Mental Health Study Days

Supporting the continuing professional development of your workforce

Become the best you can be

Innovative and bespoke education
What can we offer?

Our clinical study days have been designed to address current areas of priority in mental health care* helping you to ensure qualified and unqualified staff have the right skills, values and behaviours to provide safe, evidence-based and compassionate care, which exceeds expectations. Examples of the study days we can facilitate include:

- Suicide and working with people who self-harm
- Dual diagnosis: working with people who have co-morbid substance misuse and alcohol problems
- Physical health care for people with mental health problems
- Engaging with people with mental health problems
- Dementia: supporting patients and carers from early diagnosis through long term care
- Child and adolescent mental health
- Psychosocial interventions in a variety of care settings
- Personality disorder: working with complex needs
- Trauma and conflict

The days are delivered by a team of expert mental health clinicians and educators. They adopt a practical skills based approach to learning, helping to facilitate the application of key strategies/approaches to practice, helping to facilitate enhanced patient outcomes and experience. They can also provide organisations with evidence for CQUINs, CQC and other quality and performance indicators and help to demonstrate staff have been prepared to work with specific client groups.

*Focusing on recovery, reduction of harm, addressing physical health care needs, dementia, challenging stigma, conflict and trauma.
Suicide and working with people who self-harm

Suicide and self-harm attempts are a frequently encountered clinical crisis and can be incredibly stressful for the healthcare professionals involved.

This study day provides a safe forum for discussion and exploration of the associated issues and focuses on:

**Assessment of Risk:**
- Assessment of risk and using static, clinical and dynamic factors
- Suicide intent - degree and seriousness of intent
- Hopelessness - identification and working with
- Background leading up to suicide becoming an option (Thomas Joiners interpersonal theory of suicide)
- Associated risk and protective factors
- Asking the unaskable
- Identifying risks associated with vulnerable groups.

**Documentation of Risk:**
- Developing a management plan for the immediate risk
- Guide to levels of risk
- Safety planning (Developing a plan for both early identification and intervention)
- How where and what to document in the risk assessment and management plan
- How to triangulate risk assessment, risk management plan and progress notes

**Reflection:**
- Own and team roles/influences on risk management
- Peer reviews
- Post incident support
Dual diagnosis: working with people who have co-morbid substance misuse and alcohol problems

There is wide recognition that people with mental health problems often have associated alcohol and substance misuse difficulties. These can exacerbate symptoms, and in turn substances are often used to reduce symptoms of mental health problems as a means of ‘self-medication’. People with a dual diagnosis are often very difficult to engage, however they are high risk group for relapse and have high percentages of suicide and criminal offences compared to the general public. This study day helps staff to consider the complexities of working with co-morbid problems, and offer practical ways of working with this client group.

Physical healthcare for people with mental health problems

It is now widely recognised that the physical needs of people with mental health problems, particularly those with a long standing diagnosis, are often missed. This study day aims to help staff to attend to basic physical health care needs/identify the physically acutely unwell patient and to refer onwards where necessary/know when to seek urgent help. Our team have expertise in this area of health care provision with a record of conference delivery and publications. We have worked with local organisations to help them prepare staff both to manage basic physical health needs, as well as ensure systematic evidence based approaches are used to meet quality indicators, such as CQUIN targets, in their services.

Engaging with people with mental health problems

Often people with physical health needs have associated mental health problems and it can be challenging for staff to engage and support this client group. This study day will help staff working in physical healthcare settings to identify practical strategies which will enable them to work with this group in a meaningful way. The day can be tailored to meet the needs of the care provider for example; focusing on common mental health presentations that may be seen in A&E/urgent care, residential care homes, prison, community care settings, acute in-patient care settings.
Dementia: supporting patients and carers from early diagnosis through long-term care

Dementia care is currently high on the Governments agenda. A number of study days have been designed to help support services and ensure staff are able to work in a proactive way to meet the needs of people with dementia and their carers. Bespoke training can be arranged, tailored to suit the needs of the organisation, for example working with challenging behaviour in care homes, supporting needs of carers, early detection and diagnosis. Our team have a record of both delivery of training for providers, as well as research in the fields of dementia and carer support.

Child and adolescent mental health

There is a growing evidence base in the UK which highlights gaps in the way the mental health needs of children and adolescents are addressed. This study day aims to help staff in a variety of settings consider the needs of this group using a health promotion approach, to address problems quickly and offer effective signposting. Workshops for schools and colleges can also be offered by our experienced team to help student groups consider common mental health problems, as well as stigma in the community.
Psychosocial interventions in a variety of care settings

Evidence of recovery focused services is a must in today’s health care climate. We have a wide range of practice based approaches which will help clinical staff to understand and apply the principles of psychosocial interventions in a recovery focused way. Our team have a wide range of expertise and experience in psychosocial approaches, and their work has been shared nationally and internationally. Please contact us to discuss your needs.

Personality disorder: working with complex needs

Working with people who have a diagnosis of personality disorder or similar complex presentations can be arguably the most challenging of all mental health interactions, for staff and patients/service users alike. This study day aims to help staff engage with complex client groups in a meaningful way, while considering how to support staff while managing this client group. Practical ways of managing distress will help staff to reduce conflict and tension and work with individuals in a proactive way.
**Trauma and conflict**

We have an expert team who have national and international experience of working with a range of complex trauma related problems, ranging from Post-Traumatic Stress Disorder (working with Veterans), to supporting staff in a variety of clinical areas with conflict situations, supporting teams post incident review and developing team approaches to working with conflict. Please contact us to discuss your needs.

**Who can access these study days?**

The days are suitable for qualified and unqualified staff working in the NHS, social care (including residential care homes, supported housing organisation), local authority commissioned services (including schools/colleges), prisons and the independent and the voluntary sectors.

**Can I tailor these study days to meet the needs of my organisation?**

Yes definitely! We are experienced in delivering rapid bespoke solutions tailored to the needs of your organisation. These can be delivered on your organisations site or on the University’s campus in London or Reading. Please contact us to discuss your requirements further.
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We offer an extensive range of continuing professional development opportunities. Please refer to our website for further information:

uwl.ac.uk/cpd