



The Prince of Wales's  
Foundation for  
Integrated Health

# UPDATE

November 2005

## MENTAL HEALTH GUIDELINES

Welcome to the first of our project updates which we plan to produce every couple of months or so. In addition to keeping you up to date with the project, we'd also like to use the network to raise particular issues and questions as they arise.

We have been extremely encouraged by the number and range of people and organisations wishing to get involved. You will be interested to know that there are currently more than 100 people in the network, including service users, practitioners, NHS Trust managers, and professional body representatives. Please feel free to disseminate the updates to colleagues and others as you wish, and encourage them to join the network.

We anticipate that the network may also help to share good practice. One way of doing this might be to invite network members to write a synopsis of their work, including contact details for members to follow up as necessary.

The quality of the final guidelines will depend greatly on the quality of the preceding consultation – and this network is at the very heart of that process.

We hope you will find your involvement with the network both interesting and useful.

Terry Smyth, Project Manager

Kim Khahn, Project Administrator



### Your views please!

We'd like to invite your views on a couple of the key issues discussed at the first steering group meeting:

- What therapies and activities should we include under the heading of 'complementary healthcare'?
- What services should we include under the heading 'mental health services'?

We need to get clarity about the scope of the project, and your responses to these questions will be very helpful in shaping this.



## Consultative symposia

During the first half of 2006, we shall be holding three consultative symposia in different parts of the country – north, west and east – with a maximum of 100 attendees. When details are available, they will be published through this network and on the website, and your help in publicising these will be greatly appreciated.

At this stage, we are considering reserving 25% of places for service users and carers, with the other places being allocated on a first-come-first-served basis. We'd like your views on:

- The proposal to reserve places for service users/carers.
- How to reach the widest possible audience, e.g. by using existing mental health networks (national and regional).
- The most appropriate form(s) of consultation to use on the day.



## What's happening now in mental health services?

Very early in the new year, we shall be writing to mental health trusts, PCTs and GPs to ask whether they currently offer any complementary therapies, to request copies of any existing guidelines and policies, and to invite them to propose a member of their staff to link with the project.

We shall be using the Binley's database for this mail out which gives us access to details of chief executives. However, if you are aware of other people within particular Trusts who would be helpful contacts, please email us on [\*\*mentalhealth@fihealth.org.uk\*\*](mailto:mentalhealth@fihealth.org.uk)

The same request will go out to members of this network via email. Those members representing professional CAM organisations might like to respond sooner by sending information about any existing guidelines and policies



## Sharing good practice

One feature we'd like to include in future updates is the opportunity for practitioners to describe their good practice.


Not enough people know about the excellent practice that exists around the country, and this update might go some way to addressing this.

If you would like to share with other network members your practice of providing complementary healthcare for people with mental health problems, do please let us know on [\*\*mentalhealth@fihealth.org.uk\*\*](mailto:mentalhealth@fihealth.org.uk)



## **New sources of research evidence**

Important research evidence is available on the Complementary and Alternative Medicine Evidence OnLine (CAMEOL) database. You can find this via the website of the Research Council for Complementary Medicine ([www.rccm.org.uk/cameol](http://www.rccm.org.uk/cameol)). The site includes systematic reviews of the effectiveness of specific therapies in anxiety and depression.



## **The project in brief**

In July 2005, The Prince of Wales's Foundation for Integrated Health began a three year project to produce, disseminate and evaluate national guidelines on the use of complementary healthcare within mental health services, in collaboration with the Mental Health Foundation, Mind, Rethink and the Royal College of Psychiatrists.

The guidelines, funded by the Department of Health and Lloyds TSB Foundation for England and Wales, will be aimed at managers and practitioners in mental health services across the country. They will provide:

- ❖ Information on best practice
- ❖ Information on the recruitment of safe and competent practitioners
- ❖ A review of training and qualifications, service and practice development
- ❖ An overview of the research evidence

Due to be published in 2007, the guidelines will be the second in a series of three published by the Foundation. The first, published in 2003, was the *National Guidelines for the Use of Complementary Therapies in Supportive and Palliative Care*, and available for download from the Foundation's website ([www.fihealth.org.uk](http://www.fihealth.org.uk)). The third will cover maternity health.

The overall aim of the project is to enable users of mental health services in the NHS to have improved access, availability, choice and delivery of complementary healthcare.

### **The specific objectives are:**

- To produce national guidelines to enable managers to develop the delivery of complementary healthcare in NHS mental health services in England and Wales.
- To engage in a wide consultation process with stakeholders including mental health services, users and their carers and families, primary care trusts, GPs and complementary therapy services.

- To ensure the guidelines are widely disseminated and available to mental health services, primary care trusts, GPs and complementary therapy services in England and Wales.

An external evaluator, Bill Miller, has been appointed to ensure that evaluation is integrated from the start of the project.

## The Steering Group

The members of the Steering Group are as follows:

Shun Au	Vice Chair Waltham Forest Primary Care Trust Chairman Chinese Mental Health Association
Clair Chilvers	DH Research Director Mental Health Research Director – National Institute for Mental Health England
Janet Clarke	Senior Nurse – Hadrian Clinic, Newcastle MHT
Mary Ellen Coyte	Service User/Mental Health Foundation
Katherine Darton	Information Manager – National MIND
Clare Isaac	Development Manager – The Prince of Wales's Foundation for Integrated Health
Kim Khahn	Project Administrator - Mental Health, The Prince of Wales's Foundation for Integrated Health
Chris Manning	Chief Executive, Primary Care Mental Health and Education (Primhe)
Lindy Miller	Service User, MIND Cymru
Hagen Rampes	Consultant Psychiatrist, Barnet, Enfield and Haringey Mental Health Trust
Zoe Reed	Director – Developing Organisation and Community, South London and Maudsley Mental Health Trust
Iain Ryrie	Director of Research, Mental Health Foundation.
Terry Smyth	Project Manager – Mental Health, The Prince of Wales's Foundation for Integrated Health
Ursula Wernecke	Consultant Psychiatrist, East London and City Mental Health Trust
Kerry Williams	Rethink

The first Steering Group meeting was held on 7 September 2005 at The Resource Centre on the Holloway Road.

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