

The Round Up

Your Monthly Round Up of what's happening at St Andrew's Healthcare

Supporting Mental Health Awareness Week

This month marked the 21st year of Mental Health Awareness Week, a week where people are encouraged to talk about mental health to reduce the stigma surrounding it. St Andrew's supported the call to raise awareness of mental health with the release of our latest 'Let's talk about' video campaign and chatted to one of our Peer Support Workers about Body Image. We also caught up with our Grounds Team in Northampton to discuss this year's 'nature' theme and visited our local Sainsbury's store to speak to shoppers about mental health and the local support available.



#LetsTalkAbout...

Did you know that 1 in 5 people feel shame about their body image? 1/3rd of us are quite depressed and very dissatisfied about how we look and 19% of us are actually disgusted by our body image?

Our latest 'Let's talk about' social media video which aims to reduce mental health stigmas spoke to Liz Ritchie, our Self Care Body Image Therapist, about Body Image. In the video, Liz explains what body image is, what causes body image issues, what the typical symptoms are and how you can help someone with body image issues.

Liz has become a leading voice on body image, appearing in the acclaimed BBC Three documentary, [Jesy Nelson: Odd One Out](#) to support Little Mix singer Jesy Nelson's own body image issues.

Body image issues are described by Liz as being embedded in our society, driven by internal beliefs and external factors which can sometimes have debilitating impacts on a person's life. Liz highlights the role of social media promoting 'perfectionism'. She shares some things you should be mindful of when scrolling through social media posts and goes on to provide some key guidance to support someone who is struggling with body image and self worth.

During #MentalHealthAwarenessWeek Liz spoke to Northampton Chronicle & Echo and BBC Radio Northampton to help support people with body image.

[Click here](#) to watch the short video.

[Click here](#) to read The Chron & Echo article.

Experiencing body image issues by Peer Support Worker Estelle Randle

As part of our focus on body image, we also spoke to Estelle Randle who candidly shared her experiences of body dysmorphic disorder. Estelle describes stages of comfort eating and restrictive eating as forms of self-harm and the immense pressure that society applies through media to look a certain way. She bravely describes the need for people to learn to be okay with themselves and shares her mantra which has helped her cope with her own body issues.



[Click here](#) to watch Estelle's video.

[Click here](#) to view more of our #LetsTalkAbout videos.

Talking to local shoppers about mental health

During Mental Health Awareness Week we also took to our local community to encourage people to talk about mental health. Our set up in the local Sainsbury's in Northampton was overwhelmed by how many people stopped and chatted to find out more about mental health.



How nature can benefit our mental health

With this year's theme of Mental Health Awareness Week being 'nature' we caught up with our Grounds Team in Northampton to understand the mental health and wellbeing affects that nature can play in improving our moods and reducing stress. Our Grounds Maintenance Manager talks of the pride they have maintaining 140 acres of green land, which is available to patients. [Click here](#) to watch the short video.



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Service Spotlight on PICUs



Our Service Spotlight campaign moved to focus on our [Psychiatric Intensive Care \(PICU\)](#) services this month. Our Service Spotlight allows you to get to know a little more about the people who work within our services and understand the work they do to support patients each day. Our gender specific PICUs, located in Northampton and Essex offer 24/7 rapid assessment, intensive treatment and stabilisation for people with acute phases of mental illness. During the month we heard from Dr Shubhinder Shergill, who talks about the challenges of the past year in caring for people who are acutely unwell in the context of the pandemic, and we speak to Akim Bande, Nurse Manager, Hugo Nel, Consultant Clinical Psychologist and Lynsey Harradence, OT Technical Instructor about their work in our PICUs supporting patients to get better and return to their everyday lives. [Click here](#) to visit our PICU service page to watch the videos and make a PICU service enquiry.

St Andrew's takes part in research project to help support patients' carers

A new research project hopes to find ways to enhance the support provided to unpaid carers of people detained in hospital under the Mental Health Act 1983.



Led by the Department of Social Policy and Social Work at the University of York, the NIHR School for Social Care Research-funded project aims to develop and evaluate a new standard of the Triangle of Care, focused on the support provided to carers during periods of leave from hospital under section 17 of the Mental Health Act.

The project builds upon earlier research conducted by Emma Wakeman, a Social Worker at St Andrew's Healthcare, which she conducted as part of her Master's in Social Work Practice (Think Ahead). Emma found that carers were often not involved in decisions about section 17 leave, or supported during it.

Emma explained: "This is an exciting research project to be a part of. I really believe that by working together with carers to make sure they have positive experiences of s.17 leave, we will also see a benefit to patients and practitioners, too."

[Click here](#) to view Emma's Service Spotlight video.

www.stah.org

Examining the prevalence of CPTSD in an inpatient DBT service for females with a primary diagnosis of EUPD

The trauma-related needs of women diagnosed with Emotionally Unstable Personality Disorder (EUPD) are not consistently acknowledged or addressed within mental health services.

A study lead by leading clinicians at St Andrew's recently undertook an evaluation of the impact of introducing routine screening for PTSD & complex PTSD in our inpatient DBT service for women diagnosed with EUPD.

Our findings showed that the majority of women (67%) with a diagnosis of EUPD also met the full diagnostic criteria for either PTSD (12%) or Complex PTSD (55%). A further 12% also met symptom criteria for PTSD / cPTSD, but had found a way to live with core trauma symptoms without affecting their every day functioning.

The figures for the prevalence of Complex PTSD are among the highest published, globally. They demonstrate that women with EUPD, who are often excluded from CPTSD treatment trials due to ongoing instability and self-harm, require treatments that also address chronic trauma needs.

The study has recommended that clinicians working with females with EUPD should also be trained to support trauma needs and that this should be part of a patient's treatment.

[Click here](#) to find out more about our Centre for Developmental and Complex Trauma.



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Living in the community

In May, we caught up with Jamie who was a patient at St Andrew's until his discharge in January 2020. Jamie lives with autism, severe anxiety and emotionally unstable personality disorder. He now lives at a community placement in Bristol. Jamie spoke briefly about how Covid-19 had affected him and how he has actively volunteered to help support the Covid-19 vaccination roll out at the mass vaccination centre at Ashton Gate in Bristol. He has also agreed to help the NHS as an Expert by Experience and is looking forward to supporting other patients as they receive care. [Click here](#) to read his blog post.



With the theme of this year's Mental Health Awareness Week being 'nature', we thought it was a good opportunity to share these pictures of our Northampton grounds taken by Ben Jenkins, IT Applications Manager at St Andrew's. Our grounds are used by patients and staff on a daily basis in Northampton, positively supporting all our health and wellbeing.

The Freedom to Speak

In line with NHS best practice, St Andrew's has introduced a team of 'Freedom to Speak Up' Guardians which aim to give staff a confidential and effective way to seek support and guidance in addressing anything within the charity that they think needs to improve. Our Guardians have all been trained to listen and help staff raise any concerns that they may have, whilst providing support and advice. Our Guardians have conducted some staff drop-in sessions and developed a video to encourage people to come forward. [Click here](#) to view the video.



Covid-19 update

With further easing of the Government's lockdown restrictions in May and with zero patient cases across our hospital sites, we were able to issue new guidance around patient visits and leave, therapy sessions, and hugging. Visits are now allowed in indoor family visiting rooms, and there is easing of restrictions around off-site visits and leave. Therapy sessions involving two wards can now also take place. Our vaccinations have continued, with our volunteers helping us to ensure that over 3000 staff and almost all of our patients are now vaccinated. [Click here](#) to read our latest Coronavirus guidance.



Empowering careers in mental health and learning disability

This month saw a group of Healthcare Assistants complete a two-year trainee Nursing Associate course delivered by St Andrew's and validated by the University of Northampton. The course follows an apprenticeship framework that see HCAs work alongside existing healthcare support workers and registered nurses to deliver hands-on care, testing their skills and competencies. On successful completion of the programme, students are able to register their award with the Nursing & Midwifery Council (NMC) and be known as Nursing Associate.

[Click here](#) for further information about our Careers. [Click here](#) to view a video from one of our Mental Health Nurses explaining her typical day as we marked International Nurse Day.



Events round up

Mental Capacity Act: Good Practice Guidance Event

Our online event featured a panel discussion and live voting and saw over 140 NHS based delegates attend with excellent feedback.

Occupational Therapy Forensic Special Interest Group

In conjunction with the [Vona du Toit Model of Creative Ability Foundation \(UK\)](#). Consisting of workshops, discussions and presentations delegates learnt about the use of the model for people with personality disorder and patients who require the use of restrictive interventions.