

Primary Care Mental Health Forum

Inaugural meeting held at RCGP, January 8th 2009

Present:

Carolyn Chew Graham (co-Chair)	RCGP
Roger Banks (co-chair)	RCPsych
Safi Afghan	RCPsych
Linda Gask	RCPsych
Richard Byng	RCGP
Chris Manning	RCGP
Dave Thomson	RCGP
Huw Lloyd	RCGP
Andre Tylee	RCGP
Les Ashton	RCGP
Ian Walton	RCGP
David Shiers	RCGP
David Smart	RCGP
Gabriel Ivbijaro	RCGP
Saqib Ahmad	RCGP (staff)
Mike Whelan	RCGP (staff)
Jo Grim	RCPsych (staff)

Introduction and Apologies

Apologies were received from Jonathon Campion.

Carolyn-Chew Graham (RCGP) and Roger Banks (RCPsych) would be jointly chairing the Forum.

Carolyn explained her role as RCGP clinical champion for mental health and that this was complimentary but separate to her role with the Forum. Roger Banks explained that he had recently been appointed as the Royal College of Psychiatrists lead on primary care as a continuation of the work he had undertaken over previous two years as Vice-President. He explained that RCPsych was organised into Faculties for different specialties and that a Primary Care network has just been set up in RCPsych which it is hoped would extend across faculties, divisions (geographical) and special interest groups.. RB drew attention to the RCPsych FAIR DEAL campaign as a good example of a public mental health campaign and something that the Forum could usefully form links with. <http://www.rcpsych.ac.uk/campaigns/fairdeal.aspx>

2. Aims

The core aims of the Forum were set out in the Terms of Reference. There was also consensus that the Forum should

- Influence policy on mental health at all levels
- Influence its parent organisations and other relevant healthcare organisations
- Provide a resource for practitioners
- Improve the patient experience in mental health

All also agreed that the Forum should consider mental health in its broadest definition as the mental health and wellbeing of individuals and not be limited to specific mental illnesses. In this regard its work will cross-cut the entire primary care agenda.

3. Achievements so far:

The Forum highlighted some of the key achievements of the collaborative work between RCGP and RCPsych

- Consolidation of the relationship between the Royal College of General Practitioners and the Royal College of Psychiatrists and the embedding and strengthening of it through the establishment of the Primary Care Mental Health Forum.
- Establishment of a Joint Educational Advisory Group (RCGP / RCPsych)
- Production of a paper on the Darzi Review work-streams, endorsed by the Royal College of General Practitioners
- Agreed series of articles for RCGP News on mental health

Work originating from Elders summit:

- Submission of report – endorsed by RCGP
- Article for RCGP news (published)
- Editorial BJGP (published)
- Consensus document (published)
- A collective responsibility to act now on ageing and mental health; a consensus statement. www.olderpeoplesmentalhealth.csip.org.uk/if
- Conference on older people's mental health, September 08

Other outputs

- Leaflet on debt and mental health (in progress)
- Joint statement on Anti-depressant prescribing (published Summer 08)
- Developing discussion paper and fact sheets targeted towards primary care practitioners about some of the key issues around early intervention in dementia care.
- Fact sheet on Early intervention in Psychosis
- Joint report on Psychological Therapies - RCPsych / RCGP (published June 08)

- Management of patients with physical and psychological problems in primary care – Joint report (published Dec 08)
- Statement on smoking and mental health (with Faculty of Public Health) (published December 08)
- Joint statement on physical health and psychosis (published December 08)

Terms of Reference

The Forum went through their draft terms of reference.

Agreed

- The Forum is open to membership outside the RCGP and RCPsych.
- It was agreed that a member should be sought from the Royal College of Nursing but no agreement reached on who should be invited.
- To amend Point 4 of the terms of reference from “....mental health in primary care, “ to “...mental health”
- To involve patients, user and carers in the work of the Forum

Action:

- Co-Chairs to write to the Royal College of Nursing to request a representative for the Forum and to seek official “buy-in” from other organisation represented on the Forum.
- Forum co-chairs to redraft terms of reference and jointly agree these

5. Strategic Planning

It was agreed that the Forum should identify clear outcomes and deliverables to fit in with its initial 2 year lifespan. All believed that there was a lot of potential for the development of factsheets and guidance on the interaction of mental health with conditions.

Three key areas for deliverables were drawn up

- Education
- Policy (developing / influencing – all levels)
- Guidance (patient and practitioner resources)

Agreed Tasks and responsibilities (draft – TBC)

Short term targets	Title	Responsible
Consensus statements / Guidance	Physical health and SMI	David Shiers
	Asylum seekers	Les Ashton
	Diabetes and depression	Linda Gask Gabriel Ivbijaro
	CHD and depression	Andre Tylee and Chris Dickens
	Withdrawal from medications	?
	CPA	David Thomson Safa Afghan....
	Psychological mindfulness	Les Ashton Chris Manning
	Paper for Improving Access to Psychological Therapies workstream	David Smart Les Ashton
Articles for RCGP News	Mention of Forum	Agreed with Gillian Watson Jan 14 th – should be in Feb edition
Articles for RCPsych bulletins	Highlight Forum	Roger Banks
	List agreed til June 08	
BMJ editorial	IAPT or primary care MH services?	Linda Gask Richard Byng
Resources	Debt and mental health	Chris Manning Carolyn-Chew Graham
Medium term targets		
Educational activities	Diploma in Primary Care Mental Health	Roger Banks
	Primary care MH services	Dave Thomson Linda Gask Richard Byng
	CPA and care coordination leaflet	Safi Afghan Linda Gask Dave Thomson
IAPT working group		Roger Banks Richard Byng Linda Gask David Smart Les Ashton
BMJ Seminar	“masterclass”	Linda Gask Dave Thomson Roger Banks

Other Key Themes for work to consider

- Influencing “New Horizons” (FPH are drawing up a framework to influence this)
- Developing messages on *investing in mental health reduces remission*
- Co-morbidity
- RCGP Primary Care Federation model
- RCPsych FAIR DEAL campaign
- Mental health and cardiovascular disease
- Mental health and work
- Learning disabilities
- Revalidation
- On-line CPD
- Mental health and commissioning

Website

It was agreed that both RCGP and RCPsych should set up sections on their respective websites to promote the establishment of the Forum and its work. Roger Banks explained that in the first instance the RCPsych website would be the best place to start as it receives high web traffic for mental health related searches.

Next Meeting

The next meeting will take place in approximately 6 months at the Royal College of Psychiatrists.

Action:

Saqib Ahmad and Jo Grim to organise next meeting