



FORENSIC NETWORK

FORENSIC MENTAL HEALTH SERVICES MANAGED CARE NETWORK

Annual Report 2019-2020

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This report provides an overview of key aspects of our work and achievements over the last 12 months from April 2019 to March 2020.

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.net or telephone: 01555 842018.

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

Joint foreword from the Chair and Director of the Forensic Network and the SoFMH

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

We are introducing the work of the Forensic Network and the SoFMH outlined in this report for 2019-20 at a time of an international pandemic. Whilst much of this work was carried out prior to the global spread of COVID-19 it currently influences our every action and decision, and has never more strongly demonstrated the need for networking in bringing services together to address our issues collectively to ensure ongoing excellent patient care and public safety. The Network has allowed us to pull together all aspects of our work in regular reporting to Scottish Government on issues such as patient care, COVID cases, staffing and staff well-being; to identify issues and to seek solutions, for example on patient flow.

In this last year the Network has been very pleased to be extensively involved in the Independent Review into the Delivery of Forensic Mental Health Services and the Independent Review of Learning Disability and Autism in the Mental Health Act. We will continue to do so in the coming year, and look forward to the evidence and final reports of both reviews and to contributing to the development of services and legislation as outlined in their recommendations.

We were delighted with the reception to the Report on Women's Services and Pathways across the Forensic Mental Health Estate by the Chief Executive Group and its translation into planning for the three recommendations for high, medium and low secure/community services through the National Planning Group. Understandably, this work paused in May 2020 due to the COVID-19 pandemic but we recognise fully the need to move forward with this following the recommendations of the Independent Review into the Delivery of Forensic Mental Health Services.

As ever, we would wish to acknowledge the work of the Forensic Network Office staff. If we could bottle an elixir of the helpfulness and cheerfulness with which Sharon, Michelle and Vicky carry out their work, we would make a fortune. In particular, we would like to thank Nicol Shadbolt for her major contribution to the Network during her three years as manager and to congratulate her on the safe arrival of Arthur. We are most grateful to Lindsey McIntosh for covering Nicol's maternity leave with aplomb and we are delighted that Caroline Kelly joined us as our new Network Manager in August 2020. She comes from a background in

forensic psychology and has worked in the Scottish Prison Service and the Risk Management Authority as well as within the NHS.

We have been particularly pleased in the past year to support the development of other Networks such as in personality disorder, perinatal services and in forensic services in Northern Ireland which are using our structures and strategic modelling to develop services.

We remain the lead provider of forensic mental health education and training in Scotland and will continue to develop and provide our numerous courses and events over the next year. Further, our extensive experience of running both a 'virtual' school, and in the use of multi-platform delivery formats for education, also means that in the year ahead we further anticipate having an additional key role in supporting forensic services across Scotland to reconceptualise how staff education, training and research can be delivered within their services, as we all adjust to the 'new normal'. For example, the unique and innovative design of the award-winning New to Forensic staff education programmes readily lends itself to use in our current world.

For several years we have been extensively involved in complex pieces of work involving reports, research and reviews often with international collaboration; for example, on psychological interventions, morbidity and mortality, recovery models, and treatment of ADHD in young offenders and we would wish to move forward in coming years to having a strategic advisory role in implementing changes and recommendations arising from this work.

Many thanks to all of you across the Network and to our partners in other agencies for all your continued contribution and hard work.

EXECUTIVE SUMMARY

The Forensic Network and the SoFMH are delighted to provide this progress report on the key aspects of our work and achievements over the past 12 months, from April 2019 to March 2020. During this time, the Forensic Network has been actively engaged in and provided significant representation to three national reviews. These are: the Independent Review into the Delivery of Forensic Mental Health Services, chaired by Mr Derek Barron; the Independent Review of Learning Disability and Autism in the Mental Health Act, chaired by Mr Andrew Rome; and the Scottish Mental Health Law Review, chaired by Mr John Scott, QC. Many of our Forensic Network team members and professional groups have participated in both working and stakeholder groups related to these reviews, providing valuable input and advice. We look forward to hearing the outcomes of these reviews and to working on implementing any recommendations that may arise from them.

We are also proud of the work we have done in consulting on and supporting the development of a new Forensic Managed Care Network for Northern Ireland.

We note and welcome the establishment of a new Personality Disorder Managed Care Network in Scotland. We anticipate working very closely with this new Network, particularly given the prevalence of problems related to personality functioning that are often experienced by many of the patients who also access care and treatment in forensic services.

Ensuring the maintenance of a nationally agreed set of standards for quality improvement across all forensic services is also integral to our ongoing work. We are therefore pleased to report that the second cycle of the CQIF reviews is now complete. In addition, work has also recently begun in preparation for the third cycle of these reviews. Work to update the Forensic Network Census database across Scotland has also been completed, and further work to transition this to a future 'live' database has now started.



Dr Khan presenting in Pakistan
November 2019

This has also been another important year for us in terms of reaffirming our reputation as a world-leading professional clinical Network. We achieved further national and international recognition and several awards for our work. First, Dr Khuram Khan, Consultant Forensic Psychiatrist, was short-listed as a finalist in the 'Global Citizenship' category of The Scottish Health Awards in November 2019. Dr Khan presented his important work on protecting the human and legal rights of mentally disordered people and offenders in Pakistan. Second, in October 2019, Patricia Cawthorne, our Consultant Nurse in Psychological Therapies, together with the staff team from Woodland View, Low Secure Unit, NHS Ayrshire

and Arran, achieved a 'Highly Commended' award in the 'Research/Evidence into Practice' category of the Mental Health Nursing Forum Annual Awards. This was for their joint work in establishing and then conducting a service evaluation of weekly reflective practice groups within that setting. Third, the Forensic Network and SoFMH provided multiple presentations at this year's International Association of Forensic Mental Health Services (IAFMHS) conference. This included a specific symposium hosted by representatives from the Forensic



Patricia Cawthorne with MHNF and NHS
Ayrshire and Arran colleagues, October 2019

Network, the SoFMH and NES, which reported on our joint work to date in operationalising the Forensic Psychological Therapies Matrix.

In this year Professor Lindsay Thomson, our Director, also appeared on an episode of the highly acclaimed TV show, *Crime Files*. During her appearance, Professor Thomson spoke authoritatively about the importance of dispelling some of the most common misconceptions about the assessment and treatment of individuals in forensic services. Such interactions with the media are very important in combating some of the myths about mental disorder and mentally disordered offenders.



The SoFMH has continued in its educational and research roles through its short course programme, the New to Forensic suite, and the MSc in Forensic Mental Health and other joint courses with higher and further educational institutions. We continue to work with NES on the Approved Medical Practitioner training.

Further, from mid-March 2020, when services entered ‘lockdown’ due to the impact of Covid-19, several of our senior medical and nursing colleagues supported other colleagues in The State Hospital by immediately joining them on the frontline. This enabled us to directly contribute our clinical expertise towards helping to contain the potential spread of infection, whilst also working to help manage the mental health and level of risk presented by patients within that service, at that time. Additionally, both our Director and Interim Network Manager strategically led on the development and provision of a weekly communication bulletin across the Network; undertook low secure unit liaison; and established a weekly teleconference with Scottish Government, providing them with data and a weekly Network-wide bed report. Concurrent to this, other colleagues in our team immediately began liaising and planning with people who were due to either deliver training for, or receive training from, us. This helped to minimise disruptions to our service by working to devise appropriate and creative solutions to ensure that we could continue moving forward with our work, whilst also negotiating some of the practical limitations we encountered at that time.

The work of the short-life planning group on Women’s Service 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 high, medium, low security and community services was postponed due to COVID-19. This remains a major priority and we look forward to the Independent Review into the Delivery of Forensic Mental Health Services to assist in moving this important area of work forward.

In summary, this has been a busy year in terms of our day-to-day activities, provision of training and facilitation of other events. Our output over the past year has been prolific in all three key areas highlighted below, namely: *Clinical Developments, Continuous Improvement, and Education, Training and Research.*

Key achievements in 2019-2020:

Clinical Developments

- Published the '*Women's Services and Pathways across the Forensic Mental Health Estate*' report with solutions to develop the high, medium, low and community estate
- Supported the establishment and ongoing administration of a new short-life working group in national planning, progressing the low and community recommendations of the '*Women's Services and Pathways across the Forensic Mental Health Estate*' report
- Facilitated the development of a new Health Multi-Agency Public Protection Arrangements (MAPPA) group, to support health liaison staff from NHS Boards across the estate
- Published the '*Referral Guidance for Admission Criteria to Scottish High and Medium Secure Units*'
- Chaired and supported the 'Appropriate Adult Training Working Group', convened by Scottish Government
- Contributed to and responded to consultation about the Independent Review of Learning Disability and Autism in the Mental Health Act and the Independent Review into the Delivery of Forensic Mental Health Services
- Contributed data and evidence to the Independent Forensic Mental Health Services Review; participated in Inpatient, Community and Criminal Justice consultation groups.
- Facilitated weekly reflective practice groups to low secure and community forensic mental health teams in NHS Ayrshire and Arran
- Supported the development of the Northern Ireland Forensic Managed Care Network
- Began work to produce best practice guidance on the involvement of carers by the Forensic Carer Coordinators group
- Updated the resources available in the 'Family and Friends' packs (for carers and families), with additional information added about coping strategies, physical and mental health and further support and resources
- Provided consultation and contributed data to the 'Early Intervention in Psychosis' (EIP) national action plan and launch of the EIP Network in Scotland
- Provided professional consultation, guidance, training and strategic planning assistance to international forensic services in Pakistan
- Provided clinical guidance on physical health in secure care to multiple professional working groups across the forensic estate

Continuous Improvement

- Completed the 2019 Forensic Network Census
- Undertook a consultation commissioned by Scottish Government on changes to the Memorandum of Procedure (MoP) for Restricted Patients
- Contributed, through the Clinical Lead for MAPPA and Serious Offending, to the national '*Moving Forward: Making Changes*' (sex offender treatment programme) Advisory Board, convened by Scottish Government
- Completed the second cycle of the CQIF reviews
- Launched 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. Began rollout of training to support services to use of these data to inform quality improvement and service development

Education, Training and Research

- Supported the continued facilitation of the short-life working group exploring ongoing development of training materials for MHOs working in forensic settings, in collaboration with the three awarding Universities
- Developed a one-day bespoke training in Cognitive Behavioural Therapy (CBT) for colleagues in NHS Fife Council (criminal justice social work staff and Police)
- Continued to support, chair and facilitate the short-life working group exploring training needs of staff in the new NSAIS
- Published the FNRSIG's Research Strategy 2019-2023 to support multi-site and network-wide research opportunities
- In response to outcomes identified in a national training needs analysis, we continued to offer a diverse range of high-quality courses and developed new training courses and materials as required
- Supported a hugely popular and significantly oversubscribed 'Stalking Risk profile' training event. This involved learning about a new risk assessment tool that was introduced to us by Australian colleagues and developers during a clinical forum in June 2019
- Continued to provide representation on Community Justice Scotland's Academic Advisory Group
- Worked with colleagues in NHS/HMP Grampian to develop and pilot two brief training courses for mental health and substance misuse nurses to enable them to deliver a range of low intensity psychological interventions to prisoners with concurrent mental health needs

As we look to the coming year, we see similar challenges being presented to us as those faced by all health services as a result of the lasting impact of Covid-19. However, we also believe that, rather than presenting us with insurmountable difficulties, these same challenges instead provide us with multiple opportunities to do what we do best - i.e. to be creative, to innovate, and to train and educate. This, in turn, will enable us to continue to help shape, influence and secure the delivery of the highest possible quality of forensic mental health care across services in Scotland.

Glossary of abbreviations used

<u>Abbreviation</u>	<u>Definition</u>
ADHD	Attention Deficit Hyperactivity Disorder
AHP	Allied Health Professional
AMP	Approved Medical Practitioner
CBT	Cognitive Behavioural Therapy
CPD	Continuous Professional Development
CQIF	Continuous Quality Improvement Framework
EIP	Early Interventions in Psychosis
FCAMHS	Forensic Child and Adolescent Mental Health Services
FFCP	Faculty of Forensic Clinical Psychology
FMCN	Forensic Managed Care Network
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
IAFMHS	International Association of Forensic Mental Health Services
IRG	Inter Regional Group
LAI	Long-acting injection
LI	Low intensity [psychological interventions]
MAPPA	Multi-Agency Public Protection Arrangements
MBT	Mentalisation-Based Treatment
MHO	Mental Health Officer
MoP	Memorandum of Procedure

MoU	Memorandum of Understanding
MWC	Mental Welfare Commission
NES	NHS Education for Scotland
NISG	National Information Systems Steering Group
NOTA	National Organisation for the Treatment of Abusers
NSAIS	National Secure Adolescent Inpatient Service
NSS	National Services Scotland
POMH-UK	Prescribing Observatory for Mental Health
RMA	Risk Management Authority
SFCPG	Scottish Forensic Clinical Psychology Group
SHiCN	Scottish Health in Custody Network
SoFMH	School of Forensic Mental Health
SPS	Scottish Prison Service
UWS	University of the West of Scotland

1. BACKGROUND AND AIMS

1.1 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, with the specific aims of:

- bringing a pan-Scotland approach to the planning of services and patient pathways, and,
- addressing fragmentation across the Forensic Mental Health Estate (Gordon, 2003; Scottish Parliament, 2003).

1.2 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.

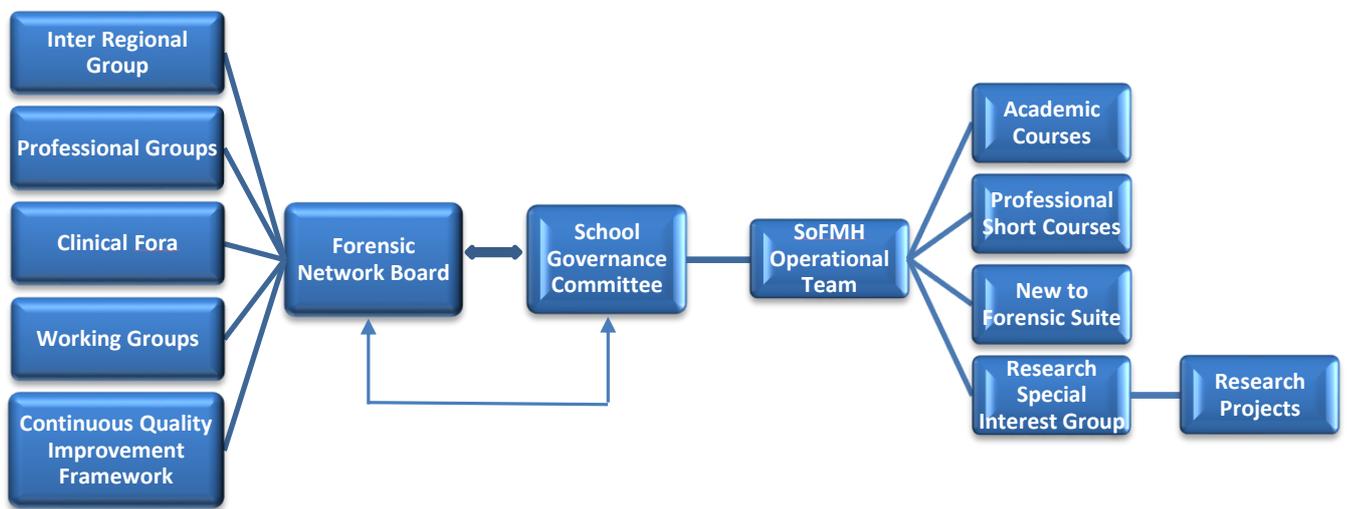
The SoFMH aims to:

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

2. GOVERNANCE STRUCTURES

2.1 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 lead professional groups and our Clinical Leads; Dr Jana de Villiers, Clinical Lead for Intellectual Disabilities and Dr Elizabeth Flynn, Clinical Lead for MAPPAs and Serious Offending.



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

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

In addition to these key areas of focus, the Network hosts and supports several professional groups, which provide guidance on best practice. In collaboration with national leads it organises Clinical Fora which provide opportunities for continued professional development and keeping abreast of new research and policy development. In conjunction with NHS Healthcare Improvement Scotland (HIS), the Forensic Network developed a CQIF based on standards of care and treatment and initiated a review process to support benchmarking and auditing across the estate.

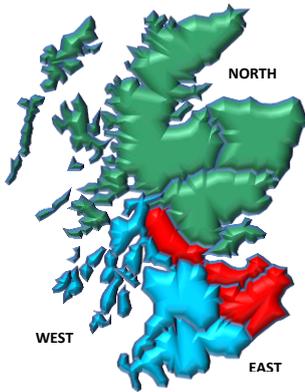
2.1.1 Forensic Network Board

The Forensic Network Board provides national strategic direction to the Forensic Network and facilitates a pan-Scotland approach to the planning of services and patient pathways. The membership of the Board is multi-agency, involving the Mental Welfare Commission (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. It provides an invaluable forum for discussing Network-wide concerns and ensuring continued maintenance of the high standards of delivery and work conducted across all areas of the Forensic Network.

Recently the focus of the Forensic Network Board has been on the Network’s participation in and contribution to three ongoing national reviews; overseeing the commencement of the Women’s Forensic Mental Health Services short-life planning group in conjunction with the National Planning Board; the launch of the FNRSIG Research Strategy for 2019 – 2023, and the completion of the second cycle of CQIF reviews.

2.1.2 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. It bridges the gap between strategy and policy arising from the work of the Forensic Network Board, and operational and clinical activity within forensic units.



Over the past year, the IRG has submitted many of its data-monitoring papers as evidence for the Independent Review into the Delivery of Forensic Mental Health Services. These include papers that focus on: appeals against excessive security; the *'Forensic Way Forward'* report which monitors those patients who have been referred for transfer and outlines the progress of these referrals; weekly bed report which monitors the position across high and medium security; longitudinal bed position paper which provides an overview of bed position across the forensic estate to assist with planning and the monitoring of prisoner transfers to forensic mental health services. The IRG has helped to collate views and responses to national consultations including for the Independent Review of Learning Disability and Autism in the Mental

Health Act and the Scottish Mental Health Law Review. Members of the IRG worked to produce guidance on referral of forensic patients to high and medium security care. Following an invited presentation on Realistic Medicine and quality improvement, the IRG has also considered the use of benchmarking across Forensic Network services on indicators related to patient care and staffing.

The IRG has an established formal work plan with a schedule of themed meetings. Examples of standing agenda items include: forensic estate per se; female forensic estate specific issues; Forensic Psychological Therapies Matrix; MAPPA; Clinical Forum report; Prescribing Observatory for Mental Health (POMH-UK) Audits; intellectual disabilities services; CQIF reviews; forensic census and database; partner agency and Network links; and psychological approaches to personality disorder.

Some recent additional topic categories have included: national consultations (e.g. Memorandum of Procedures; Scottish Mental Health Law Review); Forensic CAMHS; reflective practice and structured clinical care; requests for Parole Board reports; Realistic Medicine; proposed changes to the clinical model at The State Hospital; provision of psychotherapy outwith The State Hospital; NHS Greater Glasgow and Clyde Low Secure Care capacity issues; piloting the safe use of mechanical restraint equipment; opportunity for third sector organisations involvement in patient care.

2.2 SoFMH

The SoFMH is governed by the Governance Committee that meets bi-annually and a bi-monthly operational team that report to this Committee (see also 2.2.1 below). To date, the SoFMH has had commissions from the Scottish Government, NES, Police Investigation and Review Commission, RMA, Scottish Social Services Council, forensic services and local council authorities across the UK.

The SoFMH 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, 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 IAFMHS.

2.2.1 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.

Recently the Committee endorsed an initiative to work in partnership with NHS Scotland Global Citizenship to deliver forensic mental health training in Pakistan. The first training was delivered in October 2019 in conjunction with the Pakistan Psychiatric Society, and further training is planned for later in 2020. The SPS are developing a strategy in response to recommendations made from the Expert Review of Provision of Mental Health Services at HMYOI Polmont. The SoFMH will be involved in consultation on this strategy once it has been published and looks forward to considering how it can assist with any identified training needs within SPS in relation to this strategy. There has been a strong focus of the group this year on research - in particular, on the advancements of the Forensic Network Census Database. A user manual and training package has been developed for use in handing over use of the database to local forensic services. Two pilot trainings took place, in NHS Highland and NHS Grampian.

2.2.2 Operational Team

The SoFMH operational team has a fundamental role in monitoring and facilitating the day-to-day running of the SoFMH. 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, overviews training calendars, and considers proposals for new courses and training developments.

Recent focus for the group has been on the development of a short professional course on Reflective Practice Group Facilitator training and the rollout of *New to Forensic: Essentials of Psychological Care*, both at the State Hospital and nationally.

3. FORENSIC NETWORK BOARD – OPERATIONAL GROUPS

3.1 Professional Groups

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

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

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

Key achievements during the reporting period are as follows:

- The Forensic AHP Leads Group provided representation on the various workstreams of the Independent Review into the Delivery of Forensic Mental Health Services. Sensory Integration training was offered to AHP Leads via The State Hospital. Work to identify AHP posts funded through Action 15 monies (as outlined in the *Mental Health Strategy 2017 – 2027*, Scottish Government, 2017) was undertaken, and links were established with those in post. An invitation was extended to post holders to attend the Forensic AHP Leads meeting in November 2019.
- The Forensic Carer Coordinators group commenced development of best practice guidelines for services supporting family and friends. Together with *Support in Mind*, Scotland, the Carer Coordinators Group hosted the Family and Friends Conference at Stirling Court Hotel in September 2019. Invited speakers included the Chair of the Independent Review into the Delivery of Forensic Mental Health Services. The conference was well attended by professional participants and family and friends of those accessing forensic mental health services.
- The Forensic Lead Nurse Forum is taking forward plans for a nursing exchange programme to support skills-acquisition across different levels of security. They have also invited a number of presenters along to discuss topics that are relevant to the group including: physical examinations (of victims of alleged sexual assault) by police custody nurses, which is a new initiative; Court liaison; nursing assessment using Behavioural Status Index (BEST-Index); Scottish Government research on remand and the new BSc undergraduate nursing programme. The group has commenced planning for their 2020 conference.
- The Forensic Network Social Work Sub-Group continues to work with the Scottish Government Restricted Patient Team to agree a protocol for Transfer for Treatment Direction. They also continue to engage with the three MHO Award Programmes with a view to developing an electronic training resource for qualified MHOs working with forensic patients.
- The Forensic Pharmacy Group completed benchmarking projects on Lithium monitoring, rapid tranquilisation in the context of the pharmacological management of acutely distributed behaviours (Re-audit), the use of Clozapine, assessment of the side effects of depot/LAI antipsychotics and monitoring of patients prescribed Lithium supplementary audit. Group members were encouraged to take part in the up and coming Prescribing Observatory for Mental Health POMH-UK audits, which will include Clozapine follow-up audit cycle, antipsychotic prescribing for people with learning disabilities, Valproate and the use of depot/LAI for relapse prevention. HIS has also invited group members to participate as clinical partners in Her Majesty's Inspectorate of Prisons for Scotland inspections of prison healthcare.
- The Scottish Forensic Clinical Psychology Group (SFCPG) recently welcomed both a new Chair and Deputy Chair. In the past year, the SFCPG updated their constitution to reflect the current needs of its members. Members of the SFCPG provide representation on each of the Independent Review into the Delivery of Forensic Mental Health Services workstreams, and the Chair is part of the working group reviewing the Faculty of Forensic Clinical Psychology (FFCP) Guidelines on Risk Assessment and Management. Over the past year the SFCPG has continued to support the continued professional development (CPD) of its members by inviting services related to the group's practice to present at their CPD sessions. A recent presentation was delivered by colleagues from NHS Greater Glasgow and Clyde's Specialist Treatment Assessment Risk (STAR) Service.

3.2 Clinical Fora

The Clinical Fora continue to be well supported and valued by colleagues across Scotland, with nine forums held in 2019 - 2020. The Clinical Fora have four main aims: networking, education, policy development and operational development. Some forums are larger than others, but events tend to average around 60 delegates from across a range of organisations and backgrounds.

Themes for clinical fora are sought from delegates attending events and these are reflected in the development of future programmes and events, ensuring that topics are relevant, current and desirable.



Dr Helen Walker, Nurse Consultant and Carol Walker, Professional Nurse Advisor

Furthermore, there is a robust feedback system in place to ensure that events continue to be of high quality and meet the demands and requirements of attendees. Of delegates who completed an evaluation form last year (2019-2020), 97% rated the clinical forum overall as either good or excellent, 93% reported that the event met their objectives and 97% reported that the event was relevant to their work. Over the past couple of years, topics have consisted of:

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

Some highlights from Forums over this reporting period:

- The Clinical Forum on Sexual Harm, jointly chaired with NOTA Scotland, held its Clinical Forum on the topics of sexual abuse and intimate partner violence, led by speaker Dr Rajan Darjee of Forensicare and Swinburne University in Australia. Dr Darjee (who is pictured opposite) presented on overlapping characteristics in perpetrators of these acts and latest evidence on assessment, treatment and management of these crimes. This forum was one of the most popular events of the year and was fully attended and very well received by delegates. The January 2020 Clinical Forum on Sexual Harm, with a theme of *'The Critical Few'* and presentations from the NHS Lothian Serious Offenders Liaison Service and Police Scotland Offender Management Unit, also proved a popular event.
- The Clinical Forum on MAPPA was a great success and generated much discussion among delegates and speakers. This MAPPA Clinical Forum was the first chaired by Dr Liz Flynn, Clinical Lead for MAPPA and Serious Offending. The morning session covered issues stemming from inter-agency information sharing under MAPPA and the afternoon on managing offenders with autism spectrum disorders.
- The Clinical Forum on Risk met twice over the year, with themes of Stalking and Psychopathy. Invited talks on the topic of Stalking included presentations on the assessment and management of stalking, the relationship between stalking and homicide, and experience from the Procurator Fiscal's office in pursuing cases of individuals charged with stalking offences. The second Risk Clinical Forum featured presentations along the theme of psychopathy, including psychopathic traits in young people and in women.



- The Clinical Forum on Intellectual Disabilities, which is chaired by Dr Jana De Villiers (pictured in the centre opposite) began with a morning session focusing on working with individuals who have intellectual disorder and present with relational difficulties or personality disorder. The forum also welcomed a presentation from the Chair of the Independent Review into the Delivery of Forensic Mental Health Services, Mr Derek Barron. Mr Barron highlighted the Review's aim to hear from all groups of forensic service users and practitioners, but additional emphasis has been given to experiences of those with neurodevelopmental disorders who access forensic mental health services.



Forth Valley, and a particularly engaging presentation from Dr Abdullah Mia from HMPYOI Swinfen Hall on efforts by him and his colleagues to work to develop 'positive masculinity' for those in custody.

- The Clinical Forum on Personality Disorder and Problem Behaviour featured presentations on the latest techniques in clinical interviewing with this population, a presentation on the new low-secure service for women, Hope House in NHS Forth Valley, and a particularly engaging presentation from Dr Abdullah Mia from HMPYOI Swinfen Hall on efforts by him and his colleagues to work to develop 'positive masculinity' for those in custody.
- The Clinical Forum on Victims and Trauma remains a popular event each year, and this year welcomed presentations on efforts to adopt a trauma-informed perspective in very different contexts. For example, within services to children offered by Kibble, Education and Care Centre, Paisley and in the context of a national public inquiry.

Due to the restrictions resulting from the COVID-19 pandemic, other clinical fora events had been temporarily postponed. However, given that these events address needs relating to networking, education and operational development arising from within the forensic estate and in other organisations, and in recognition of this important role, the Network is working with Chairs of the various clinical fora to explore how these aims may be met through a virtual platform. It is anticipated that further details on the virtual delivery of future clinical fora events will be available in Autumn 2020.

3.3 Short Life Working Groups

3.3.1 Women's Services and Pathways across Forensic Mental Health Estate

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 a 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 has paused until the Review team publishes its findings. It is expected that this working group will aid in taking forward the recommendations of the Review relating to the provision of forensic mental health services to women in Scotland.

3.3.2 Admission Criteria to Scottish High and Medium Secure Units

This working group was commissioned by the Forensic Network Board to update the Network document, 'Admission Criteria to Scottish High and Medium Secure Units' (Forensic Mental Health Managed Care Network, 2010). The working group 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. The referral guidance was published on the Forensic Network website in August 2019.

3.3.3 Conflict Resolution Group

The work of this group remains ongoing and crucial to the role of the Forensic Network. The group convenes, as required, when clinical disputes arise either within services or between NHS Boards and which cannot be resolved internally. The overarching philosophy of the group is to try and encourage informal resolution of conflicts.

3.3.4 MHO Forensic Training Materials

In Spring 2019 the Forensic Network Social Work Subgroup commenced a short-life working group in collaboration with the three higher education providers for MHO Awards and the Scottish Social Services Council, to look at electronic resources and training materials for qualified MHOs working with forensic patients. This group are currently developing online training materials for MHOs who work with mentally disordered offenders. The group first met in May 2019 and a working draft of the materials was completed in July 2020. These materials are currently with a group of reviewers.

3.3.5 National Secure Adolescent Inpatient Service (NSAIS)

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 medium secure child and adolescent service in Scotland. One of our SoFMH consultant nurses is leading on this work stream, and the group has membership from across all disciplines, together with colleagues from NES. This working group is developing an induction programme for staff who will be working in this new service, which is due to open towards the end of 2021/ beginning of 2022. The group are also working on content of 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 (SQQF level 11), to be added to the existing MSc Forensic Mental Health programme. A first working draft of the New to Forensic: CAMHS module is now complete.

3.3.6 The Forensic Psychological Therapies Matrix Implementation Group (FMIG)

The FMIG has continued to develop the range of psychological treatment protocols available. In addition to this work, within the reporting period:

- The FMIG are planning to provide updated evidence in relation to psychological therapies for forensic patients, as part of the overall updates being submitted by all health boards and services to the editor of the national document '*The Matrix: A Guide to delivering evidence-based psychological therapies in Scotland*' (NES and Scottish Government, 2015)
- A review of 'low intensity' (LI) training was undertaken by the former NES Principal Educator. An outcome report is awaited
- Members of the FMIG, including colleagues from the Network, SoFMH and NES, delivered a symposium at the IAFMHS in June 2019
- An evaluation project, in collaboration with the University of Edinburgh, which assessed the development and utilisation of LI protocols across the forensic estate is near completion, and it is anticipated this will be published in 2020.

3.4 CQIF Reviews

3.4.1 Second Cycle of CQIF Reviews

The second cycle of the CQIF reviews is now complete. This round had an overarching theme of 'person-centred care'. The 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.

In total 16 reviews, covering 28 services, were facilitated during the second round of CQIF reviews. The reviews highlighted many examples of excellent and innovative practice across the Network, and the Professional Leads Group planned to hold a 'Sharing Good Practice' event in April 2020. This event is now expected to take place 'virtually' in September 2020 and will feature many invited brief presentations across all disciplines and NHS Boards who were represented in this second cycle of reviews.

In the year ahead work will commence on planning the third review cycle. Work is expected to commence with HIS to realign the Network's review process with the national framework for reviews. It is anticipated that this will see changes to the current standard themes and changes in the review process itself. HIS and the Network are currently exploring the development of a Memorandum of Understanding (MoU) between the organisations for the review process. An evaluation of the reviews, from the perspective of the review team and the services involved in the reviews, is also being completed to support future changes and developments to the review process.

3.5 Joint Working with Other Networks and Organisations

3.5.1 Scottish Health in Custody Network

Over the course of 2019-20 there was considerable engagement with a range of stakeholders to develop an appropriate governance structure to support the National Prison and Police Care Networks. Given the synergies and opportunities for collaboration, sharing best practice, and to provide consistency to healthcare services throughout the criminal justice pathway, it was agreed that both Networks should come under the umbrella of the Scottish Health in Custody (SHiC Network). 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.

The SHiC Network Oversight Board will be chaired by Gary Jenkins, Chief Executive of the State Hospital on behalf of the NHS Board Chief Executives. The Board will provide overall strategic leadership in relation to service delivery, provide a forum for partnership working and monitor the Network's workplan to ensure it remains focused on delivery.



Gary Jenkins, Chief Executive, The State Hospitals
Board for Scotland and Chair of the SHiC Network Oversight Board

3.5.2 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 2019 - 2020 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
- Relaunch of *New to Forensic: Essentials of Psychological Care*
- Continued delivery of LI psychological practitioner training.

3.5.3 Forensic Managed Care Network in Northern Ireland

The Forensic Network is very proud of the work undertaken in partnership with the Irish National Forensic Mental Health Service to support the establishment of the Forensic Managed Care Network (FMCN) in June 2019. 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.

4. 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 provides a focus for supporting, developing and delivering multi-disciplinary and multi-sector educational and research initiatives.

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



Dr Jon Patrick, Consultant Forensic Psychiatrist, presenting at the Social Work Scotland Conference 2019

4.1 Academic Courses

4.1.1 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 has passed through a stringent validation process and has received highly positive feedback from students. The course is delivered part-time over three years, with the final year involving a research dissertation. The new programme attracted 10 delegates in its first year (2017), 12 in its second

year (2018), and 17 in its third year (2019). The course provides graduates with a unique opportunity to advance knowledge, enhance skills and gain a critical awareness of theoretical, methodological and practical issues in forensic mental health. The programme is suitable for professionals with backgrounds in nursing, social care, psychology, occupational therapy, psychiatry and security. Students can opt to study the specialist forensic mental health modules individually for 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.



4.1.2 Forensic Mental Health Module

The SoFMH continues to deliver this introductory course in collaboration with New College Lanarkshire (Motherwell Campus) and it continues to serve as an articulation route to the MSc Forensic Mental Health for those looking to re-engage with education. In 2018 the course content was revised and shortened to 16 sessions. The latest cohort of 12 students commenced in February 2020 and welcomed individuals from across the country, who attend via videoconferencing facilities. The module covers a range of topics including: Characteristics of Offenders; Policies and Procedures for Risk Management; Substance Misuse; Formulation; Managing Problem Behaviours; Psychological Interventions; Medication and Side-effects; Social and Occupational Activity; and the Forensic Estate. The course has recently been updated and continues to receive positive feedback from students.

4.1.3 Graduate Certificate in Personality Disorder

The SoFMH delivers this course in collaboration with the UWS. The course is now in its seventh year and continues to be highly popular with colleagues from across the Network. The September 2019 course is ongoing, with 17 students enrolled. The next cohort will commence in September 2020. The three modules consist of: theory of personality disorder; risk assessment and risk management; and interventions and strategies. The programme continues to receive highly positive feedback from its students.

4.2 Professional Short Courses

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

During 2019 - 2020, 18 training events were offered, supporting training for over 260 delegates. These have included courses on Autism, Mentalisation-Based Treatment (MBT) Skills, 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 2019 - 2020, 94% rated the training overall as good or excellent and 98% of delegates reported that the training met their aims and objectives and was relevant to their work. This exceptionally high and consistent feedback helps to evidence the quality of training courses provided and the commitment of SoFMH to assuring value in its events.

Substantial work is currently underway to flexibly adapt SoFMH's traditional model for the delivery of training in line with current and anticipated future restrictions relating to the COVID-19 pandemic. It is anticipated that this work will facilitate the re-introduction of SoFMH's full training programme in Autumn 2020, which will emphasise distance learning methods.

4.2.1 AMP Programme

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

4.3 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. The programme model continues to attract attention from home and abroad, and discussions are ongoing with colleagues in England, Canada and Australia about the development of similar courses.

There is growing interest in applying the 'New to Forensic Programme model' to training and development resources for the future staff group of the NSAIS, which is expected to open in 2021. The FCAMHS Training Materials Working Group has developed a draft training module called '*New to Forensic: CAMHS*'. *New to Forensic: CAMHS* is intended to help participants develop awareness of the journey through different services that young people may encounter, understand key risk factors associated with youth offending, develop an awareness of common mental health difficulties in youth justice populations and gain a basic understanding of risk assessment and specialist interventions and treatment.

4.3.1 New to Forensic: Mental Health Teaching Programme

The original *New to Forensic* programme continues to cultivate interest and has become part of the induction training suite at many NHS Boards. To date approximately 1700 practitioners have completed the programme across the NHS, independent sector, social work, voluntary sector, criminal justice services, Mental Health Tribunal for Scotland and Scottish Government. A further 150 are currently registered on the programme and due to complete within the next year.

4.3.2 New to Forensic: Medicine



This programme was designed by SoFMH in 2014 in collaboration with NES (NHS Education for Scotland, 2014a) for medical and nursing staff working in police custody. The numbers for the programme remain small because the amount of people working in and across this service is thought to be around 80-100 practitioners, although this is an area of growth. At present there are 50 completed mentees with a further 27 registered as current mentees for the programme. It has been delivered in five NHS Boards (Forth Valley, Greater Glasgow and Clyde, Lothian, Highland and Lanarkshire). It is anticipated that the interest in this course will continue to progress across the coming year and further work will be done to raise awareness of the programme in further NHS Boards.

4.3.3 New to Forensic: Essentials of Psychological Care

This programme was designed in 2014 in collaboration with NES (NHS Education for Scotland, 2014b) and launched in 2015. Since its launch there have been over 170 registered mentees, and of those 125 have successfully completed the programme. A national rollout plan led by the Consultant Nurse in Psychological Therapies has resulted in growing interest and an increase in the number of registrations in several NHS Boards. A national evaluation of this programme is now underway.

4.4 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, such as an evaluation of psychological therapies across the forensic mental health estate.

The FNRSIG have produced and published the FNRSIG Research Strategy for 2019 - 2023. The Annual Research Conference was held on 07 November 2019 with 23 presentations and was well received with over 50 attendees. Planning is underway for the 2020 FNRSIG conference, which will take a new form this year in response to the challenges of the COVID-19 pandemic.

4.4.1 Census and Database

The Forensic Network has conducted an annual census, on 26th November, since 2013. A full dataset was collated in the 2013 census. However, in all subsequent years (2014 – 2019) 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 going forward.

Returns for the 2019 census were gratefully received from all Forensic Network services. Analysis of the completed 2019 provides an overview of the Forensic Estate at 26th November 2019, a brief breakdown of which is provided overleaf.

Overview of Forensic Estate

Gender	Number of Patients
Female	37
Male	441
Total	478

Diagnostic Category	Number of Patients
Intellectual Disability (ID)	75
Mental Illness (MI)	390
ID/MI	4
Personality Disorder (PD)	9
Total	478

Level of Security	Number of Patients
High	108
Medium	127
Low	217
IPCU	6
Locked ID Ward	11
Open Ward	9
Total	478

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 2020 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. A paper detailing the development of this Database and its value in supporting clinical and research developments has been written and will be submitted for publication.

4.4.2 Prevalence of ADHD - Randomised Control Trial and Proposed Service Development

Since 2014, the Universities of Edinburgh and King's College London, in conjunction with the Forensic Network and SPS, have been involved in research at HMYOI Polmont, aimed at the recognition and treatment of ADHD within custody. At the start of this research project, the University of Edinburgh undertook a screening study in order to ascertain ADHD prevalence in HMYOI Polmont. Following this, in 2016, an 8-week randomised controlled trial was conducted at both HM Prison & Young Offenders Institution Isis and HM YOI Polmont sites comparing slow release methylphenidate versus a placebo. This trial is completed, and the results are awaited. This programme of research led to several recommendations intended to support individuals in custody with ADHD going forward.

4.4.3 Research Mapping

The research mapping exercise is conducted annually, with the information received informing the development of the Forensic Network project list, which has been made available through the Network website and in Appendix 1 to this report. The last research mapping exercise, conducted in 2019, identified 41 planned, ongoing or recently completed research and evaluation studies within forensic mental health services.

4.4.4 Research Strategy

A priority area of work for the FNRSIG in 2019 was the updating of the FNRSIG Research Strategy, which is now published on the Forensic Network website. This strategy is a key document outlining the aims and objectives of the group, and of research across the Network. The FNRSIG Strategy identifies several research priorities for the coming years, including the effects of Novel Psychoactive Substances, the evaluation of strategies to support the physical health of forensic patients, evaluating the impact of the FMCN in Northern Ireland, and assessing and protecting the wellbeing of staff within forensic mental health services. The strategy incorporates an action plan to identify progress made against the key defined areas of work of the group.

4.4.5 Annual Research Conference

Lindsey Ellis,
Poster Winner



The FNRSIG held their eighth national Forensic Network Research Conference in November 2019 at the SPS College in Polmont. Keynote presentations were delivered by Professor Thanos Karatazias of Edinburgh Napier University and the Rivers Centre in Edinburgh, and Dr Helen Walker, Consultant Nurse for SoFMH and Senior Lecturer for UWS.

The conference was well attended and showcased current research from across the forensic estate, with over 25 short presentations and poster submissions. The conference provides an excellent 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. Prizes were awarded for the best oral and poster presentations. The conference received excellent feedback from delegates.

Sarah Janes,
Presentation Winner



The ninth annual FNRSIG Conference will take place on 5th November 2020, and for the first time will be conducted virtually through an online platform. The programme for the day will be amended and is expected to include a keynote presentation and several brief presentations from researchers carrying out the latest pieces of evaluation and research across the Forensic Network. Planning for this exciting event is underway and we look forward to sharing more details about it soon through our website and newsletters.

4.4.6 Forensic Evidence Bulletin

The State Hospital Librarian compiles a quarterly Forensic Evidence Bulletin, which details research relating to forensic mental health. The Bulletin is designed to keep people informed of new research and journal articles that have been released in the last quarter in topic areas relevant to forensic services. The Bulletin's remit now includes publications relating to the Police and Prison services to also support practitioners working across the SHiCN.

5. SUSTAINABILITY AND COMMUNICATION

5.1 Finance

The Network and the SoFMH welcome continued funding from Scottish Government and continue to live within budget. The work of the Forensic Network and the SoFMH is supported by The State Hospital in the supply of location and



associated expenses; finance operations, library services and IT services. The Network has reduced costs significantly in recent years and maintained a development programme through the work of the SoFMH. We will continue to do this and to offer significant value for money in terms of our outcomes.

The Network and SoFMH's work are also supported by funds raised through the work of the SoFMH, which is re-invested to develop training materials and courses for use across forensic services in Scotland. The work plan for 2020 – 2021 includes the development of several new training courses and teaching materials, as directed by the estate wide training needs analysis. These include: an evaluation of the *New to Forensic: Essentials for Psychological Care* programme, the launch of a new training for facilitators of Reflective Practice Groups, and the implementation of the Forensic Network Census database across Scotland.

5.2 Communications

A monthly training email detailing all upcoming training opportunities and a quarterly newsletter detailing Network and SoFMH activities, current work streams, estate developments, ongoing research projects and updates from the Clinical Leads, is circulated to all registrants and can be subscribed to on the Forensic Network website. In May 2020, 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 provides updates from the Network and SoFMH as well as a roundup of COVID-19 information and guidance from Scottish Government, Health Protection Scotland and other partner organisations including the Mental Welfare Commission. All information shared through the bi-weekly newsletters is also hosted on the Forensic Network website for ease of reference.



@FN_SoFMH

Twitter social media platform provides a forum for connecting with partner agencies both nationally and internationally, an area for discussion, and a means of communicating key information. Regular monitoring of all communication methods is undertaken by the Network Office and figures demonstrate continued interest and engagement in the work of the Network, with tweets averaging 11,840 impressions per month, profile visits averaging 377 a month and 24 new followers each month. Since creating the @FN_SoFMH Twitter account in September 2016, it

has grown to over 1,250 followers. The website also continues to offer useful information for new visitors, with analytics indicating that there are on average of 1,359 sessions per month.

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

6. OVERVIEW AND FUTURE PLANS

6.1 Overview

The Forensic Network and the SoFMH continue to work in partnership, across traditional organisational and geographical boundaries, to provide a framework to deliver and support national strategic service planning. The Network facilitates communication, information sharing, and joint working across all partner agencies involved in the care of people with a mental disorder who come in to contact with forensic services. The Network applies its advice and expertise in forensic mental health to support the development and improvement of services and pathways beyond those within the Forensic Network, including the new FMCN now established in Northern Ireland.

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

The SoFMH has continued to increase and develop the range of courses available to staff across the estate, offering multi-level provision of education from introductory programmes and short professional courses, to an MSc in Forensic Mental Health provided in partnership with higher education providers. We are pleased that SoFMH has been able to provide strategic support for the development of training resources by working collaboratively with our colleagues in NES and those centrally involved in the establishment of the NSAIS to meet identified training needs of these staff groups.

6.2 Future Plans

It is anticipated that outcomes and recommendations from the Independent Review into the Delivery of Forensic Mental Health Services will be published in January 2021 and the Review of Mental Health Legislation in Scotland will publish an evidence review in December 2020 with the full report likely to follow in 2022. The Forensic Network and SoFMH look forward to reviewing these recommendations and will aim to take a central role in supporting the subsequent developments that may be necessary to improve care for those accessing forensic mental health services. Over the coming year the Network will adopt new ways of working which flexibly adapt to current challenges around COVID-19 so that the critical business of the Network and SoFMH will still be progressed.



Current areas of identified work for 2020 – 2021 are:

Forensic Network Office Team

Clinical Development

- Actively contributing to the two national reviews: the Independent Review into the Delivery of Forensic Mental Health Services and Scottish Mental Health Law Review.
- By supporting the short life planning group on women's services, the Network will facilitate the implementation of recommendations resulting from the Independent Review into the Delivery of Forensic Mental Health Services which pertain to women who require forensic mental health services.
- Supporting the establishment of a regular operational meeting for representatives from the low secure estate
- Supporting the establishment and ongoing administration of a South East Scotland Regional Forensic Meeting
- Extending current patient monitoring procedures to include low secure forensic services
- Supporting the AMP Steering Group and development and delivery of AMP training materials
- Working with colleagues from Scottish Government Restricted Patient Team and Forensic Mental Health Unit to coordinate the response of individual services to the challenges of COVID-19 and to monitor the impact of COVID-19 within the estate.

- Providing representation from forensic services on the Mental Welfare Commission's Emergency Powers Scrutiny Advisory Group, which was convened to monitor use of the emergency powers relating to the Mental Health Act and Adults with Incapacity Act approved by the Coronavirus 2020 (Scotland) Act
- Supporting FMCN in Northern Ireland by serving on the Advisory Board
- Ongoing support of development of NSAIS through chairing of national stakeholder group

Continuous Improvement

- Working with HIS in preparation for the third cycle of CQIF reviews and supporting a revision of the methodology to realign the process with the new national review framework
- Confirming CQIF standards for the third cycle of reviews
- Hosting a sharing good practice event which highlights and shares the many examples of good practice identified during the second CQIF cycle
- Rolling 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
- Adapting 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

Education and Research

- Supporting new multi-site and network-wide research opportunities in line with the research priorities in the FNRSIG Research Strategy 2019-2023
- Overseeing and supporting the completion of educational materials for NSAIS through the short-life FCAMHS working group
- Evaluating the New to Forensic: Essentials of Psychological Care programme through a national research project
- Supporting the completion of training materials for MHOs working in forensic settings, in collaboration with the three awarding Universities.
- Delivering Reflective Practice Group Facilitator training
- Adapting SoFMH teaching and training materials for use on virtual platforms
- Continuing to offer a diverse range of high-quality courses and developing new training courses to meet needs arising from practitioners working across the forensic estate and in related roles. New courses being developed include Reflective Practice Facilitator Training, Root Cause analysis, Cognitive Behavioural Therapy in Psychosis in forensic settings; the continued development and rollout of the Approved Medical Practitioner training courses.
- Supporting Community Justice Scotland's Academic Advisory Group

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

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

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8. ACKNOWLEDGMENT

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9. APPENDICES

Appendix 1: Forensic Network Research Mapping Project List 2019

Project Title	Lead NHS Board or Organisation	Clinical Area (e.g. discipline)	Study Status	End Date (if known)	Single or Multi Site Project
Exploring high secure forensic patients' experiences of familial support: An Interpretative Phenomenological Analysis	The State Hospital	Clinical Psychology	Recently Completed	May-19	Single
The experiences of families supporting imprisoned family members: A systematic review and framework synthesis of qualitative research	The State Hospital	Clinical Psychology	Recently Completed	May-19	Multi
The experiences of people living under Compulsion Order Restriction Order (CORO) in Scotland. (Qualitative project using Interpretative Phenomenological Analysis)	NHS Grampian	Forensic Mental Health	Ongoing	Mar-20	Multi
To Explore the Therapeutic Relationship between Keyworker and Patient, from the Patient Perspective	The State Hospital	Advocacy	Planned	Jun-20	Single
No more walking on eggshells! How a clinical team in a high-secure service put new and emerging evidence into practice to support the recovery of a man with primary Dissocial Personality Disorder	The State Hospital	Nursing/ Psychology	Recently Completed	Jun-19	Single
A process evaluation to determine the barriers and facilitators to successful implementation of a cognitive behavioural therapy for psychosis treatment programme in a high secure setting	The State Hospital	Psychology/Nursing	Ongoing	Sep-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
"Exploring stalking behaviours towards mental health professionals in one health board"	NHS GG&C	Psychology		Dec-19	Single
Cognitive Contributors to Risk of Harm to Others: A Feasibility Study	The University of Edinburgh	Psychology			Multi
Moving on from forensic inpatient care: conversations with patients."	NHS GG&C	Occupational Therapy / Psychology / Nursing			Single
A feasibility randomised controlled trial (fRCT) of the On the Road to Recovery program	The State Hospital	Psychology; Psychiatry	Ongoing		Multi
Development and evaluation of an outcome measure for MBT skills training: The Knowledge and Application of MBT Questionnaire	The State Hospital	Psychiatry; Psychology	Recently Completed	2018	Multi

Systematic review and meta-analysis of structured psychological interventions for forensic psychiatric inpatients	The State Hospital	The State Hospital	Ongoing	Sep-18	Single
Forensic experiences of recovery from mental illness: Analysis of the Questionnaire on the Process of Recovery in Scottish forensic patients	The State Hospital	Psychology; Psychiatry	Ongoing	Sep-19	Single
An exploration of the management of significant violence and aggression in high and medium secure forensic hospitals in Scotland and Northern Ireland	TSH	Nursing	Planned		Multi
Introduction of Electronic Monitoring with Mentally Disordered Offenders	Forensic Network	Nursing	Planned		Multi
Staff perception of change following the introduction of an education programme; New to Forensic – Essentials of Psychological Care	Forensic Network	Nursing	Planned		Multi
Predicting and understanding the uptake of the seasonal influenza vaccination among inpatients in a high-secure forensic mental health hospital	The State Hospital	Psychology	Recently Completed	Jan-19	Single
Effectiveness and acceptability of a diabetes self-management group in The State Hospital	The State Hospital	Psychology	Recently Completed	Oct-18	Single
Readability of Statutory Letters Issued by Forensic Services in NHS Scotland	NHS Grampian		Ongoing		
Content analysis of UK based suicide-related tweets shows persisting stigmatising and sensationalising attitudes in 2015 and 2018	NHS Grampian		Ongoing		
Appeals against detention in conditions of excessive security	The State Hospital	Psychiatry	Planned		Multi
Psychopathology and Childhood Trauma in Prisoners: Cross-sectional survey of Male prisoners and study of matched female and male prisoner cohorts	NHS Grampian		Planned		
Use of community based detention in countries of the UK, overseas territories and crown dependencies	NHS Grampian		Ongoing		
Forensic Psychiatry in the Scottish Print Media: A Hidden Stigma?	NHS Grampian		Ongoing		
An investigation into behavioural impulsivity in forensic mental health units - a comparison of the predictive validity of instruments to identify violence risk	The State Hospital	Psychology	Recently Completed		
Behavioural Family Therapy to Support Adults with Intellectual Disabilities: Primary Caregivers' Perspectives	NHS Lanarkshire	Clinical Psychology (Intellectual Disability)	Recently Completed	15.05.19	Multi
Exploring Values and Goals in a Mentally Disordered Offender Population within Medium Secure Psychiatric Units: A Qualitative Study	NHS Lothian	Clinical Psychology	Ongoing		

Prevalence of Stalking as experienced by NHS staff Small Scale Research Project: An exploratory study of the prevalence of NHS staff experience of being stalked in the context of their work.	NHS Lothian	Clinical Psychology	Ongoing		
Systematic review: Prevalence of sexual interests in children.	NHS Lothian	Clinical Psychology	Ongoing		
Predicting risk of reoffending in internet sexual offenders: The use of the Child Pornography Offender Risk Tool (CPORT) in a Scottish population.	NHS Lothian	Clinical Psychology	Ongoing		
An exploratory study of the prevalence of NHS staff of being stalked in the context of their work	NHS Lothian	Clinical Psychology	Ongoing		
Exploring consensus in 'best practice' when working with trauma in male populations detained in secure forensic mental health settings: A Delphi study	NHS Lothian	Clinical Psychology	Ongoing		
The assessment of complex trauma symptoms in adults: a systematic review	NHS Lothian	Clinical Psychology	Ongoing		
The utility of a process model in the online solicitation of minors	NHS Lothian	Clinical Psychology	Recently Completed		
Cognitive Analytic Therapy group reformulation sessions in a forensic setting: A repertory grid study.	NHS Lothian	Clinical Psychology	Recently Completed		
What we talk about when we talk about recovery: a systematic review and best-fit framework synthesis of qualitative literature. Journal of Mental Health	NHS Lothian	Clinical Psychology	Recently Completed		
What are the barriers to recovery perceived by people discharged from a medium secure unit in Scotland? An interpretive Phenomenological Approach. Journal of Theoretical and Philosophical Criminology	NHS Lothian	Clinical Psychology	Recently Completed		
Persecutory delusions and the internalising attributional bias for positive events: a systematic review and meta-analysis	NHS Lothian	Clinical Psychology	Recently Completed		
Training forensic mental health nurses in Cognitive Analytic Therapy (CAT) principles: a qualitative exploration of the impact on complex case conceptualisation and implications for practice.	NHS Lothian	Clinical Psychology	Recently Completed		
Psychological characteristics of online child sex offenders: A systematic review.	NHS Lothian	Clinical Psychology	Recently Completed		