

Meriden Family Programme **20th Anniversary**

One Day Conference

Family Interventions in **Mental Health – Future Directions**

Wednesday 20 June 2018

Venue: Ramada Birmingham Solihull Hotel,
The Square, Solihull, B91 3RF

PROGRAMME

Chair – Mr Chris Mansell, Deputy Director, Meriden Family Programme

9.00am

Registration

Welcome

*Dr Gráinne Fadden, Director, Meriden Family Programme
(Birmingham & Solihull Mental Health NHS Foundation Trust)*

9.45am

Opening Remarks

*Mr John Short, Chief Executive
(Birmingham & Solihull Mental Health NHS Foundation Trust)*

10.00am

Reflections of a Carer Consultant

*Mr Peter Woodhams, Carer Consultant,
Meriden Family Programme (Birmingham & Solihull Mental Health NHS Foundation Trust)*

10.10am

Family Work Models and Modalities:

An Evidence Review

*Professor Jo Smith, Chartered Clinical Psychologist and Professor of EI and Psychosis
(University of Worcester)*

10.50am

The Future of Family Interventions in Mental Health

*Dr Alison Brabban, National Clinical Advisor
for Severe Mental Illness (NHS England)*

11.30am

Coffee, Stands and Networking

12.00pm

Workshops

1.00pm

Lunch, Stands and Networking

Carers and Co-Production

2.00pm

*Mrs Shelagh Musgrave, Carer Experience Lead, Families & Carers Pathway Project
(Birmingham & Solihull Mental Health NHS Foundation Trust)*

Table Top Discussion

2.10pm

The Future of Family Work – Challenges and Opportunities

Integrating Behavioural and Systemic Approaches in a Service Context

2.30pm

*Dr Frank Burbach, Consultant Clinical Psychologist (Somerset Partnership NHS
Foundation Trust), SW EIP Programme Lead (NHS England) and Family Interventions
Lead (University of Exeter)*

3.10pm

Coffee

Implementing Behavioural Family Therapy in Ireland – The Opportunities and Challenges of Introducing a National Programme

3.30pm

*Ms Rhona Jennings, Programme Manager, Health Service Executive Mental Health
Services (Republic of Ireland)*

Celebrating Twenty Years of the Meriden Family Programme and Looking Forward

4.10pm

*Dr Gráinne Fadden, Director, Meriden Family Programme
(Birmingham & Solihull Mental Health NHS Foundation Trust)*

4.40pm

Plenary – Future Directions for Family Interventions

5.15pm

Close

To book a place or for further information,
please contact:

Sam Farooq, Business Manager

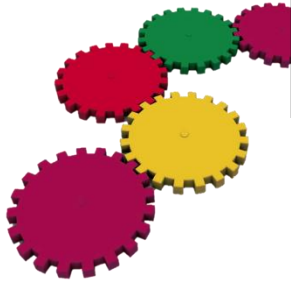
Meriden Family Programme,
Birmingham & Solihull Mental Health NHS
Foundation Trust,
Tall Trees Building, Uffculme Centre,
Queensbridge Road, Moseley
Birmingham B13 8QY

Tel: 0121 301 2896

Fax: 0121 301 2891

Email: samfarooq@nhs.net





Keynote Presenters and Abstracts

Dr Alison Brabban, National Clinical Advisor for Severe Mental Illness (NHS England)

Although Alison is a clinical psychologist by profession she now has a number of roles within the NHS, each concerned with trying to improve service users' experience of mental health services in some way. In her role as Expert Advisor to the Adult Mental Health team within NHS England her focus is on improving access to psychological therapies for people diagnosed with psychosis, bipolar disorder and personality disorders, on the promotion of values based care as well as measuring outcomes (looking at what difference interventions and services are making). She is the Recovery Lead within Tees, Esk and Wear Valleys NHS Trust, working in partnership with service users and carers to ensure local services are meeting their needs. Alison also works as a clinician within the Early Intervention Service within the Trust. Over the last few years she has also been involved in the development of the NICE Guideline for Psychosis & Schizophrenia and the related NICE Quality Standards and was part of the Schizophrenia Commission.



ABSTRACT – The Future of Family Interventions in Mental Health

The Meriden Family Programme, led by Dr Gráinne Fadden, has worked tirelessly over the last 20 years to ensure families get the support they need and can access appropriate high quality interventions. Despite all of this work, a robust evidence base and NICE guidelines that recommend family interventions should be available to all, access to these has remained scarce. However, after two decades of toil, it appears these efforts may be paying off and the situation could be changing. The new Early Intervention in Psychosis Access Standard stipulates that everyone with a first episode psychosis must have access to family interventions. What are the implications of this new guidance and what does it mean for services, service users and their families going forward? The presentation will address these issues drawing from experiences in services and in a number of national roles including work with NHS England.



Dr Frank Burbach, Consultant Clinical Psychologist (Somerset Partnership NHS Foundation Trust), SW EIP Programme Lead (NHS England) and Family Interventions Lead (University of Exeter)

Frank is a Consultant Clinical Psychologist with the Somerset Partnership NHS Foundation Trust where he is also a Senior Operational Manager and the Clinical Lead for Early Intervention in Psychosis, the Connect18 transitions service and the Triangle of Care. He is the Clinical Lead for the South West Early Intervention in Psychosis Programme (seconded to NHS England) and in 2017 he developed and led the University of Exeter's Family Interventions Programme.

He has a Diploma in Marital & Family Therapy and is also a registered Cognitive-Behavioural Psychotherapist. He is a member of the Triangle of Care national steering group and is also a member of the Editorial Board of the Journal of Family Therapy. Dr Burbach completed a PhD from Plymouth University on developing systemically-oriented mental health services and has published numerous

papers and book chapters on family inclusive practice, family interventions and early intervention in psychosis.

ABSTRACT – Integrating Behavioural and Systemic Approaches in a Service Context

Family or systemic therapy is often contrasted with psychoeducational approaches but these historical differences have become blurred with the increasing development of Integrated Family Intervention (IFI) approaches for psychosis. This presentation describes the range of family-based services developed in Somerset as well as our flexible, widely applicable FI model which integrates cognitive behavioural/ psychoeducational and systemic approaches. The IFI approach facilitates engagement and it is designed so that every session is a 'mini intervention'. This enables clinicians to offer standard NICE-concordant family interventions or a briefer intervention if this is sufficient to meet the particular needs of a family. It also allows the formal FI to be more easily and flexibly integrated with routine family-inclusive practice.

The presentation will provide a historical context for the development of integrated FI and will introduce our collaborative, resource-oriented approach to working with families and wider support networks within 7 phases:

1. The sharing of information and provision of emotional and practical support;
2. Identification of patient, family and wider network resources;
3. Encouraging mutual understanding;
4. Identification and alteration of unhelpful patterns of interaction;
5. Improving stress management, communication and problem solving skills;
6. Coping with symptoms and relapse prevention planning;
7. Ending.

Key concepts such as 'cognitive-interactional analysis' and 'therapeutic conversations', which include solution-focused and reflecting conversations, will be presented. The presentation will also consider training and service issues, including the widespread adoption of the Triangle of Care in mental health services and the increasing interest in Open Dialogue.



Dr Gráinne Fadden, Director, Meriden Family Programme (Birmingham & Solihull Mental Health NHS Foundation Trust)

Dr Gráinne Fadden is a Consultant Clinical Psychologist based in Birmingham and Solihull Mental Health Foundation NHS Trust, Honorary Senior Research Fellow at the University of Birmingham and Director of the Meriden Family Programme. The Programme has been awarded joint-winner of the National Institute for Mental Health in England (NIMHE) 2003 Positive Practice Award for 'Modernising Mental Health Services', winner of the 'Social Care Award' (Midlands and East Region) in 2005 in the Health and Social Care Awards

organised by the Department of Health, and winner of the Health Service Journal national award for Mental Health Innovation in 2008. In November 2009, Dr Fadden was awarded the prestigious Marsh Award which is a lifetime achievement award given by Rethink, the UK national mental health charity, for her outstanding contribution to mental health. In 2017, she was awarded a Fellowship from the BABCP in recognition of her contribution to clinical practice, research, training and implementation of family work.

Dr Fadden has worked in the area of family work throughout her career; in clinical practice, research, training and more recently in relation to influencing organisational change to incorporate family work routinely into mental health services. She has also written extensively on the effects of mental health problems on families, the ways in which families can be supported, and on the training of mental health

professionals to work with families, including books, book chapters and research articles. She has been involved in a number of EU funded research projects evaluating various aspects of the impact of mental health problems on families, and the development of services to families. Current initiatives being developed include family member peer support and recovery for family members.

Dr Fadden links with the NHS England and Health Education England on issues relating to families and carers, and also works closely with a range of national bodies, regarding these issues. Her international reputation has resulted in her delivering training in Europe and as far afield as Canada, Australia and Japan.

ABSTRACT – Celebrating Twenty Years of the Meriden Family Programme and Looking Forward

Dr Gráinne Fadden established the Meriden Family Programme in 1998, and prior to that spent 11 years in the Buckinghamshire Mental Health Service, a home-based system of care that focussed on the family established by Ian Falloon. Her training was at the Institute of Psychiatry where the work of Julian Leff and Elizabeth Kuipers developed. She is retiring from her work in the Meriden Family Programme in July 2018.

In this presentation she will reflect on how family work has evolved over the 38 years she has been involved in this area, either through work in clinical services or in research. She will highlight what has been achieved, what has changed and what the challenges are into the future.

Ms Rhona Jennings, Programme Manager, Health Service Executive Mental Health Services (Republic of Ireland)

Rhona Jennings was appointed Programme Manager for the HSE Mental Health Clinical Programmes in August 2012. Since then she has been involved in the development of the National Clinical Programme for Early Intervention in Psychosis. This has included developing programmes for CBTp, Individual Placement support and family work. In 2013 she began working with Meriden to introduce BFT into each mental health service in Ireland. This has included the development of national plan for delivery and supervision of BFT and a standard operating procedure.



Rhona qualified as an Occupational Therapist from Trinity College Dublin 1993 and has worked in a variety of health care settings in Scotland and Ireland. She was appointed Assistant Inspector of Mental Health Services in 2004 and was a member of the team for five years. She project managed the National Mental Health Services Collaborative (HSE and Mental Health Commission) on Individual Care Planning from 2009 -2011. In addition she has completed an MBA in Health Service Management (RCSI and Michael Smurfit, School of Business 2003) and a Diploma in International Human Rights and Mental Health Law (WHO and Pune School of Law).

She is currently involved with IMPART (IMPlimentation of A Relatives' Toolkit) and EFFIP (e-support for Families and Friends of Individuals affected by Psychosis) research trials.

ABSTRACT – Implementing Behavioural Family Therapy in Ireland – The Opportunities and Challenges of Introducing a National Programme

In the Republic of Ireland, National Clinical Programmes in Mental Health have been developed by the Health Service Executive (HSE), (public service health provider) in partnership with the College of Psychiatrists of Ireland. The primary aims of all HSE Clinical Programmes including the Early Intervention in

Psychosis (EIP) National Clinical Programme are standardisation of quality evidence based practise, improved access and cost effectiveness. The programme plan for EIP drafted by a wide-ranging national working group will describe the provision of early detection, specialist assessment, assertive engagement and the provision of evidence-based multidisciplinary interventions. It is anticipated that it will be published in late 2018.

Concurrent with the development of the national plan, the National Clinical Programme Office contacted Meriden in 2012 with the aim of making Behavioural family therapy (BFT) routinely available for families of service users who presented with first episode psychosis. Mental Health services are organised around community mental health teams (CMHT) serving populations of 50,000 for adult and 100,000 for CAMHS. It is estimated that there are 1500 new cases of FEP each year in Ireland and we planned to train two clinicians per CMHT.

BFT was the first evidence based psychosocial intervention introduced in Ireland as part of this National Clinical Programme. This presentation will focus on implementing BFT across an entire country with a population of 4.75 million as a standalone intervention within existing mental health services, identifying and training clinicians, developing supervision and clinical pathways, establishing a register of trained clinicians, monitoring and evaluating the process and identifying lessons learnt.



**Mrs Shelagh Musgrave, Carer Experience Lead
(Birmingham & Solihull Mental Health NHS Foundation Trust)**

Within the mental health arena, Shelagh Musgrave advocates for, and is the primary caregiver to, her daughter who has a history of complex mental health issues. Shelagh is passionate about improving carer engagement as her own experiences have led her to believe that it is essential for professionals to consider the impact of the mental ill health of a loved one on the primary carer and the wider family network, and to actively seek their input and value their knowledge in order to create supportive working partnerships that will better support the service user.

Shelagh is training as a Carer Peer Support Worker with Birmingham & Solihull Mental Health Trust (BSMHFT). She is the Carer Lead for the project team responsible for the Families & Carers Pathway Project, a project within BSMHFT to design and implement this new pathway, which will train mental health professionals to work proactively with carers and families from the outset. She is involved in the Induction programme for new staff at Forward Thinking Birmingham, the 0-25 Mental Health Service in Birmingham, delivering a session on the value of carer engagement from a lived experience perspective. She has trained as an Agent of Change, an intensive 3-day training programme delivered by Health Education England. This leadership programme is designed to develop presentation and speaking skills for those willing to share their stories and messages of change, in order to influence the NHS.

Organisational change is challenging, but Shelagh is excited to be involved and feels strongly that through lived experience, she can help to influence the decision making as BSMHFT designs and rolls out the new Families & Carers Pathway Project. She hopes, as a consequence, that the future for carers and families in BSMHFT is one in which they will feel recognised and respected as expert care partners; where they are encouraged to consider the impact caring has on their own health & wellbeing and where they are supported in identifying what will best help them to achieve balance between staying well and healthy themselves whilst at the same time being able to care for their loved one.

ABSTRACT – Carers and Co-production

I have a keen interest in co-production and in how family members can influence decision-making in organisations so that services promote recovery and meet the needs of family members. My hope for services in the future is that family members and carers will feel recognised and respected as expert care partners. I also see a future where carers are encouraged to consider the impact caring has on their own health and wellbeing; where they are supported in identifying what will best help them to achieve balance between staying well and healthy themselves whilst at the same time being able to care for their loved one. I will give examples of how these ideas are put into practice drawing from different initiatives I am involved in.

Professor Jo Smith, Chartered Clinical Psychologist and Professor of EI and Psychosis (University of Worcester)

Professor Jo Smith is Professor of Early Intervention and Psychosis at University of Worcester. She is a Chartered Clinical Psychologist and a Health Professions Council (HPC) Registered Practitioner Psychologist who worked in adult mental health services during a 34 years NHS career. For 16 years, she was the Early Intervention in Psychosis (EIP) Lead for Worcestershire Health and Care NHS Trust and a Joint National EIP Programme Lead for England from 2004-2010. Jo was made a Fellow of the British Psychological Society (FBPsS) for her work in psychosis and a Fellow of the British Association for Behavioural and Cognitive Psychotherapies (BABCP) for her contribution to Cognitive Behavioural Therapy (CBT).



Jo has been involved in the development and roll out of national policy and guidelines and delivering, teaching and supervising a wide range of CBT based approaches including family and sibling interventions. Her clinical and research work has largely focused on the development, evaluation and delivery of psychosocial interventions to individuals with psychosis and their families. She is currently involved with IMPART (IMPLementation of A Relatives' Toolkit) and EFFIP (e-support for Families and Friends of Individuals affected by Psychosis) research trials.

ABSTRACT – Family Work Models and Modalities: An Evidence Review

Family interventions for psychosis (Flp) are evidence based talking therapies that are known to significantly improve important outcomes for people with psychosis and their family/carers. Family interventions can vary in relation to delivery mode (individual versus multi- family, with or without service user involvement). More recently, family interventions have also started to be developed and delivered via the internet (eHealth) or using mobile phone apps (mHealth) either as standalone psychoeducational interventions or to augment face-to-face family support.

The majority of family interventions share key components including: information sharing (psycho-education), emotional processing, stress management, problem solving and communication skills training designed to improve understanding about psychosis and the impact on family relationships, promote coping and minimize relapse risk. Multi-component Flp has been shown to be cost-effective and repeatedly identified as one of the most effective evidence based interventions for psychosis in NICE best practice psychosis intervention guidelines since 2002.

More recently, 'Open Dialogue' has also garnered increasing interest and usage in family work in psychosis. This presentation will aim to review the current evidence for Flp in its various formats and to identify factors such as duration and mode of delivery which may moderate intervention effectiveness based on recent research evidence drawn from systematic reviews and meta-analytic syntheses.

**Mr Peter Woodhams, Carer Consultant, Meriden Family Programme
(Birmingham & Solihull Mental Health NHS Foundation Trust)**



Peter Woodhams is a carer of his son who has suffered from schizophrenia for over 20 years and whose family unit has benefited from good mental health services, including Behavioural Family Therapy (BFT). Since retiring from a role in industry many years ago Peter has been actively involved in working with mental health services and works on a part time basis with the Meriden Family Programme as a Carer Consultant and Carer Trainer on Carer Education courses.

He has contributed to research papers and books from a carer perspective and has also been involved in the development of Meriden's resources for carers, such as the MyCare app and the Caring for Yourself self-help manual.

He has worked on the development of three Guidelines for NICE (National Institute for Health and Care Excellence) as the only Carer Representative, including the NICE Guideline for Psychosis and Schizophrenia which was published in 2014. He is an AIMS Reviewer for the Royal College of Psychiatrists.

ABSTRACT – Reflections of a Carer Consultant

Peter Woodhams is a carer for his son who has had mental health difficulties for many years. Behavioural Family Therapy has played a big part in the recovery of all his family members. A member of the Chartered Institute of Personnel and Development, Peter spent his working life as an HR Executive in the design, construction and engineering industries. In retirement he has worked for the Meriden Family Programme as a Carer Consultant for over 12 years and this has brought him into contact with carers, families and staff who work in mental health services across the UK and in Canada, Japan, Uganda and Ireland.

In his short talk Peter will reflect on some highlights of the work in which he has been involved during his time with Meriden focusing in particular on projects that have had a significant and immediate impact on carers and families with positive outcomes. He will also briefly mention his work as a carer on the development of 3 NICE Guidelines.





Workshops

Family Work and Wellbeing

Tony Gillam and Shelagh Musgrave

This presentation will discuss the connections between family work and wellbeing. Drawing on evidence and experience gained from the perspectives of both practitioner and carer, Tony Gillam and Shelagh Musgrave will explore, firstly, what is understood by the often ill-defined concept of wellbeing.

The workshop will then outline how family life is central to the wellbeing of service users and carers and how working with families can enhance the wellbeing of mental health practitioners as well as those to whom they provide a service. It will suggest that family work offers a way of moving beyond recovery towards the goal of improved wellbeing for families and for practitioners.



Getting Started With Family Interventions in Your Service

Paula Conneely and Julia Danks

The Meriden Family Programme has a 20 year history of successfully implementing Family Interventions in a range of clinical services and contexts. Both Paula Conneely and Julia Danks have worked with the Programme on numerous commissions, working to provide bespoke training programmes to meet the individual needs of each service provider.

The model of family work used by the Meriden Programme is an evidence-based, psychoeducational approach known as Behavioural Family Therapy (BFT). It is a practical, skills based intervention that usually takes 10 to 14 sessions to deliver. It typically involves sharing information with the service user and their family about the service user's mental health issues, experience and treatment. The family also complete work on recognising early signs of relapse and develop a clear staying well plan. BFT promotes positive communication, problem solving skills and stress management within the family. With a strong evidence base, BFT meets the requirements of several National Institute for Clinical Excellence (NICE) guidelines, including those for Psychosis and Schizophrenia (CG178, 2014), Bipolar Disorder (CG185, 2018) and Eating Disorders (NG69, 2017).

This workshop aims to give a brief overview of the Behavioural Family Therapy (BFT) model for those who are unfamiliar with its framework, background and supporting evidence base. It will also provide opportunity to explore our cascade model of training and consider how this approach may be useful. As such, the workshop will address the following

- **Background:** BFT and the Meriden cascade training model
- **Setting goals:** Where are we now? Where would we like to be?
- **Action:** Using the 6-step Problem Solving approach to get things started!



Developing Carer Peer Support Workers

Gráinne Fadden and Sarah

Birmingham & Solihull Mental Health NHS Foundation Trust has developed training and employment opportunities for service user peers over the past couple of years, but up to now has not had a similar programme for carers, friends and family members.

The Carer Peer Support programme is a Meriden Family Programme initiative which has been co-produced with carers and family members. The aim is to provide an exciting opportunity for carers to join the trust and support other carers by using their personal experiences. A number of carer consultation meetings were held by the Meriden Programme in order to gain insight into carers' needs and views prior to devising the training programme. Through this collaboration, a ten-day training curriculum was developed, which includes issues such as confidentiality, skills for sharing personal stories, signposting to other services, and communication skills. On completion of the training, carers will be able to apply for Carer Peer Support roles in the trust and will be able to contribute in a number of ways, e.g. provide one-to-one support to carers, co-facilitate training sessions with staff and support the development of carer groups.

The first eight carers who were selected following an application and interview process have now completed the training. Pre and post training measures were used, and feedback was taken on the programme. This workshop will describe the process and the experience of establishing this training and on-going peer support work with Birmingham and Solihull Mental Health Trust.



Implementing Behavioural Family Therapy Across a Country

Rhona Jennings

The National Clinical Programme Office for Early Intervention in Psychosis in Ireland contacted Meriden in 2012 with the aim of making Behavioural Family Therapy (BFT) routinely available for families of service users who presented with first episode psychosis. At the same time a national working group was established to develop a blue print for EIP services in Ireland.

Mental Health services are organised around Community Mental Health Teams (CMHTs) serving populations of 50,000 for adult and 100,000 for Child and Adolescent Mental Health Services (CAMHS). It is estimated that there are approximately 1500 new cases of First Episode Psychosis (FEP) each year in Ireland and we planned to train two clinicians per CMHT. BFT was the first evidence based psychosocial intervention introduced in Ireland as part of this National Clinical Programme.

This workshop will focus on the implementation of BFT across an entire country as a standalone intervention within existing mental health services. During the workshop participants will have an opportunity to review and discuss the steps involved; agreeing the training plan, identifying and training clinicians, developing clinical pathways using a standard operating procedure, developing a supervision contract, establishing a register of trained clinicians, monitoring and evaluating the process and identifying lessons learned.



Implementation of Family Work Models – Lessons Learned

Martin Atchison and Jeanette Partridge

The Meriden Family Programme has a 20 year history of training people in the model of Behavioural Family Therapy (BFT) among other training programmes. The cascade model of training that the Meriden Family Programme uses is such that once people trained in BFT have gained experience of working with families, they can then apply to complete further training, which enables them to provide training and supervision in BFT within their organisation.

There are currently over 540 trainers and supervisors across the world, each of them with experience of implementing BFT in their own organisation.

Much has been written over the years about the challenges in the implementation of evidence-based practice in mental health services generally, but the implementation of family work continues to be inconsistent, despite being in the NICE guidelines for Schizophrenia since 2003. The influencing factors on this haven't changed too much over the past 20 years, but certainly the introduction of targets within Early Intervention services has had an impact on how teams organise themselves around delivering family work.

The workshop will explore the factors around implementing family work in services, referring back to the first audit carried out through the Meriden Family Programme which identified obstacles to implementation, before exploring factors which enable individuals and teams to implement family work.



Developing Family Sensitive Practice

Chris Mansell and Peter Woodhams

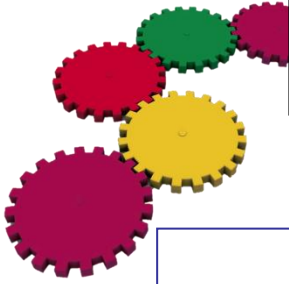
The importance of providing support to families of people with mental health issues is widely recognised across mental health services. In spite of this understanding organisations struggle to provide services that are engaging and sensitive to the needs of families.

The Meriden Family Programme has been working with organisations at a local, national and international level for the past 20 years to help in the development of family sensitive practice and this will be an opportunity to explore developments and consider how to engage families in a meaningful way.

Delegates will be able to explore what constitutes family sensitive practice and the components of best practice in this area. The workshop will provide an opportunity for people to reflect on how welcoming and responsive their own service is to families and carers, and consider

- Are they complying with the 6 principles of the Triangle of Care?
- What are the key components of being a family sensitive service?
- How to develop good practice in this area and
- The resources available to families and carers.





Stands

Family Work and Wellbeing

Carers Toolkit - Involving Carers in Secure Mental Health Services

Planning for the Future

Meriden MyCare App / Recovery

Celebrating 20 Years of the Meriden Family Programme