



Royal College  
of Nursing  
Scotland

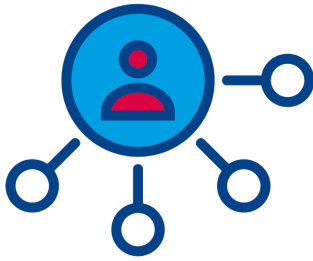
# National mental health initiatives in Scotland

The Scottish Government's Mental Health Strategy 2017-2027 sets out the overarching direction of travel for the future of mental health services in Scotland. Whether stemming directly from an action in the strategy, or from a close connection to it, the Scottish Government is taking forward four national mental health initiatives with which the RCN is closely involved.

The RCN is delighted that mental health is getting renewed attention, with a real emphasis on improving services and embedding the rights of people using them. This is an important opportunity to ensure that the nursing voice is heard as services and legislation are re-shaped.

The RCN has professional seats on three of the initiatives and is engaged in shaping the fourth. This member briefing provides an overview of each initiative.

We are keen to connect with members in our work. If you have any comments or ideas you would like to share, and/or would like us to keep you updated about progress, please email us on [policyscotland@rcn.org.uk](mailto:policyscotland@rcn.org.uk) to let us know. You can also keep an eye out on our [website](#) for future updates as work progresses.



# National mental health reviews in Scotland

## The four initiatives

### Perinatal and infant mental health (PIMH): delivering effective services

The Scottish Government has committed to make perinatal and infant mental health support available to all women and families. Recommendations for service improvement were made by the Perinatal Mental Health Managed Clinical Network. These recommendations are being taken forward by a programme board which has recently published a delivery plan for 2019/20. Initial actions will be focused on four key areas:

- **More capacity:** support for third sector services; scoping the creation of new mother and baby unit (MBU) capacity; establishing regional networks; supporting PIMH champions, and identifying a national peer support model
- **More staff:** funding specialist MBU staffing; developing workforce training, and training an additional psychological workforce & specialists
- **More voices:** funding a participation officer to work alongside and support women to be heard; setting out a vision for PIMH, and setting out evidence, inputs, outcomes and measures to demonstrate improvement in equality
- **Infant mental health:** recruiting parent infant therapists to the two regional MBUs; developing a model of infant mental health provision for families experiencing significant adversity.

Eileen Mckenna, Associate Director for Professional Practice, represents RCN Scotland on the programme board.

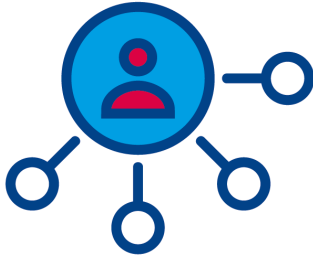
### Mental health legislation review

The review aims to improve the rights and protections of people who may be subject to the existing provisions of mental health, incapacity or adult support and protection legislation, because of their mental ill health. The review will look at the use of compulsory detention, as well as the care and treatment experienced by people since the 2003 Mental Health Act came into force. It will also focus on removing barriers to those caring for individuals' health and welfare.

John Scott QC has been appointed as Chair of the review and we are expecting an interim report by May 2020, setting out priorities and timelines for the next phase of work.

The RCN contributed to a meeting to shape the work of the review. Ross Sanderson, Policy Officer, is engaging with the review for the RCN so that we can continue to influence next steps.

In December 2019, an independent review of learning disability and autism in the Mental Health Act was published. The RCN engaged with this review throughout and has called for further discussion to ensure the recommendations, which are significant, are workable in practice. Any proposals must ensure that clinical professionals are given the support they need to continue to provide person-centred care and address the recent reductions in learning disability nursing staff. As suggested by the RCN, some of this review's recommendations will now be considered as part of John Scott QC's work.



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### Forensic mental health services review

The review is focusing on the delivery of forensic mental health services in hospitals, criminal justice settings and the community and has three corresponding working groups. It will take a human rights-based approach to its work. The group will consider:

- The demand for forensic mental health services
- The delivery of forensic mental health services in prisons and other criminal justice settings (e.g. custody)
- The delivery of high security forensic services in hospital
- The capacity of medium secure services to deliver forensic mental health services
- The movement of patients from low or medium security into the community.

The first phase of the review is evidence gathering and is expected to last until early 2020.

Stuart McKenzie, RCN Scotland member and committee member of the RCN Mental Health Forum, and Eileen Mckenna, Associate Director for Professional Practice, represent RCN Scotland.

### Children and adolescent mental health services review

Following publication of the [Children and Young People's Mental Health Taskforce: delivery plan](#), the Scottish Government and CoSLA have tasked this review with overseeing improvements. Reforms should ensure that children, young people and their families receive the support they need, when they need it and with services which are responsive to local needs. There will be a particular focus on prevention and early intervention and upholding the GIRFEC principles.

The programme is due to finish by December 2020.

Ross Sanderson, Policy Officer, represents RCN Scotland on the programme board.



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