



# FORENSIC NETWORK

FORENSIC MENTAL HEALTH SERVICES MANAGED CARE NETWORK

Annual Report 2020 - 2021

This report provides an overview of key aspects of our work and achievements over the last 12 months from April 2020 to March 2021.

If you would like know more about the work of the Forensic Network or SoFMH, please contact the Forensic Network Office by email: [tsh.forensicnetwork@nhs.scot](mailto:tsh.forensicnetwork@nhs.scot) or telephone: 01555 842018.

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## JOINT FOREWORD

**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**

This is the second Forensic Network and School report produced during the worldwide pandemic. In many respects it has been “the best of times and the worst of times...”. The worst in terms of our concern for the health of patients and staff across the Network; and the best in terms of the tremendous commitment shown to patient care, the patients’ tolerance of restricted circumstances, messages of appreciation from patients and their family and friends, and the development of innovative thinking and practices that have allowed care to continue, adapt and improve during these most difficult of times. The Forensic Stakeholder Group brought us together to share experiences, knowledge and resources in our fight against Covid-19, and to devise safe mechanisms for admissions and transfers. There have been approximately 60 positive cases of Covid-19 across the forensic secure estate during the course of the pandemic and sadly, there have been three patient deaths. Vaccination of patients and staff has allowed us to re-establish much more normal working practices whilst maintaining positive adaptations.

The major event of the year was the publication in February 2021 of the Independent Review into the Delivery of Forensic Mental Health Services. The Network welcomed Derek Barron to deliver an online presentation of his recommendations. The report sets out the recognisable issues faced across the Network including patient flow and capacity, services for women, consistency in practice, equity of provision and access across Scotland, sharing of information and data collection, services for specific groups, and the need nationally for formalised forensic mental health input into the criminal justice system. It strongly supports the work of the School of Forensic Mental Health in training, education and research; and our work on governance, standard setting and quality improvement.

The report makes 67 recommendations but the overarching recommendation is to create a single system under a new Forensic Board. A response from Government to the report is awaited. Many of the issues identified have clear solutions but depend currently on local health board prioritisation and are hindered by the lack of a mechanism empowered to enact these. Irrespective of the Government’s response, these issues require to be addressed.

Responding to the challenge from Derek in his presentation not to wait until a formal Government response was forthcoming but to act where possible on the issues identified within the report, and to manage the concern voiced by clinicians that the review process causes delay and planning blight, the Network has developed an 11 point action plan including the assessment process, consistency of practice across medium secure units, re-establishment of the short-life working group on women's services, data management, detailing the physical issues of the forensic estate, and defining and describing current community forensic mental health services. A Network proposal on a national forensic mental health service working with the criminal justice system is with the Scottish Government; and the Communications and Technology Report was submitted to Scottish Government in June 2021 and a response is awaited. It follows many of the findings in the 2018 report and its importance for patients has been highlighted by the pandemic.

Thanks to all of you who have contributed to clinical care and ongoing developments in the difficult circumstances of the past year. This year is crucial in terms of Covid-19 resilience and recovery, and in ensuring that the issues identified in the Barron Report are addressed. We have a major and exciting opportunity for change and improvement.

## EXECUTIVE SUMMARY

The Forensic Network and the School of Forensic Mental Health (SoFMH) are delighted to provide this progress report on the key aspects of our work and achievements over the past 12 months, from April 2020 to March 2021. Despite the challenges faced during the Covid-19 pandemic, the Network has continued to prosper and provide advice and support both within and beyond Scotland. This annual report demonstrates the range of our work, including influencing policy, supporting professional groups, co-ordinating national responses and developing good practice. In addition to this, through the SoFMH, our role in supporting training, education and research through delivery of a wide portfolio of courses to meet the needs of all staff working within forensic mental health services.

Over the past year, the role of the Network in bringing services together to collectively address issues has been clearly demonstrated. Our regular communication with Scottish Government has allowed us to effectively report on issues such as Covid-19 cases across the estate. Our engagement with services at all levels also means we are well-placed to identify and seek solutions to issues relating to patient flow or the remobilisation of services post-pandemic. As forensic mental health services progress their remobilisation and recovery, we will continue to support colleagues where possible and seek to capture examples of innovative practice in order to inform longer term policy decisions after the pandemic and the future delivery of care to forensic patients.

In February 2021 we welcomed the publication of the final report of the Independent Review into the Delivery of Forensic Mental Health Services, chaired by Mr Derek Barron. As a Network many of our team and professional group members participated in working groups, providing valuable advice and input to the Review. We were pleased to note the report's focus on a person-centred approach to the delivery of forensic mental health services and look forward to the Scottish Government response to the 67 recommendations contained within. It is anticipated that the Network will have a key role in supporting the implementation of any approved recommendations over the coming year.

The 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 and plan professional development events. We continue to work closely with our Clinical Leads and remain grateful for the commitment, enthusiasm and motivation that they bring to their roles. We have also recently appointed our new Clinical Lead for Women, Dr Nicola Swinson and Deputy Clinical Lead for Women, Dr Natasha Purcell and look forward to re-commencing the work of the Women's Forensic Services Planning Group.

Without the strong support and commitment of colleagues, our work would not be possible and our extensive thanks and gratitude go to all in helping us to deliver on national aims and projects. We are also grateful to Scottish Government for their continued sponsorship of our areas of work.

### KEY ACHIEVEMENTS 2020 - 2021:

#### Clinical Developments

- Actively contributed to two national reviews: The Independent Review into the Delivery of Forensic Mental Health Services and Scottish Mental Health Law Review.
- Worked with colleagues from Scottish Government Forensic Mental Health Unit to co-ordinate the response of individual services to the challenges of Covid-19 and to monitor the impact across the forensic estate.
- Facilitated a short-life working group to re-examine and update the Communications & Technology report, completed in 2018, in light of digital innovation during the pandemic.

- Supported the establishment and ongoing administration of a South East Scotland Regional Forensic Meeting.
- Contributed to the Approved Medical Practitioner (AMP) Steering Group and delivery of AMP training materials.
- Supported the FMCN in Northern Ireland as they establish their Advisory Board and begin their programme of work.
- Provided guidance, training and strategic planning assistance to international forensic services in Pakistan.
- Continued to ensure the needs of specific populations are recognised through the work of our Clinical Leads (e.g. Intellectual Disabilities/Neurodevelopmental Disorders and Women).
- In conjunction with Support in Mind Scotland, delivered a 'Caring For You' event to support those caring for forensic patients and encourage participation in self-care activities to promote well-being.

### Continuous Improvement

- Engaged with professional groups in relation to the CQIF standards for the third cycle of reviews due to commence in 2021/2022.
- Completed the 2020 Forensic Network Inpatient Census.
- Adapted the current model of clinical fora to a virtual platform to enable arising clinical, operational and educational needs to be discussed in a collaborative and multi-disciplinary setting.
- Continued to progress with the launch of 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.

### Education and Research

- Hosted our 7<sup>th</sup> Annual Forensic Network Research Special Interest Group (FNSRIG) Conference.
- Continued to chair and facilitate the short-life working group exploring training needs of staff and overseeing completion of educational materials for the new National Secure Adolescent Inpatient service (NSAIS), including publication of the 'New to Forensic: Working with Children' e-learning resource on TURAS Learn.
- In collaboration with the three awarding Universities, published training materials on TURAS Learn for Mental Health Officers (MHOs) working in forensic settings.
- Adapted a range of SoFMH training courses and materials for virtual delivery.
- Worked with University and College providers to support delivery of teaching on academic courses across virtual platforms during periods of national restrictions.
- Delivered Reflective Practice Group Facilitator training to staff across two Health Boards.
- Continued to support multi-site and network wide research opportunities in line with priorities outlined in the FNSRIG Research Strategy 2019 – 2023.
- Evaluated the New to Forensic: Essentials of Psychological Care programme through a national research project.

## Glossary of abbreviations used

<u>Abbreviation</u>	<u>Definition</u>
AHP	Allied Health Professional
AMP	Approved Medical Practitioner
CBT	Cognitive Behavioural Therapy
CPD	Continuous Professional Development
CQIF	Continuous Quality Improvement Framework
FCAMHS	Forensic Child and Adolescent Mental Health Services
FMCN	Forensic Managed Care Network
FMHS	Forensic Mental Health Services
FMIG	Forensic Psychological Therapies Matrix Implementation Group
FNRSIG	Forensic Network Research Special Interest Group
Forensic Network	Forensic Mental Health Services Managed Care Network
HIS	NHS Health Improvement Scotland
IRG	Inter Regional Group
LI	Low intensity [psychological interventions]
MAPPA	Multi-Agency Public Protection Arrangements
MHO	Mental Health Officer
MoP	Memorandum of Procedure
MoU	Memorandum of Understanding

MWC	Mental Welfare Commission
NES	NHS Education for Scotland
NOTA	National Organisation for the Treatment of Abusers
NSAIS	National Secure Adolescent Inpatient Service
POMH-UK	Prescribing Observatory for Mental Health
QMU	Queen Margaret University
SFCPG	Scottish Forensic Clinical Psychology Group
SHiC	Scottish Health in Custody Network
SoFMH	School of Forensic Mental Health
SPS	Scottish Prison Service
UWS	University of the West of Scotland

## WHAT WE DO

### Forensic Network

The Forensic Network was established in September 2003 following a review of The State Hospitals Board for Scotland as detailed in the report *'The Right Place: The Right Time: Improving the patient journey for those who need secure mental healthcare'* (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).

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.

### SoFMH

The SoFMH was established in 2007 under the direction 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 into 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.

### 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

Offer multi-level and progressive provision of learning across the college and university interface

Improve public safety through enhanced risk assessment and risk management

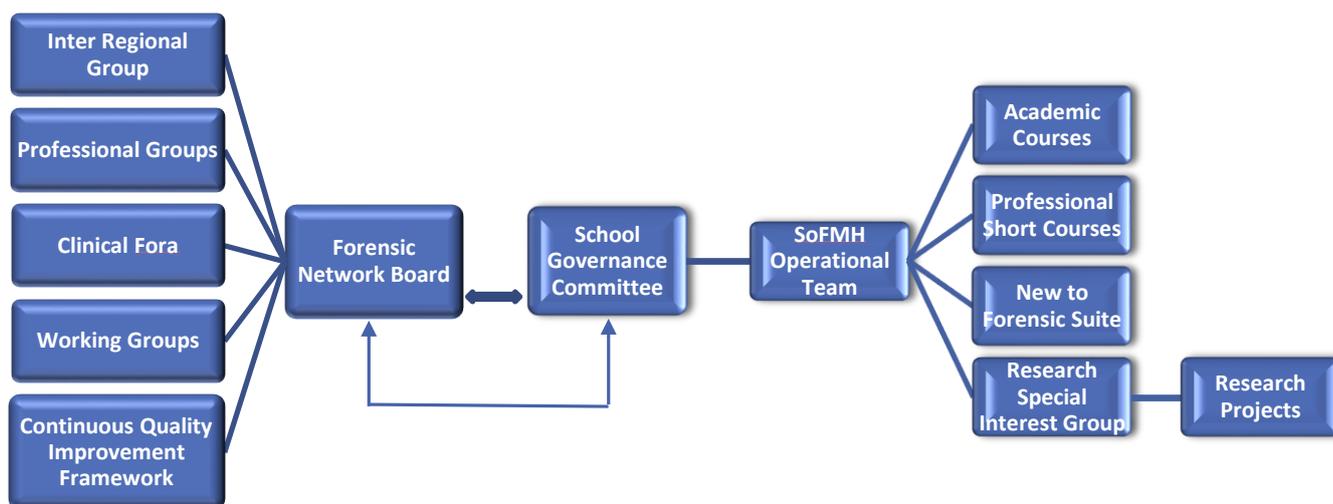
Enhance clinical practice through the development and promotion of findings from large scale research projects

Promote positive mental health care delivered on a multi-disciplinary and multi-agency basis

## GOVERNANCE STRUCTURES

### Forensic Network

The aims of the Forensic Network are achieved through the Forensic Network Board, a national stakeholder oversight group; the Inter Regional Group (IRG), an operational group that drives forward progress at regional levels; and through the commissioning of short-life working groups that are allocated responsibility for topic-specific or geographic-specific projects, providing direction where national guidance is required. Additionally, the Forensic Network takes guidance and direction from our professional groups and our Clinical Leads.



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.

#### 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 (MWC), Scottish Prison Service (SPS), Police Scotland, Risk Management Authority (RMA), Social Work, Community Justice, and the Voluntary Sector, as well as user and carer organisations.

#### Inter-Regional Group (IRG)

The IRG 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.

## SoFMH

The SoFMH is governed by the Governance Committee that meets bi-annually and a bi-monthly operational team that report to this Committee. To date, the SoFMH has responded to commissions from the Scottish Government, NES, Police Investigation and Review Commission, RMA, Scottish Social Services Council, forensic services and local authorities across the UK.

### **SoFMH Governance Committee**

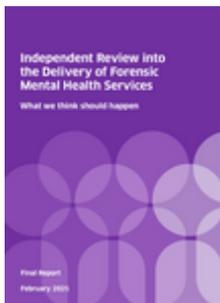
The SoFMH Governance Committee meets twice yearly and supports the Forensic Network to meet its aims regarding the oversight of education, training and research across forensic mental health services in Scotland. In addition, the Committee provides strategic advice and direction to support the continuing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

### **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 NES. This group operationalises the decisions made by the SoFMH Governance Committee, provides oversight on training calendars, and considers proposals for new courses and training developments.

## FORENSIC NETWORK OPERATIONS

### Independent Review into the Delivery of Forensic Mental Health Services



The final report of the Independent Review into the Delivery of Forensic Mental Health Services was published on 26<sup>th</sup> February 2021. The review set out to consider issues such as the strategic direction and governance of services, capacity across the secure estate, community forensic mental health input and forensic services for patient groups with specific needs. The final report contained 67 recommendations and outlined a need for a person-centred approach to the delivery of forensic services, underpinned by principles that minimise unnecessary restrictions and maximise opportunities for progression.

The Forensic Network welcomed the publication of the report and look forward to the Scottish Government response to the recommendations. As a Network we provided a number of key documents to the Independent Review team in order to support and develop their understanding of the forensic estate and inform several areas of their work. Many team and professional group members provided valuable input and shared their expertise through participation in working groups and consultations held during the initial phase of the Review.

Given the issues highlighted within the report and the wide-ranging recommendations, we are keen to provide opportunities for stakeholders across the estate to work collaboratively in order to ensure the delivery of the Review's objectives to improve delivery of patient care within forensic services. Over the coming months, the Forensic Network Advisory Board and Inter-Regional Group will continue to promote discussion and support generation of new ideas for ways in which to move forward in light of the report. We anticipate that the Forensic Network will have a key role working alongside Scottish Government colleagues to implement any endorsed recommendations over the next year.

### Professional Groups

The Forensic Network supports several professional groups across the estate, which provide colleagues with an opportunity to consider discipline-specific issues. The Chairs of these groups attend the Forensic Network Advisory Board to ensure that there are robust communication links to ongoing work streams and that professionals can contribute to Network development at a strategic level.



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.

Across 2020 – 2021, a total of 19 professional group meetings were facilitated by the Forensic Network office. During the Covid-19 pandemic, professional groups changed their way of working and moved all meetings online. This enabled groups to continue to meet on a regular basis and to consider discipline-

specific issues and several meeting agendas were adapted to incorporate the response to the pandemic. Professional group meetings allowed for peer support during the most challenging periods of national restrictions and facilitated the sharing of good practice and innovative ideas.

Each of our professional groups have continued to make significant progress across the past year:-

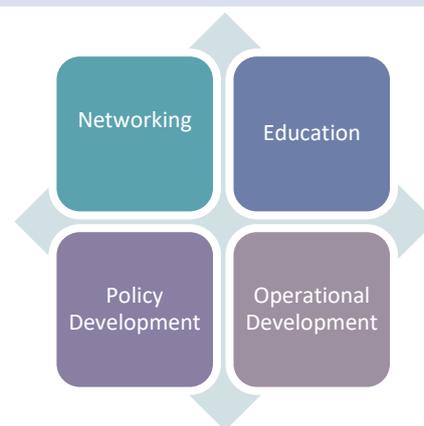
- The Social Work group have now completed development of an electronic resource for qualified MHOs working with forensic patients, in collaboration with three award winning universities.
- Pharmacy colleagues have continued to complete POMH-UK benchmarking projects.
- Allied Health Professional Leads have continued to progress work around the Disclosure Guidance document for submission to Scottish Government.
- The Scottish Group of Forensic Clinical Psychologists conducted a training needs analysis and continued to provide CPD sessions for members on a wide range of topics.
- The Lead Nurse Forum established a peer support facility for senior nurses across the Forensic Network as a medium to share good practice and encourage strategic thinking. In addition to this, members of the Forum were invited as expert practitioners to contribute to the development of a new MSc level course at Queen Margaret University (QMU) which aims to develop and enhance nursing skills in examinations following sexual assault.
- The Carer Coordinator group hosted a virtual Family & Friends conference in February 2021 – *'Caring for You'* in conjunction with Support in Mind Scotland. This event sought to provide forensic carers with an afternoon to focus on themselves and to learn about self-care strategies to improve their wellbeing. Delegates were provided with a small 'self-care' box alongside their attendance.

## Clinical Fora

Due to restrictions resulting from the Covid-19 pandemic, clinical fora events were temporarily postponed between March – September 2020.

Given the role of these events in supporting networking, education and operational development across the network, Chairs of the various clinical fora worked to develop an adapted format to allow events to continue.

Sessions resumed in October 2020 in a virtual webinar format and fora have continued to be well supported and valued by colleagues across the Network. Due to the virtual delivery format, many clinical fora welcomed delegates from across Scotland and further afield.



Clinical Fora: 4 Aims

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. A list of our Clinical Fora across 2020 – 2021 is included below alongside the key topics discussed within individual webinar sessions.

<b>Sexual Harm</b>	<ul style="list-style-type: none"> <li>•Autism and the Viewing of Indecent Images of Children</li> <li>•Autism: How it impacts on the individual and their understanding of Sexual Harm?</li> <li>• Sex Offenders with Intellectual &amp; Developmental Disabilities and comorbid Autistic Spectrum Disorder: <i>Clinical and Treatment Implications</i></li> </ul>
<b>Intellectual Disabilities</b>	<ul style="list-style-type: none"> <li>•People with Intellectual Disabilities and the impact of Coronavirus: Ethical Considerations</li> <li>•Audit of Detained LD Deaths in Detention and the Detention Review Project</li> </ul>
<b>MAPPA</b>	<ul style="list-style-type: none"> <li>•Introduction to Formulation</li> </ul>
<b>Personality &amp; Problem Behaviours</b>	<ul style="list-style-type: none"> <li>•The Willow Service</li> <li>•The use of 'Decider Skills' within forensic settings</li> </ul>
<b>Victims &amp; Trauma</b>	<ul style="list-style-type: none"> <li>•Empowering People Through Eclectic Approaches</li> </ul>
<b>Prisons</b>	<ul style="list-style-type: none"> <li>•Mental Health in prisons: an SPS perspective</li> </ul>

The Network continue to have 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 during this period, 99% rated the webinar sessions overall as either excellent or good and 85% reported that the topics covered were relevant to their current practice. Delegates also provided consistently positive feedback on the use of Microsoft Teams as a delivery method for webinar sessions.

## Working Groups



Over the course of the past 12 months Forensic Network meetings have been facilitated via the use of Microsoft Teams, which has proven to be an effective tool to promote engagement and collaboration with colleagues across the estate. The ability to meet with stakeholders remotely has allowed us to progress with several key pieces of work and allowed colleagues for whom travel may have been a barrier, more opportunity to engage in our working groups.

### Women's Services and Pathways across the Forensic Mental Health Estate

In 2019 a short-life planning group on Women's Services and Pathways across the forensic mental health estate commenced in conjunction with the National Planning Board to take forward four recommendations endorsed by the NHS Chief Executives' Group, pertaining to low security and community services.

The group has clinical, managerial representation as well as representatives from the National Planning Board, Integrated Joint Boards and the Forensic Network. With recognition of the overlap between the work of this short-life working group and the Independent Review into the Delivery of Forensic Mental Health Services, some of the work of this group was paused until the Review team published their findings. With the Independent Review final report (February 2021) recommending that this group is recommenced, it is expected that this group will aid in taking forward specific recommendations of the Review relating to the provision of forensic mental health services to women in Scotland and ensure appropriate pathways are developed for women to transfer from prison for care and treatment where required.

### Communications & Technology 2021

In 2018, Scottish Government requested that the Forensic Network carry out a project examining communications and Specified Persons legislation within mental health services. The overarching aim of the group was to consider any improvements that could be made to current arrangements for mental health patients in order to safely maximise access to technology.

In 2020, Scottish Government asked the Forensic Network to reconsider this original piece of work in light of the rapid digital innovation that occurred as a result of the pandemic and resulting national restrictions. A short-life working group was convened which sought to update knowledge on current practice across the estate and to review the recommendations made by the initial short-life working group in 2018. A report outlining the findings and recommendations was submitted in June 2021 and is currently being reviewed by Scottish Government.

### Mental Health Officer (MHO) Forensic Training Materials

The Forensic Network Social Work sub-group commenced a short-life working group in collaboration with three higher education providers for MHO Awards and the Scottish Social Services Council (SSSC) to look at electronic resources and training materials for qualified MHOs working with forensic patients. The group developed a comprehensive online training package for MHOs who work with mentally disordered offenders. This has now been fully developed and will be available on TURAS Learn from summer 2021.

### Conflict Resolution Group

The work of the conflict resolution group remains ongoing and crucial to the role of the Forensic Network. The overarching philosophy of the group is to try and encourage informal resolution of conflicts. When clinical disputes arise, either within services or between NHS Boards, and cannot be resolved then the

conflict resolution process is a mechanism to support decision-making. One case has been considered using the process in this year. As disputes are rare and do not normally require the full conflict resolution process, several learning points were noted and incorporated into the existing process.

### Health MAPPA

Chaired by the Clinical Lead for Serious and Violent Offenders, this group was re-established in 2019 and continues to act as a forum for members to share ideas and develop consistency across Health Boards in relation to health provision for MAPPA. This year the group contributed to the revision of National MAPPA Guidance, continued to work on information sharing processes across the forensic estate and developed a programme for the annual MAPPA Clinical Forum.

### The Forensic Psychological Therapies Matrix Implementation Group (FMIG)

The FMIG has continued to develop the range of psychological treatment protocols available and to explore opportunities for developing a joined up approach to the delivery of Psychological Therapy Services across Scotland.

In addition to this work, within the reporting period:

- An evaluation project, in collaboration with the University of Edinburgh, which assessed the development and utilisation of LI protocols across the forensic estate reached completion and will be published in due course.

## Continuous Quality Improvement Framework Reviews

The Continuous Quality Improvement Framework (CQIF) reviews, which were developed in conjunction with 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 services to work to continually improve their delivery of care.

The third cycle of the CQIF reviews were due to commence with the re-development of quality standards in 2020. However, given the pressure faced by services during the Covid-19 pandemic, this work was postponed until 2021.

The CQIF reviews remain a vital part of our work and the Network aims to move forward with the third cycle in the coming year when services have fully remobilised and have greater capacity to fully engage with the process.



## Joint Working

### Scottish Health in Custody Network (SHiC)

The Scottish Health in Custody (SHiC) Network's overarching aim is to bring NHS Boards, Health and Social Care Partnerships, Police Scotland, SPS and wider partners together to improve the quality of life of people in the justice system, enhancing their potential within society and improving the wellbeing and safety of our communities.



Over 2020 – 2021 the Forensic Network have continued to work in collaboration with the SHiC Network with representation on the SHiC Oversight Board and on several facet groups across both the National Prison and Police Care Networks.

### Police Scotland – National Serious Offender Liaison Service (SOLS) & Prevent

In recent years the Network have been working with Police Scotland and criminal justice colleagues to develop a proposal for a National Serious Offender Liaison Service, combining a counter-terrorism Prevent service. The proposal has now been fully developed and opportunities are being explored to progress this with Scottish Government and criminal justice colleagues. The operational model is yet to be finalised, though the proposal builds on the mental health counter-terrorism hubs currently in operation in England and Wales.



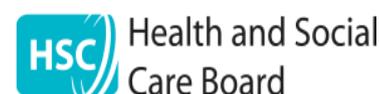
### NHS Education Scotland (NES)

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 in 2020 – 2021 are:

- Development of the AMP Course. Work between SoFMH and NES will continue on further AMP training, with a MoU agreed, formalising the working relationship between the two organisations to introduce a governance structure around the development and delivery of future AMP training.
- Continued delivery of LI psychological practitioner training, which has now been delivered to over 300 practitioners across 12 NHS Boards. There are plans to deliver further courses throughout 2021 – 2022.
- Publication of a 'New to Forensic: Working with Children' e-learning resource and accompanying documents.

### Forensic Managed Care Network in Northern Ireland

The Forensic Network is proud of the work undertaken in partnership with the Irish National Forensic Mental Health Service to support the establishment and ongoing development of the Forensic Managed Care Network (FMCN). The FMCN covers mental health and intellectual developmental disability services across Northern Ireland and promotes multi-agency working across health and social care services, criminal justice agencies, third sector and user and carer organisations. The Forensic Network will continue to offer strategic direction and support to the FMCN through its Advisory Board and working groups and to liaise with colleagues on a number of issues relevant to both Scottish and Northern Irish contexts.



## SoFMH: OPERATIONAL ACTIVITIES

The 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 into 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 has become an invaluable resource, providing 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, which showcases achievements from across the forensic mental health estate. The Forensic Network and SoFMH have also 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).

### SoFMH



#### 3 Academic Courses

MSc Forensic Mental Health, Forensic Mental Health Module and Graduate Certificate in Personality Disorder

33 Professional Short Courses  
3 Flagship 'New to Forensic' (N2F) Programmes



Annual Forensic Network Research Special Interest Group Conference

International Engagement through the Global Citizenship Programme and IAFMHS Conference



Quarterly Forensic Evidence Bulletin produced to disseminate new research and journal articles relevant to forensic services

## Academic Courses

### MSc Forensic Mental Health

The SoFMH, in conjunction with the University of the West of Scotland (UWS), relaunched a revised MSc in Forensic Mental Health in 2017. This highly successful programme passed through a stringent validation process and is delivered part-time over three years.

Graduates are provided with a unique opportunity to advance knowledge, enhance skills and gain a critical awareness of theoretical, methodological and practical issues in forensic mental health. Students can opt to study the specialist forensic mental health modules individually for CPD purposes or as part of the Master's degree 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.



### Graduate Certificate in Personality Disorder

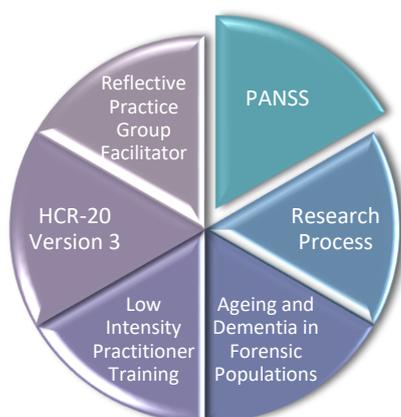
The SoFMH also delivers this course in collaboration with the UWS. The Graduate Certificate is now in its eighth year and continues to be highly popular with colleagues from across the Network. The September 2020 course commenced with 17 students enrolled and was delivered virtually on Microsoft Teams. The next cohort will commence in September 2021.

### Forensic Mental Health Module

The SoFMH continues to deliver this introductory course in collaboration with New College Lanarkshire (NCL) and serves as an articulation route to the MSc Forensic Mental Health for those looking to re-engage with education. Unfortunately, due to the impact of the Covid-19 pandemic on services, this course did not go ahead as planned in January 2021. We hope to recommence in the coming year and welcome those who may have missed the opportunity in this last year.

## 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 CPD and supported opportunities for knowledge development and skill acquisition.



During 2020 – 2021, 13 training events were offered to delegates from a wide range of disciplines and sectors.

Of delegates that completed evaluation forms on the training they received throughout the year 2020 - 2021, 98% rated the training overall as good or excellent (an increase of 4% from last year) and 98% of delegates reported that the training met their aims and objectives and was relevant to their work.

This consistently positive feedback helps to evidence the quality of training courses provided and the commitment of SoFMH to assuring value in its events.

Substantial work continues with trainers in order to flexibly adapt and allow for short courses to be delivered in an alternative format. However, there is recognition that some courses do not readily lend themselves to remote delivery and this has impacted on the ability to deliver these during this period. It is anticipated that should national restrictions continue to ease then a full training schedule can be implemented across 2021 – 2022.

## Short-life Working Groups - SoFMH

### Global Citizenship Programme

Following the launch of the Scottish Government’s Global Citizenship programme in 2018, Dr Khuram Khan developed a proposal to further the development of strengthening the interface between criminal justice and mental health services in Pakistan. He was nominated as a programme champion representing The State Hospitals Board for Scotland.



Dr Khuram Khan  
Consultant Forensic Psychiatrist

International development is a key part of Scotland’s global contribution within the international community, and encompasses core values of fairness and equality. Through Scotland’s International Development Strategy, Dr Khan has linked the Pakistan Psychiatry Society with the School of Forensic Mental Health (SoFMH). In January 2021, Dr Khan also successfully facilitated a meeting between SoFMH, The State Hospital and representatives from the Sir Cowasjee Jenhangir Institute in Pakistan. A short-life working group has now been established with representatives from both Scotland and Pakistan in order to progress the development of a ‘New to Forensic Programme’ for professionals working within forensic mental health services in Pakistan.

### National Secure Adolescent Inpatient Service (NSAIS) Educational Materials

The SoFMH was approached by NHS Ayrshire and Arran to assist with the development of educational materials and a staff induction programme for the new NSAIS. The service will be the only secure child and adolescent service in Scotland. This working group is developing an induction programme for staff who will be working in the new service, which is due to open in 2022.

The group have also developed a ‘New to Forensic: CAMHS’ module to be added to the existing Essentials CAMHS programme, in addition to considering the inclusion of an optional 30 Credit FCAMHS module (SCQF level 11) to be added to the existing MSc Forensic Mental Health programme.



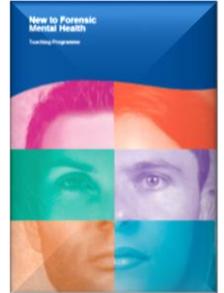
Foxgrove – National Secure Adolescent Inpatient Service

## New to Forensic Programmes Suite

The suite of *New to Forensic* programmes continues to grow, hosting a variety of programmes all at different stages of development and implementation.

### 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 148 have registered on the programme across 2020 – 2021.



### NEW TO FORENSIC: MEDICINE

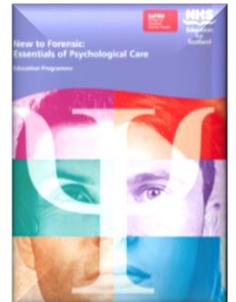


This programme was designed by SoFMH in 2014 in collaboration with NES (NHS Education for Scotland, 2014a) for medical and nursing staff working in police custody. The numbers for the programme remain small because the amount of people working in and across this service is thought to be around 80-100 practitioners, although this is an area of growth. At present there are 51 completed mentees with a further 27 registered as current mentees for the programme, across 5 Health Boards. It is anticipated that the interest in this course will continue to progress across the coming year.

### NEW TO FORENSIC: ESSENTIALS OF PSYCHOLOGICAL CARE

This programme was designed in 2014 in collaboration with NES (NHS Education for Scotland, 2014b) and launched in 2015. Since then there have been over 170 registered mentees, and of those 132 have successfully completed the programme.

The Forensic Matrix Implementation Group continue to promote and encourage uptake of the programme across forensic mental health services. An evaluation of the programme has also been completed this year and results will be published in due course.



## Forensic Network Research Special Interest Group (FNRSIG)

The SoFMH supports research across the forensic mental health estate through a variety of initiatives and these are coordinated through the 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. A copy of the [FNRSIG Research Strategy for 2019 - 2023](#) is available on our website.

### FNRSIG Annual Research Conference

The FNRSIG held their seventh national Forensic Network Research Conference on 5<sup>th</sup> November 2020 which for the first time, was conducted virtually through an online platform. A keynote presentation was delivered by Professor Sarah Armstrong (Professor of Criminology, University of Glasgow).

The conference was well attended and showcased current research from across the forensic estate, with 12 short presentations and poster submissions. Excellent feedback was received and the conference attracted delegates from other parts of the United Kingdom who may not have been able to attend otherwise.

The conference provides a fantastic opportunity for networking, focused discussion on forensic mental health research, and is a particularly welcoming and supportive forum for first time presenters and students to disseminate findings.

Given the success of the 2020 annual conference, planning is well underway for the November 2021 event. This will also be held via an online platform which we hope will provide researchers in forensic mental health with an opportunity to highlight and share their work with colleagues and practitioners across the estate.

### **Census and Database**

The Forensic Network has conducted an annual census, on 26<sup>th</sup> November each year, since 2013. A full dataset was collated in the 2013 census. However, in all subsequent years (2014 – 2020) the census has been conducted with a considerably reduced dataset to monitor the movement of patients through the forensic estate. There has been a strong investment by services and the Network in this as a tool for estate data analysis. Returns for the 2020 census were gratefully received from all Forensic Network services.

Requests to access the Census data have been received from a number of sources and the data provided has 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 Forensic Network inpatient database recently completed, it is anticipated that from 2021, the point prevalence census data collection will primarily be used as a quality assurance process to support and validate the real time collation of patient data within the database itself.

### **Research Mapping**

The research mapping exercise is conducted annually, with the information received informing the development of the Forensic Network project list; this has been made available through the Network website and in Appendix A of this report. The 2020 research mapping exercise identified 19 planned, ongoing or recently completed research and evaluation studies within forensic mental health services.

## COMMUNICATIONS



Delivery of monthly events email detailing all upcoming training opportunities. Quarterly newsletter also provided to share overview of ongoing work across the Forensic Network.

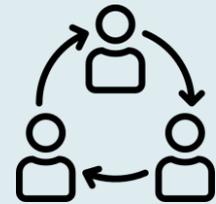
Approximately 200 new subscribers in 2020 – 2021



@FN\_SoFMH

1464 Twitter Followers – 264 new followers in 2020 – 2021  
9095 average impressions and 535 average profile visits per month

Regular sharing of information across partner agencies, both nationally and internationally



### Covid-19 Communications

At the outset of the pandemic our Director and Interim Network Manager strategically led on the development and provision of a weekly communication bulletin across the Network and established a weekly teleconference with Scottish Government and other key stakeholders. As part of this work, the Network liaised with low secure services across the estate to monitor and report issues to Scottish Government and provided a weekly bed report to facilitate monitoring of patient flow. A discussion paper was produced in July 2021 which outlined the forensic estate position and the challenges faced during the pandemic. This discussed the need for patient movement to resume across the estate and highlighted the need for a sponsored strategic approach to ensure safe, timely and efficient patient flow.

Across the past 12 months the Network has worked to ensure clear communication with forensic services and partner agencies to facilitate the sharing of information. With services being required to adapt in how they deliver patient care during the pandemic, we have sought to share relevant National guidance and policies from Scottish Government to ensure that senior managers within services were clearly informed regarding the rapidly changing situation.

In response to the need to rapidly disseminate information and advice in relation to Covid-19, the monthly newsletter was adapted into a brief bi-weekly newsletter which provided updates from the Network and SoFMH, as well as a round-up of Covid-19 information and guidance from Scottish Government, Restricted Patients Team, Health Protection Scotland and the Mental Welfare Commission. All information shared through this bi-weekly newsletter was also hosted on the Forensic Network website for ease of reference.

## Independent Review into the Delivery of FMHS Communications

Upon publication of the final report of the Independent Review into the Delivery of Forensic Mental Health Services in February 2021, the Forensic Network sought to ensure all stakeholders across the estate were aware of the report and its recommendations:

- Upon release of the report, email correspondence was sent to the Forensic Network mailing list highlighting the publication and providing a link to download the report.
- In the week following publication, we circulated a Summary Document outlining the key 22 recommendations within the report. This aimed to provide an overview of the salient points for those working across the forensic estate who may not have had time or opportunity to read the full 127-page report.
- On 11<sup>th</sup> March 2021, Chair of the Review, Derek Barron, was invited to deliver a presentation on the final report and to participate in a Q&A session. This event attracted 200 delegates from across a broad range of professions and sectors. Delegates were invited to contact the Network with any suggestions or comments as to how to progress with the recommendations from the report.
- At their meeting on 1<sup>st</sup> March 2021, the Forensic Network Carer Co-ordinator Group noted their positive response to the Independent Review report and the recommendations specifically pertaining to carers, friends and families of those receiving care from forensic services. It was agreed to circulate an email summary to those listed on the Carers database highlighting the publication of the report and the relevant recommendations. A copy of the Executive Summary of the report and an Easy-Read version were also attached.

As a Network we are keen to ensure we utilise a broad range of communication methods in order to raise awareness of the work that we do and to promote engagement and information sharing with partner agencies. Our website will continue to provide a repository for Network documents, information on each of our professional groups and key activities – [www.forensicnetwork.scot.nhs.uk](http://www.forensicnetwork.scot.nhs.uk).

## FUTURE PLANS

In 2021 – 2022 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.

We will work to support Scottish Government to implement the recommendations from the Independent Review into the Delivery of Forensic Mental Health Services and we look forward to being able to contribute to the sustained development of forensic services and to work to improve care for those accessing forensic mental health services. We will also continue to flexibly adapt our ways of working in line with national guidance in response to the pandemic in order to continue to deliver critical Network and SoFMH operations.

Secure forensic mental health services have faced several unique challenges over this last year and as a Network we are acutely aware of the need to understand the impact that pandemic restrictions had, and continue to have, on care and treatment for those receiving care in forensic services. A key part of our work over the next 12 months will be to support services in their remobilisation and recovery and to ascertain any key learning that can be used to inform the future delivery of care to forensic patients.

### Clinical Development

- Adopt a central role in supporting the implementation of recommendations from the Independent Review into the Delivery of Forensic Mental Health Services final report.
- Facilitate a short-life working group exploring the response of forensic mental health services to the Covid-19 pandemic. This work will highlight positive outcomes and learning experiences which can inform longer term policy decisions relating to the remobilisation, recovery and transition of services after the pandemic.
- Submit an update paper on Communications & Technology in mental health settings to Scottish Government for consideration capturing progress and digital innovation during the pandemic.
- Working with Police Scotland and criminal justice colleagues, we will continue to progress proposals for a National Serious Offender Liaison Service (SOLS), combined with a counter-terrorism 'Prevent' service as a joint health and justice initiative.
- Reconvene the Women's Forensic Services Planning group in order to progress the recommendations from the Women's services and Pathways across the Forensic Mental Health Estate Report and the Independent Review into the Delivery of Forensic Mental Health Services.
- Actively contribute to the Scottish Mental Health Law Review which is due to conclude in 2022.

### Continuous Improvement

- Roll out of training on the Forensic Network Service Census database to enable local services to use and update data for their patients and integrate the live database with Tableau (digital visualisation tool) to enable live reporting and analysis of the data.
- Continue to offer a diverse range of Clinical Fora which are highly valued by delegates.
- Commence the third cycle of Continuous Quality Improvement Framework Reviews across the estate.

- 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 new multi-site and network-wide research opportunities in line with the research priorities in the FNRSIG Research Strategy 2019-2023.
- In conjunction with the University of Edinburgh, the Forensic Network will contribute to an assessment of the mental health needs of the prison population in Scotland. This research aims to ascertain the prevalence and nature of mental health needs across the estate in order to inform how mental health services are structured, resourced and delivered in Scotland's prisons.
- Develop new courses and training materials, including an Expert Witness course for professionals who act as expert witnesses in court settings.

## MEET THE TEAM

### Management Team



Dr Lindsay Burley CBE

Chair



Professor Lindsay Thomson

Director



Dr Helen Walker

Consultant Nurse / Senior Lecturer



Dr Patricia Cawthorne

Consultant Nurse in Psychological Therapies



Caroline Kelly

Forensic Network Manager



Jamie Pitcairn

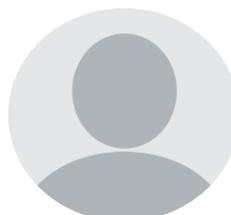
Research and Development Manager

### Clinical Leads



Dr Jana De Villiers

Clinical Lead:  
Intellectual Disabilities



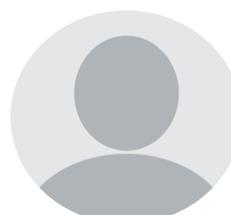
Dr Liz Flynn

Clinical Lead:  
MAPPA & Serious Offending



Dr Nicola Swinson

Clinical Lead:  
Women



Dr Natasha Purcell

Deputy Clinical Lead:  
Women

## Administrative Team



Vicky Gregg

Administrator



Michelle Nolan

Administrator



Bonnie Murphy

Administrator

If you would like know more about the work of the Forensic Network or SoFMH, please get in touch:

[tsh.forensicnetwork@nhs.scot](mailto:tsh.forensicnetwork@nhs.scot)

01555 842018

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## APPENDICES

### Appendix A: Forensic Network Research Mapping Project List 2020

Project Title	Lead NHS Board or Organisation	Clinical Area (e.g. discipline)	Study Status	End Date (if known)	Single or Multi Site Project
Novel Psychoactive Substances in a High Secure Mental Health Setting: an examination of the problem and clinical impact.	The State Hospital	Psychiatry	Planned	N/A	Single
Exploring the Therapeutic Relationship between Keyworker and Patient, from the Patient Perspective.	The State Hospital	Advocacy	Recently Completed	July-20	Single
An exploration of the management of significant violence and aggression in high and medium secure forensic hospitals in Scotland and Northern Ireland	The State Hospital	Nursing	Ongoing	Nov-21	Multi
National Themed Visit into MH care of Prisoners in Scotland.	Mental Welfare Commission	All	Ongoing		Multi
Review of MH care of Female Prisoners.	Mental Welfare Commission	All	Recently Completed		
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 Dissocial Personality Disorder.	The State Hospital	Nursing/Psychology	Recently Completed	Jun-19	Single
A process evaluation to determine the barriers and facilitators to implementation of a cognitive behavioural therapy for psychosis treatment programme in a high secure setting.	The State Hospital	Psychology/Nursing	Recently Completed	Dec-19	Single
Mirror, Mirror on the ward... Are reflective practice groups effectively supporting our nurses?	Forensic Network and NHS Ayrshire and Arran	Nursing	Recently Completed	Sep-18	Single
Evaluation of the impact of measures adopted to promote positive staff health and wellbeing during the COVID-19 outbreak.	The State Hospital	Nursing/Psychology	Ongoing		Single
Examining the effectiveness of Reflective Practice Groups using The Relational Aspect of CarE scale (TRACE).	The State Hospital	Nursing/Psychology	Ongoing	Dec-23	Multi

Recovery Research into Action.	University of Edinburgh		Planned		Single
A feasibility randomised controlled trial (fRCT) of the On the Road to Recovery programme.	TSH	Psychology	Recently Completed	Sep-20	Multi
Staff perception of change following the introduction of an education programme; New to Forensic – Essentials of Psychological Care	Forensic Network	Nursing	Recently Completed		Multi
Cognitive Contributors to Risk of Harm to Others: A Feasibility Study.	TSH	Psychology	Ongoing		Multi
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).	TSH	Psychology	Recently Completed		Single
Can physiological monitoring identify imminent violence in mentally ill offenders?	TSH	Psychology	Ongoing		Single
Patient directed aggression or violence in a forensic mental health setting: The nature of patient directed incidents and variables associated with Being subjected to aggression or violence.	TSH	Psychology	Recently Completed		Single
The Relationship between Adverse Childhood Experiences, Violence, Empathy and Psychosis within Forensic Settings.	TSH	Psychology	Ongoing		Multi
Validity of the CORE-OM in a high secure forensic setting, as a measure of distress and risk predictor: Does insight mediate symptom severity and CORE outcomes?	TSH	Psychology	Ongoing		Single

