

Student Mental Health Partnerships project

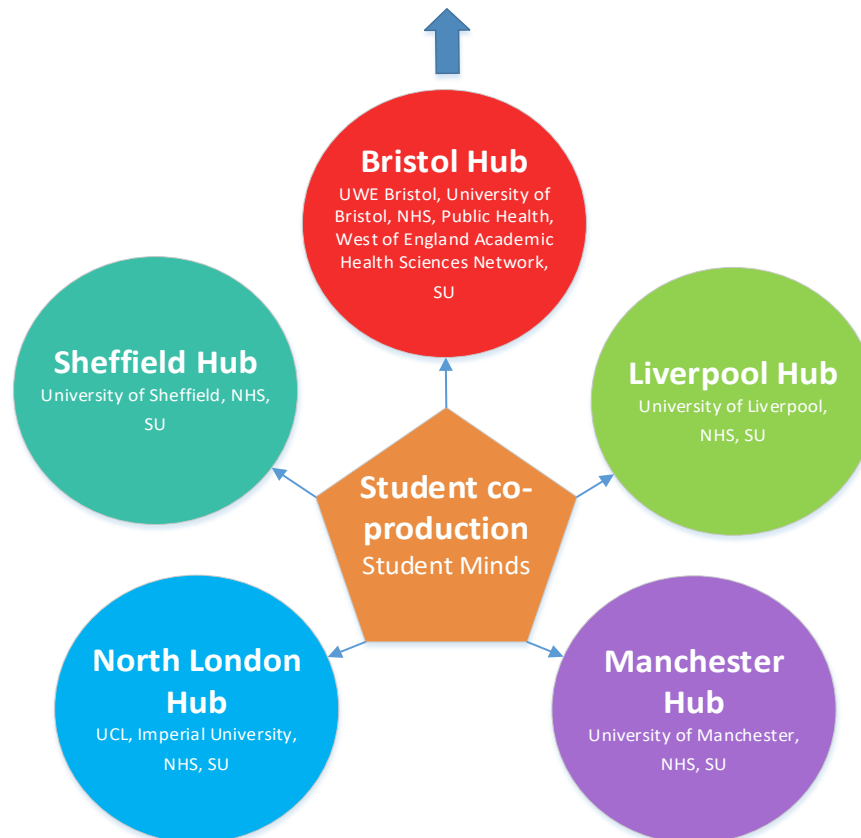


student
minds



The **AHSN** Network

National Learning Collaborative
UUK, NHS Confederation MH network, Public Health England, Student Minds, Academic Health Sciences Network, UWE Bristol, University of Bristol, University of Liverpool, University of Manchester, UCL, Imperial University, University of Sheffield and other local partnerships



Student Mental Health Partnerships project

- ✓ Awarded funding by the Office for Students (OfS), as part of the [Mental Health Challenge Competition](#)
- ✓ Led by UWE Bristol
- ✓ One of ten large-scale projects related to mental health and led by universities across the country
- ✓ To find innovative approaches to improving mental health outcomes for students

Context – why are we doing this?

- ✓ Students in higher education experience huge variation in mental health care.
- ✓ [Minding Our Future](#) report 2018 - urgent need to better coordinate support and services between universities and local NHS.
 - Difficulties in co-ordinating care between NHS primary and specialist services and support provided by universities
 - Students are mobile – information about their condition and treatment rarely travels with them
 - Issues of data protection and consent make information sharing difficult
 - Specialist needs – many student arrive at university with pre-existing conditions which require effective co-ordination of care

Student perspective

I've had so many assessments from different care providers and repeated my story several times unnecessarily. Its just exhausting!

Amy from Manchester

I felt like the support I needed was being organised quite well until a member of staff went on leave and clearly hadn't passed things over to anyone else, the uni tried to follow up for me but this took ages as no-one knew my situation and what had been agreed. We got it sorted eventually but I had to go through a lot of undue stress to get there

Jack from Liverpool

Communication was very poor between services. I was left for a significant amount of time with no support despite my care coordinator from home contacting and arranging a care transfer before I began uni..... Every uni service I saw told me I needed the support of NHS secondary services, however these refused to see me so I was very much stuck and felt like I could not be helped

Anonymous from Bristol

I just don't think services talk to each other effectively, I've been passed from service to service, rehashing my problems each time and I don't think they understand how distressing that is

Elliot from London

The response and availability has been quick, helpful and very responsive. My only real critique would be the confusing amount/diversity among services and ways of contacting them which makes it hard to know where to go and who to contact

Anonymous from Bristol

Aims

To improve care for students in need of mental health support through the development and evaluation of local partnerships between universities, the NHS and Students' Unions

- ✓ Improve local care pathways
- ✓ Co-produce the design and delivery of care with students and practitioners
- ✓ Share best practice through a National Learning Collaborative, led by Universities UK
- ✓ Evaluate effective models of partnership working

Five Regional Hubs

National evaluation

Bristol – bringing together professionals in HE and NHS services to solve operational issues such as liaison between services, referral pathways and sharing knowledge

Greater Manchester – evaluate new Greater Manchester Student Mental Health Service, offering a single designated MH care pathway for students across the region

Liverpool – new Liverpool U-COPE service for students who self-harm, launched as partnership between Liverpool HEIs and Mersey Care mental health trust

North London – new university-run clinic launched with trainee clinical psychologists, and peer support interventions with local IAPT and SU

Sheffield – new university-run research clinic launched, bringing together clinical academic staff and NHS-funded trainee clinical psychologists

Project outputs

Universities UK has established two working groups to draw from the experience of the regional hubs into wider policy:

- Service Transformation Group – to advise NHS England on student mental health service models
- Risk Group – to produce a set of principles for risk assessment and case management

Pathways & Outcomes Evaluation toolkit will include guidance on:

- key principles for partnership working
- clinical governance
- management of risk
- access to care, including appropriate evidence-based interventions
- routine outcome monitoring and data sharing

Student Mental Health Partnerships Project

Further information:

- ✓ [SMHP project website](#)
- ✓ Jamie Darwen, Project Lead, Jamie.Darwen@uwe.ac.uk