



FORENSIC MENTAL HEALTH SERVICES MANAGED CARE NETWORK

ANNUAL REPORT 2016-2017

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Scottish and Irish Colleagues in Northern Ireland at event, 'The Way Forward for Northern Ireland' (from left to right: Ian McMaster, Harry Kennedy, Lindsay Thomson, Mary Donaghy, Helen Walker)

This report focuses on activities and achievements within the last 12 months; 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 Nicol Shadbolt, Forensic Network Manager, by email: nicol.shadbolt@nhs.net or telephone: 01555 842018.

Foreword from Director of Forensic Network Advisory Board

It is a great pleasure to introduce the second 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 School from April 2016 to March 2017.

Quality improvement is the focus of our work whether on specific service developments or educational initiatives. This year has seen the commencement of the second round of quality improvement reviews across the Forensic Network. This is a major example of networking in practice. The standards were developed in consultation across the Network, the review process agreed, and Network members form the peer review panels that visit each site, providing feedback that leads to the development of local quality improvement plans.



The provision of data is essential for quality improvement initiatives. This year has seen the exciting development of the Forensic Network Database which will be rolled out across the Network in the coming year. Local reports will be generated to meet local needs whilst an overall national picture will be obtained. Across the Forensic Estate we have at times continued to struggle with finding accommodation for people at the most appropriate level of security. We welcomed the Scottish Government review of the estate and will continue to contribute through our data systems and communication channels to improving patient flow.

The School continues to extend its educational and research portfolio, with its refreshed MSc in Forensic Mental Health in conjunction with the University of the West of Scotland, short course programme and national research protocol to assist research across the Network. In particular this year, SoFMH has developed for NES new Approved Medical Practitioner training materials and courses including a revamped AMP training course and four new update courses for existing AMPs on core mental health, capacity, forensic, and child and adolescent mental health.

I would express my thanks to all of you across the Forensic Network for your hard work and input into our quality improvement, service development and educational initiatives; to Scottish Government for its continued support and provision of challenging tasks; and to the Forensic Network core team who carry out their roles with aplomb and a smile. In particular, I would like to thank Andreana Adamson, The Forensic Network Board Chair who retired during this year, for her considerable work in establishing the Forensic Network, and Dr Fergus Douds who has been the Forensic Network Lead on Learning Disability since its inception in 2003 and a passionate advocate for the development and delivery of clinical services to this group. We look forward to welcoming Dr Jana de Villiers into this role as Forensic Network Lead on Intellectual Disabilities.

Professor Lindsay Thomson

Director, Forensic Mental Health Service Managed Care 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 2016 to March 2017. This has been a year of development; with the commencement of the second round of Continuous Quality Improvement Framework (CQIF) reviews across forensic mental health services, the appointment of a new Clinical Lead for Intellectual Disabilities, Dr Jana de Villiers, and the inclusion of the Forensic Network in The State Hospital's ministerial review for the first time. The Forensic Network continues to flourish and provide advice and support within and beyond Scotland. This year staff travelled to Northern Ireland to present on the development of the Network, strengthen links and support ideas for the development of similar work streams in Northern Ireland. 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.

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

Key achievements in 2016-2017:

Clinical Developments

- Practitioners from NHS Forth Valley supported by the Forensic Network Consultant Nurse in Psychological Therapies, were recognised at a national level and awarded 'Category Winner' in the 'Increasing Access to Psychological Therapies' category of the National Mental Health Nursing Forum's Excellence in Mental Health Nursing Practice Awards, for their low intensity psychological therapies work in Forth Valley prisons. The project emphasised the collaborative achievements of nursing and psychology in the endeavour. The team were further shortlisted for Royal College of Nursing national awards in the category of mental health.
- A new short life working group to explore the utilisation of electronic monitoring with mentally disordered offenders was established at the request of Scottish Government.
- Continued work around estate planning and a pan-dimensional Scotland approach to service provision, including support of the Scottish Government's National Forensic Mental Health Services Estate Review and the development of increased data collection on patient flow.
- Completion of two POMH-UK benchmarking audits by the Forensic Pharmacy Group
- Development of new protocols by the Psychological Therapies Matrix Implementation Group: *Patient Information Programme*.
- Development and design of a 5-day nurse induction training programme to support the opening of the new low secure unit in NHS Ayrshire & Arran.

Continuous Improvement

- Twelve Clinical Fora were facilitated on developing and cutting edge topic areas, such as Novel Psychoactive Substances and Terrorism and Threat levels in the UK, this is an increase from 7 events in the previous year. 98% of delegates who completed evaluation forms across the year rated clinical fora events overall as either good or excellent.

- The Continuous Quality Improvement Framework (CQIF) reviews began with low and community services. The reviews support improved delivery of care, development of processes and shared learning across the estate.
- Completion of the fourth Forensic Network Census and development of the Inpatient Service Database. Data demonstrated a slight decrease (approximately 4.5%) in the overall size of the inpatient estate, with 88 new or readmissions to the estate across the year, 55% of which came from prisons or the court.
- The Forensic Network and the SoFMH developed and launched a new website and twitter account, helping to increase connections and information sharing across the estate and with partner agencies. After 6 months the twitter account has grown to just under 200 followers and now accounts for approximately 2.5% of all traffic to our website.
- The second Forensic Lead Nurse Annual Conference and the second annual conference of the Forensic Network Social Work Subgroup were both successfully facilitated.
- A new Professional Chairs group was created, bringing together all professional groups chairs in a multi-disciplinary setting to work on cross discipline collaborations and quality improvement initiatives.

Education and Research

- Twenty-seven short professional courses were facilitated across the year on a range of topics, including: risk assessment and risk management; legal aspects; clinical assessments; and psychological interventions. 100% of delegates who completed evaluation forms across these events rated the training overall as either good or excellent (82% rated training as excellent).
- The MSc Forensic Mental Health, developed in conjunction with the SoFMH and taught by clinicians from across the estate, passed validation at the University of the West of Scotland following a move from Glasgow Caledonian University. The course will welcome applications for a September 2017 intake.
- Work began on an estate wide training needs analysis which is hoped to be completed in Summer 2017, this will provide strategic direction for the development of the SoFMH.
- The first continued professional development day for low intensity programme graduates was successfully launched in collaboration with NHS National Education Scotland (NES).
- A new course was developed and delivered on Complex and Developmental Trauma.
- Development and completion of a revised and updated Approved Medical Practitioner course Parts 1 and 2, and four new update courses on core, capacity, forensic, and child and adolescent practice.
- Research commenced into the evaluation of Forensic Psychological Matrix protocols in conjunction with the University of Edinburgh.
- The fifth annual National Forensic Network Research Conference was facilitated.
- Development of research Joint Review Protocol to promote and support cross network research studies.

In the coming year the Forensic Network and the SoFMH look forward to continued advancements and achievements in service delivery following the second cycle of CQIF reviews and we will continue to work with colleagues across the estate to coordinate a national strategy to improve patient care and develop services. We are grateful to Scottish Government for their continued and ongoing support of our work.

1. Background and Structure

1.1 Background of the Forensic Network

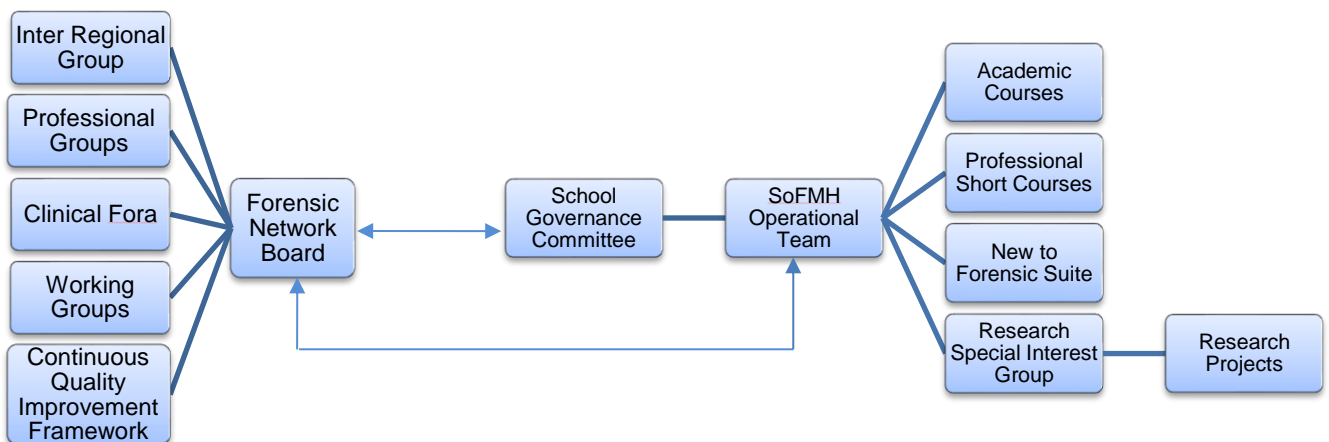
The Forensic Network was established in September 2003, following a review of The State Hospitals Board for Scotland *'The Right Place-The Right Time'* (Scottish Executive Health Department, 2002). The Network was established to address fragmentation across the Forensic Mental Health Estate, to overview the processes for determining the most effective care for mentally disordered offenders, consider wider issues surrounding patient pathways, and align strategic planning across Scotland (Gordon, 2003; Scottish Parliament, 2003).

Aims

Scottish Ministers requested the development of a Network to bring a pan-Scotland approach to the planning of services and patient pathways, including the commissioning of research to establish an evidence base for future service development.

Structure and Governance

These aims are achieved through the coordination of a national oversight group known as the Network Advisory Board, the development of regional Multi-agency structures with links to NHS Regional Planning Groups which drive forward progress at regional levels, and the commissioning of short life working groups who are allocated responsibility on a range of topic specific or geographical specific projects, providing direction where national guidance is required. The Forensic Network take guidance and direction from our Clinical Leads; Dr Jana de Villiers Clinical Lead for Intellectual Disabilities; Dr Fergus Doud outgoing Clinical Lead for Learning Disabilities; Dr Martin Culshaw Clinical Lead for Women; and Dr Raj Darjee Clinical Lead for MAPPA and the NHS Lothian Sex Offender Liaison Service (SOLS).



Since the inception of the Network, there has been a strong multi-agency approach which has facilitated information sharing and enabled the development of strong working relationships with our partners in the third sector and with regional associates across the estate. These relationships support continual improvement to the planning of services and the patient journey across the forensic mental health estate. The Forensic Network has worked with regional and government colleagues to develop national policy on the configuration of services and the assessment and management of restricted patients.

The predominate focus of the Forensic Network's attention since its development has been on key issues, such as: the configuration of the forensic estate; defining levels of security; admission and referral criteria; services for LD; 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 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 developments in relevant fields. In conjunction with Healthcare Improvement Scotland, 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 these standards. In addition, the Network has hosted several national conferences, and has developed strong international links with representation on the board of the International Association of Forensic Mental Health Services (IAFMHS).

The School of Forensic Mental Health (SoFMH)

1.2 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 Mental Health Services Managed Care Network (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 SoFMH has access to many experienced professionals and can support services in the development of teaching materials, courses or research. The model involves expert clinicians active in the forensic field developing and delivering short courses; the creation of formal qualifications through higher and further educational establishments; and the development and delivery of the New to Forensic Programme Suite. High standards of teaching are maintained and governed rigorously.

Aims

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; and
- enhance clinical practice through the development and promotion of findings from large scale research projects.

Structure and Governance

The SoFMH is governed by a committee which meets biannually and an operational team who meet bimonthly and reports to the Governance Committee. To date, the School has had commissions from the Scottish Government, NHS National Education Scotland, Police Investigation and Review Commission, Risk Management Authority, Scottish Social Services Council, and forensic services across Scotland. 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.

2. Governance and Operation Structures

2.1 Network Structures

2.1.1 Forensic Network Advisory Board

The Forensic Mental Health Services Managed Care Network Advisory Board (Forensic Network Advisory Board) supports the Forensic Network to provide national strategic direction and bring a pan-Scotland approach to the planning of services and patient pathways, including the development of information systems and data collection for the management of patients. The Forensic Network Advisory Board develops and maintains links with Regional and Local colleagues across the NHS and with Partner agencies, such as the Scottish Prison Service, Police, Social Work, Community Justice Authorities and Housing, 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 Board has a Governance role in overseeing the Clinical Conflict Resolution Process and in developing and supporting self-assessment and peer review as part of the Continuous Improvement Quality Standards Framework for secure services.

Over the past year the work of the group has focused on the implementation of new legislation in the Mental Health (Scotland) Act (Scottish Parliament, 2015), in particular the introduction of the Victim Notification Scheme (Forensic Mental Health Services Managed Care Network, 2016a), the National Prisoner Healthcare Network Mental Health Implementation Report, and the Scottish Government Forensic Estate review.

2.1.2 Inter Regional Group

The Health 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 annually to the Forensic Network Advisory Board. The group was established to support the Forensic Network Advisory Board to develop national operational working throughout the forensic estate, to coordinate and implement the decisions of the Forensic Network Advisory Board. It bridges the gap between strategy and policy arising from the work of the Forensic Network Advisory Board, and operational and clinical activity within forensic units.

There has been sustained focus on the forensic estate over the past year, with discussions around referrals and transfers central to the work of the group. The Forensic Network continues to collate and analyse data on the forensic estate, producing a weekly bed state report, a report on excessive security appeals, and completing a biannual needs assessment which helps to outline future requirements and patient movement across the estate. Work around the shape of the estate and capacity is ongoing and the Inter Regional Group are supporting the National Forensic Mental Health service estate review at present.

Supporting Regional & Local Services



The Inter Regional Group is instrumental in the implementation and monitoring of the Exceptional Circumstances Clause of The State Hospital Referral Policy and Procedure. The Group has an established formal work plan with a schedule of themed meetings. Examples of agenda items include: Forensic Estate; Female Forensic Estate; Psychological Matrix; Multi Agency Public Protection Arrangements and Sexual Offenders Liaison Service (MAPPA and SOL update); Clinical Forum report; Prescribing Observatory for Mental Health; Learning Disabilities Update; Continuous Quality Improvement Framework Reviews; Forensic Census and Database; Partner Agency and Network Links; and Psychological Approaches to Personality Disorder.

This year specific topic categories have included: patient education; volunteer services update; management of physical health concerns across the patient population; ViSOR input for health; conditional discharge tribunals; expansion of the needs assessment to medium secure; strengthening connections with and between low and community services; the national update to the Approved Medical Practitioner programme; the continuation of a national license for the use of risk assessment instrument for all Forensic Services and the Scottish Prison Service (Historical Clinical Risk Management-20 Version 3); and smoking, including the use of e-cigarettes across the estate.

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 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.

Over the past year, focus has been on the continued development of academic courses with particular focus on the transfer and update of the MSc in Forensic Mental Health to the University of the West of Scotland. There has been continued progress with our Module in Forensic Mental Health run at New College Lanarkshire which is now in its sixth year; and the Graduate Certificate in Personality Disorder ran at University of the West of Scotland. The Committee plays a key role in overseeing training needs across the estate and the professional chairs group has been working to complete a comprehensive national training needs analysis.

There has been a strong focus of the group this year on marketing and research, in particular the advancements of a new Forensic Network Inpatient Database, headed by the Research and Development Lead for the Forensic Network, Jamie Pitcairn. The work to develop the Forensic Network Inpatient database has been completed with the National Information Systems group (NISG) at National Services Scotland and will comprise details on patient whereabouts from the national census conducted in November each year across forensic mental health services since 2013.

2.2.2 SoFMH Operational Team

The SoFMH operational team has a fundamental role in monitoring and approving the day to day running of the School. The Team is made up of key representatives from across the Network and partner agencies, such as National Education 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.

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 Advisory Board to ensure that groups remain linked in to ongoing work streams and ensure that professionals have the opportunity to contribute at a strategic level. These meetings provide opportunities to share good practice and identify any areas of shared work to avoid duplication. This year there has been the further introduction of a Professional Chairs group which brings together the Chairs for each of the professional groups to look at ongoing quality improvement across the estate. At present the Professional Chairs group is working on an estate wide training needs analysis which will help to shape the future development and direction of the SoFMH.

The Network also maintains close links with the Royal College of Psychiatrists Forensic Faculty in Scotland. Professional groups currently supported:

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

Key achievements from this year:

- The Forensic AHP Leads have engaged with the Active and Independent Living Improvement Programme (AILIP) and reported on the potential impact on forensic AHP practice.
- Research, audit and service evaluation have been embedded within the content of all meetings to further national strategies in these areas.
- The Forensic AHP Leads are planning to consult on the final draft of the Disclosure Guidance and plans for a launch of the document are underway.
- The Forensic Pharmacy Group organised a national training event in Motivational Interviewing for pharmacists with support from psychology.
- The Forensic Pharmacy Group undertook two benchmarking audits with Prescribing Observatory in Mental Health (POMH-UK). The first on Lithium monitoring and the second on Rapid Tranquilisation.
- The second Lead Nurses Conference was held in September 2016 and was highly successful with keynotes from both academics and practitioners.
- From the Forensic Lead Nurse Forum, two clinicians, supported by Consultant Nurses from the Forensic Network achieved awards at the Mental Health Nursing Forum 2016. One from the Scottish Prison Service for the introduction of Low Intensity Interventions and one from The State Hospital for the introduction of Research and Evidence Based Practice Initiatives.
- The Scottish Forensic Clinical Psychology Group (SFCPG) has been involved in the curriculum review for the forensic teaching on the University of Edinburgh Doctorate in Clinical Psychology course.

- SFCPG have begun discussions with Scottish Government about the role of the psychologist within the Memorandum of Practice for Restricted Patients.
- On the back of a previously completed Carers assessment Matrix, the Forensic Carer Coordinators group have begun looking at the development of a national carers pack for those supporting people accessing forensic services.
- The Forensic Carers Coordinator Group is supporting the reinvigoration of the Forensic Carers Forum and with Support in Mind Scotland has organised and planned a national carers conference.
- The Forensic Network Social Work Sub Group is in the process of developing local practitioner fora across the country in order to extend the reach of the subgroup and effectively draw upon the experience and skills of social work practitioners across the estate.
- The Forensic Network Social Work Sub Group hosted their second national conference on social work in practice in forensic mental health settings.

Professional Group Work Streams for the coming year:

- The Forensic AHPs are conducting a consultation survey in Spring 2017 to inform future planning of the forum and consider strategic direction. The working group will consider the structure of meetings to encourage wider engagement from all allied health professions, inclusive of research and audit themed meetings e.g. physical health, work, implementation of key strategy documents
- Forensic AHPs will launch an updated Disclosure Guidance document
- The Forensic Pharmacy Group has POMH-UK benchmarking projects planned for this year looking at use of high dose and combination antipsychotics.
- The Forensic Lead Nurse Forum has work planned around the 20-30 Nursing Vision, Low Intensity Psychological Interventions and Nursing Observations in line with Scottish Patient Safety Programme (SPSP) developments in observation due out this year.
- The SCFPG plans to host a team formulation continued professional development event.
- The Forensic Carer Coordinators plan to consider and support the redevelopment of a national forensic carer forum following a large national conference in Summer 2017
- The Forensic Network Social Work Sub Group are currently engaging with the Mental Health Officer (MHO) course providers with a view to developing enhanced, post-qualifying training in respect of mentally disordered offenders.



3.2 Clinical Fora

The Clinical Fora continue to be well supported and valued by colleagues across Scotland, with twelve forums held over the past year, an increase from 7 in the preceding year. The Clinical Fora have four main aims: networking, education, policy development and operational development. Some forums are larger than others, but all average around 60 delegates from across a range of organisations and backgrounds. It was reported in our annual report last year that there was a possible drop (25%) in delegates attending clinical fora events, however on further analysis it was found that there was an unusually low number of clinical fora held across that year resulting in a drop in overall attendance figures rather than a drop in the number of attendees at each event. The average number of attendees at each event remained similar (approximately 60) and these numbers have been maintained across this year with an increase in the number of clinical fora offered. Over the last year topics have consisted of:

- Addictions
- Learning Disabilities
- MAPPA
- Personality Disorder and Problem Behaviours
- Risk
- Sex Offender Practitioners – jointly chaired by NOTA Scotland Branch
- Victims and Trauma
- Women

Some highlights from Forums this year:

- The Addictions Clinical Forum held an event focused on the recent rise of cases involving the use of Novel Psychoactive Substances. The day included presentations from Police, the Ambulance service, Pharmacy and Psychiatry, 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 for Women regularly attracts a high volume of delegates and this year's theme saw presentations on Managing Maternal Filicide in Medium secure services, Pregnancy Denial, Concealment and Infanticide, and Pregnancy, Motherhood and Secure care. As well as provided delegates with an opportunity to discuss ongoing developments and delivery in female low secure services.
- The Learning Disabilities Forum held a successful and lively multi-disciplinary debate as part of their event discussing whether Learning Disability should be removed from the Mental Health Act as a category of Mental Disorder.
- The Clinical Forum Sex Offender Practitioners held forums on Children and Young People with Harmful Sexual Behaviours and Developing Effective Interview Skills. The forums were well attended and for the coming year they have plans to host an event on the risk management of Trans Offenders from a Holistic Perspective; Diversity vs Deviance; Sexuality; and Common hormone treatments and effects on behaviours.
- The Clinical Forum Risk held a well-attended event looking at terrorism and threat faced in the UK, with presentations from Detective Chief Superintendents and from lecturers at the Handa Centre for the Study of Terrorism and Political Violence (CSTPV), University of St Andrews. The event received extremely positive feedback and provided opportunities for considering risk assessment and threat in services.

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 evaluation forms last year, 98% rated the event overall as either good or very good.

This coming year sees the launch of a new Clinical Forum in Psychological Therapies to support the ongoing work of the Psychological Matrix Implementation Group and Low Intensity training delivered across the state in collaboration with NHS National Education for Scotland (NES).



3.3 Short Life Working Groups

3.3.1 Electronic Monitoring with Mentally Disordered Offenders

The Forensic Network were requested by Scottish Government to set up a working group to explore views and the possibilities for use of electronic monitoring with mentally disordered offenders. The group is cross disciplinary and agency, with representation from police, criminal justice, social work, MAPPA and prisons. The work of the group is ongoing and a report is expected to be submitted to the Scottish Government by November 2017.

3.3.2 Admission Criteria to Scottish High and Medium Secure Units

This working group was commissioned by the Forensic Advisory 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.

3.3.3 The Forensic Matrix Implementation Group

The Forensic Matrix Working Group has continued to develop the range of psychological treatment protocols available. At present there are three completed Low Intensity (LI) protocols and two High Intensity (HI) protocols, with a steady uptake and rollout across the

estate. A national reporting pro forma has been developed to capture details of the groups. Protocols consist of:

- *'Patient Information Programme'* (LI): an introductory information programme for patients, providing key information about forensic services. It includes; information on legal matters, about the roles of the various members of the clinical team and what to expect during their stay.
- *'On the Road to Recovery'* (LI): comprises three distinct modules covering psycho education, basic coping skills and coping skills enhancement; dealing with motivation, engagement, substance misuse and other difficulties related to myriad unhealthy lifestyle choices. Modules consist of: *'Awareness and Recovery'*, *'Looking after Yourself'* and *'Making Healthy Changes'*. Module three is due to be piloted in 2017.
- *'Knowing Me'* (LI): focuses on the development of self-awareness and self-formulation skills.
- *'Planning for the Future'* (HI): focuses on the consolidation of knowledge and skills gained during participation in cumulative psychological interventions, as well as covering relapse prevention skills. This consists of two modules: *'My Journey so Far'* and *'The Journey Ahead; Values and Needs Plan'*.
- *'Connections'* (HI): focuses on the development of relationship and social skills. The protocol comprises of two planned modules and is in the process of being updated.

The Forensic Matrix Implementation group also support two working subgroups:

- *Principles of Structured Clinical Care*: The group has developed draft guidelines on the principles of structured clinical care which are currently being reviewed and consulted on within the group.
- *Reflective Practice Competencies*: The group is in the process of developing a competency framework for Reflective Practitioners for use within the Forensic Network and clarifying definitions of the differences between supervision, reflective practice, consultation, line management and psychological therapy.

In addition, two highly successful eLearning modules have been developed:

- *'See, Think, Act'*: focuses on development of knowledge and skills related to relational security (1345 completers to date)
- *'Working with Offenders with Personality Disorder'*: provides information about personality disorder and practical advice on the management of people with this condition (approximately 500 completers to date).

In the coming year, the group plan to focus on completing a *'Problem-solving'* HI protocol supported by NES, and overview and update the HI protocol *'Tune-In'*. Revisions and updates are also planned for the first two modules of the *'On the Road to Recovery'* programme. An evaluation project in collaboration with Edinburgh University has begun to assess all the protocols currently being developed by the group and their utilisation across the estate.

3.3.4 Behavioural Status Index (BEST-Index) Implementation Group

The BEST-index, a nursing assessment tool, continues to be implemented across the Forensic Network and progress is monitored through the national oversight group. Training took place with staff in the new Low Secure service at NHS Ayrshire and Arran this year and a pilot of the tool in the community is planned for the future. The national oversight group is due to meet in Autumn 2017.

3.3.5 Disclosure Guidance Report

Work is ongoing in the Forensic AHP's group to update the disclosure guidance report previously provided by Jean McQueen, Consultant AHP, '*Guidance for Allied Health Professional supporting individuals with Criminal Convictions and Mental Health Conditions into Work, Volunteering or Education*' (McQueen, 2014). It is expected that the AHP group will host a launch event for the document in Autumn 2017.

3.3.6 Conflict Resolution

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 service or between Health Boards that cannot be resolved internally. The existence of the group encourages informal resolution of any conflict.

3.3.7 National Forensic Mental Health Services Estate Review

The Scottish Government established a review of the clinical models of existing forensic mental health services to make recommendations for a sustainable, fit for the future, service in Scotland. The Forensic Network has supported this review, which was led by Andreaana Adamson, and the results will be reported by the Scottish Government. The review aims to address issues and developments in:

- The provision of high secure services for women
- Prison transfers
- Medium secure provision for men
- Medium secure provision for learning disabilities
- Appeals against excessive security in medium secure services

The report has been circulated to members of the reference group and consultation sought. It is expected to be released by Scottish Government later this year.



3.3.8 Personality Disorder Training Strategy

This group was developed following the completion of a paper on '*Psychological Approaches to Personality Disorder in Forensic Mental Health Settings*' (Russell, 2016) to consider a joined up training strategy for Personality Disorder (PD) across the estate. The group are currently working on a training digest to support this. As an example this contains:

- Online training: See Think Act: Relational Security module, Working with PD Offenders
- Short courses: Introduction to PD, International Personality Disorder Examination, PD in Formulation, Mentalisation Based Therapy, Cognitive Analytic Therapy
- Academic courses: Graduate Certificate in PD, MSc Forensic Mental Health (Problem Behaviours module)

3.4 Continuous Quality Improvement Framework Reviews

3.4.1 Second Round of CQIF Reviews

The Continuous Quality Improvement Framework Reviews (CQIF) have 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 enquiry facilitated to identify any potential gaps in practice and support the service's work to 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 professional development.

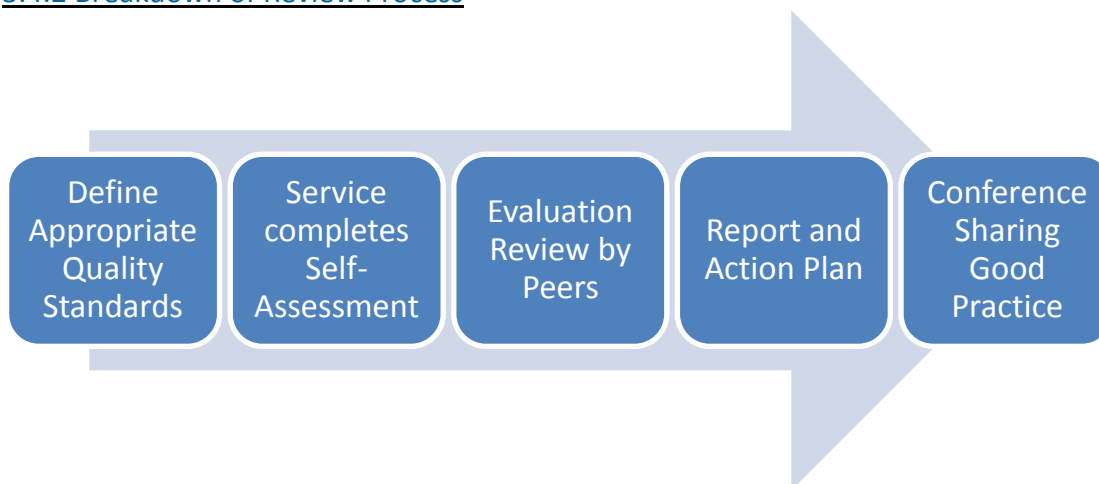
Review themes for this second round of reviews are:

- 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 review day of this second round of reviews took place in January 2017 with other low secure and community service reviews scheduled from now until Autumn. Following completion of the low secure and community reviews, reviews for the LD units, Medium Secure units and finally High secure service will follow. It is expected that the review period will be completed by Summer 2018.

Following this cycle of reviews work will commence with HIS to align our review process with the national framework for reviews currently being rolled out.

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 Education and Training Sub Group Healthcare & Forensic Clinical Services for People in Police Care.

3.5.2 National Prisoner Healthcare Network (NPHN)

The Forensic Network have developed strong partnership working relations with the National Prisoner Healthcare Network (NPHN), leading on the NPHN Mental Health Sub Group (National Prisoner Healthcare Network Mental Health Sub Group Report, 2014) and subsequently the Implementation Group for this project (National Prisoner Healthcare Network Mental Health Sub Group Implementation Report, 2016). This year the Forensic Network have been supporting NPHN in the advancement of this work through the development of a Mental Health Audit Plan to drive forward implementation.

There have been several training initiatives between the Managed Care Networks, with mental health nurses from across NHS Forth Valley prisons successfully completing the five day Low Intensity Psychological Therapies and delivering cohorts across all three NHS Forth Valley prisons; HMP Glenochil, HMYOI Polmont, and HMP & YOI Cornton Vale. Practitioners from NHS Forth Valley, who were supported by the Forensic Network Consultant Nurse in Psychological Therapies were recognised at a national level and awarded 'Category Winner' in the 'Increasing Access to Psychological Therapies' category at the National Mental Health Nursing Forum's Excellence in Mental Health Nursing Practice Awards, for their low intensity psychological therapies work in Forth Valley prisons. The project emphasised the collaborative achievements of nursing and psychology. The team were further shortlisted for Royal College of Nursing national awards in the category of mental health.

The Consultant Nurse in Psychological Therapies also contributed a report to the recent Parliamentary Inquiry on Healthcare in prisons, which has been circulated to several other stakeholders including Scottish Government (Mental Health Unit), Royal College of Nursing and NHS NES.

3.5.3 NHS National Education for Scotland

Several joint training initiatives have been facilitated between NHS National Education for Scotland (NES) and the School of Forensic Mental Health (SoFMH), which contribute to the continued professional development of colleagues across forensic services in Scotland.

Examples of joint training and educational activities undertaken over the past year 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.
- '*Low Intensity Psychological Therapies Practitioner Training*', which has now been delivered to over 270 practitioners, across 10 Health Boards. There are plans to deliver another two training dates centrally this year based on aggregated need and plans to deliver a specific course for NHS Highland.
- A one-day Continuous Professional Development training event for graduates of the Low Intensity programme was provided in March 2017. The event focused on the development of motivational interviewing skills and provided participants with an introduction to the new '*Making Healthy Changes*' LI module in '*On the Road to Recovery*'.

4. Activities from the School of Forensic Mental Health

The School of Forensic Mental Health (SoFMH) offers teaching and training to all professional groups and agencies involved in the assessment and care of those in forensic mental health services. It provides a focus for supporting, developing and delivering multi-disciplinary and multi-sector educational and research initiatives.

The SoFMH has developed and delivered a range 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 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 is currently in the process of transferring the existing MSc Health and Social Care (Forensic Mental Health) from Glasgow Caledonian University to the University of the West of Scotland (UWS), under the new title of MSc Forensic Mental Health. The highly successful programme has passed through a stringent validation process and is in process of being updated. The revised programme will be ready for the September 2017 intake and formal applications will be invited from Summer 2017. In Summer 2016, the course had three successful MSc graduates.

[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 maintains as an articulation route to the MSc Forensic Mental Health, for those looking to reengage with education. The module is in its sixth year and this year's course commenced in January 2017 with 12 students from across a range of health boards and third sector organisations. The course covers a range of topics including; '*Characteristics of Mentally Disordered Offenders*', '*Policies and Procedures for Risk Management*' and '*Social and Occupational Activity*'.

[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 fourth year and continues to be highly popular with colleagues from across the Network. The SoFMH is currently accepting expressions of interest for the September 2017. Last year the course received over 100 expressions of interest and accepted twenty five students on to the course.

4.2 Short Courses

The SoFMH has responded to the requests of practitioners around training needs and has developed courses and training events to satisfy these requirements, creating an appetite for new knowledge and opportunities for continued professional development. Prior to the introduction of the School there were no bespoke programmes for forensic practitioners, however there is now a wealth of options at all educational levels.

During the last financial year from 2016-2017, 27 short courses were held with over 360 delegates. These 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, 100% rated the training overall as good or excellent, with 82% rating it as excellent. A breakdown of the training provided in 2016-2017 is detailed in Appendix 1.

For the coming year there are over 30 short courses planned at present, with new courses in mental health and the law, working with sexual deviancy, ex-military mental health, the sexual sadism scale, working with perpetrators of stalking, and a sponsored training event in Stalking Risk Profile risk assessment tool.

4.2.1 Approved Medical Practitioners (AMP)

The SoFMH was commissioned by NHS National Education for Scotland (NES) on behalf of the Scottish Government, to develop the advanced practice courses for Approved Medical Practitioners (AMP). Section 22 of the Mental Health (Care and Treatment) (Scotland) Act 2003 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 Health Board. The SoFMH has developed new teaching materials for Parts 1 (online) and 2 (interactive course) of the training, developed training materials for update practice courses on core mental health, capacity, forensic psychiatry, and child and adolescent mental health, and is supporting 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 New to Forensic Programme suite continues to grow and develop, with a variety of programmes all at different stages of development or implementation. The programme model attracts attention from home and abroad, and discussions are ongoing with colleagues in England, Canada and Australia about the development of similar versions.

4.3.1 New to Forensic Programme

The original New to Forensic programme continues to grow and has become part of the induction training suite at many Health Boards. To date over 1300 practitioners have been trained across the NHS, independent sector, social work, voluntary sector, criminal justice services, Mental Health Tribunal for Scotland and Scottish Government. A further 60 are currently registered and due to complete within the next year. The programme has undergone a major revision due to changes in mental health legislation (Scottish Parliament, 2015) which come into force in June 2017 and an updated version will be available from Summer 2017.



[4.3.2 New to Forensic: Medicine](#)

This programme was designed by SoFMH in 2014 (NHS National Education for Scotland, 2014a) for medical and nursing staff working in police custody. It has been delivered in Lanarkshire, Glasgow, Forth Valley, Lothian and the Highlands. The numbers 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 has been no formal feedback received from those who have engaged in the programme. Regional meetings will be organised throughout the summer and autumn period 2017 to discuss progress and gauge how the programme is being received.

At present there are 50 participants registered on the programme and 32 completed in the last year. It is anticipated that the interest in this course will continue to grow across the coming year.

[4.3.3 New to Forensic: Essentials of Psychological Care](#)

This programme was designed in 2014 (NHS National Education for Scotland, 2014b) and is still in implementation stages, but is proving to be popular with colleagues across the Network. To date, 85 participants are registered for the Programme and 20 have completed this year. The programme has now built a firm infrastructure of mentors across the estate and is beginning to develop.

[4.3.4 New to Forensic Mental Health Teaching Programme \(Northern Ireland\)](#)

The SoFMH supported colleagues in Northern Ireland to establish a version of the original programme fit for purpose locally. Feedback on a formal programme review undertaken between 2015-2016 was presented at a special event in February 2017 in Belfast (Forensic Mental Health Services Managed Care Network, 2016b). Colleagues are keen to begin implementation in the Prison service as well as continuing to deliver in NHS services. Themes 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 mentally disordered offenders and improvements in collaborative working by practitioners who completed.

[4.3.5 New to Forensic Mental Health Teaching Programme \(The Richmond Fellowship Scotland\)](#)

The School has been commissioned by The Richmond Fellowship Scotland to work in collaboration to develop a programme fit for purpose within the community sector. Plans are in place to have the programme finalised by the end of the summer 2017 and provide 'Training for Trainers' in Autumn 2017.



4.4 Forensic Network Research Special Interest Group



Jamie Pitcairn, Research & Development Manager

The School 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), chaired by Dr Daniel Bennett. The FNRSIG meet on a quarterly basis to support and promote research across the network and a Forensic Evidence Bulletin detailing research relating to forensic mental health is published and distributed quarterly. The group have contributed towards a wide range of activities including the Forensic Network Census and Database development, an annual research mapping exercise, and the evaluation of psychological therapies across the forensic mental health estate. Some of these achievements are expanded below, however a detailed project list of research can be found in Appendix 2.

4.4.1 Forensic Network Census and Inpatient Database

The fourth point prevalence data collection for the Forensic Network Inpatient Census was conducted on a patient whereabouts basis on the annual census date of the 26th of November 2016. Data were gratefully received from all but four inpatient sites and there is a strong investment in this as a tool for estate analysis going forward. From the data it can be established that there are approximately 502 inpatients across the estate, demonstrating a slight decrease from the 2015 results of 526 (4.5%). The data outlined 88 new or readmissions to the estate, with the highest percentage of these coming from prison (30%) and 25% coming from the courts. A small percentage of these new patients were admitted to forensic intellectual disabilities service (approximately 0.06%).

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 LD population, planning for the national evaluation of the Forensic Psychological matrix, and provide information on patient flow to the National Prison Healthcare Network.

The work to develop the Forensic Network Inpatient database with the National Information Systems group (NISG) at NSS is nearing completion. The electronic platform for the database has been completed and initial training with the Network team has taken place with a view to rolling out wider training to all Forensic Mental Health service inpatient sites. Prior to providing training and making the live database available final approval amendments are to be completed through the Public Benefit and Privacy Panel (PBPP), and the information gathered within the 2016 patient whereabouts census will be used to ensure the most accurate and up to date patient list, will be in place on the database at the point of going live. The Census team then aim to conduct a catch up data collection process to ensure that all patients on the database have a complete initial data set in place, and that will allow the system to go live with data collected at the pre agreed timescales as prompted by the database and outlined in the accompanying Forensic Network Inpatient Database protocol and user instructions. The database dataset has also been expanded beyond that originally used within the Census to include Forensic Psychological matrix assessment data with the aim of supporting the national evaluation of the forensic psychological matrix.

[4.4.2 Randomised Control Trial of Medication Effects on Attention Deficit Hyperactivity Disorder](#)

The first randomised control trial involving medications in prison in the UK has commenced in Scotland and is exploring the short term effects of OROS-methylphenidate on ADHD symptoms and behavioural outcomes in young male prisoners with attention deficit hyperactivity disorder (ADHD). The research implements recommendations from the National Institute for Health and Care Excellence (NICE; 2008) that there should be an assessment of efficacy of community recommended ADHD treatments in forensic populations. Clinical trials of ADHD treatments have yet to be conducted and the research will provide the foundation needed to establish long-term effectiveness studies and the data to establish effective healthcare pathways.

[4.4.3 Research Mapping](#)

The research mapping exercise was conducted again in 2016. The information received informed the development of the Forensic Network project list which has been made available through the network website. The 2016 exercise identified 39 research and evaluation studies ongoing within forensic services. The 2016 project list is attached in Appendix 2 for information. The mapping exercise began again in spring 2017.

[4.4.4 Joint Review Protocol](#)

One of the key aims of the FNRSIG has been to promote and support cross network research studies. The development of the Joint Study Review Protocol (Forensic Managed Care Network, 2016) is 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 identified a specific 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 & Development review, and does not replace these approval processes.

[4.4.5 Forensic Network Research Conference](#)

The FNRSIG held their fifth national Forensic Network Research Conference in November 2016 at the Scottish Prison Service College in Polmont. The day was chaired by Dr Daniel Bennett, current chair of the FNRSIG, and featured key note speeches from eminent speakers, Professor Seena Fazel, University of Oxford, who spoke on '*Risk Assessment: Scaling up and simplifying*' and Dr Mike Doyle, University of Manchester, who spoke on '*Investigating the validity of risk assessments in medium secure services (VoRAMSS) in England and Wales*'.

The conference received excellent feedback from delegates and the 2017 FNRSIG Research Conference (21st November) has secured key note speeches from Dr Caroline Logan, Consultant Forensic Clinical Psychologist in the NHS and an Honorary Research Fellow at the University of Manchester and Dr Andrew Forrester, Clinical Director, Offender Health Research Network, Manchester University.



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 further supported by The State Hospital in the supply of location and associated expenses; finance operations, library services and IT services. The Network have 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 always re-invested to develop training materials and courses for use across forensic services in Scotland. The work plan for 2017-18 includes a reprint of the New to Forensic Programme to reflect legislative changes, an evaluation of the Essentials for Psychological Care programme, the introduction of the Forensic Inpatient Database across Scotland, the development of further training courses directed from the estate wide training analysis, 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 and address communication processes over the past year. The Network and SoFMH send out a monthly training email detailing all upcoming training opportunities, which delegates can subscribe to on the website.

The website has undergone a major revamp to provide up-to-date and relevant information in a user friendly format. In particular, there is a current publications section which provides key reports and useful documents. The Forensic Evidence Bulletin, which is compiled by The State Hospital Librarian and released across the Network quarterly, outlines journal articles published in the previous quarter on a range of topics linked with forensic mental health.

In September 2016 the Forensic Network and the SoFMH launched their first social media platform, a twitter account. This provides a forum for connecting with partner agencies both nationally and internationally, an area for discussion and a means of communicating key information. By the end of the financial year the account had grown to just under 200 subscribers and referrals from social media to the website had significantly increased, now accounting for 2.5% of the overall traffic.

In addition, the Network and SoFMH compile a quarterly newsletter which outlines work streams across the Network and any developments across the estate, including ongoing research that might be of interest and updates from the Clinical Leads. 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 all professional groups and overviews of Clinical Fora and training events, including end of event evaluations, are available from the Network Office.

Over the coming year the Forensic Network and the SoFMH will continue to update its communications strategies and at present are working on an update and re-launch of our course prospectus.



6. Overview and Future Planning

6.1 Overview

Over the past year the Forensic Network and the SoFMH have worked with stakeholders and colleagues from across the estate and partner agencies to continue to improve the quality and delivery of care across Scotland and to support communication, information sharing, and joint working across disciplines and agencies. 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 have continued to support a plethora of professional groups across all disciplines and to facilitate a large number of Clinical Fora on a range of interesting and thought provoking topics to further the continued professional development of our workforces. In addition, a number of working groups have been supported to provide national guidance and advice on key issues. These working groups continue to support a national approach to services and provide problem resolution at a pan-Scotland level, improving patient experience and service delivery across the estate.

The SoFMH have 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. The SoFMH have further begun a national training needs analysis to ensure continued support on key and relevant topics going forward.

6.2 Future Plans

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. In 2017-2018 the Forensic Network will continue to work to achieve its aims of determining the most effective care for people with a mental disorder who come into contact with the forensic service, provide guidance on best practice, address wider issues around patient pathways and support the delivery of local service development and implementation.

Achievements and advancements could not be made without the strong support and commitment of our colleagues across the forensic mental health estate, who provide their expertise on professional and national working groups, and advise on training requirements, develop new courses and plan training events. Our extensive thanks and gratitude goes out to all our colleagues for their hard work and commitment over the past year to deliver on these national aims and projects.

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

Clinical Development

- Continued facilitation and administration of the short life working group exploring the use of electronic monitoring with mentally disordered offenders on behalf of Scottish Government.
- Sustained support for the Forensic Matrix Working Group in the development of new High Intensity Protocols in Problem Solving, as well as continued support for the implementation and development of the Matrix programme suite.

- Facilitating the revision of the admission criteria to Scottish High and Medium Secure Units which is underway.
- Supporting the implementation of recommendations and findings from the Scottish Government National Forensic Mental Health Service Estate Review.

Continuous Improvement

- To continue with the second cycle of the Continuous Quality Improvement Framework Reviews, with the aim of completing this round in Summer 2018. Following this to support a revision of the methodology in collaboration with NHS Healthcare Improvement Scotland (HIS) to realign the process with the new national framework.
- To launch the new inpatient 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. To continue offering a diverse range of clinical fora and support the development and facilitation of a new Clinical Forum on Psychological Therapies.
- To further deliver on the original aims for the Forensic Network when it was established by Scottish Government, there is still work to be undertaken around auditing, benchmarking and Key Performance Indicators.

Education and Research

- To complete the estate wide training needs analysis and continue advancing and developing training courses in line with needs of practitioners and services nationally.
- To facilitate the smooth transfer of the MSc Forensic Mental Health course to the University of the West of Scotland and encourage its continued success.
- To continue to offer a diverse range of high quality courses and develop new training courses and materials based on the needs of practitioners. New courses are proposed for: Mental Health and the Law; Working with Sexually Deviant Offenders; Ex-Military Mental Health; Assessment and Management of Sexual Sadism; Working with Perpetrators of Stalking; Working with Personality Disorder in the Community; and the continued development and rollout of the Approved Medical Practitioner training.
- To 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 September 2017.
- To support the Forensic Network Social Work Sub Group in the ongoing development of post-qualifying training in respect of mentally disordered offenders.
- To revamp our course prospectus in light of the training needs analysis, outlining the training opportunities across the estate.

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 Nicol Shadbolt, Forensic Network Manager, nicol.shadbolt@nhs.net or contact the Forensic Network Office 01555 842018, SoFMH 01555 842212.

Many thanks to the Forensic Network and School of Forensic Mental Health administration teams who work to improve communication and connections across the forensic mental health estate and support all aspects of work.

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8. Appendices

Appendix 1: School of Forensic Mental Health Short Courses List (from April 2016 to March 2017)

Event Title	Date
Personal Safety Scenario Training for Community Staff	14-Apr-17
N2F Training with Support in Mind Scotland	22-Apr-17
N2F Training with The Richmond Fellowship	29-Apr-17
An Introduction to Quantitative Analysis	19-May-16
Staff Support after Violent Incidents	02-Jun-16
RSVP 2-Day Workshop	09-Jun-16
Developing a Research Proposal	16-Jun-16
Personal Safety Scenario Training for Community Staff	16-Jun-16
Managing PD in Custody	21-Jun-16
Personal Safety Scenario Training for Community Staff	23-Jun-16
Professional Witness Course	24-Jun-16
PANSS	16-Sep-16
Writing for Publication	16-Sep-16
Managing PD in Custody	22-Sep-16
Personal Safety Scenario Training for Community Staff	06-Oct-16
Writing for Publications	12-Nov-16
IPDE 2-Day Workshop	30-Nov-16
Physical Health of Psychiatric Patients	18-Nov-16
HCR-20 Version 3, 2-Day Workshop (SLC)	28-Nov-16
SAPROF	09-Dec-17
HCR-20 Version 3, 2-Day Workshop	15-Dec-16
LI Training (NHS GG&C; 5 days)	31-Jan-17
PANSS	17-Feb-17
HCR-20 Version 3, 2-Day Workshop	07-Mar-17
LI CPD Day: MI and Making Healthy Changes	20-Mar-17
Complex and Developmental Trauma	21-Mar-17
Introduction to Formulation	16-Mar-17

Appendix 2: Forensic Network Research Project List 2016

Project Title	Project Lead	Lead Service /FN Organisation	Clinical Area
Population Needs Assessment in East Dunbartonshire Council	Gordon Currie	John Marshall/Jessica Killea	CAMHS
A case study of Mentalisation based staff training and case consultation on a forensic mental health ward	Patrick Doyle	NHS Fife	Psychology
" New to Forensic: Essentials of Psychological Care" training programme: An evaluation of Staff outcomes	Dr. Allan Thomson	NHS Fife	Psychology
An investigation into the relationship between resting heart rate, systolic blood pressure and antisocial/violent behaviour in a Scottish inpatient forensic population	Max Alford	Fife, TSH	Clinical Psychology
Service evaluation of Recovery Focus in community forensic mental health team	Rhona Blues	NHS Fife	Community Forensic Service
Autism and Serious Offending: Evaluation of a Pilot Advice and Consultancy Service	Dr Mike Doyle and Dr Jana de Villiers	NHS Fife	Psychology and Psychiatry
Forth Valley Prisons Health Needs Assessment: Substance Misuse and Mental Health Needs	Dr Claire Ogilvie	NHS Forth Valley	Clinical Psychology
A case series on the feasibility and acceptability of psychological assessment and case formulation of impaired treatment decisional capacity in psychosis	Philip Murphy (with Dr Robyn McRitchie and Dr Paul Hutton)	NHS Grampian	Clinical Psychology
An audit on the nature of referrals to the Blair Unit, a low-secure forensic mental health service in NHS Grampian	Philip Murphy (with Dr Karen Allan and Dr Robyn McRitchie)	NHS Grampian	Clinical Psychology
A systematic review and meta-analysis of the evidence relating to the attribution-self-representation model of persecutory delusions. Protocol available on PROSPERO:	Philip Murphy (with Prof Richard Bentall, Prof Daniel Freeman and Dr Paul Hutton)	NHS Grampian	Clinical Psychology
The relationship between milieu training and ward environment within a Forensic Mental Health Setting	Emma Drysdale and Heather Tolland	NHS GGC	Psychology

An evaluation of the clinical utility of the new Glasgow Risk Screen	Brian Gillatt, Emma Drysdale, Heather Tolland	NHS GGC	General mental health
Exploring Staff Experiences & Perspectives of Low Intensity Working	Emma Drysdale and Heather Tolland	NHS GGC	Psychology
An evaluation of the Recovery Groups at Rowanbank	Emma Drysdale and Heather Tolland	NHS GGC	Psychology
An evaluation of reflective practice in Rowanbank and Leverndale	Emma Drysdale and Heather Tolland	NHS GGC	Psychology
An Evaluation of Planning for the Future at Leverndale, Rowanbank and The State Hospital	Emma Drysdale, Natasha Purcell	NHS GGC and TSH	Psychology
Systematic Review: Effective interventions and management strategies for challenging behaviour in women in secure services	Mark Gillespie	NHS GGC	Psychology/Psychiatry/Nursing
Reducing levels of violence and aggression in a low-secure forensic setting	Suzanne Urquhart	NHS Lanarkshire	Nursing
Eye Movement Desensitisation and Reprocessing and people with learning disabilities : A feasibility study	Professor Thanos Karatzias and Professor Michel Brown	NHS Lothian	Learning Disabilities
Motivation in female perpetration of intimate partner violence	Lauren Forrest	Willow, NHS Lothian	Clinical Psychology
Evaluation of The Healthy Living Group - weight management intervention.	Kate Lynch	TSH	Psychology
Exploring barriers to the uptake of bowel screening for patients at The State Hospital	Kate Lynch	TSH	Psychology
Service evaluation of the 'On the Road to Recovery' programme at the State Hospital	Natasha Purcell & Lindsey McIntosh	TSH	Psychology
Cognitive Behavioural Therapy (CBT) for psychosis and personality disorder in a high secure forensic setting: An evaluation of the impact of an integrated treatment programme using a mixed method design	Patricia Cawthorne	TSH	Arran Hub
The Recovery Model for Patients within a high secure setting: a 20 year follow up	Prof Lindsay Thomson, Cheryl Rees	TSH	Medical

The Forensic Matrix: an evaluation of psychological therapies across the Forensic Network	Prof Lindsay Thomson, Lindsey McIntosh, Dr Suzanne O'Rourke, Morag Slesser	TSH	Psychology
Randomised control trial of the short term effects of OROS methylphenidate on ADHD symptoms and behavioural outcomes in young male prisoners with attention deficit / hyperactivity disorder	Prof Lindsay Thomson, Dr Sheila Howitt, Prof Philip Asherson	TSH	Medical
Appeals against detention in conditions of excessive security	Prof Lindsay Thomson, Dr Daniel Bennett, Dr Brian Gillatt, Dr Nick Hughes, Dr Sheila Howitt	University of Edinburgh (Dept of Psychiatry)	Medical
Early identification of unacceptable complainant conduct	Prof Lindsay Thomson, Dr Gordon Skilling	SoFMH	Non Clinical (SPSO)
Understanding needs, securing public safety: The Forensic Network Census	Prof Lindsay Thomson, Jamie Pitcairn		Multidisciplinary
Effects of Implementation of a smoke free environment	Prof Lindsay Thomson, Dr Brijju Prasad		Medical
Improving our understanding of the in vivo modelling of mental illness - PhD student 2013-16	Zsanette Bahor, Dr Emily Sena, Prof Malcolm MacLeod, Prof Lindsay Thomson		Medical
Working in a demanding environment: employee wellbeing in secure forensic settings	Amelia Cooper	TSH	Clinical Psychology
Study of physical health of patients detained within The State Hospital and Forensic Managed Care Network	Frances Waddell	TSH	Forensic
Exploring forensic mental health nurse's experience on the use of debrief following a violent and aggressive incident within a high secure service.	L. McCafferty	TSH	Nursing
Facial Affect Recognition in Psychosis	Natalie Bordon	TSH	Psychology
An examination of the validity of the HCR-3 in predicting inpatient violence	Kerry-Jo Smith	TSH	Psychology
An exploration into how forensic mental health nurses predict and cope with violence and aggression in a high-security setting.	Katherine Nunn	TSH	Psychology