

ENTER

Newsletter



Middlesex University and My Care Academy: Connect / Care / Collaborate

Mental health problems are the largest single cause of disability in the United Kingdom. The cost to the economy is estimated at £105 billion a year,- roughly the cost of the entire UK National Health Service. People from all walks of life and at any point in their lives can be affected by mental health problems. Within London there is a growing demand for mental health services. However, recruiting and retaining staff within the capital can be challenging due to the high cost of living, so talented professionals are being lost to roles outside the capital. In addition, mental health trusts are under pressure to deliver efficiency savings whilst continuing to improve the quality of the services they offer.

In order to meet the growing demand for mental health care support and services in London, it's vital to plan for the future to ensure that both the current and future workforce is equipped to meet the future needs of patients and carers. There's an opportunity to develop the skills, experience and knowledge of mental health staff to be the best they can be to provide quality care by harnessing digital technology. Unlocking the skills, experience and talents of current staff and sharing this within trusts is vital to ensure knowledge is retained and used effectively. At the same time it's vital to help support busy staff to drive their own professional development to be fit for the mental health demands of the future.

Middlesex University in partnership with two of its neighbouring Mental Health NHS Trusts have created the My Care Academy (MyCA) partnership to enable NHS and University mental health staff to share their skills, experience and knowledge within their own trusts and across the partnership to improve their clinical practice and enhance patient care by harnessing digital technology.

My Care Academy will launch online across the partners in 2017 with:

- A website: with useful resources, links, news and social media.
- A knowledge bank: staff support, collaboration and knowledge sharing.
- A virtual classroom: online training

Partnership participants will have the opportunity to personalise their own development in a supportive environment using digital tools to increase knowledge, grow their professional networks, support development and encourage collaboration and enable sharing expertise to enhance patient care. The partnership will help attract, retain and harness the talents of the workforce and service users ensuring that services are delivered well and are relevant for the local community.

The academy is also underpinned by a dedication to co-production with service users and staff to collaborate and create new training that meets the needs of the community. Involving people with lived experience of mental health problems and services is crucial to creating the best services and care for them.

My Care Academy is funded by Health Education England. Learn more and connect with the academy team, email: mycareacademy@mdx.ac.uk



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First call for abstracts

The next annual ENTER conference will be held in Zealand, Denmark on the 7th and 8th June 2017. The theme for the conference is "*The Virtual World and Mental Health*". The virtual world has a huge influence in every dimension of human life. The aim of the conference is to present and discuss the researched data and share experiences about the virtual world and mental health among people from different European organisations.

There will be sessions on the following:
1. Promoting mental health in the virtual world;

2. The virtual world as a risk factor for mental health;

3. The virtual world as a treatment medium;

4. The virtual world as a recovery medium for people with mental health problems.

Call for abstracts !!!

We welcome abstract submissions on the above topics.

The deadline is the 3rd March 2017. The abstract form is to be found on ENTER's website www.entermentalhealth.net.

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The ENTER Academy working group met up for the first time on the 28th October 2016.

The principle of establishing the ENTER Academy is to exploit training programmes produced across the last fifteen years in a series of ENTER - based trans-European research projects. London and Paris partners both have projects going in this direction at a local level. Middlesex University has a project called the My Care Academy. Maison Blanche in Paris is setting up an Empowerment Centre, which will be open to general public, service users, carers and professionals, and proposing support and training both online and face-to-face. One of the key principles of the ENTER Academy will be that all training provided by the Academy must be co-created /co-produced with service users/carers.

The ENTER Academy aims to create networks between mental health users and professionals with the provision of some online materials promoting the information exchange and facilitating communication between stakeholders.

A pre-conference ENTER Academy Training Day will take place in Zealand on the 7th June. One focus will be training sessions on training research and evaluation methods using digital tools.

A key discussion point at our 2017 AGM will be developing a business plan: Do we need to review, refine, enhance, up-date the training? Can ENTER consider selling the training? Should we integrate non-ENTER partners? Trinity proposes to 'test' income generation by 'charging' participants: i.e. 'others' from the Zealand region who might be interested in just the training.

The ENTER Academy Working Group will meet up regularly to prepare a proposal for presentation at our next AGM in Denmark. A survey will be conducted with users of ENTER training materials beyond the boundary of ENTER members to understand how materials have been used/ understood. Carmel Clancy proposes a three stage approach:

Stage 1 - setting up an archive of materials developed by ENTER to date

Stage 2 - refine, revisit and reformat our training assets

Stage 3 - look at new training programmes we could co-create together

The current members of the Academy Working Group are: Carmel Clancy (Chair. Middlesex UK), Emmanuelle Jouet (Paris France), Ian Dawson (Bodø Norway), Agnes Higgins (Dublin Ireland), Alex Baldacchino (St Andrews Scotland), Silvia Rosado Figuerola (Barcelona Spain), Panagiotis Chondros (Athens Greece), Arunas Germanavicius (Vilnius Lithuania), Marja Kaunonen (Tampere) Finland. New members from other ENTER countries are welcome!

The ENTER projects that have produced training material by now are:

1. EMILIA (Empowerment of mental health service users)

The EMILIA Training had an overall aim of improving the social inclusion of disadvantaged groups such as mental health service users. Through lifelong learning, the training aimed to improve the way in which service users could experience greater participation and inclusion either in the delivery of services or in education and training delivery in meaningful ways which was intended to include greater social inclusion, and paid employment, however this might be defined locally.

The EMILIA Training offered individual programs on themes such as Recovery, Empowerment, Building Health and Social Networks, Fighting Stigma which each in their own way aimed to increase social inclusion and empowerment.

2. OSCAR (Occupational Stress with mental health clients in acute response)

"Managing Stress and Violence at Work" is a comprehensive training programme designed to enable staff to successfully manage and reduce the effects of occupational stress and violence in the workplace.

The training aims to improve the quality of working life for mental health workers and the materials in the manual can be adapted by a trainer to suit the particular needs of individual teams.

The four training formats provided are:

* A full, four-day format, the first two days concentrating on stress management and the second two on risk and violence.

* A two-day "short" format, offering "edited highlights" of the four-day format and covering elements of occupational stress management and the management of violence

* A two-day format with a focus on violence in the workplace

* A one-day format concentrating on risk assessment.

3. ISADORA (Integrated Services Aimed at Dual diagnosis and Optimal Recovery from Addiction)

ISADORA was a multi-centre study designed to describe and compare co-morbidity, service use of and service provision of patients with dual diagnosis (mental illness combined with substance abuse) in seven European mental health settings. An educational programme for staff dealing with these patients was developed and still needs piloting.

4. PROMISE (Promotion of mental health)

The PROMISE project aimed to develop and disseminate multi-disciplinary mental health promotion training guidelines and training programmes for professionals. A specific innovation is the involvement of mental health service users in developing the guidelines and programmes with a special emphasis on positive mental health, healthy living, diet and exercise. The European health inequalities agenda is addressed through ensuring a dissemination focus which embraces Southern Eastern and Baltic European areas.

The PROMISE European Guidelines for Training Social and Care Professionals in Mental Health Promotion are a set of quality criteria to be used when designing a training programme for professionals on mental health promotion in general or on a specific mental health promotion theme addressing a specific population. The Guidelines are designed to be used for undergraduate training, or for continuous or postgraduate training. They can also be used for training when setting up local projects on specific mental health promotion themes: for example, to train employers on promoting health and well-being in the workplace in the context of work-related suicides.

5. CAMILLE (Focus on children with mentally ill parents)

The CAMILLE Project developed a new pan-European training course to upgrade the skills of the professionals working with the families of mentally ill parents.

The development of these training programmes was based on existing measures, programmes and initiatives in different organisations across Europe.

The Academy of Special Education in Poland was responsible for facilitating this preliminary analysis through a structured questionnaire and the use of focus groups.

Nordland Hospital in Norway was responsible for developing the training programmes and a first draft was ready for review amongst EU experts in early October 2013. Topics developed included:

- Child development
- Attachment
- Living with a parent
- Being a parent
- Stigma
- Talking with children
- Resilience
- Successful services
- Evaluation
- Training Resources



New member of ENTER

A leading UK mental health, research and development charity

The Mental Health Foundation is a leading UK wide mental health research and development charity that was founded 65 years ago and joined the ENTER network in 2015. Our vision is for a world with good mental health for all. Our mission is to help people understand, protect and sustain their mental health. Prevention is at the heart of what we do, because the best way to deal with a crisis is to prevent it from happening in the first place. Our programmes cover mental health and wellbeing throughout life, including innovative work with children and young people, people in later life, and adults at work and in vulnerable communities. We are currently leading the development of the Whole Community Approach to mental health and working with Public Health England to establish the National Prevention Alliance



Jenny Edwards has been Chief Executive of the Mental Health Foundation since 2013. She has focused the Foundation's work on the prevention of and early intervention in mental health problems. Jenny is a member of the Common Mental Health Disorders Expert Reference Group; the Mental Health Policy Group; the Dementia Truth Inquiry Panel, and the Steering Group of the Children and Young People's Mental Health Coalition.



Dr David Crepaz-Keay is the Foundation's primary link with ENTER. With over twenty-five years of involvement first as a user of mental health services and later as a campaigner, he is now Head of Empowerment and Social Inclusion and has led the development and delivery of 65 self-management courses for people with a severe psychiatric diagnosis across England and Wales and developed the extension of self-management and peer-support to other groups at risk of mental ill-health including single parents, army families and prisoners. He has been a technical advisor to the World Health Organisation on empowerment issues, chaired a WHO working group on developing indicators of involvement, and has spoken and written widely on involvement, empowerment, self-management and peer support.

The Mental Health Foundation is at its best working in partnership. Our recent partners include: government departments, universities, the WHO, NGOs and service user and carer groups, both local and national.

We are particularly keen to work with ENTER to develop the evidence base for prevention and whole community approaches.

Contact details



www.mentalhealth.org.uk



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instagram.com/mentalhealthfoundation



University of
St Andrews

**St Andrews University replaces
SDHI as the Scottish member for
ENTER Mental Health**

The Universities of Dundee and St Andrews have agreed to revise the structures for health and related research. The Social Dimensions of Health Institute (SDHI) has been incorporated into the Dundee Centre for Health and Related Research. Since SDHI began in 2003, as part of the Dundee-St Andrews 'preferred partnership' work supported by the Scottish Funding Council, it has been proactive in nurturing innovative multidisciplinary and cross-institutional approaches to research, to research capacity and capability building, and to knowledge exchange. Achievements include being partners on 62 research awards totaling some £6.3M, the running of eleven conferences (four of which were international in scope), and the support of over 75 workshops, seminars and symposia, alongside six two-day postgraduate retreats and a similar number of public engagement events. Special thanks to Professor Thilo Kroll for his recent leadership and long-standing engagement with SDHI and to the Institute's administrative team of Mrs Rosanne Bell and Dr Fred Comerford for all their extraordinary work and support over the years.

But what are the implications for ENTER? With the sudden demise of the Social Dimension of Health institute, St Andrews University Medical School has accepted the honour to represent Scotland within ENTER Mental Health. The lead will still be Professor Alex Baldacchino, Professor in Medicine, Psychiatry and Addiction and together with colleagues from the Medical School and other schools within the University of St Andrews interested in research, education and empowerment of service users and service providers, this new centre will help support the ethos of ENTER in the future. Professor Baldacchino and colleagues are also well placed to access expertise from the University of Dundee and other organisations in Scotland such as the National Health Service, Police Scotland and Scottish Councils.

Therefore the transition between SDHI and St Andrews University Medical School for ENTER Mental Health members is more a change of style rather than substance. SDHI members who worked with ENTER Mental Health will in future be working through the Medical School Addiction and Psychiatry group.

The ENTER Network wishes all members a happy end-of-year holiday and the best wishes for 2017.

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