



IN THIS  
ISSUE

# Welcome to edition #2

by Linda Irvine Fitzpartick

Thanks so much for all the positive feedback we've had about issue#1. We received some great articles this month, thanks to all who took the time. We are committed to ensuring we get everyone talking about mental health and wellbeing across the city, because by talking and getting educated about mental health we can reduce stigma and discrimination.

## Out of Sight Out of Mind

Now in its sixth year, *Out of Sight Out of Mind* has quadrupled in size since its launch in 2013. A feast of film, sculpture, installation, photography, painting and drawing, this year the exhibition will consist of almost 400 artworks, and fill more than an entire floor of gallery spaces at Summerhall.

Supported through funding from NHS Lothian's 'A Sense of Belonging Arts Programme' and Edinburgh and Lothian's Health Foundation, *Out of Sight Out of Mind* is an inclusive and accessible platform for people who want to use the arts to have their often-unheard voices heard.

Powerful and stunning, the artwork aims to generate a response, whilst challenging misconceptions surrounding mental health. The motivations of the individuals and groups involved are varied - personal expression; development of an artistic practice; experiencing the therapeutic benefits of making; formal art therapy; political activism; having a voice!

Continued on page 2



	PAGE
Out of Sight Out of Mind	1
Experiences of Physical Health Care and Side Effects of Psychiatric / Mental Health Medication	2
CARED	3
Introducing Anxiety Management (LIAM)	4
Digital technology for mental health	5
Hip Hop Psych	6
Healthy Active Minds	7
The Mental Health Information Station	8
Dates for your diary	8

OUT OF SIGHT  
OUT OF MIND

## Out of Sight Out of Mind

Continued from page 1

*"We've reached thousands of people and have several books worth of positive comments about the art and the exhibition. I've learnt so many new skills and it has helped and encouraged me to engage more with people, often complete strangers. Most importantly, despite it being challenging, my involvement has given me another reason to live."*

Please do come along to the preview night on 9 October from 6.00pm or drop by between 10 and 28 October.

**Out of Sight Out of Mind**  
10th - 28th October  
Summerhall  
10 - 6pm (except Mondays)  
#OOSOOM2018

**thrive**

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# Experiences of Physical Health Care and Side Effects of Psychiatric / Mental Health Medication

AdvoCard Community Collective  
Advocacy Peer Research

by Becky Leach

**People often tell us about two important issues: experiences of physical health care when you have a mental health diagnosis or lived experience of mental health issues; and side effects of psychiatric medication.**

We are carrying out research to get these experiences down on paper, to identify any common issues and to gather your views about what needs to be done to improve the care people receive for their physical health issues and to address the issue of medication side effects.

The aim of this research isn't to make a judgment about physical health care in Edinburgh or the pros and cons of medication. People have different views on these issues and what we want to do is represent those views.

*Please note:* this is for people who live in Edinburgh and who have lived experience of mental health issues or have used mental health services.

## How to take part

We've found that it can be really powerful to be able to relate people's experiences and views in their own words. We've put together two questionnaires (one for each issue) so that you can help us to do this. You can fill in one of the questionnaires, or both, whichever is relevant for you.

**There are different ways that you can fill in the questionnaires:**

- Online
- On your computer
- By hand
- With the help of one of the peer researchers or an AdvoCard worker.

You can find the link to the online questionnaires and word document copies of the questionnaire at:  
<http://www.advocard.org.uk/2018/08/peer-research>

The deadline for filling in the questionnaire online or sending us your completed questionnaire is end of day, **Monday 19th November.**

If you would like help to fill in your form, please let us know by the end of October so we can arrange a time to meet with you.

If you would like us to send you a printed copy of the questionnaire, would like help to fill in the questionnaire or have any questions, please contact Becky:  
[becky@advocard.org.uk](mailto:becky@advocard.org.uk)  
Tel: 0131 554 5307.



**i** INFORMATION ON EATING DISORDERS



**SKILLS**



**RECOVERY & LOOKING AFTER YOURSELF**



**OTHER RESOURCES**

# CARED

by **Fiona Duffy, NHS Lothian**

**[www.caredscotland.co.uk](http://www.caredscotland.co.uk) is a website for parents and carers who are supporting a loved one who has recently been diagnosed with an eating disorder and who is aged 25 or younger.**

## **CARED aims to:**

- address the sense of burden and isolation parents & carers may feel
- improve confidence
- provide practical hints & tips

**Therefore improving outcomes for young people who are experience eating disorders.**

**CARED** was developed by **NHS Lothian Child and Adolescent Mental Health Service (CAMHS)** alongside parents, carers and young people who have recovered from eating disorders. It was funded by the **Scottish Government's Technology Enabled Care Grant**, and was part of a wider partnership project with **Beat**, the national eating disorder charity.

Eating disorders are complex mental illnesses that affect 1.25 million people in the UK (**Beat, 2017**). Eating disorders most commonly start in adolescence (**NICE, 2017**) therefore parents are a key to identifying early symptoms of eating disorders and are essential in supporting their loved one's recovery.

However, the stress associated with this caring role is substantial, with parents and carers of those with an eating disorder reporting increased anxiety, depression and caregiver burden (including financial burden), exacerbated by a sense of isolation.

Carers have identified a need for reliable information about how to help their loved one recover from the illness. **CARED** aims to offer evidence based information as well as skill based hints and tips, printable resources and video clips from young people who have recovered and parent and carers who supported someone with an eating disorder.

People who have used the website are already telling us it is useful, helpful, relevant and that they have learned something new from visiting the site.

*"I found the videos particularly useful, especially those from parents. It has been quite a relief to know that others have felt the same as I currently do."*

*"I would recommend this although I have felt overwhelmed by all of the information and things that are likely still to come. It is helpful to feel prepared."*

If you are concerned that someone you know has an eating disorder you can get advice on the NHS UK website and you can visit **Beat**, the UK's lead eating disorder charity's website for advice and support. **Beat** offers telephone support and online group support as well as **"HelpFinder"** which identifies eating disorder support and treatment in your area.

**"I found the videos particularly useful, especially those from parents. It has been quite a relief to know that others have felt the same as I currently do."**

**"I would recommend this although I have felt overwhelmed by all of the information and things that are likely still to come. It is helpful to feel prepared."**

Collaboration between NHS Lothian Children and Adolescent Mental Health Services (CAMHS), NHS Education Scotland (NES) and local partners including School nursing, Educational psychology and Schools.

# Let's Introduce Anxiety Management (LIAM)

by Jane Owens

NHS Lothian have been working in partnership with school nursing, schools, local authorities and 3rd sector organisations to increase access to safe and effective evidence based, low intensity psychological interventions for children and young people (CYP) experiencing anxiety.

This is part of the NES funded 'Psychological Skills – Early Intervention CAMHS (TIPS-EIC)' initiative, which aims to up skill the broader workforce of children services in Scotland in Early Intervention for Child and Adolescent Mental Health.

Lothian CAMHS Clinical Psychologists provide training and ongoing fortnightly coaching sessions to a range of professionals including school nurses across Lothian and school employed pupil support officers within Edinburgh.

**Since October 2017, we have delivered five, two-day training events which in total provided training for 52 participants based in Edinburgh.**

**This included:**

- 31 pupil support officers
- 17 NHS school nurses
- 4 staff members from independent schools

Pre and post course evaluations indicate a significant increase in levels of knowledge, skill and confidence following training.

*"The coaching has been invaluable. I feel relatively confident from the training but having someone to check in with makes me feel as if I have a real grasp on the materials."*

*"The coaching sessions were extremely helpful and completely essential to the effective delivery of the programme. (The coach) provided excellent support and always emailed any resources or information required for the next session with the YP."*

*"...you need to recognise when it's not appropriate to very much work within your boundaries and your role and not try and over commit to something you're not totally trained to do."*

*"It's that, somebody who is there, you're not just left to run with it."*

In Edinburgh we have collected outcome data for 20 children and young people who have completed this intervention and we will continue to collect this data as the implementation progresses. Outcome data includes measures of overall wellbeing, anxiety and low mood.

Analysis of pre and post intervention measures indicates significant improvements on all of these measures. In addition children and young people report high levels of satisfaction with the intervention as rated by the *Experience of Service Questionnaire (ESQ)*.

We are currently working in collaboration with NES and other Health Boards to develop group format for low intensity anxiety management and are planning the delivery of a Lothian CAMHS developed, 'Anxiety Workshop for Parents'.

In addition we continue to identify ways of increasing the reach of this intervention, for example, by offering training to 3rd sector organisations and via the continued recruitment of Pupil Support Officers, so that more children and young people can access this intervention.

It is worth noting that this project has only been possible due to strong support and collaboration between key stakeholders and partners. We look forward to continuing to build on and develop these partnerships for the continued delivery of evidence based early intervention approaches for children and young people.

# Place-based approaches to the use of digital technologies for mental health

by Cat Young

**On the 24th May 2018 the Mental Health Foundation, in association with NHS Lothian hosted a seminar which addressed the question of**

**'How digital technologies and innovations can support and enhance mental health in different environments'.**

Using a place-based approach allows services to identify and address differences in providing mental health support and care in diverse places and spaces, including preventive approaches.

This seminar found that e-mental health has the potential both to create new opportunities for mental health care provision and to help fill gaps in mental healthcare across Scotland.

**Scotland's Digital Future: A Strategy for Scotland** published in 2011 set out a vision for how digital technology will lead to a *'fairer and more prosperous Scotland'*. This included the potential for improved service delivery, such as the benefits of telehealthcare in moving care into the community.

This strategy was preceded by the Mastermind Project, which provided treatment for depression using digital technology. Dr Donald MacIntyre, who chaired the seminar, used this as an example of best practice and a *"good news story"* for the implementation of computerised cognitive behavioural therapy (cCBT) across Scotland, both in home and community settings.

## Key messages from the day

Inequality in the mental healthcare system divergently affects different places, individuals and communities. As digital tools for mental health are developed, access to the technology must be addressed through co-production, skills education and financial support to address the digital divide.

We live in a digital world, where distinctions between the virtual and the physical have blurred in our everyday lives. Consequently, it is important that the mental healthcare system is increasing its digital scope for increased efficiency and effectiveness, personalisation and adaptability.

The design of digital tools for mental health should be psychologically informed, with awareness that not all tools are suitable for all populations in all places. e-mental health, from text services to sophisticated applications, can provide flexibility in where prevention and treatment are accessed.

## Place based approaches

### Internet as place

Dr Diane Penning spoke about the amalgamation of the virtual and the physical in how people now live their lives and how the internet has unlocked many opportunities for people to access information about their mental health and support for mental illnesses. How they do this however will widely depend on the demographics of people using the internet resources and therefore creates a need for services to consider the accessibility and safety aspects and information being provided.

### From clinical to care in the community

Suzy Cooke & Holly Wilson (NHS Lothian) talked about the Prospect Model as used in NHS Lothian to support people experiencing depression and eating disorders. The Prospect Model aims to *"increase access to psychological services through the provision of the evidence-based therapy 'Interpersonal Psychotherapy' (IPT) in a matched care approach in Lothian."* This has involved adapting therapies to be delivered over the phone, allowing clients flexibility on where they receive support in the community, from home to work.

To see a full copy of the report please email:  
[cat.young@nhslothian.scot.nhs.uk](mailto:cat.young@nhslothian.scot.nhs.uk)



## Hip Hop Psych

## The State

On the evening of Friday 7th September NHS Lothian's 'A sense of belonging arts programme' supported an evening with *Hip Hop Psych* in partnership with *The State*, *The State*, *DJ Ritchie Ruftone* and *MC Sparkles*. The five elements of hip hop – Graffiti\*, MCing, Bboying (breakdancing), DJing, Knowledge – were celebrated in the City Art Centre. Some of us knew what to expect. Others not so much!

*\*we didn't have the graffiti element covered but The State have been leading the creation of the longest graffiti wall in the UK; check out <http://www.thestateleith.com/marine-parade-graffiti-wall/>*

Hip Hop culture is a powerful vehicle for raising awareness about mental health. It is rich with references to psychiatric illnesses that have not been explored, dissected and documented until now.

Dr Akeem Sule and Dr Becky Inkster, consultant psychiatrists who founded *Hop Psych*, offered a unique and innovative approach for engaging with mental health experts alongside the wider public in order to challenge stereotypes and to disarm the boundaries between psychiatry, humanities, and hip-hop culture. Their medical credibility and authentic passion for Hip Hop enables us to bridge this gap. They understand the culture, speak the language and want to share knowledge in order to cultivate awareness, empower others and remove stigma surrounding mental health and Hip Hop.

### Hip Hop Psych aims:

- to engage directly with youths and the general public
- to bring teaching innovation using a Hip Hop framework to the medical professionals and academics.

Akeem and Becky focus on the 5th element: knowledge. Hip Hop lyrics go far beyond the swearing, the rapping about money and exploitation of women. Conscious lyricism contains raw, unfiltered narration describing the harsh realities and coping mechanisms used to combat harsh realities and detrimental circumstances and the structural determinates of poor mental health.

Hip Hop music is rich with mental health references related to addiction, psychosis, conduct disorder, bipolar disorder, as well as multiple environmental risk factors.

Hip Hop PSYCH offers a unique and innovative approach for engaging with mental health experts alongside the wider public in order to challenge stereotypes and to disarm the boundaries between psychiatry, humanities, and Hip Hop culture.

**The State** led by Emma Ready Hamilton and Lotte Ninja Walters is an innovative grass roots Hip Hop Education organisation based in Leith, Edinburgh. They who aim to inspire young people to have fun with Hip Hop and to provide positive role models through professional Hip Hop artists, demonstrating to young people that a career in the arts is possible.

Their work with young people increases confidence, wellbeing and social skills through the medium of Hip Hop. Youth workers and tutors enable the young people to get the most out of every session and Emma and Lotte are committed to widening engagement with culture, to providing access to and participation in cultural activities thereby enriching people's lives through arts and creativity.

**They are committed to inclusion, and providing help and guidance to communities** to overcome social, educational, physical and economic inequalities and aim for young people to be accepted as full members of the communities in which they live and learn. The State aim to support young people in Scotland to flourish and achieve in and through the arts and creativity and to establish Scotland as an international leader for Hip Hop arts and creativity.

**This was a thought provoking and inspiring evening which opened up the conversation of mental health and distress using the power of creativity and participation.**



**“Healthy Active Minds has been life-changing and life-enabling. The support from my instructor was invaluable - she was so understanding and positive.”**

Martha, 64 years

**“For anyone who is thinking about joining the programme I would say just come along and do it. I can’t thank my instructor enough.”**

Lydia, 55 years



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# Healthy Active Minds

by Audrey McKinven

**Healthy Active Minds, delivered by Edinburgh Leisure uses physical activity to help improve and maintain good mental health.**

This physical activity programme is open to inactive adults living with mild to moderate stress, anxiety, depression or low mood. Individuals motivated to be active can be referred into **Healthy Active Minds** by a GP or Mental Health Professional.

Once in **Healthy Active Minds** participants will meet with one of **Edinburgh Leisure’s Health Instructors** for an initial consultation where goals, motivations and support requirements are discussed. The Health Instructor will provide advice on activity options and can help to create an individualised programme of activity. Through the Instructors person-centred support participants will gain the confidence and motivation to be independently active and are encouraged to build physical activity into their everyday lives.

**Participants will also receive subsidised access to Edinburgh Leisure’s gym, swim and fitness classes.**

With 9 swimming pools and 13 gyms across the city and over 700 fitness class delivered each week we have something available in each locality.

**Participants will also receive subsidised access to Edinburgh Leisure’s gym, swim and fitness classes.** With 9 swimming pools and 13 gyms across the city and over 700 fitness class delivered each week we have something available in each locality.

Last year, through **Healthy Active Minds**, **Edinburgh Leisure** supported 625 people to become more active and delivered over 800 1:1 physical activity sessions.

**For more information on the programme or to make a referral please contact Edinburgh Leisure’s Active Communities team on 0131 458 2260 or email [active@edinburghleisure.co.uk](mailto:active@edinburghleisure.co.uk)**

Audrey McKinven is Health Development Officer (Mental Health) at Edinburgh Leisure.

# Dates for your diary...

## World Mental Health Day

10th October 2018

## Out of Sight Out of Mind

Launch and preview:

9th October 2018

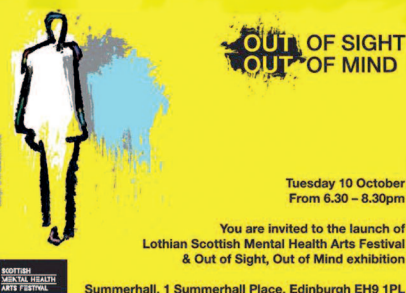
Summerhall

Exhibition:

11th to 31st October 2018

Summerhall

An amazing exhibition from a wide and diverse collection of artists, curated by CAOS. Supported by A Sense of Belonging Arts Programme.



## A Sense of Some Place

11am, 25th October 2018

Walpole Hall, beside St Mary's Cathedral, Palmerston Place.

**Mental Health Information Station**  
your first stop for mental health information & resources

Are you affected with mental health issues? Or do you care for someone who is? Come along to this **FREE** weekly, friendly drop-in.

Increase understanding of mental health	Initial consultation with NHS Staff & Peer Support Workers	Practical & social support
Guidance on education & courses	Information on volunteering & work	Connect with the community

**EVERY THURSDAY!**

11am-3pm 'A Sense of Some Place' Walpole Hall (St Mary's Cathedral), Palmerston Place, Edinburgh, EH12 5AW

For more information please contact: [mental.health.information@nhslothian.scot.nhs.uk](mailto:mental.health.information@nhslothian.scot.nhs.uk) or call 0131 537 8650.

In partnership with:



# The Mental Health Information Station

**The Mental Health Information Station is three years old on the 25th of October 2018. Since opening our doors in 2015 we have helped over 3,500 people access mental health information support and advice.**

We are a partnership led by Occupational Therapists within the Mental Health Service of NHS Lothian. The project provides a free central drop in offering a wide range of mental health information, informal assessment and support every Thursday for four hours.

The Team and weekly contributors include a several key agencies such as 'Health in Mind', 'Edinburgh Volunteer Centre', 'Advocard' (with 'Edinburgh Carers Council' and 'The Patient Council'), 'Penumbra' (with 'Edinburgh Self Harm Project' and 'Peer Support'), and also a variety of employment support services. Volunteers assist a range of NHS staff, (Occupational Therapists, Community Psychiatric Nursing, and Mental Health Support Workers).

**Please come along on 25th October** from 11am to **"A Sense of Some Place"** at Walpole Hall, beside St Mary's Cathedral, Palmerston Place, share some cake and celebrate with us.

## We welcome your contribution

**Edition 2:**  
**September 2018.**

Submission by 15 September.

**Edition 3:**  
**November 2018.**

Submission by 15 November.

**Edition 4:**  
**January 2019.**

Submission by 15 January.

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**If you would like to join the editorial group please let us know!**