

# Breakout C: Where do people with mental health and substance use concerns present, and what happens to them?

# Agenda

|               |                                                                                                                    |                                                                                                                                                                                |
|---------------|--------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 11.45am       | Welcome to the room                                                                                                | Dr Robin Moore, Clinical Lead for Mental Health and Substance Use, Healthcare Improvement Scotland                                                                             |
| 11.50am       | Doing it differently in Dundee                                                                                     | Julia Martineau, Primary Care Programme Manager, Dundee HSCP                                                                                                                   |
| 11.57am       | Understanding Psychological Distress and Therapeutic Environment in the Emergency Department - the UPDATE-ED Study | Dr Rajendra Raman and Dr Jane Grassie, Consultants in Emergency Medicine, NHS Fife                                                                                             |
| 12.04pm       | Experiences of accessing health and care                                                                           | Natalie Logan, CEO, Sustaining Interventions Supporting Change Outside Allan Houston, Senior Addiction Worker, North West Alcohol and Drug Recovery Service, Glasgow City HSCP |
| 12.11pm       | Introduction of facilitated group discussions                                                                      | Gregory Hill- O'Connor, Strategic Planning Advisor, Healthcare Improvement Scotland                                                                                            |
| 12.15pm       | Facilitated group discussion                                                                                       | All                                                                                                                                                                            |
| 12.50pm       | Feedback to the room                                                                                               | All                                                                                                                                                                            |
| <b>1.00pm</b> | <b>Lunch</b>                                                                                                       |                                                                                                                                                                                |

# Where? – often several presentations

- Primary Care
  - Self
  - Brought by third party – relative/friend/carer/advocate
- Drug and Alcohol Services – statutory and third sector
- (Perceived) Crisis?
  - A&E
  - Mental Health Hubs
  - Police

# A Case

- Late 40s M
- GP Presentation – accompanied by friend
- Under alcohol services, awaiting detox.
- Citing MH bad, suicidal
- Clearly smelling of alcohol and admits to drinking prior to appt
- “There’s nothing you can do for me then...”
- Subsequent presentation to MH hub and referral to crisis team

# Outcomes

Assessment - ?requires crisis team referral - flags

Paradox of Presentation – arguably signifies a lower risk profile

Managing Risk – substance/alcohol use

Offering Support

Giving Hope

Follow-up?

Medication?

Vicarious Trauma



# Doing it Differently in Dundee

## Dundee Primary Care Drug Redesign Project

Julia Martineau, Primary Care Programme Manager, DHSCP

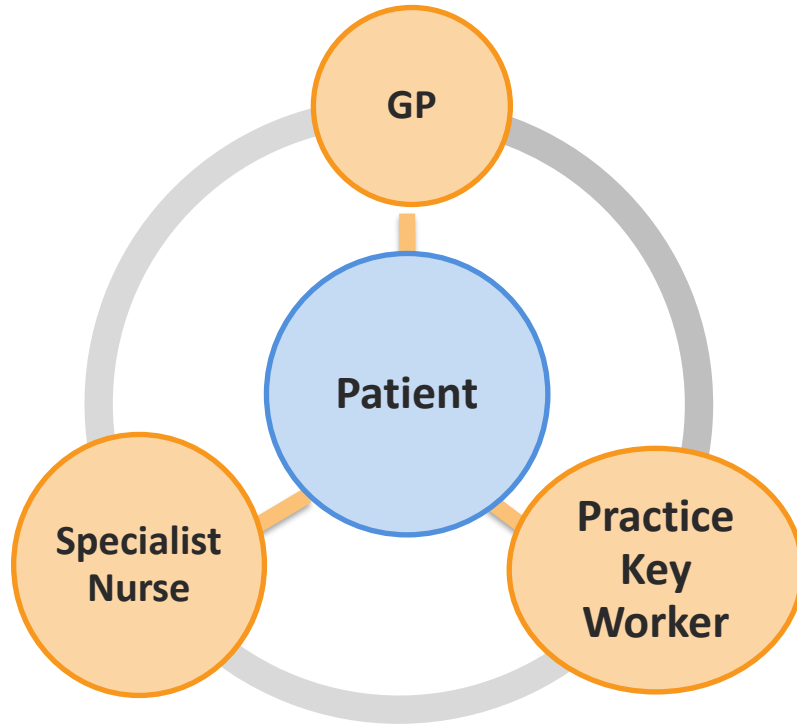


Leading quality health and care for Scotland

# Lack of suitable MH support for SU patients



# Our triad model





# Low level mental health support

Recovery Workbook

Self Help Groups – NA, SMART

Community Cafes

Online Resources – With You

Contingency management

Talking Therapies

“I found the pages on anxiety really helpful”

## Table of Contents

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- 02** Accepting Help and Cycle of Change
- 03** Feelings
- 04** Withdrawal
- 05** Triggers and Cravings
- 06** Abstinence
- 07** Values
- 08** Belonging and Important People
- 09** Recovery Routines
- 10** Recovery Resources

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Dundee GP Shared Care

## YOUR RECOVERY WORKBOOK

The questions below could help you to think about how you feel about asking others for help with your recovery. Read through the questions and, if it feels right for you, write down your answer. Different support works well for different people and it's important that you find what works best for you.

1) How do you feel about asking for help with your recovery journey?

2) What could another person offer you as help with your recovery journey?

3) Would you like to help another person with their recovery journey?

## Higher level mental health support

**GP**

- Advice & Guidance
- Key Worker & Nurse have rapid access to GP
- Same day appointment

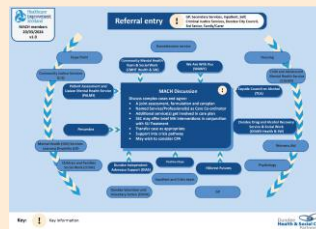
# Psychology

- Service Level Agreement between GP practice & DDARS Psychological Services
- Enables patient to access specialist substance interventions

|                                                                                                                                                                                                                                   |   |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|
| <b>Shared Care Referral to TDMs Psychology</b>                                                                                                                                                                                    |   |
| <b>Service Level Agreement</b>                                                                                                                                                                                                    |   |
| <p>Agreement on shared care referral to TDMs Psychology services (shared agreement). The document is intended to be used as a template and should be adapted to suit the requirements of individual local authority agencies.</p> |   |
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# MACH

- Multi Agency Consultation Hub offers integrated response
- Partner agencies discuss coexisting MH & SU cases



## Crises

- Crises support eg Hope Point (Penumbra)
- NHS 24 MH Hub
- Crisis Resolution Home Treatment Team (Inpatient)

# Patient Stories of collaborative care

SAM :transferred to GP Care but with continued psychological input from the specialist service. Sam's Triad (GP, Nurse, PKW) and the Psychology team work closely, keeping each other updated on Sam's progress. Sam is happy as he feels being under the care of his GP is the right place for him and he is making progress.



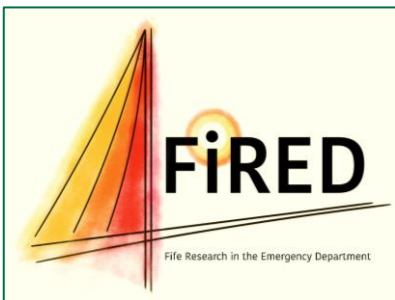
JANE: moved to GP Care some time ago and was doing well until an event led to Jane expressing suicidal thoughts. The PKW sought the patient's consent to contact Hope Point. In the end, Jane was admitted as an inpatient & PKW & project nurse visited Jane and connected her with Women's Aid who found Jane alternative accommodation. Jane now feels safe and more positive about the future.

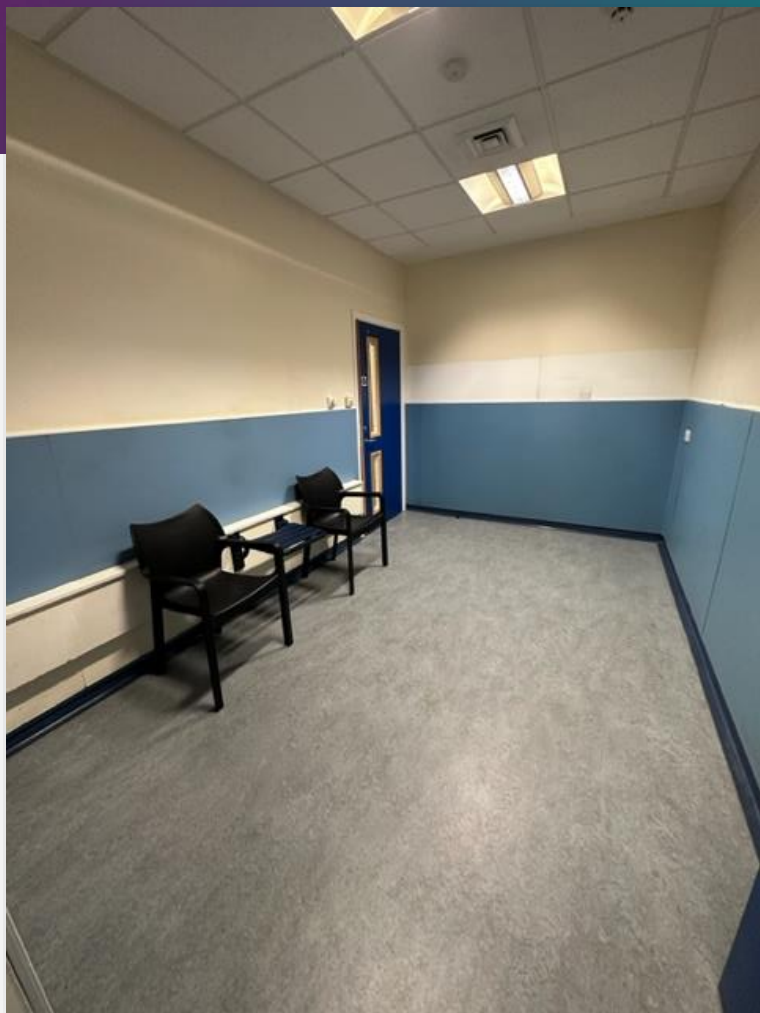


# UPDATE-ED:

## Understanding Psychological Distress & Therapeutic Environment in the ED

# Dr Rajendra Raman & Dr Jane Grassie







# Experiences of accessing health and care

Natalie Logan, CEO, Sustaining Interventions  
Supporting Change Outside

Allan Houston, Senior Addiction Worker, North  
West Alcohol and Drug Recovery Service,  
Glasgow City HSCP

# Group discussion

