken. Mental Health First Aider training

**Workforce** Specialist Practitioner, Thrive initiative

**Information Sharing** EPR templates, electronic referral system access

**Partnerships** regular meetings with BDCFT, Core 24, MAST

Let's talk  
about mental  
health

## Mental Health BTHFT Bitesize

Spring Newsletter 2022

Issue 5

### Quarterly sub group for Mental Health!

The quarterly MH group is a great opportunity to discuss care at a ward/service level, supporting positive change to care. We welcome new attendees who wish to affect positive change to practice, next date is:

- 5<sup>th</sup> May (2-3.30pm)

To attend please contact  
[ashley.greaves@bthft.nhs.uk](mailto:ashley.greaves@bthft.nhs.uk)

### Take Note series...

Guidance on boundary setting in  
behaviour management:

- Be consistent – as a team and individual to ensure a continuous approach
- Communicate clearly – such as being objective/specific with time, requests etc
- Remain calm – the more agitated/aroused you become the more likely the situation may escalate
- Remind people of safety - this helps offer a rationale as to your approach/actions

### The role of health promotion in Mental Health: Do you promote healthier mental wellbeing?

- Sleep:** Poor sleep impacts cognition and MH. Advise sleep hygiene advice or healthy evening routine.
- Accessing support:** People are often worried or confused about support, signpost to local services
- Substance use:** Smoking, alcohol or drugs are all detrimental to MH. Offer brief advice or signpost to FRANK
- Medication:** Do you ever advocate for patients having autonomy of their treatment and better understanding what they are being offered given?

### Be Mental Health aware...

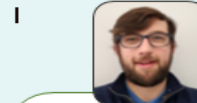
Mental Health BTHFT Bitesize is a quarterly newsletter to help share information about mental health to support your practice!

### Recent learning & info

- CQC Out of Sight (2022) report highlights that "There must be renewed attempts to reduce restrictive practice by all health and social care providers" due to concerns restrictive practices were not supportive of trauma and patients who were more restricted in hospitals found it harder to recover.
- Creation of 'Online Safety Bill' by UK Gov helping to highlight impact of harmful content on social media e.g. self-harm and suicide. Recent UK study also found teenage use of social media linked to lower wellbeing.

### What is behind a persons' distress?

- ✓ Possible childhood abuse/neglect
- ✓ Changing stressors out of the persons control
- ✓ Lack of trust in professional support / feeling of being unsupported
- ✓ Unmet mental health needs



### MH Specialist Practitioner

BTHFT have our own Mental Health Specialist **SPaRC** who can support with patients who have Mental Health needs. Get in touch for support.



07967 673467



[ashley.greaves@bthft.nhs.uk](mailto:ashley.greaves@bthft.nhs.uk)

### Awareness dates in 2022...

- Stress Awareness Month (April)
- MH awareness week (May 9th-15th)
- Schizophrenia Awareness Day (July 25th)

### Spiritual/Pastoral support:

Many patients may have religious beliefs or spiritual needs, have you considered contacting the **SPaRC** team to support patients needs.

**SPaRC** team no.

01274 365819

[SPaRCteam@bthft.nhs.uk](mailto:SPaRCteam@bthft.nhs.uk)

### Resources to use or offer patients:

Here are some apps that people may find useful for self-help:



**Catch it** – Helps with dealing with negative thoughts



**distrACT** – Advice about self-harm and suicidal thoughts



**Stress and Anxiety companion** – Supporting you to develop breathing exercises and distraction techniques.

### What's happening behind the scenes?

Winter pressures have impacted on the progress of some work, however we are currently supporting a number of wider system processes to help things such as risk management, response to crisis, and staff wellbeing.

### Training/Resources for staff:

- Have you refreshed your e-learning for MCA (Mental Capacity Act Level 1)
- Non-mandatory** ESR module: "000 Mental Health Awareness for Healthcare Professionals" (2 hours)
- Ad-hoc support sessions can be delivered to your ward/department get in touch with Ashley Greaves to arrange

### Understanding escalating behaviour, what may cause it?

#### Physical Issues:

E.g. Constipation, pain, electrolyte abnormalities, withdrawal, sleep deprivation.

#### Cognitive Issues:

E.g. Communication needs, difficulty with language or dialect, LD, disorientation, loss of insight.

#### Psychological Issues:

E.g. Fear or anxiety of care/hospital, anger (previous poor experience), mania, fixed beliefs, or psychotic symptoms.

#### Environmental Issues:

E.g. Noise, lighting, cultural factors, lack of information about care, long waiting times, over or under stimulation.

**There are often interventions that can support people to reduce escalation, being solution-orientated is helpful!**

### Crisis support numbers:

First Response (Bradford):

0800 952 1181 (24/7)

Samaritans:

116 123 (24/7)

PAPYRUS (Young People):

0800 068 4141  
 (9am - Midnight)

### References:

CQC Out of Sight: <https://www.cqc.org.uk/publications/themedwork/issreview>  
 CQC Out of Sight: <https://www.cqc.org.uk/publications/themedwork/issreview>  
<https://www.nature.com/articles/s41467-022-28126-1>



- **Training** For conflict resolution, de-escalation and restraint to be high priority training and for a specific training post to be developed.
- **Workforce** Mental Health Nurses/ healthcare assistants within establishments in key areas. Ongoing work for support for staff
- **Information Sharing** Further work with EPR to look at risk assessments and ability to access Mental Health Act paperwork. Shared referral with PLN
- **Partnerships** Core 24, patient engagement / involvement in service development

# Thank you