

MINUTES OF THE ELEVENTH MEETING OF THE CROSS PARTY GROUP ON MENTAL HEALTH ON 12 JUNE 2014 IN THE SCOTTISH PARLIAMENT

1. PRESENT

Mark McDonald MSP (Convenor) (Chair for this meeting) Malcolm Chisholm MSP (Convenor); Mahmud Al-Gailani; Timothy Aikman; Anne Marie Barry; Shaben Begum; Joe Bowden; Shane Buckeridge; Alison Cairns; Alastair Cook; Mark Cooper; Susan Donnelly; Catherine Eadie; Peter Glissov; Laura Gibson; Doreen Graham; Thomas Jennings; Jenni Jones; Rachel Mapson; Colin McKay; Frankie McLean; Rebecca Middlemiss; Joe Morrow; Alastair Moodie; Pamela Murray; Andrew Muir; Paul Nicholson; Chris O Sullivan; Sara Preston; Carolyn Roberts; Claire Thomas; Fiona Thompson; Andrew Sim; Alex Stobart; Lesley Wilkinson; Gill Wood.

In attendance

Karen Addie (Minutes)

2. APOLOGIES

Apologies for absence were received from: Anna Buchanan; Jude Clarke; Mig Coupe; James Hendry; Isobel Kerr; Faye Keogh; Gordon Liddle; Traci Kirkland; Brian Magee; Karen Martin; Joyce Mouriki; Alison McInnes MSP; Stacey Webster and Mary Scanlon MSP.

3. MINUTE OF THE MEETING HELD ON 26 March 2014 (previously circulated)

The minutes of the meeting held on 26 March were accepted as an accurate record of the meeting.

4. MATTERS ARISING

Mark McDonald asked members to raise any issues from the previous meeting and indicated there would not be enough time to consider anything under AOCB. The group agreed and no issues were raised. It was also agreed to remove AOCB as a standing item for future meetings.

5. PRESENTATIONS –WORKING TOGETHER, EMPOWERING ACTION

Mark McDonald MSP introduced the presentations from Alex Stobart (Action on Depression) and Joe Bowden (Positive Prison, Positive Futures)

A note is attached from Alex Stobart. Contact details are enclosed for both organisations if anyone wishes to contact the speakers directly.

Mark McDonald then opened up to questions from the group.

Shaben Begum informed the group that Scottish Independent Advocacy Alliance (SIAA) are trying to introduce advocacy to prisons and asked Joe Bowden what he knew of collective advocacy. Joe replied that they don't have specific plans but listen to individuals and then react to what they say and they will act on the person's behalf to deal with social work or housing or healthcare. Sometimes they can just start off a conversation with professionals and then let the person themselves take over. The core values of Positive Prisons Positive Futures are co-production and person centredness. In response to whether anything is happening to change system collectively Joe replied that his organisation will work with anyone.

Susan Donnelly asked Joe if their own staff have access to mental health first aid training. Joe confirmed that they have some training for part time paid staff but a lot of the work is done by volunteers. Joe also said the mental health first aid training should be mandatory for prison officers.

Alastair Cook commented on the huge amount of distress and depression in society in Scotland which needs a range of approaches. Communities need to be aware and there needs to be good access to different approaches. He mentioned the SAMH survey of GPs which showed they don't know who to turn to when dealing with these issues. Alastair went on to say he has worked in the field for over 20 years and thinks GPs are much more aware but their approach needs further training and support.

Alex Stobart added that it would be good if a randomised control trial could take place in somewhere like Orkney where one service was invited to be different and allowed to empower their citizens to have more control and have a more flexible service geared to the needs of the individual. As the system is so complex with a huge amount of legacy in addition to processes like EU procurement it is clear there are many barriers that would prevent a real shift of power.

Alastair Moodie asked what is the perception of See me and do people think it has made a discernible difference in Scotland? Alex Stobart said he thought it needs to be further developed and he would personally like to see the word discrimination used more instead of stigma. Chris O Sullivan further explained that See me has now had a re-launch and management is now via a partnership of SAMH/MHF with new funding and a new set of objectives. They are now trying to move away from strategies in the past and be geared more towards principles of discrimination and human rights. The new programme has staff in post and has started operational work. At an event in May 250 delegates asked for lived experience to be at the centre of any future See me work. It is offering some grants to community groups to engage in anti-stigma work. He suggested it would be helpful to have them at CPG.

The group moved on to discuss the Positive Prisons work and whether it has been evaluated. Joe explained that they offer a wide range of services to help people through their journey from prison back to society.

They can link with other organisations and hold the person's hand for the first couple of visits. Funding is always a huge issue. The organisation aims to put the right person with the right people as the person receiving the service has to feel totally comfortable with whoever is helping them.

Carolyn Roberts talked about the launch of their SAMH research on GPs. The Royal College of GPs have stated that their members need to have proper accredited training in mental health. Joe added that the prison service also need more training and it needs to be joined up.

6. ORGANISATIONS SEEKING MEMBERSHIP OF THE GROUP

(i) BEAT

Sara Preston from BEAT (Beating Eating Disorders) spoke about the work they do for people with Eating Disorders and their carers and families. They use young ambassadors with personal experience to speak to professionals. They also raise awareness of the disorders with young people through work with schools and conferences. They want to be involved in broader aspects of mental health in Scotland and keep up to date and therefore they would be keen to join the CPG. The group agreed BEAT could become an organisational member.

(ii) NSCPPC

Mark Cooper, Public Affairs Officer spoke about the particular focus of the NSCPPC on mental health and the belief that it begins before the birth. He went on to highlight their work with families to improve child's outcomes in life. They would be keen to share their research on this particular area and to work with others on issues they have identified that are contributing factors to poor mental health. The group agreed that NSPPC could become an organisational member.

(iii) Psychiatric Rights Scotland

Andrew Muir informed the group the PRS are a group of service users and carers with a focus on human rights. They are concentrating on the report from the UN Committee on the Rights of Persons with Disabilities which was published in April proposing a ban on compulsory treatment. The group agreed to PRS becoming an organisational member.

7. ANY OTHER COMPETENT BUSINESS

No items raised

8. DATE AND TIME OF NEXT MEETING

24 September 5.30pm CR5 – the AGM will take place at the beginning of this meeting.

Details of Organisations who spoke at the meeting.

Action on Depression

5, Rose Street, Edinburgh EH2 2PR. Tel: 0131 243 2786 Email:

admin@actionondepression.org

<http://www.actionondepression.org/>

Positive Prisons

<http://www.positiveprison.org/>

- Telephone 0141-353-4312 (Office Hours)
- Mobile 07500-743263 National Coordinator
- Mobile 07557-403486 Advice and Guidance
- Mobile 07419-311326 Health and Wellbeing
- Mobile 07967-111530 Communications and Information
- E-mail contact@positiveprison.org
- Freepost postal address:

FREEPOST POSITIVE PRISON

(just write this on the envelope – no stamp required)

9. DATE AND TIME OF NEXT MEETING

24 September at 5.30pm in CR 5 (the AGM will also be held at this meeting)