



FORENSIC NETWORK

FORENSIC MENTAL HEALTH SERVICES MANAGED CARE NETWORK

Annual Report 2017-2019

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This report focuses on activities and achievements within the last two years; however, it does not detail all activities but rather provides an overview of some of the work streams.

If you would like to find out more about the work of the Network or SoFMH, please contact the Forensic Network Office, by email: forensic.network@nhs.net or telephone: 01555 842018.

The Forensic Network and SoFMH would like to express particular thanks to our administration team who support all the work streams and achievements outlined in this report.

Foreword from Chair of Forensic Network & School of Forensic Mental Health and the Director of the Forensic Network

It is a great pleasure for us to introduce jointly the third public report on the work of the Forensic Mental Health Services Managed Care Network and the School of Forensic Mental Health. This report sets out the activities of the Network and the School from April 2017 to March 2019.

This report comes at a time of exciting opportunity for forensic mental health services with the announcement by Scottish Government earlier this year of two independent reviews, one into the Delivery of Forensic Mental Health Services and the other on the Mental Health (Scotland) Act. The reviews have a central focus on protecting the rights and improving the experiences of people accessing forensic services or who are subject to compulsory detention. The Network is proud to be invited to contribute to both reviews and we look forward to supporting any recommendations that follow.

The Forensic Network and School of Forensic Mental Health remain committed to quality improvement initiatives that progress developments in the care of individuals accessing forensic services. The second cycle of our Continuous Quality Improvement Framework (CQIF) reviews has recently completed and we plan to share learning from these reviews at CQIF Shared Learning Conference. We continue to promote and support research initiatives across the forensic estate, and through the School offer academic and bespoke professional training opportunities to those working in forensic mental health settings. The Network values its strong links with carers of those accessing forensic services, and look forward to the next annual Family and Friends conference in September 2019.

Thank you to our colleagues across the forensic mental health estate and partner agencies for their extensive achievements. Particular thanks to our outgoing Forensic Network Clinical Lead for Women, Dr Martin Culshaw, for his clinical services and expertise offered in this role. We look forward to continuous development of the Network and School in the year ahead.

Dr Lindsay Burley CBE

Chair, Forensic Network and School of Forensic Mental Health



Professor Lindsay Thomson

Director, Forensic Network and School of Forensic Mental Health

Executive Summary of Achievements

The Forensic Mental Health Services Managed Care Network (Forensic Network) and School of Forensic Mental Health (SoFMH) are delighted to provide a report on the progress and achievements made from April 2017 to March 2019. Over this time, significant work has been undertaken nationally and regionally, reviewing the forensic mental health estate and considering the future of service development and patient pathways through secure care. Services have embarked enthusiastically on the second cycle of Continuous Quality Improvement Framework reviews, supporting quality improvement and advancements in patient care, and there have been considerable advancements in data collation and reflection on Pan-Scotland approaches to service delivery.

During this period, the Forensic Network has continued to flourish, providing advice and support within and beyond Scotland. Network staff have supported the ongoing development of a regional Northern Ireland Network, supporting the development of a Network Board and several working groups. This has helped to strengthen links with Northern Irish partner agencies and colleagues that form an important part of Scotland's high secure stakeholder group. Many members of the Network team are regularly invited to speak at conferences, regionally, nationally and internationally on our work, such as the annual conference of the International Association of Forensic Mental Health.

In addition to these work streams, there have been significant developments within the Network itself, with the appointment of our new Chair, Dr Lindsay Burley CBE, and the appointment of a new Clinical Lead for MAPPa and Serious Offending, Dr Elizabeth Flynn. The Network would like to thank our outgoing Clinical Leads for Women and MAPPa for their commitment, enthusiasm and motivation to the positions which they served for an extensive number of years. We are particularly grateful for their continued guidance and involvement in our work.

The work of the Forensic Network would not be possible without the commitment and contributions of a diverse range of professionals from across the forensic mental health estate and our partner agencies. We would like to thank all those involved with the Forensic Network and SoFMH for their continued engagement over this past couple of years, it is their input and involvement that makes all of these achievements possible.

Key achievements in 2017-2019:

Clinical Developments

- Completion of the Electronic Monitoring short life working group and submission of the final report to Scottish Government. The group explored options and provided recommendations for the use of electronic monitoring in forensic mental health services.
- Submission of Women's Services and Pathways across the Forensic Mental Health Estate Report to NHS Chief Executives. The short life working group utilised Options Appraisal methodology to explore solutions across all levels of forensic mental health inpatient care.
- Completion of short life working group requested by Scottish Government looking at Supporting Communication and Technology Use in Mental Health Settings.
- Publication of a national family and friend's information pack, in collaboration with Support in Mind Scotland, to provide carers supporting people accessing forensic mental health services with thorough and accurate information.
- Clinical Lead for Intellectual Disabilities representing the Network as a member of the Scottish Government Expert Group on Preventing Sexual Offending Involving Children and Young People, and subsequently chairing a subgroup on disability.

- Network team involvement in the various work streams supporting the development of the National Secure Inpatient Adolescent Service, including the Network Director Chairing the Project Management and Coordination group.
- Active involvement with the Chief Medical Officer's Rape & Sexual Assault Victim's Taskforce, including the development of standards with NHS Healthcare Improvement Scotland (HIS).
- Updated clinical protocol published on Medication to Reduce Sex Drive: Guidance on referral, assessment and treatment.
- Clinical Lead for Intellectual Disabilities representing the Network as a Professional Advisor to the Criminal Justice and Mental Health Advisory Group for the Mental Health Act review for people with learning disability and autism.
- The facilitation of two national Forensic Carer Conferences, in collaboration with Support in Mind Scotland, to support increased engagement with family and friends across forensic mental health services.
- Publication of report outlining the Introduction of Matched Stepped Care and Low Intensity Psychological Interventions in NHS Forth Valley Prison Settings.

Continuous Improvement

- In 2018 – 2019, seven Clinical Fora were hosted and of delegates who completed an evaluation form, 96% rated the clinical forum overall as either good or excellent, 99% reported that the event met their objectives and 97% reported that the event was relevant to their work.
- National Estate Planning Workshop to facilitate discussions around patient flow, service development and the impact of expansions in the West of Scotland on the overall estate.
- Presentation on the forensic mental health estate to NHS Chief Executives.
- Continuation of the second cycle of Continuous Quality Improvement Framework Reviews, supporting benchmarking and auditing across the forensic estate.
- Completion of a national paper outlining the Forensic Network's contribution to regional planning boards and national data collation.
- Ongoing development of the Forensic Network Census Database and continued facilitation of the annual point prevalence census.
- Completion of POMH-UK benchmarking audits by the Forensic Network Pharmacy Group to provide quality assurance and improvement targets.
- Development of a new prison transfer monitoring process requested by Scottish Government.
- Facilitation of the national Conflict Resolution process to continue to support estate wide partnership and effective working relations, including the production of an amendment to process to support ongoing learning.

Education and Research

- In 2017 – 2018, 27 training events were held, supporting training for over 430 delegates. Of those who completed an evaluation form, 99% rated the training overall as good or excellent and 99% of delegates reported that the training met their aims and objectives and was relevant to their work. In the last financial year, 2018 – 2019, 30 training events were provided to over 500 delegates. Of those that completed an evaluation form, 95% rated the training overall as good or excellent, 91% of delegates reported that the event met their aims and objectives, while 96% reported that the training was relevant to their work.
- Launch of the revised New to Forensic: Mental Health Teaching programme following legislative changes.

- Completion and launch of a community version of the New to Forensic for The Richmond Fellowship and third sector partners.
- First Low Intensity Practitioner Safety & Stabilisation Training delivered in conjunction with NHS Education for Scotland (NES).
- Establishment of a new short life working group exploring training needs of staff in the new National Secure Inpatient Adolescent Service.
- Completion of a National Training Needs Analysis and subsequently new course and teaching material development.
- Implementation of the new Approved Medical Practitioner training courses with NES.
- Successful launch of the new MSc with UWS, with a fully subscribed cohort and development of a partnership agreement between the two organisations.
- Publication of a new School of Forensic Mental Health Course Prospectus.
- Completion of reports on Structured Clinical Care and Reflective Practice, which will be published in 2019.
- Establishment of a new short life working group looking at bespoke forensic training materials for Mental Health Officers, in collaboration with the three awarding Universities.

The coming year is set to provide many new and exciting challenges, with the commencement of two national reviews; Review on the Delivery of Forensic Mental Health Services and Review of Mental Health Legislation. The Networks look forward to these opportunities to continue to advance and progress development, both within the Network and forensic services. We will continue to work with colleagues across the estate to coordinate a national strategy to improve patient care and determine effective patient pathways. We are particularly grateful to Scottish Government for their continued and ongoing support of our work.



Forensic Network Research Special Interest Group (FNRSIG) members with keynote speaker Professor Harry Kennedy at the 2018 FNRSIG Annual Conference (from left to right: Jamie Pitcairn, Harry Kennedy, Lindsay Thomson, Daniel Bennett)

1. Background and Structure

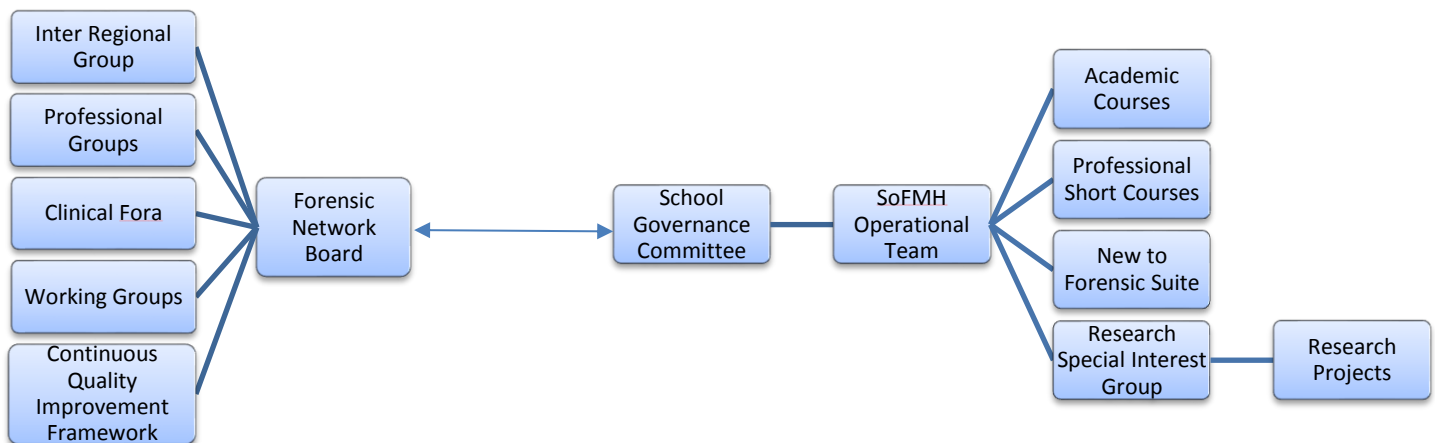
1.1 The Forensic Network

1.1.1 Background of the Forensic Network

The Forensic Mental Health Services Managed Care Network (Forensic Network) was established in September 2003, following a review of The State Hospitals Board for Scotland *'The Right Place-The Right Time'* (Scottish Executive Health Department, 2002). Scottish Ministers requested the development of a Network to bring a pan-Scotland approach to the planning of services and patient pathways, and to address fragmentation across the Forensic Mental Health Estate (Gordon, 2003; Scottish Parliament, 2003).

1.1.2 Structure and Governance

These aims are achieved through the Forensic Network Board, a national stakeholder oversight group; the Inter Regional Group, an operational group that drives forward progress at regional levels; and the commissioning of short life working groups that are allocated responsibility on topic specific or geographical specific projects, providing direction where national guidance is required. Additionally, the Forensic Network takes guidance and direction from our lead professional groups and our Clinical Leads; Dr Jana de Villiers Clinical Lead for Intellectual Disabilities and Dr Elizabeth Flynn Clinical Lead for MAPPA and Serious Offending.



Since the Network's inception, there has been a strong commitment to a multi-agency approach, which has facilitated information sharing and supported the development of effective working relationships with our partners in the third sector and with regional associates across the estate. These relationships have supported continual improvement in the planning of services and to the patient journey across forensic mental health services.

The predominate focus of the Forensic Network's attention since its development has been on key issues, such as: establishing processes for risk assessment and risk management; the configuration of the forensic estate; developing adolescent services; defining levels of security; admission and referral criteria; services for Intellectual Disability patients; services for women; management of personality disorder; resolving clinical conflicts; development of mental health services for prisoners; and quality improvement across the forensic estate. The Forensic Network has worked closely with regional and government colleagues to develop national policy on the configuration of services and the assessment and management of restricted patients.

In addition to these key areas of focus, the Network hosts and supports several professional groups, which provide guidance on best practice. In collaboration with national leads it organises Clinical

Fora which provide opportunities for continued professional development and keeping abreast of new research and policy development. In conjunction with NHS Healthcare Improvement Scotland (HIS), the Forensic Network developed a Continued Quality Improvement Framework based on standards of care and treatment, and initiated a review process to support benchmarking and auditing across the estate.

1.2 The School of Forensic Mental Health (SoFMH)

1.2.1 Background of the School of Forensic Mental Health

The School of Forensic Mental Health (SoFMH) was established in 2007 under the auspices of the Forensic Network. The SoFMH is a virtual school, offering teaching, training and research assistance to all professional groups and associated agencies involved in the assessment and care of individuals with a mental disorder who come in to contact with forensic services. The model involves expert clinicians, active in the forensic field, developing and delivering short courses; the creation of formal qualifications in collaboration with higher and further educational establishments; and the development and delivery of the New to Forensic Programme Suite. The SoFMH has a strong research focus and supports the dissemination and commissioning of research to establish an evidence base for future service development.

The SoFMH aims to:

- improve the quality of response, care, treatment and outcomes for people with a mental disorder who come into contact with, or whose behaviour puts them at risk of contact with, the criminal justice system, in ways that are non-discriminatory, promote equality and respect diversity.
- effect a shift in the overall institutional culture of services to one which emphasises care and treatment in a variety of settings, and the promotion of positive mental health delivered on a multi-disciplinary and multi-agency basis.
- improve public safety through enhanced risk assessment and risk management
- offer multi-level and progressive provision of learning across the College and University interface.
- enhance clinical practice through the development and promotion of findings from large scale research projects.

1.2.2 Structure and Governance

The SoFMH is governed by a committee that meets biannually and a bi-monthly operational team that report to the Governance Committee. To date, the School has had commissions from the Scottish Government, NHS Education for Scotland, Police Investigation and Review Commission, Risk Management Authority, Scottish Social Services Council, forensic services and local council authorities across the UK.

The School has become an invaluable resource, providing bespoke forensic training and cost effective solutions to teaching across Scotland. It is the primary educator in the forensic field in Scotland and supports the promotion of research and development of an evidence base for practice, hosting an annual research conference showcasing achievements from across the forensic mental health estate. The Forensic Network and SoFMH have hosted several national conferences, and have developed strong international links, with representation on the board of the International Association of Forensic Mental Health Services (IAFMHS).

2. Governance and Operation Structures

2.1 Network Structures

2.1.1 Forensic Network Board

The Forensic Network Board provides national strategic direction to the Forensic Network and facilitates a pan-Scotland approach to the planning of services and patient pathways. The membership of the Board is multi-agency, involving the Mental Welfare Commission, Scottish Prison Service, Police Scotland, Risk Management Authority, Social Work, Community Justice Voluntary Sector, as well as user and carer organisations. It provides an invaluable forum for discussing cross managed care network concerns and ensuring continued maintenance of the high standards of delivery and work conducted across all areas of the Forensic Network.

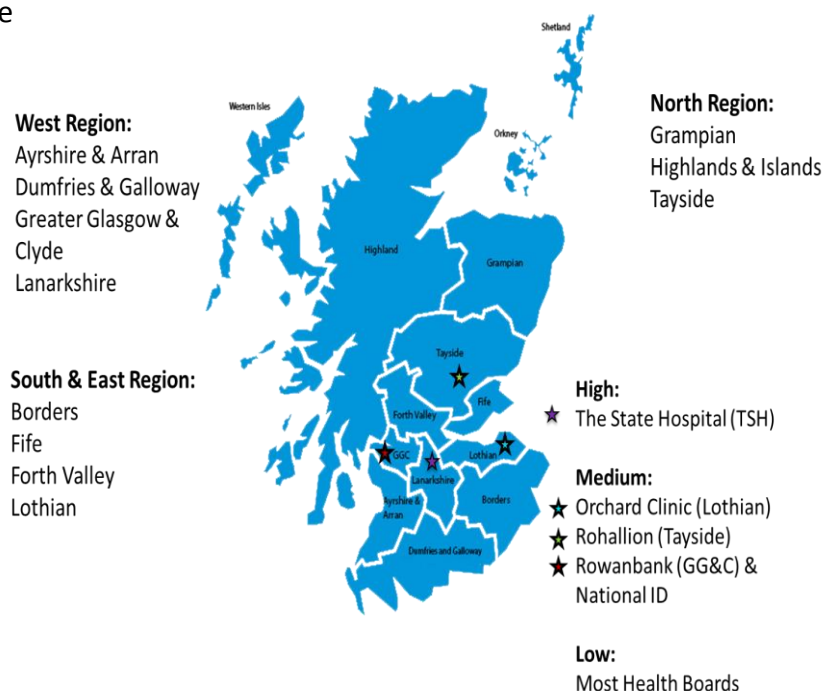
The recent focus of the Board has been on developments and pathways across the forensic mental health estate and the resultant short life working group on women's services. Consequently, a report on female pathways across the forensic estate was submitted to NHS Chief Executives in March 2019. Other short life working groups have also been of recent focus, with reports on 'Electronic Monitoring' and 'Supporting Communication and Technology Use' submitted to Scottish Government between 2017 and 2019. The Board has a Governance role in overseeing the Clinical Conflict Resolution Process and in supporting self-assessment and peer review of services through the Continuous Quality Improvement Framework Reviews.

2.1.2 Inter Regional Group

The Inter Regional Group has a crucial role within the Network in terms of operational working and patient flow. The group consists of regional and clinical leads, meets four times a year and reports to the Forensic Network Board. The group was established to support the Forensic Network Board to develop national operational working throughout the forensic estate, to coordinate and implement the decisions of the Board, and to support the development of information systems and data collection for the management of patients. It bridges the gap between strategy and policy arising from the work of the Forensic Network Board, and operational and clinical activity within forensic units.

Over the past year, there has been sustained focus on the forensic estate and patient pathways through forensic mental health services. Considerable work has been completed with a national forensic estate planning workshop hosted by the Network in December 2017 and subsequent reports to the NHS Chief Executives Meeting. Discussions around referral, transfers and patient flow remain central to the work of the group and the Forensic Network continue to collate and analyse data on the forensic estate. Work around the shape of the estate and capacity is ongoing and the group hope to provide support and information the ministerial review on the delivery of forensic mental health services.

The Group has an established formal work plan with a schedule of themed meetings.



Examples of standing agenda items include: Forensic Estate; Female Forensic Estate; Forensic Psychological Therapies Matrix; Multi Agency Public Protection Arrangements (MAPPA); Clinical Forum report; Prescribing Observatory for Mental Health (POMH-UK) Audits; Intellectual Disabilities; Continuous Quality Improvement Framework Reviews; Forensic Census and Database; Partner Agency and Network Links; and Psychological Approaches to Personality Disorder.

Some recent topic categories have included: the Mental Health Strategy; Mental Health Act; Transfer for Treatment Direction Protocol; Medication to Reduce Sex Drive Protocol; National Consultations (e.g. Appropriate Adult, Adults with Incapacity, Learning Disability and Autism in the Mental Health Act; Standards on Risk Assessment and Report Writing); Sexual Expression in Forensic Settings; Royal College of Speech and Language Therapists Communication Strengths Project; Unacceptable Levels of Delayed Discharge for Intellectual Disability Patients; National Serious Offender Liaison and Prevent Service; Exceptional Circumstance Payments; Night-time Confinement; Patient Safety Report; Scotland Deanery Quality Management Visit Report on the Forensic Psychiatry National Training Programme; Management of Physical Health Concerns; Strengthening Connections with and between Low and Community Services; and the National update to the Approved Medical Practitioner Programme.

2.2 School of Forensic Mental Health (SoFMH) Structures

2.2.1 School Governance Committee

The School Governance Committee meets twice yearly and supports the Forensic Network to meet its aims in regards to the oversight of education, training and research across forensic mental health services in Scotland. In addition, the School Governance Committee provides strategic advice and direction to support the continuing development and sustainability of the SoFMH, as well as ensure ongoing quality assurance of training courses delivered.

Recent focus has been on the development of short professional courses and teaching materials identified from the national training needs analysis conducted in 2017. This has facilitated the growth of several new educational streams, providing continued professional development and bespoke forensic guidance on working with autism, substance misuse, mentalisation, leadership, audit and putting research in to practice. There also remains an ongoing emphasis on our academic programme suite, ran in conjunction with the University of the West of Scotland and New College Lanarkshire.

There has been a strong focus of the group this year on research, in particular the advancements of the Forensic Network Census Database. The work to develop the Census Database has been completed with the National Information Systems group (NISG) at National Services Scotland (NSS) and will comprise details on patient whereabouts from the National Forensic Network Census conducted in November each year since 2013.

2.2.2 SoFMH Operational Team

The SoFMH operational team has a fundamental role in monitoring and facilitating the day-to-day running of the School. The Team consists of key representatives from across the Network and partner agencies, such as NHS Education for Scotland (NES). This group operationalises the decisions made by the School Governance Committee, overviews training calendars and considers proposals for new courses and training developments.

Recent focus for the group has been on the production of a new SoFMH prospectus and on delivery of identified educational requirements from the national training needs analysis.

3. Network Operations

3.1 Professional Groups

The Forensic Network supports a number of professional groups across the estate, which provides colleagues with an opportunity to consider discipline specific issues. The Chairs of these groups attend the Forensic Network Board to ensure that there are robust communication links to ongoing work streams and ensure that professionals have the opportunity to contribute to Network development at a strategic level. The introduction of a Professional Chairs group has provided opportunities to share good practice and identify any areas of shared work between professional groups. The Professional Chairs group has specifically focused on continued quality improvement across the estate.

The Network maintains close links with the Royal College of Psychiatrists Forensic Faculty in Scotland and therefore does not host a separate psychiatry professional group. Professional groups currently supported include:

- Forensic Allied Health Professional (AHP) Leads
- Forensic Carer Coordinators
- Forensic Lead Nurse Forum
- Forensic Network Social Work Sub Group
- Forensic Pharmacy Group
- Scottish Forensic Clinical Psychology Group (SFCPG)

Key achievements during the reporting period:

- The Forensic Pharmacy Group undertook benchmarking audits with the Prescribing Observatory in Mental Health (POMH-UK) on Rapid Tranquilisation, Prescribing high dose and combined antipsychotics, Relapse prevention with depot antipsychotics, Prescribing clozapine, and Assessment of side effects of depot antipsychotics. The aim of POMH-UK is to support quality improvement and within the Network it has primarily proved a useful quality assurance tool.
- The Forensic Carer Coordinators group, with Support in Mind Scotland, produced a national family and friends information pack for use across the forensic estate. The pack includes information on forensic mental health services; the different types of carers; confidentiality; mental illness and diagnosis; the mental health tribunal for Scotland; information for visitors to secure services; information on how to make a complaint; and a note of key contacts. The packs have been adopted by many services and have received highly positive feedback.
- The Forensic Lead Nurse Forum has provided representation to the Chief Medical Officers Workforce Planning for Nurses in Police Custody short life working group. The group will develop an educational programme to support the advancement of examination skills for sexually violent offences in nurses.
- The Scottish Forensic Clinical Psychology Group (SFCPG) developed a new section for the Memorandum of Procedure on the Role of Psychologists.
- The Forensic Network Pharmacy Transfer Information Form, which supports patient movement between services across the forensic mental health estate, was updated and approved. The group also supported an awareness session for Forensic Pharmacists on the Positive and Negative Syndrome Scale (PANSS), which was delivered by the Network's Consultant Nurse for Psychological Therapies.
- The SFCPG hosted a professional development session on psychological reports for the courts and at the request of members commissioned a short professional course through the SoFMH on Mental Health and the Law to support identified training needs.



- The Forensic Allied Health Professional (AHP) Leads responded to the Scottish Government consultation on the Protection of Vulnerable Groups and the Disclosure of Criminal Information.
- The Forensic Pharmacy Group agreed guidance for the forensic estate on the treatment of erectile dysfunction due to psychotropic medication.
- The Forensic Lead Nurse Forum hosted the fourth annual lead nurse conference. Keynote speakers reported on Nursing contributions to the wider Mental Health Strategy and Triple Jeopardy, Aging and Dementia in Forensic Settings.
- The SFCPG appointed Scottish representatives to a UK working group exploring Guidelines on Risk Assessment and Risk Management.
- The Forensic Carer Coordinators group hosted its second annual family and friends conference, and welcomed presenters on: Supporting Communication in Forensic Mental Health Services; Realistic Medicine; the Mental Health Act Review on Learning Disabilities and Autism; Continuous Quality Improvement Framework Reviews; Disclosure; Understanding Risk Assessment and Risk Management Plans; and The Way Forward – Giving Forensic Carer’s a Voice. The conference was well-attended and feedback from families and staff was highly positive.

Professional Group work streams for the coming year:

- The Forensic Lead Nurse Forum is exploring options for a nursing exchange programme to support skill acquisition across different levels of security.
- The SFCPG is supporting continued professional development sessions on transgender topics, clinical trainee thesis, and working with the Police.
- The Forensic Pharmacy Group will be completing POMH-UK benchmarking projects on lithium monitoring, a repeat of the relapse prevention depot audit and considering involvement with a new baseline topic on prescribing in depression.
- The Forensic AHP Leads will convene a national planning meeting to discuss employability pathways and engage with the Scottish Government Health and Social Care Directorate Project Manager for National Institute of Disability Management and Research (NIDMAR) supported employment programme.
- The Forensic Network Social Work Sub Group is currently engaging with the three Mental Health Office (MHO) Award Programmes with a view to developing an electronic training resource for qualified MHOs working with forensic patients.
- The Forensic Carer Coordinators group will host their third annual family and friends conference with Support in Mind Scotland, welcoming speakers on the Ministerial Review of the Delivery of Forensic Mental Health Services; the Impact of Trauma on Family and Friends of Forensic Patients; Self-Care and Everyday Support; Mental Health Diagnosis; Medication and Side Effects; Community Care; and Giving Forensic Carer’s a Voice.
- The Forensic Pharmacy Group will examine methods and processes for the dispensing of clozapine to in-patients and considering the triptorelin supply chain to forensic patients.
- The Forensic AHP Leads group will explore the creation of a support network for new Occupational Therapy post holders in prison healthcare.
- The Forensic Carer Coordinators group will look at the development of best practice guidelines for services supporting family and friends.
- The SCFPG will continue to support the development of the teaching content on the Doctorate in Clinical Psychology course at the University of Edinburgh.
- The Professional Leads group will support and facilitate the end of second cycle Continuous Quality Improvement Framework (CQIF) Shared Learning Conference.

3.2 Clinical Fora

The Clinical Fora continue to be well supported and valued by colleagues across Scotland, with nine forums held in 2017 – 2018 and seven held in 2018 – 2019. The Clinical Fora have four main aims: networking, education, policy development and operational development. Some forums are larger than others, but events tend to average around 60 delegates from across a range of organisations and backgrounds.

Themes for clinical fora are sought from delegates attending events and these are reflected in the development of future programmes and events, ensuring that topics are relevant, current and desirable. Furthermore, there is a robust feedback system in place to ensure that events continue to be of high quality and meet the demands and requirements of attendees. Of delegates who completed an evaluation form last year (2018-2019), 96% rated the clinical forum overall as either good or excellent, 99% reported that the event met their objectives and 97% reported that the event was relevant to their work. Over the past couple of years, topics have consisted of:

- Addictions
- Intellectual Disabilities
- MAPPAs
- Personality Disorder and Problem Behaviours
- Psychological Therapies
- Risk
- Sexual Harm – jointly chaired by NOTA Scotland Branch
- Victims and Trauma
- Women



Clinical Forum: Risk – Intimate Partner Violence September 2018

Some highlights from Forums over this reporting period:

- The Clinical Forum on Sexual Harm, chaired jointly with NOTA Scotland, regularly attracts a high volume of delegates. The forum has had a number of interesting topic areas over the period but of particular note was a day on holistic approaches to the risk assessment of trans people convicted of sexual offences. The event saw presentations from the Scottish Trans Alliance and the Tay project and was very well received. Other events over the period have focused on working with denial and healthy sexual functioning.
- The MAPPAs Forum held a celebratory event to overview 10 years of MAPPAs. The day included presentations from Police Scotland, Scottish Prisons Service, Scottish Government, Risk Management Authority, and NHS MAPPAs Coordinators, encompassing the truly multi-disciplinary and multi-agency approach to forums. The event was well attended from colleagues across prison, health and social care, third sector, and judicial backgrounds.
- The Clinical Forum on Risk held recent events on internet offending and intimate partner violence. The events supported expert updates from the National Addiction Centre and from Police Scotland's Investigation Unit. Both days supported the discussion of clinical cases directly linked to the topic area and question and answer sessions on case management from delegates.
- Following on from the recent national work completed by the Network on Women's Services and Pathways across the forensic mental health estate, the recent Clinical Forum Women focused on clinical services. Presentations were heard from English colleagues on Women's Enhanced Medium Secure Service (WEMSS), updates on the Scottish Female Custodial Estate from the Women's Strategy Team at Scottish Prison Service; and the development of a psychiatric clinic within Willow; a female criminal justice service in Edinburgh. The event was highly attended and feedback was extremely positive. The day provided delegates with an opportunity to focus on this small but complex population.

3.3 Short Life Working Groups

3.3.1 Electronic Monitoring in Forensic Mental Health Services

In 2017, the Forensic Network was requested by Scottish Government to set up a short life working group to explore possibilities for the use of electronic monitoring in forensic mental health services. The group consisted of multi-agency and multi-disciplinary representation from across Police Scotland, Scottish Human Rights Commission, Mental Welfare Commission, Victim Support, Criminal Justice, MAPPA, Scottish Prison Service and the NHS. The group had support from academics involved in the original Scottish Government Electronic Monitoring Working Group, whose report helped to shape and guide this work. A final report was submitted to Scottish Government in 2018 and it is planned that this will be published through the Forensic Network following its review.

3.3.2 Supporting Communication and Technology Use in Mental Health Settings

The Forensic Network was requested by Scottish Government in 2018 to carry out a project on the topic of communications and specified persons. The overarching aim of the group was to consider what improvements should be made to the current arrangements for mental health patients, in order to safely maximise access to technology. There was an additional need to consider related legislation, the variations in practice across the mental health estate and requirements for supporting consistency in patient experience across services. A report outlining the working group's recommendations was submitted to Scottish Government at the end of 2018 and this is currently being reviewed. It is planned that a final version of the report will be published in due course.

3.3.3 Women's Service and Pathways across the Forensic Mental Health Estate

Following a National Estate Planning Workshop in December 2017, and a presentation of estate wide service developments at the NHS Boards Chief Executive Group meeting in January 2018, the Forensic Network was commissioned by NHS Chief Executives to establish a short life working group to explore pathways for women across the forensic estate. The working group completed a series of options appraisals exploring solutions at high, medium and low secure inpatient settings. A final report on this work was presented to NHS Chief Executives in March 2019, who were positive about the recommendations and have supported these to be taken forward through the National Planning Board, which will help to facilitate regional conversations. The importance of how this work aligns with the recently announced Forensic Mental Health Services Review was emphasised. There was a strong understanding that local NHS Board plans must reflect national level strategic developments and that a pan-Scotland approach is necessary with this small but complex population. This report is currently with Scottish Ministers and it is intended that it will be published through the Forensic Network shortly.

3.3.4 Admission Criteria to Scottish High and Medium Secure Units

This working group was commissioned by the Forensic Network Board to update the Network document, '*Admission Criteria to Scottish High and Medium Secure Units*' (Forensic Mental Health Managed Care Network, 2010). The working group has met several times and work is ongoing to update referral criteria following developments of excessive security appeals extending to medium security and exceptional bed use in high security. It is intended that updated Referral Guidance from this work will be published in Autumn 2019.

3.3.5 Conflict Resolution Group

The work of this group remains ongoing and crucial to the role of the Forensic Network. The group convenes as required when clinical disputes arise either within services or between NHS Boards that cannot be resolved internally. The existence of the group encourages informal resolution of conflicts. A Conflict Resolution meeting was held on the 11th October 2018. As disputes are rare

(last one 2014) and do not normally require the full process, several learning points on the process were noted and compiled into an addendum to HDL (2006) where the process is originally outlined.

3.3.6 National Serious Offender Liaison Service (SOLs)

Working with Police Scotland and criminal justice colleagues, the Forensic Network was asked to develop a proposal for a National Serious Offender Liaison Service combining a counter-terrorism Prevent service. The proposal is in early stages and the Prevent team at Police Scotland are working with the Network to explore opportunities for progressing this with Scottish Government and Criminal Justice colleagues, as a joint Health and Justice initiative. The operational model is yet to be completely finalised, although the draft proposal suggests a potential model that builds on the mental health counter-terrorism hubs currently in operation in England and Wales.

3.3.7 Mental Health Officer (MHO) Forensic Training Materials

The Forensic Network Social Work Subgroup will commence a short life working group in collaboration with the three higher education providers for MHO Awards and the Scottish Social Services Council, to look at electronic resources and training materials for qualified MHOs working with forensic patients. The first meeting for this group will be held in Spring 2019.

3.3.8 National Secure Inpatient Adolescent Service Educational Materials

The School of Forensic Mental Health was approached by NHS Ayrshire & Arran to assist with the development of educational materials and a staff induction programme for the new National Secure Inpatient Adolescent Service. The service will be the only medium secure child and adolescent service in Scotland. The Consultant Nurse for the SoFMH is leading on this work stream and the group has membership from across all disciplines and NHS Education for Scotland. Educational recommendations include the development of a New to Forensic: Child and Adolescent Mental Health Services programme, an optional 30 credit module in the MSc Forensic Mental Health delivered jointly between the SoFMH and the University of the West of Scotland, and a five day Induction Programme consisting of topics of Mental Disorder, Trauma, Development, Autism Spectrum Disorders and Attention Deficit Hyperactivity Disorder. This working group plans to complete by early 2020.

3.3.9 The Forensic Psychological Therapies Matrix Implementation Group

The Forensic Psychological Therapies Matrix Implementation Group has continued to develop the range of psychological treatment protocols available and has supported the completion of two subgroups submitting reports on:

- *Principles of Structured Clinical Care*: The group has developed draft guidelines on the principles of structured clinical care.
- *Reflective Practice Competencies*: The group has developed a competency framework for Reflective Practitioners within the Forensic Network. The paper clarifies definitions of the differences between supervision, reflective practice, consultation, line management and psychological therapy, and proposes an implementation model for the forensic estate.



In the coming year, the group plan to focus on completing a 'Problem-solving' High Intensity protocol supported by NES, and overview and update the High Intensity protocol 'Tune-In'. An evaluation project in collaboration with Edinburgh University which assessed the development and utilisation of protocols across the forensic estate is near completion and it is hoped this will be published in 2020.

3.4 Continuous Quality Improvement Framework (CQIF) Reviews

3.4.1 Second Round of CQIF Reviews

The Continuous Quality Improvement Framework (CQIF) Reviews commenced their second cycle with an overarching theme of 'person centred care'. The CQIF reviews, which were developed in conjunction with NHS Healthcare Improvement Scotland (HIS), provide an opportunity for consistent benchmarking and auditing across the forensic mental health estate. The aim is to use a multi-disciplinary approach to share good practice and support learning across the Forensic Network, through a culture of openness and facilitated enquiry to identify any potential gaps in practice and support the service's work to continually improve delivery of care.

The review process calls for the definition of appropriate quality standards (developed originally from the Secure Care Standards developed by the Forensic Network for Medium Secure Services which formed part of HDL 48; Scottish Executive Health Department, 2006), measurement of performance against these quality standards (via self-assessment and peer review) and the development of an agreed action plan by the service to improve quality of care. The review cycle is then followed with a national conference to share good practice, spread learning and provide an opportunity for further development.

Review themes for this second round of reviews are:

- Assessment, Care Planning and Treatment
- Physical Health
- Clinical Risk (including assessment, detention, compulsion and patient safety)
- Management and Prevention of Violence
- Physical Environment
- Teams, Skills and Staffing

The first low secure and community review day of this second round of reviews took place in 2017 and to date 14 reviews have taken place across high, medium, low secure, community, and Learning Disability facilities, covering 21 services. It is expected that the review period will be completed by Summer 2019. Following completion of this second review cycle, it is intended that a conference to share the good practice found across the estate, and to provide an opportunity for exploring shared concerns, will be planned.

Following the review cycle, work will commence with HIS to realign the review process with the new national framework for reviews. HIS and the Network are currently exploring the development of a memorandum of understanding between the organisations.

3.4.2 Breakdown of Review Process



3.5 Joint Working with Other Networks and Organisations

3.5.1 National Coordinating Network for Healthcare & Forensic Medical Services for People in Police Care

The Forensic Network continues to work with colleagues in the Police Custody Network as members of the Operational Support Group. The Forensic Network additionally facilitates good working relationships with Police Scotland and the Network Clinical Lead for MAPPA and Serious Offending will support Police Scotland's National Offender Management Unit conference in 2019.

In Autumn 2018, a joint meeting between the three Chairs and Managers of the Forensic Network, National Coordinating Network for Healthcare & Forensic Medical Services for People in Police Care, and National Prisoner Healthcare Network took place. The main purpose of the meeting was to explore areas for increasing joint working and consider a collaborative event across the networks in the arena of health and justice. It is considered that this will be an area for further focus across the coming year.

3.5.2 National Prisoner Healthcare Network (NPHN)

The Forensic Network continues to maintain strong partnership working relations with the National Prisoner Healthcare Network (NPHN) following completion of the NPHN Mental Health Sub Group (National Prisoner Healthcare Network Mental Health Sub Group Report, 2014), the subsequent Implementation Report for this project (National Prisoner Healthcare Network Mental Health Sub Group Implementation Report, 2016), and the development of the Mental Health Audit Plan to drive forward implementation.

There have been several training initiatives between the Networks, with mental health nurses from across NHS Forth Valley prisons successfully completing the five day Low Intensity Psychological Therapies training programme and delivering cohorts across all three NHS Forth Valley prisons; HMP Glenochil, HMYOI Polmont, and HMP & YOI Cornton Vale. Recently input has also been provided by the Consultant Nurse for Psychological Therapies into HMP Grampian.

3.5.3 NHS Education for Scotland (NES)

Several joint training initiatives have been facilitated between NES and the SoFMH, which contribute to the continued professional development of colleagues across forensic services in Scotland. Examples of joint training and educational activities undertaken are:

- Development of the Approved Medical Practitioner Course, including review and redesign of materials and development of four new update practitioner courses on core psychiatry, capacity, forensic, and child and adolescent psychiatry. These courses are currently being rolled out across the estate.
- Continued rollout of the Low Intensity Psychological Therapies Practitioner Training, which has now been delivered to over 285 practitioners, across 12 NHS Boards. There are plans to deliver another three training courses throughout 2019-2020.
- A one-day training for Low Intensity graduates to become mentors for the New to Forensic: Essentials of Psychological Care staff education programme was delivered in December 2018, continued professional development days for low intensity practitioners were delivered in March and October 2018, and two day Safety and Stabilisation training was delivered in February 2018 and March 2019.
- In addition, two highly successful eLearning modules have been developed:
 - *See, Think, Act*: focuses on the development of knowledge and skills related to relational security (471 completers in 2018 – 2019).
 - *Working with Offenders with Personality Disorder*: provides information about personality disorder and practical advice on the management of people with this condition (381 practitioners completed in 2018 – 2019).

4. Activities from the School of Forensic Mental Health (SoFMH)

The School of Forensic Mental Health (SoFMH) offers teaching and training to all professional groups and agencies involved in the assessment and care of individuals with a mental illness who come in to contact with forensic services. Prior to the introduction of the SoFMH there were no bespoke training programmes for forensic practitioners, however there is now a wealth of options at all educational levels. The SoFMH provides a focus for supporting, developing and delivering multi-disciplinary and multi-sector educational and research initiatives.

The SoFMH has developed and delivered a vast array of educational resources and now provides an extensive range of 33 skills based short courses, including: risk assessment and risk management; legal aspects; clinical assessments and psychological interventions. Feedback has been gathered from participants following every training event and a robust quality review process is in place to ensure that courses delivered are of the highest standards and meet the needs and requirements of delegates.



4.1 Academic Courses

4.1.1 MSc Forensic Mental Health

The SoFMH, in conjunction with the University of the West of Scotland, relaunched a revised MSc in Forensic Mental Health in 2017. The highly successful programme has passed through a stringent validation process and has received highly positive feedback from students. The new programme attracted 10 delegates in its first year and 12 in its second (2018), with its first international students also embarking on the course. The course provides graduates with a unique opportunity to advance knowledge, enhance skills and gain a critical awareness of theoretical, methodological and practical issues in forensic mental health. The programme is suitable for professionals with backgrounds in nursing, social care, psychology, occupational therapy, psychiatry and security. Students can opt to study the specialist forensic mental health modules individually for Continued Professional Development purposes or as part of the Masters pathway. Modules currently offered include: Mental Disorder and the Law; Forensic Risk Assessment and Risk Management; Drugs and Alcohol; Managing Mental Health through the Criminal Justice System; Problem Behaviours; Forensic Treatments and Interventions; Research for Health and Social Care; and a Dissertation module.

4.1.2 Forensic Mental Health Module

The SoFMH continues to deliver this introductory course in collaboration with New College Lanarkshire (Motherwell Campus) and it continues to serve as an articulation route to the MSc Forensic Mental Health for those looking to reengage with education. The module is in its eighth year and it continues to attract high levels of interest, with 2017 evidencing the highest number of new registrants on the programme and 2018 the highest level of expressions of interest for the course. The module covers a range of topics including: Characteristics; Policies and Procedures for Risk Management; Substance Misuse; Formulation; Managing Problem Behaviours; Psychological Intervention; Medication and Side-effects; Social and Occupational Activity; and the Forensic Estate. The course has recently been updated and continues to receive positive feedback from students.

4.1.3 Graduate Certificate in Personality Disorder

The SoFMH delivers this course in collaboration with the University of the West of Scotland. The course is now in its sixth year and continues to be highly popular with colleagues from across the Network. In 2017, 13 students successfully completed all three modules and the programme attracted high levels of applicants for the 2018 intake. The three modules consist of Theory of Personality Disorder; Risk Assessment & Risk Management; and Interventions & Strategies. The most recent cohort of students has provided highly positive feedback on the programme.

4.2 Professional Short Courses

The SoFMH continues to respond to the requests of forensic practitioners and partner agencies around training needs and has developed a cohort of courses and training events to satisfy these requirements. In this way, the SoFMH has created an appetite for continued professional development and supported opportunities for knowledge development and skill acquisition.



During 2017 – 2018, 27 training events were held, supporting training for over 430 delegates. In the last financial year, 2018 – 2019, 30 training events were provided to over 500 delegates. These have included courses on Risk Assessment; Research Methods; Managing Personality Disorder; Personal Safety; Professional Witness skills; Staff Support after Violent Incidents and Psychological Interventions. Of delegates that completed evaluation forms on the training they received throughout the year 2017 – 2018, 99% rated the training overall as good or excellent and for 2018 – 2019, 95% rated the training overall as good or excellent. In 2017 – 2018, 99% of delegates reported that the training met their aims and objectives and was relevant to their work. In 2018 – 2019, 91% of delegates reported that the event met their aims and objectives, while 96% reported the training was relevant to their work. This exceptionally high and consistent feedback evidence the quality of training courses provided and the commitment of SoFMH to assuring value in its events.

For the coming year there are over 30 short courses planned, with new courses in cognitive behavioural therapy principles for working with psychosis and personality disorder, autism spectrum disorders, mentalisation based therapy skills, cognitive analytic therapy awareness training and a sponsored training event on the Stalking Risk Profile assessment tool.

4.2.1 Approved Medical Practitioner (AMP) Programme

The SoFMH was commissioned by NES on behalf of the Scottish Government, to develop the update practice courses for the Approved Medical Practitioner (AMP) Programme. Section 22 of the Mental Health (Care and Treatment) (Scotland) Act (2015) requires every medical practitioner who intends to use the powers of the Act to undergo training and to be appointed as an Approved Medical Practitioner (AMP) by the relevant NHS Board. The SoFMH has developed new teaching materials for Parts one (online) and two (interactive course) of the training, created training materials for update practice courses on core mental health, capacity, forensic psychiatry, and child and adolescent mental health, and has supported the delivery of a 'train the trainers' model for rollout of the course. An AMP Steering Group, led by NES and supported by SoFMH, is working to set up a training faculty for the delivery and co-ordination of AMP training through a national cohort of trainers.

4.3 New to Forensic Programme Suite

The suite of New to Forensic Programmes continues to grow, hosting a variety of programmes all at different stages of development and implementation. The programme model continues to attract attention from home and abroad, and discussions are ongoing with colleagues in England, Canada and Australia about the development of similar courses.

The SoFMH supported colleagues in Northern Ireland to establish a version of the original programme for local use. A formal evaluation of the programme (Forensic Mental Health Services Managed Care Network, 2016) indicated that staff highly valued the programme and that there was a positive influence on practice, highlighting greater confidence, an improved awareness of how to work with patients and improvements in collaborative working by practitioners who completed the programme.



Similarly, the SoFMH was commissioned by The Richmond Fellowship Scotland to work in collaboration to develop a programme fit for purpose within the community sector. This programme was completed and handed over to the Richmond Fellowship in 2018, following a Training for Trainers implementation model. There are now plans to formally evaluate the programme on behalf of The Richmond Fellowship.

4.3.1 New to Forensic: Mental Health Teaching Programme

The original New to Forensic programme continues to cultivate interest and has become part of the induction training suite at many NHS Boards. To date approximately 1700 practitioners have completed the programme across the NHS, independent sector, social work, voluntary sector, criminal justice services, Mental Health Tribunal for Scotland and Scottish Government. A further 130 are currently registered on the programme and due to complete within the next year. The programme has undergone major revisions due to changes in mental health legislation (Scottish Parliament, 2015) which came into force in June 2017. An updated version launched in January 2018 and has supported an increased awareness of the programme.

4.3.2 New to Forensic: Medicine

This programme was designed by SoFMH in 2014 in collaboration with NES (NHS Education for Scotland, 2014a) for medical and nursing staff working in police custody. The numbers for the programme remain small because the amount of people working in and across this service is thought to be around 80-100 practitioners, although this is an area of growth. At present there have been over 40 completed mentees with a further 18 registered as current mentees for the programme. It has been delivered five NHS Boards (Forth Valley, Greater Glasgow & Clyde, Lothian, Highland and Lanarkshire). It is anticipated that the interest in this course will continue to progress across the coming year and further work will be done to raise awareness of the programme in further NHS Boards.

4.3.3 New to Forensic: Essentials of Psychological Care

This programme was designed in 2014 in collaboration with NES (NHS Education for Scotland, 2014b) and is still in implementation stages. Since its launch in 2015 there have been 100 registered mentees and of those 83 have successfully completed the programme. To support continued roll-out of the programme the SoFMH arranged a mentor training session in December 2018 for low intensity practitioners. Several mentors from across a range of NHS Boards engaged in the event and it is hoped that this will continue to drive interest and engagement.

4.4 Forensic Network Research Special Interest Group

The SoFMH supports research across the forensic mental health estate through a variety of initiatives and these are coordinated through the Forensic Network Research Special Interest Group (FNRSIG). The FNRSIG meet on a quarterly basis and contribute towards a wide range of activities including the Forensic Network Census and Database development, an annual research mapping exercise, an annual research conference, and the facilitation and coordination of cross service research projects, such as an evaluation of psychological therapies across the forensic mental health estate.

4.4.1 Forensic Network Census and Database

The Forensic Network has conducted an annual census since 2013 on the census date of the 26th of November. A full dataset was collated in the 2013 census, however in all subsequent years (2014 – 2018) the census has been conducted on a whereabouts basis with a considerably reduced dataset. The 2017 and 2018 Forensic Network Census were conducted solely on a patient whereabouts basis with all of the site returns gratefully received. There has been a strong investment by services and the Network in this as a tool for estate analysis going forward.

From the 2018 census data returned, it can be established that there are approximately 510 inpatients across the forensic estate, demonstrating a slight increase from the 2017 results of 503, with 65 female patients (12.7%) and 445 male patients (87.3%). The average age of patients was approximately 43 years (similar to 2017, 42.7years). The data outlined approximately 125 new or readmissions to the estate, with 61 patients (48.8% of the 125 patients, 11.9% of total patients) admitted to their current service from out with Forensic Network inpatient services (primarily from prison or the courts).

Requests to access the Census data have been received from a number of sources and the data provided have helped to inform the development of trauma services, review of the forensic intellectual disability population, planning for the national evaluation of the Forensic Psychological Therapies Matrix, and provided information on patient flow. With the development of the Census Database near completion, it is anticipated that 2018 will be the last point prevalence Census data collection, with patient whereabouts and data subsequently collected through the database itself.

The work to develop the Forensic Network Census Database with the National Information Systems group (NISG) at National Services Scotland (NSS) is nearing completion, however discussions have been held with NSS to organise additions to the database dataset. The additions are directly related to supporting the Forensic Network estate data collation and to providing data within the database that is deemed to have the greatest level of utility for all Network sites. For instance, the dataset has been expanded to include Forensic Psychological Therapies Matrix assessment measures with the aim of supporting the national evaluation of the forensic psychological matrix protocols.

As the database is informed by data collated through the annual census process, a lot of subsequent work has been required to collate the data for those patients currently within forensic inpatient services but not included within the initial 2013 data set. The aim is to conduct a catch up data collection process to ensure that all patients on the database have a complete initial data set in place before roll out of the database. This catch up process has been approached through the employment of a Forensic Network Research Assistant. To date, data catch up has begun for all but two NHS Boards and two private sites. Initial training on the database has begun with the Network team with a view to rolling out wider training to all Forensic Mental Health service inpatient sites in 2019.

4.4.2 Prevalence of Attention Deficit Hyperactivity Disorder Randomised Control Trial and Proposed Service Development

Since 2014, the University of Edinburgh, in conjunction with the Forensic Network and Scottish Prison Service, have been involved in research at HMP&YOI Polmont aimed at the recognition and treatment of Attention Deficit Hyperactivity Disorder (ADHD) within custody.

In 2014, the University of Edinburgh undertook a screening study in order to ascertain ADHD prevalence in HMP&YOI Polmont. Following this in 2016, all males in HMP&YOI ISIS and HMP&YOI Polmont (16-21) with 6 months or more left to serve within custody were offered screening for ADHD. If found to suffer from the disorder after a full diagnostic assessment, the young people were offered the opportunity to participate in an 8 week randomised control trial of slow release methylphenidate versus a placebo. Since November 2016, the team at HMP&YOI Polmont have screened 454 young people, undertaken full diagnostic assessments on 221, of whom 103 were diagnosed with ADHD. Of these, 200 have chosen and been eligible to participate in the trial. For those who have participated, follow up, including ongoing prescriptions for ADHD medication and help to obtain medication on leaving custody, has been offered.

Both projects would not have been possible without the ongoing support from the Scottish Prison Service and NHS Mental Health Team within HMP&YOI Polmont. As the study nears completion, the NHS Mental Health Team at HMP&YOI Polmont are engaged in considering services for young people with ADHD within HMP&YOI Polmont and a service proposal has been developed. It is hoped that recognition and treatment of this disorder will improve outcomes for young people both within the custody environment and as they move on from HMP&YOI Polmont.

4.4.3 Research Mapping

The research mapping exercise is conducted annually, with the information received informing the development of the Forensic Network project list, which has been made available through the Network website and in Appendix 1. The 2018 exercise identified 59 research and evaluation studies within forensic services. The mapping exercise began again in Spring 2019.

4.4.4 Joint Review Protocol

One of the key aims of the FNRSIG has been to promote and facilitate cross-site, estate wide network research studies. The development of the Joint Study Review Protocol (Forensic Network Research Special Interest Group, 2016) was seen as an important stage in providing a single point of study review, using a common protocol that allows individual sites to have confidence in the consistent manner in which study proposal reviews are conducted, whichever of the regional research groups has conducted the review. The protocol has been further developed with input from the Inter Regional Group to ensure that researchers seeking access to a range of network sites have an identified study contact at each site and have received recent and appropriate personal safety training. It should be noted that the joint review process is a precursor to full Research Ethics and Research and Development review, and does not replace these approval processes.

4.4.5 Forensic Network Research Strategy

A priority area of work for the FNRSIG in 2019 is the updating of the FNRSIG Research Strategy. The strategy is a key document outlining the aims and objectives of the group, and of research across the Network. The strategy incorporates an action plan to identify progress made against the key defined areas of work of the group. The updated strategy will be completed in Summer 2019 and in place prior to the annual conference which will provide an opportunity to promote the strategic approach being taken by the FNRSIG across Network research activity.

4.4.6 Forensic Network Research Conference



Professor Thomson with FNRSIG 2018 conference oral presentation winner Dr Jane-Louise Jackson

The FNRSIG held their seventh national Forensic Network Research Conference in November 2018 at the Scottish Prison Service College in Polmont. The theme for the conference was ‘Excellence in Forensic Mental Health Research and Forensic Mental Health Services’, with keynotes delivered by Professor Harry Kennedy, Executive Clinical Director at the Irish National Forensic Mental Health Service and Professor Matthias Schwannauer, Head of Clinical and Health Psychology and Programme Director for the Doctorate in Clinical Psychology at the University of Edinburgh.

The conference was well attended and showcased current research from across the forensic estate, with approximately 40 short presentations and poster submissions. The conference provides an excellent opportunity for networking, focused discussion on forensic mental health research, and a welcoming and supportive forum for first time presenters and students to disseminate findings. Prizes were awarded for the best oral and poster presentations. The conference received excellent feedback from delegates.

The 2019 conference will take place on the 7th November at the Scottish Prison Service College, Polmont. The keynote speakers for the conference will be Professor Thanos Karatzias, Director of Research, Edinburgh Napier University and the Rivers Centre, speaking on ‘Trauma in Forensic Settings and Complex Post-Traumatic Stress Disorder as a new condition in the International Classification of Diseases (11th Revision)’, and Dr Helen Walker, Consultant Nurse and Senior Lecturer, Forensic Network and University for the West of Scotland, speaking on ‘Connecting Learning, Teaching and Research’.

4.4.7 Forensic Evidence Bulletin

The State Hospital Librarian compiles a quarterly Forensic Evidence Bulletin, which details research relating to forensic mental health. The Bulletin is designed to keep people informed of new research and journal articles that have been released in the last quarter in topic areas relevant to forensic services. The Bulletin’s remit widened at the end of 2018 to include publications relating to the Police and Prison services to also support practitioners working across the National Coordinating Network for Healthcare & Forensic Medical Services for People in Police Care and the National Prisoner Healthcare Network.

5. Sustainability and Communication

5.1 Finance

The Network and the SoFMH welcome continued funding from Scottish Government and continue to live within budget. The work of the Forensic Network and the SoFMH is supported by The State Hospital in the supply of location and associated expenses; finance operations, library services and IT services. The Network has reduced costs significantly in recent years and maintained a development programme through the work of the SoFMH. We will continue to do this and to offer significant value for money in terms of our outcomes.

The Network and SoFMH's work is supported by funds raised through the work of the SoFMH, which is re-invested to develop training materials and courses for use across forensic services in Scotland. The work plan for 2019 – 20 includes the development of several new training courses and teaching materials, as directed by the estate wide training needs analysis. These include: an evaluation of the New to Forensic: Essentials for Psychological Care programme and The Richmond Fellowship version of the programme; the introduction of the Forensic Census Database across Scotland; and the completion of the second round of Continuous Quality Improvement Framework Reviews supporting services in auditing, benchmarking and service development.

5.2 Communications

The Forensic Network has continued to update communication processes and procedures following the introduction of General Data Protection Regulations in the UK. A monthly training email detailing all upcoming training opportunities and a quarterly newsletter detailing Network & SoFMH activities, current work streams, estate developments, ongoing research projects and updates from the Clinical Leads, is circulated to all registrants and can be subscribed to on the Forensic Network website.

The website underwent a large remodel in 2017 to ensure that it provides up-to-date and relevant information in a user-friendly format, and in September 2016 the Forensic Network and the SoFMH launched a Twitter account. This social media platform provides a forum for connecting with partner agencies both nationally and internationally, an area for discussion, and a means of communicating key information. Regular monitoring of all communication methods is undertaken by the Network Office and figures demonstrate continued interest and engagement in the work of the Network, with tweets averaging 8,830 impressions a month for 2018, profile visits averaging 370 a month and new newsletter registrants averaging 60 a month. Similarly, website sessions averaged 1430 a month in 2018 and analysis shows that the website continues to provide useful information for new visitors.

The Network and the SoFMH provide biannual updates on all of their work streams and professional groups to the Forensic Network Board and School Governance Committee. The minutes from professional groups and overviews of Clinical Fora and training events, including end of event evaluations, are available from the Network Office.

Throughout 2018 – 2019 the Forensic Network updated marketing materials and launched an updated SoFMH prospectus, which is available from the Network Office. Communications with visitors to forensic mental health services was also increased with the launch of a family and friends information pack and the development of a section for carers on the Forensic Network website. Over the coming year the Forensic Network and SoFMH will continue to update communication strategies and to raise awareness of the work that we do.

6. Overview and Future Plans

6.1 Overview

The Forensic Network and the SoFMH continue to work in partnership, across traditional organisational and geographical boundaries, to provide a framework to deliver and support national strategic service planning. The Network facilitates communication, information sharing, and joint working across all partner agencies involved in the care of people with a mental disorder who come in to contact with forensic services. This year has seen relationships and partnerships strengthened across all levels of mental health services and through all NHS regions, as well as with our Northern Ireland colleagues.

The Forensic Network has continued to support a wide range of work streams, providing facilitation and support to professional groups across all disciplines, and facilitating a large number of Clinical Fora on a range of cutting edge topics to further the continued professional development of our workforces. A number of commissioned short life working groups have been supported to provide national guidance, advice on key issues, and problem resolution at a pan-Scotland level, improving patient experience and consistency in service delivery across the estate.

The SoFMH has continued to increase and develop the range of courses available to staff across the estate, offering multi-level provision of education from introductory programmes and short professional courses, to an MSc in Forensic Mental Health provided in partnership with higher education providers.

6.2 Future Plans

In 2019 – 2020, the Forensic Network will continue to progress its aims of determining the most effective care for people with a mental illness who come into contact with forensic services, providing guidance on best practice, addressing wider issues surrounding patient pathways and supporting the delivery of local service development and implementation. Following the announcement of two ministerial reviews commencing this year, overviewing the Delivery of Forensic Mental Health Services and reviewing Mental Health Legislation, the Network looks forward to contributing to the sustained advancement and development of forensic services, supporting continued improvement to patient care and determining effective patient pathways across all levels of security.

The extensive achievements of the Forensic Network and SoFMH are down to our colleagues across the forensic mental health estate and partner agencies, who provide their expertise on professional and national working groups, advise on training requirements, develop new courses and plan professional development events. Without the strong support and commitment of these professionals our work would not be possible and our extensive thanks and gratitude goes out to them for their support in helping us to deliver on these national aims and projects. We are also grateful to Scottish Government for their continued and ongoing support of our work.

Over the coming year the current areas of identified work are:

Clinical Development

- Working with Police Scotland and criminal justice colleagues, the Forensic Network will continue to progress proposals for a National Serious Offender Liaison Service combined with a counter-terrorism Prevent service, as a joint health and justice initiative.
- Administrate and support the establishment of a new short life working group in national planning, progressing the low and community recommendations of the Women's services and Pathways across the Forensic Mental Health Estate Report.

- Facilitate the development of a new Health MAPPA group, to support health liaison staff from NHS Boards across the estate.
- Complete and publish a national Transfer for Treatment Direction (TTD) protocol, to support the active involvement of Mental Health Officers.
- Facilitate the revision of Admission Criteria to Scottish High and Medium Secure Units.
- Chair and support the Appropriate Adult Training Working Group, convened by Scottish Government.
- Actively contribute to the two national Reviews on the Delivery of Forensic Mental Health Services and the Review of Mental Health Legislation, supporting the implementation of any recommendations.

Continuous Improvement

- Contribute through the Clinical Lead for MAPAA and Serious Offending to the national Moving Forward: Making Changes Advisory Board convened by Scottish Government.
- Complete the second cycle of the Continuous Quality Improvement Framework (CQIF) Reviews and support a revision of the methodology in collaboration with NHS Healthcare Improvement Scotland (HIS) to realign the process with the new national review framework.
- Following completion of the second cycle of CQIF reviews, host a national conference to share best practice and areas of shared learning across the forensic mental health estate.
- Launch the National Census Database, which will support the collation of estate wide data and contribute to national research projects underpinning the evidence base needed for development and improvement in practice.
- Continue to offer a diverse range of Clinical Fora which are highly valued by delegates.
- Continue to develop data collation processes to further deliver on the original aims for the Forensic Network, particularly around auditing, benchmarking and Key Performance Indicators.

Education and Research

- Support the continued facilitation of the short life working group exploring ongoing development of post-qualifying training materials for Mental Health Officers working in forensic settings, in collaboration with the three awarding Universities.
- Continue to support, chair and facilitate the short life working group exploring training needs of staff in the new National Secure Inpatient Adolescent Service.
- Publish the Forensic Network Research Special Interest Group Research Strategy to support multi-site and network wide research opportunities.
- Continue to offer a diverse range of high quality courses and develop new training courses and materials based on the needs of practitioners and identified outcomes in the national training needs analysis. New courses are proposed for: Root Cause Analysis; Autistic Spectrum Disorders; Cognitive Behavioural Therapy Principles for Personality Disorder and Psychosis; Cognitive Analytic Therapy; Mentalisation Based Therapy; and the continued development and rollout of the Approved Medical Practitioner training.
- Support the delivery of training in Scotland on the Stalking Risk profile, a risk assessment tool training event being delivered by Australian colleagues and developers in June 2019.
- Support Community Justice Scotland's Academic Advisory Group.

For further information about any projects taking place in conjunction with the Forensic Network, or to discuss training needs and suggestions for future topics of courses from the SoFMH, please contact the Forensic Network Office, forensic.network@nhs.net or 01555 842018, SoFMH 01555 842212.

Many thanks to the Forensic Network administration team who work to improve communication and connections across the forensic mental health estate and support all aspects of the Network and SoFMH's work.

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8. Appendices

Appendix 1: Forensic Network Research Mapping Project List 2018

Project Title	Lead NHS Board or Organisation	Clinical Area	Study Status	Single or Multi Site Project
Longitudinal study into the clinical and cost effectiveness of secure care in Scotland	Glasgow University (SCRG)	Secure Care	Planned	
Data linkage study for secure care	Glasgow University (SCRG)	Secure Care	Ongoing	
Understanding the Scottish police caution: do individuals with intellectual disabilities understand a verbally presented police caution and can comprehension be improved?	NHS Dumfries & Galloway	Forensic; Police Practices, Interrogation Rights	Recently Completed	Single
Influences on the understanding of a verbally presented police caution amongst individuals involved in the criminal justice system: a systematic review.	NHS Dumfries & Galloway	Forensic; Police Practices, Interrogation Rights	Recently Completed	Single
Social Climate Monitoring on Low secure ward	NHS Fife	Clinical Psychology	Planned	Single
Risk Assessment Quality Audit	NHS Fife	Clinical Psychology	Planned	Single
Evaluation of Consultation Service offered by Forensic	NHS Fife	Clinical Psychology	Planned	Single

Community Mental Health Team				
"New to Forensic: Essentials of Psychological Care" training programme: An evaluation of Staff outcomes	NHS Fife	Psychology	Recently Completed	Single
Thesis project - An investigation into behavioural impulsivity in forensic mental health units	NHS Fife, TSH	Clinical Psychology	Ongoing	Multi
Systematic review - A systematic review of correlates for impulsivity in mentally disordered offenders	NHS Fife, TSH	Clinical Psychology	Recently Completed	Multi
The relationship between milieu training and ward environment within a Forensic Mental Health Setting	NHS GG&C	Multi-disciplinary	Recently Completed	Single
Systematic Review: Effective interventions and management strategies for challenging behaviour in women in secure services	NHS GG&C	Multi-disciplinary	Ongoing	Single
Systematic review of the treatment for Borderline Personality Disorder in young people	NHS GG&C	Personality Disorder	Planned	

Staff views of the team formulation process facilitated by FCAMHS as part of Glasgow City council's Intensive Support and monitoring service	NHS GG&C	Risk Assessment and Formulation	Ongoing	
Severe Offending Behaviour in Preadolescents referred to UK psychiatric departments	NHS GG&C	Under 12s offending	Ongoing	
Predictive Validity of FACE CARAS Risk Assessment Toolkit in CAMHS	NHS GG&C	Risk Assessment Violence / Self-Harm / Suicide	Ongoing	
Prazosin case series	NHS GG&C	Medication Effectiveness	Planned	
Mental Health needs of Children in Secure Care in Glasgow	NHS GG&C	Secure Care	Ongoing	
IRAMP: Investigation of risk assessment and management processes	NHS GG&C	Mental Health	Ongoing	Multi
Inter-rater reliability of the SAVRY among CAMHS clinicians	NHS GG&C	Adolescent Violence	Ongoing	
Exploring Stalking Behaviours towards Mental Health Professionals in one NHS Board	NHS GG&C	Multi-disciplinary	Planned	Single
An evaluation of reflective practice in Rowanbank and Leverndale	NHS GG&C	Multi-disciplinary	Recently Completed	Single

Access to CAMHS for children in secure care	NHS GG&C	Secure Care	Ongoing	
A pilot evaluation of the utility of a patient generated outcome measure in a psychological therapy group setting	NHS GG&C	Psychology	Planned	
An Evaluation of Planning for the Future at Leverndale, Rowanbank and The State Hospital	NHS GG&C, TSH	Psychology	Recently Completed	Multi
Thesis Project- Exploring the experiences of looked after children who are also young offenders in custody'	Scottish Prison Service	Clinical Psychology	Planned	
Service Evaluation of Moving Forward Making Changes (MF:MC)	Scottish Prison Service		Ongoing	
Routinely collected data on internet sex offenders: What are we missing?	Stop It Now! Scotland		Ongoing	
Assessing autism specific training needs of prison staff working within the Scottish Prison Service	The Richmond Fellowship Scotland	Autistic adults within prison setting	Ongoing	
What promotes wellbeing of older-adults in secure forensic settings? Perceptions from older-adult forensic inpatients and staff.	The State Hospital	Psychology	Ongoing	

Unusually Persistent Complaints: Validating a Screening tool for Complainants	The State Hospital	Psychiatry	Ongoing	Multi
The Recovery Model for Patients within a High Secure Setting	The State Hospital	Psychiatry	Ongoing	Multi
Systematic review and meta-analysis of structured psychological interventions for forensic psychiatric inpatients	The State Hospital	Psychology	Ongoing	Single
Supplementary Analysis: Cognitive contributors to short-term risk of inpatient violence and variance of daily risk ratings using the Dynamic Appraisal of Situational Aggression, Inpatient Version (DASA-IV). Approved study being entitled, 'Cognitive Contributors to the Risk of Harm to Others: A Feasibility Study' (CCRHO).	The State Hospital	Psychology	Ongoing	Single
Staff perceptions on their experience of implementing the Dynamic Appraisal of Situational Aggression (DASA-IV) risk assessment tool within a high secure environment	The State Hospital	Nursing	Ongoing	Single

Predictive validity of risk assessment tools for imminent inpatient violence and aggression in forensic psychiatric settings: a systematic review	The State Hospital	Risk Assessment Tools	Recently Completed	Single
Predicting and Understanding the Uptake of the Seasonal Influenza Vaccination Amongst Inpatients in a High Secure Forensic Mental Health Hospital	The State Hospital	Psychology	Ongoing	Single
Opening the gates to enable curiosity and exploration of occupation in a high secure forensic environment	The State Hospital	Occupational Therapy	Ongoing	Single
No more walking on eggshells! How a clinical team in a high-secure service put new and emerging evidence into practice to support the recovery of a man with primary Dissocial Personality Disorder	The State Hospital	Nursing	Ongoing	Single
Molecular Genetics of Adverse Drug Reactions (MOLGEN): Clozapine arm	The State Hospital	Psychiatry	Ongoing	Single
Measuring ward atmosphere in a high secure setting	The State Hospital	Nursing	Ongoing	Single
Measuring the Effect of Introducing Formulation into	The State Hospital	Nursing	Ongoing	Single

Nursing Care Plans through use of Repertory Grid				
Measurement of clinicians' awareness of staff-patient dynamics and processing emotional impact; determining validity and reliability of The Relational Aspects of CarE (TRACE) scale	The State Hospital	Nursing, Psychiatry	Ongoing	Single
Exploring the value that high secure forensic patients place on familial support: an interpretative phenomenological analysis	The State Hospital	Psychology	Ongoing	Single
Examining the perceived facilitators and barriers to patients' uptake of physical activity in a high secure, inpatient mental health hospital	The State Hospital	Psychology	Ongoing	Single
Effectiveness and acceptability of a diabetes self-management group in The State Hospital	The State Hospital	Psychology	Ongoing	Single
Development and evaluation of an outcome measure for MBT skills training: The Knowledge and Application of MBT Questionnaire	The State Hospital		Recently Completed	Multi

Cognitive Contributors to Risk of Harm to Others: A Feasibility Study	The State Hospital	Psychology	Ongoing	Multi
Co-production in secure settings: researching the skills required to deliver co-production in low secure settings and the potential enablers / barriers there and in high secure	The State Hospital		Ongoing	
Can physiological monitoring identify imminent violence in mentally ill offenders	The State Hospital	Psychology	Ongoing	Single
Appeals against detention in conditions of excessive security	The State Hospital	Psychiatry	Ongoing	Multi
An investigation into behavioural impulsivity in forensic mental health units- a comparison of the predictive validity of instruments to identify violence risk	The State Hospital	Psychology	Ongoing	Multi
An exploration of the management of significant violence and aggression in high and medium secure forensic psychiatric hospitals in Scotland	The State Hospital	Nursing	Ongoing	
An exploration into how forensic mental health	The State Hospital	Risk Assessment; Staff Wellbeing	Recently Completed	Single

nurses' experience patient perpetrated violence and aggression in a high-security setting: prediction, support and emotional coping				
A process evaluation to determine the barriers and facilitators to successful implementation of a cognitive behavioural therapy for psychosis treatment programme in a high secure setting	The State Hospital	Nursing	Ongoing	Single
A feasibility randomised controlled trial (fRCT) of the On the Road to Recovery Programme	The State Hospital	Psychology	Ongoing	Multi
Mirror, mirror on the ward... Are reflective practice groups effectively supporting our nurses?	The Forensic Network and NHS Ayrshire and Arran	Nursing	Recently Completed	Single
Readability of statutory letters issued by forensic Services in NHS Scotland	NHS Grampian		Ongoing	
Content analysis of UK based suicide-related tweets shows persisting stigmatising and sensationalising attitudes in 2015 and 2018	NHS Grampian		Ongoing	

Psychopathology and childhood trauma in prisoners: cross-sectional survey of male prisoners and study of matched female and male prisoner cohorts	NHS Grampian		Planned	
Use of community-based detention in countries of the UK, overseas territories and crown dependencies	NHS Grampian		Ongoing	
Forensic psychiatry in the Scottish print media: A hidden stigma?	NHS Grampian		Ongoing	