

Complex Mental Health Network Plan 2021 – 2022

Our Vision

To promote, psychologically and trauma informed ways of understanding and working with complex mental health issues – a whole person approach

Aims

- Provide a national voice for clinical psychology in complex mental health contexts
- Support work with teams and systems – increasing access to psychologically informed environments for people with complex mental health issues
- Promote access to psychologically informed interventions for people with complex mental health issues
- Promoting psychologically safe environments for service users and staff

Principles

- Coproduction with experts by experience
- Outward facing – collaborate and build alliances with other organisations, professions and networks supporting psychology and complex mental health
- Promote diversity within our network – to be welcoming of people from all backgrounds and reflect the diversity within the nations

Area	2019 – 2020	2020 - 2021	Actions
<p data-bbox="203 379 524 448">CPD and networking opportunities</p> <p data-bbox="203 491 349 523">Webinars</p> <p data-bbox="203 916 495 948">Yearly conference</p>	<p data-bbox="685 491 1059 754">Adapted to online CPD. Delivered a series of 3 webinars on suicide prevention. Good attendance and feedback from the events</p> <p data-bbox="685 916 999 1066">Shared vulnerability webinar & AGM. Outlined the aims & work of the network</p>	<p data-bbox="1081 491 1480 560">No slot available for the network at the ACP AGM</p> <p data-bbox="1081 608 1541 834">Acute Guidelines launch event with BPS – highlighting good practice examples, co-produced with experts by experience involved in the guidelines development</p> <p data-bbox="1081 916 1518 1142">Possible AGM conference topics: Community transformation and complex mental health good practice – from pilot sites</p> <p data-bbox="1081 1190 1525 1374">Improving trauma informed care, purposeful community care pathways, NES, social prescribing, CAPs. Mix of remote and live event?</p>	<p data-bbox="1570 647 1962 759">Link up with Researchnet & PCMH to plan event & comms for the guidelines</p> <p data-bbox="1570 916 2018 991">Make contact with potential speakers</p>

<p>Leadership and influence National</p> <p>Development of national guidance e.g. for care pathways</p> <p>Publicise and respond to new policy and guidance and how it relates to psychology e.g. long term plan, PD statement</p> <p>Increasing psychological leadership in teams, governance around psychologically informed practice</p> <p>Develop links with PPN's</p> <p>Workforce – ensuring DClin training enables confidence in complex contexts & with complex mental health issues Strategic support to develop roles of psychology in providing leadership – clinical leadership</p>	<p>Acute Pathway Guidelines for Commissioners & Managers developed – publication 2021</p> <p>Dissociation guidelines – proposal developed</p> <p>Core competency guidelines in inpatient services with UCL – engaged in development work, publication 2021</p> <p>NCAP – continued representation</p>	<p>Launch & publicise Acute Pathway Guidelines</p> <p>Develop Dissociation Guidelines</p> <p>Continue to represent ACP on NCAP</p> <p>MHA Reform Consultation</p> <p>On the horizon: Trauma Informed Care Community transformation – CAPs Human rights approaches Diversity – BAME Impact of covid on complex mental health</p>	<p>Submit proposal to ACP directors, engage with stakeholders to develop guidelines HC</p> <p>SE attend meeting</p> <p>Survey members, steering group to submit response by April 21st IC/SE</p> <p>Current perspectives on formulation in complex mental health – engage in discussion about how to take issues forwards SE Sarah Swan</p> <p>Inpatient Leads network – enable development IB/SE</p>
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<p>Building the network</p>		<p>Discussion list</p> <p>Web page</p> <p>Sync</p> <p>Reps from Wales and Northern Ireland.</p> <p>Diversity lead role</p> <p>Research lead</p>	<p>Check again with ACP re: dates for website update for web page & members to be able to sign up to network, discussion list. SE</p> <p>Bio's with pics – K/M</p> <p>Twitter & FB page - to promote network & try to recruit reps needed– PS/IB</p>
<p>Promote practice based research, service evaluation and training</p>		<p>Link to papers and projects on web page – suicide prevention webinars are online</p>	