Improving Student Mental Health through Partnerships

Developing A Partnership Between Local Universities and the NHS to Improve Mental Health Provision for Students Across Liverpool

UNIVERSITY OF LIVERPOOL

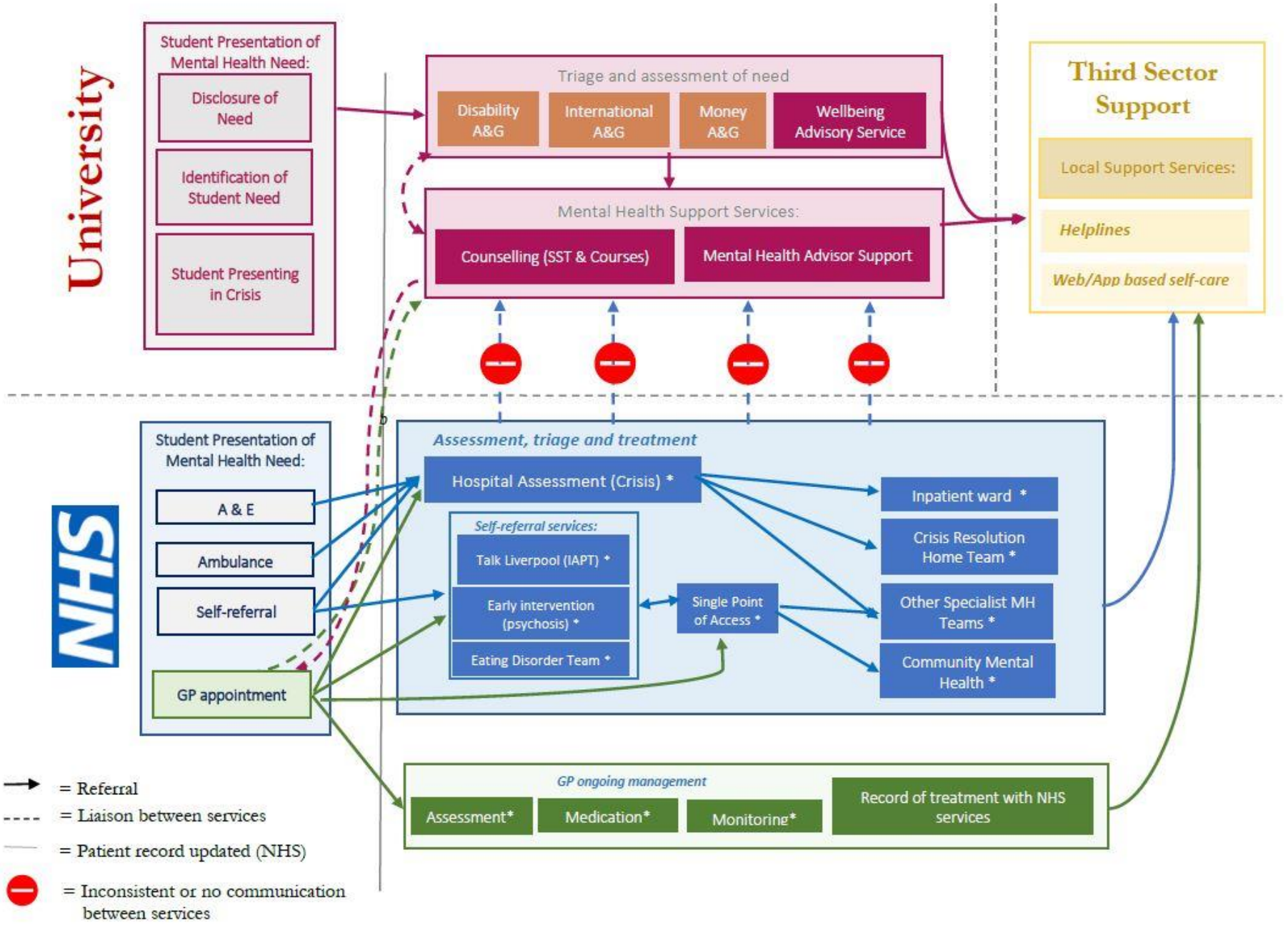
LIVERPOOL JOHN MOORES UNIVERSITY

BROWNLOW HEALTH

INNOVATION AGENCY
Academic Health Science Network for the North West Coast

NHS
Mersey Care
NHS Foundation Trust

Student Pathways into Mental Health Services: Pre Project



Halls aware student struggling, with self harm advised to contact University Mental Health Advisory Service

Contacts University MHAS offered appointment

Appointment with MHAS due

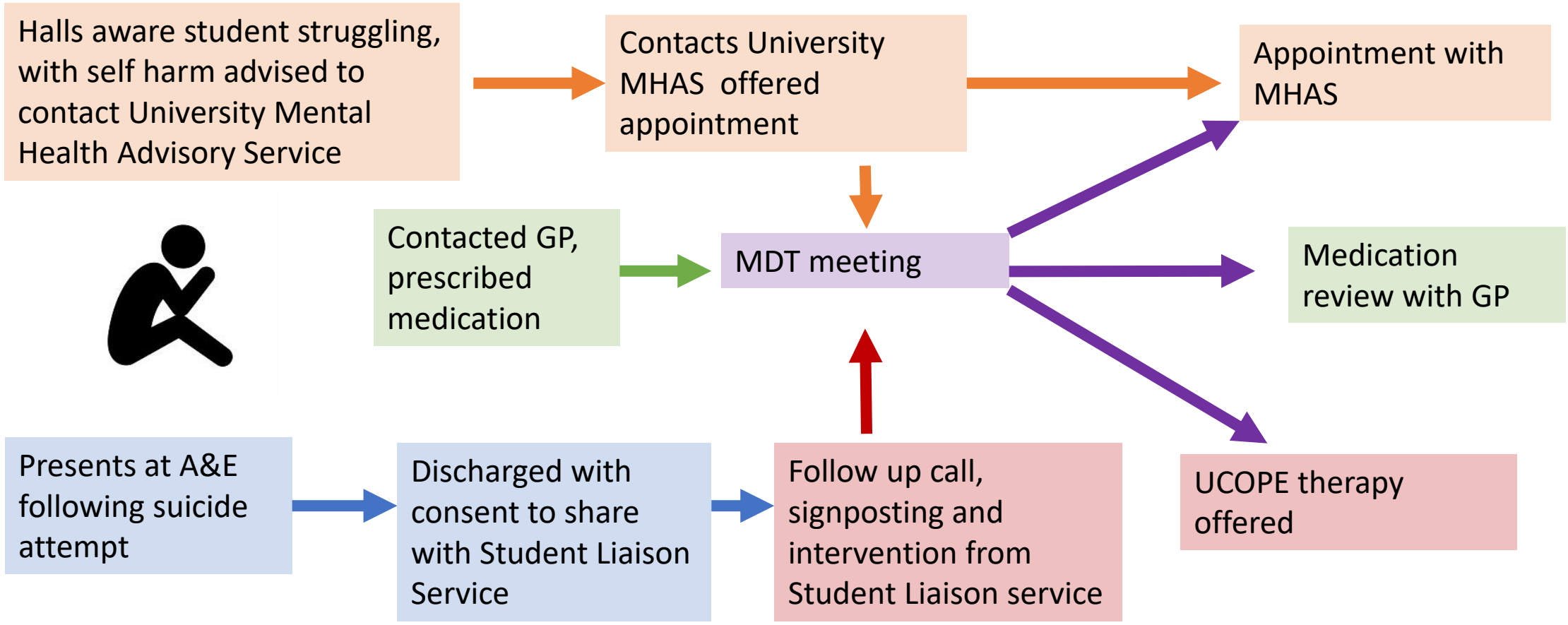
Contacted GP, prescribed medication

Presents at A&E following suicide attempt

Discharged 'to university', no one at university informed

Referred to NHS service

Not suitable for service, referred to another service


Halls aware student struggling, with self harm advised to contact University Mental Health Advisory Service
Contacts University MHAS offered appointment
Appointment with MHAS
Contacted GP, prescribed medication
MDT meeting
Medication review with GP
UCOPE therapy offered
Presents at A&E following suicide attempt
Discharged with consent to share with Student Liaison Service
Follow up call, signposting and intervention from Student Liaison service

Liverpool Model

Student Liaison Service

- Interface between NHS and HEI professionals and services.
- Informed of a student in distress, or requiring follow-up, by urgent care services and then contacts the student to offer a brief intervention and to signpost or refer to relevant services
- Participates in Multi Disciplinary Team meetings

U-COPE

- Psychodynamic Interpersonal Therapy (PIT) and Cognitive Analytic Therapy (CAT) which aims to support patients experiencing self-harming behaviours and offers a 6-week long intervention with opportunities for follow-up care.

526 student contacted on Mersey Care system in Urgent Care services since Feb 2021

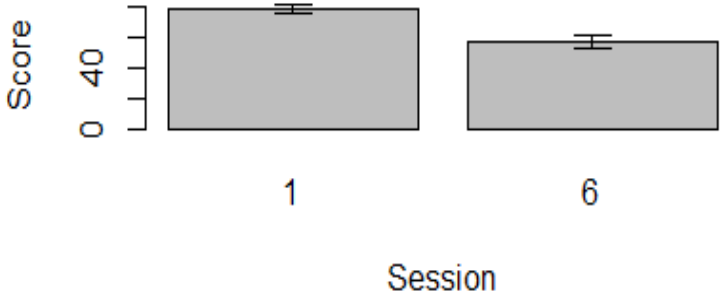
429 Students Supported by Liaison Service

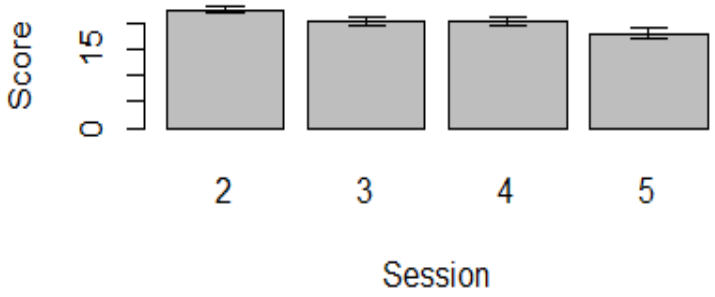
Impact

Extended MDT working and shared staff training

299 Students Referred to UCope

Students who engaged with UCope showed significant improvement p<0.001 in Core Scores





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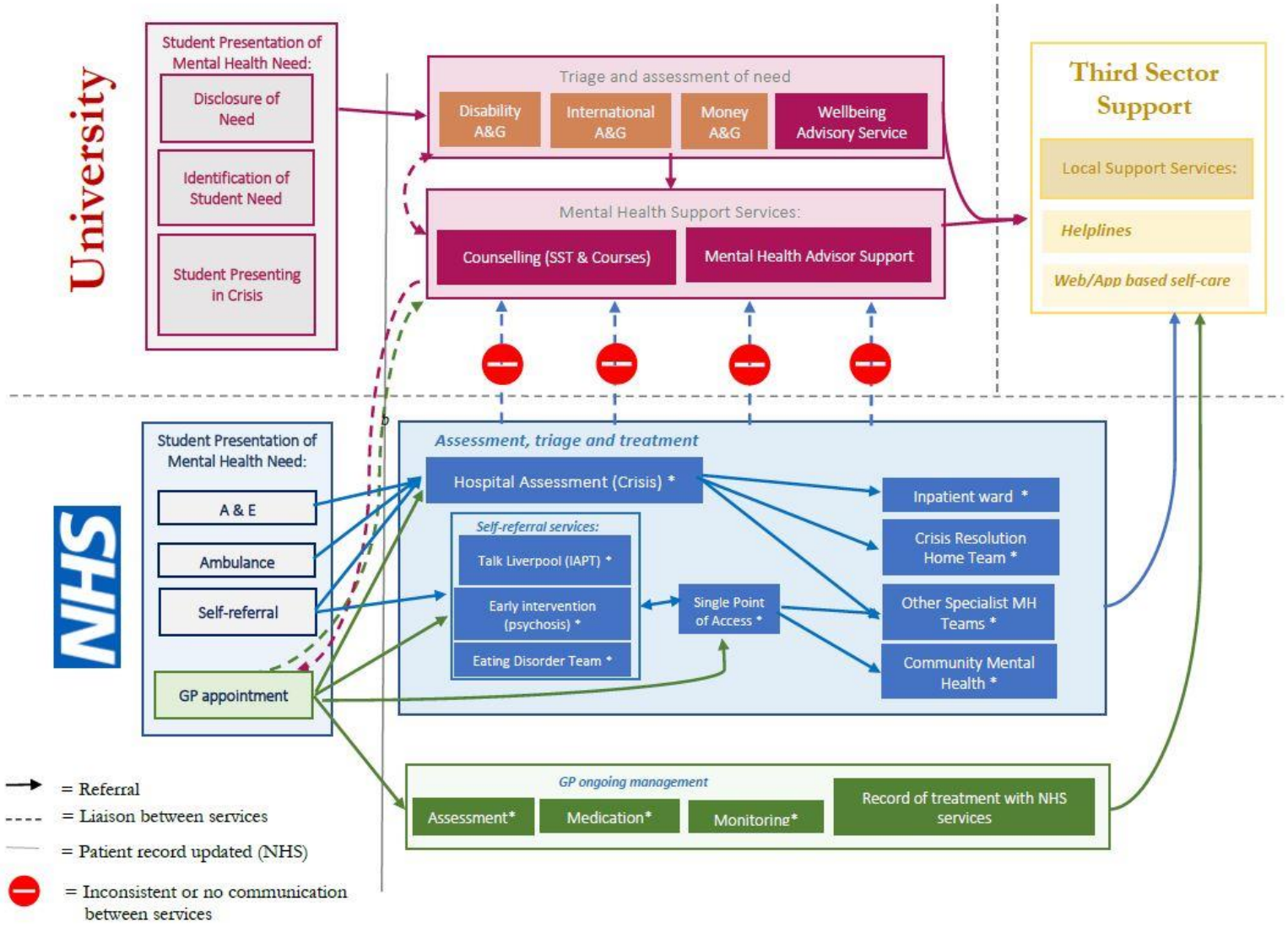
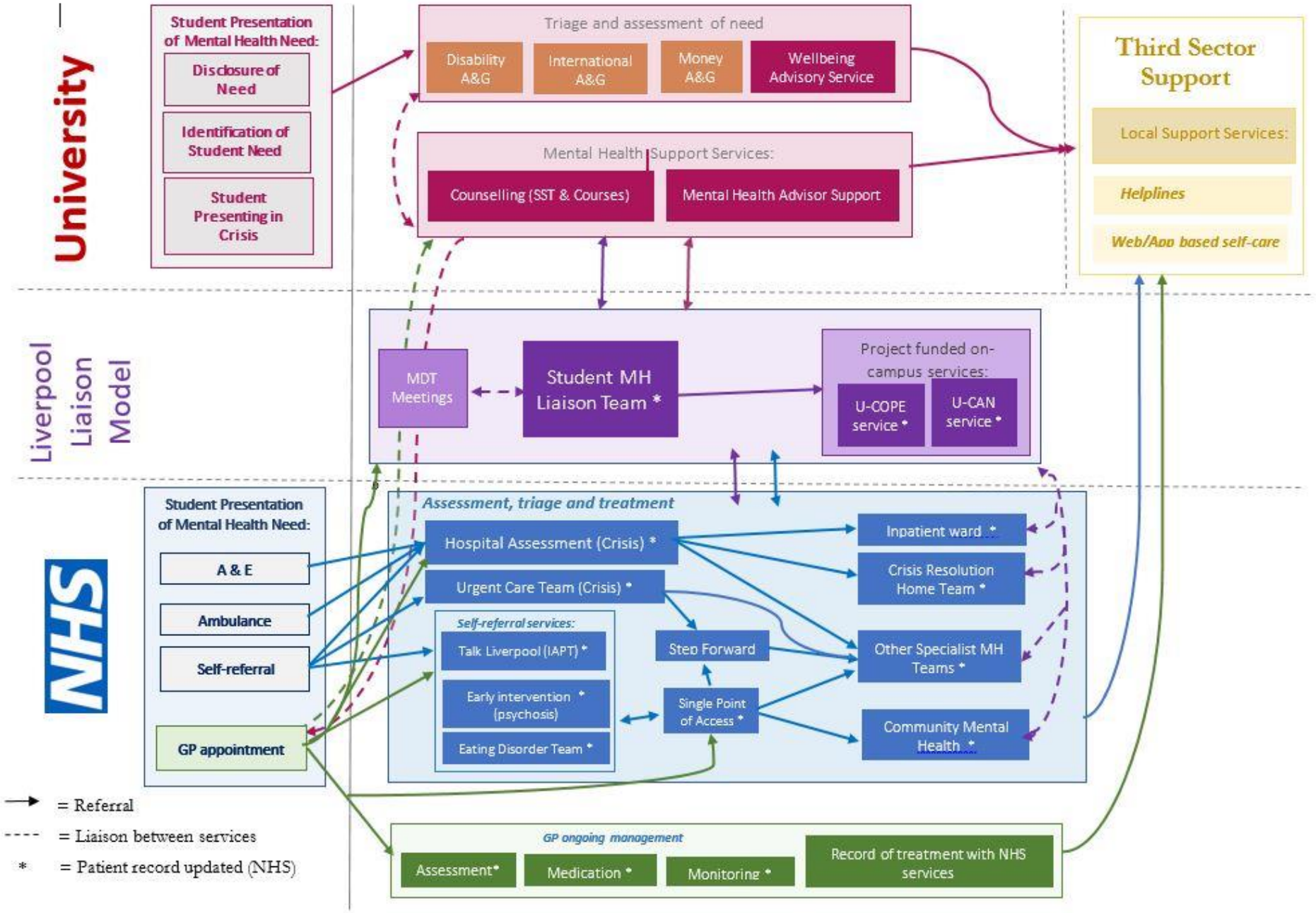


Student Pathways into Mental Health Services: Post Project



Principles for Integration of Care Pathways

Information Sharing/ Communication

- Student Field on NHS system
- Protocol in A&E for sharing with Liaison team
- MDTs

Service Delivery Boundaries

- Limits of responsibility
- Duty of Care
- Improved understanding of institutions' offers
- More effective use of resource

Risk Assessment

- Shared approaches to risk assessment and safety planning
- Shared risk management
- Agree organisational boundaries

Improved Access

- Access to Mersey Care system for oversight of progress
- Escalation and de-escalation processes
- Improved initial contact with service

Maintaining and Extending the Partnership

People

- Senior Commitment required on all sides
- Need effective ‘trouble shooters’
- Effective Partnership building takes time and work, staff need confidence roles will be sustained

Clarity about Benefits

- Other HEIs saw benefit of service and want to use
- Reducing impact on Mersey Care services
- Quantifying usage

Sustainability

- Liverpool partnership agreed for one year including all local HEIs and Mersey Care
- Ambition to extend to FE
- Defining sustainable basis for funding, HEIs and NHS