



1. Introduction

Welcome to **issue 2** of the Distress Brief Intervention (DBI) Programme Briefing. Issue 1 provided a general introduction to the Scottish Government's (SG) four year programme (November 2016 – October 2020) and is available via the link below ¹.

The SG is focused on improving responses to people in distress. DBI provides a framework for improved inter-agency co-ordination, collaboration and co-operation with the shared goal of providing a first level compassionate and effective response, followed by second level support, beginning within 24 hours, for a 14 day maximum period and where necessary, connecting with on-going community supports.

2. Development Phase: Present to June 2017

The DBI programme is now firmly in the development phase, focussed on developing all the supportive infrastructure elements, enabling the implementation phase to commence June 2017. Key Progress is listed below.

3. Meet the DBI Central Team

Health and Social Care North Lanarkshire (H&SCNL) and South Lanarkshire Health & Social Care Partnership (SLH&SCP) have recruited the DBI Central Team as part of their role as the national programme host organisation, working closely with the Scottish Government, through an open recruitment process.

DBI Programme Manager: Kevin O'Neill is seconded from his current role in NHS Lanarkshire to lead and co-ordinate the programme over the next four years, working closely with all involved.

DBI Principal Information Analyst: Martin McCoy joins the team in Lanarkshire providing critical data and information analytical expertise in support of the delivery of the programme. Martin remains employed and supported by NHS National Services Scotland's Information and Statistics Division (ISD), maintaining and further enhancing a wider network of expertise and experience.

DBI Administrator: Yvonne Burton brings many years of administrative experience to the team to establishing administrative systems and supports for the success of the programme.

DBI Communications Officer: Eddie Docherty will use some dedicated time in his current NHS Lanarkshire role to support the development of a communication strategy and provide consistent communication support.

¹ <http://www.elament.org.uk/media/1620/distress-brief-intervention-programme-briefing-issue-1-september-2016.pdf>



4. Partnership Test Sites

4.1 NHS Greater Glasgow & Clyde and constituent Health and Social Care Partnerships have opted not to proceed with the DBI test programme, in order to maximise and focus all capacity on their significant mental health change agenda. The SG will continue to support Glasgow City H&SCP and partners in the development of their broader multiagency distress collaborative programme.

4.2 Four Partnership Sites: Development work with the four partnership sites of 1. Penumbra in Aberdeen, 2. Support in Mind in Inverness, 3 NHS Borders Joint Mental Health Service and 4. Lanarkshire as above continues to progress well and on schedule.

4.3 2nd DBI Gathering of Partners on 7th December 2016 brought the four DBI test sites together to agree the key landmarks, time-scales and immediate actions required from now until June 2017. This was followed up by a site visits to each of the test site areas by the SG and Programme Manager to begin the process of Memorandum of Understanding development.

4.4 DBI Partnership Implementation Groups: the lead agencies in each of the partnership sites are now focussed on establishing the local partnership implementation groups. Key contact information for each site listed below:

1. Penumbra in Aberdeen: **Nigel Henderson** nigel.henderson@penumbra.org.uk
2. Support in Mind in Inverness: **Frances Simpson** Simpson@supportinmindscotland.org.uk
- 3 NHS Borders Joint Mental Health Service: **Haylis Smith** haylis.smith@scotborders.gcsx.gov.uk
4. Lanarkshire: **Yvonne Burton** yvonne.burton@lanarkshire.scot.nhs.uk

5. National DBI Programme Board

The programme governance structures have been set out by the SG, with the DBI Programme Board meeting on 7th December 2016, bringing together the SG, hosts, partnership sites, infrastructure leads and national delivery partners including Police Scotland, Scottish Ambulance Service and NHS24. The board will meet monthly for several months and review frequency thereafter.

6. Developing the Distress Brief Intervention & Supporting Training:

The University of Glasgow's Institute of Health & Well-being are leading a systematic development of the DBI and training package. Initial work (commencing Nov 16) focused on carrying out a needs assessment and identifying local and national solutions through discussions with partners, Scottish Government and through a literature review.





The next and subsequent phases of work are focused on identifying and mapping existing local and national initiatives/services for those in distress (interviews with partnerships: *Dec-Jan 17*), obtaining stakeholder views on existing service responses to distress, and engaging in a process of piloting and refining intervention components and implementation strategies (interviews/focus groups with staff and individuals with experience of distress: *Dec 2016 – end May 2017*). Each activity will be used to inform the development of the DBI package and training programme in time for a controlled implementation beginning June 17.

7. 'Evaluability Assessment'

NHS Health Scotland have undertaken an evaluability assessment, which involves mapping out the links and logic between the proposed activities/intervention and the anticipated short, intermediate and long term outcomes that the intervention is aiming to achieve.

The DBI evaluability assessment was submitted to the DBI Board at its meeting on 7th December 2016. Developed by a sub-group including DBI programme Partners, Scottish Government, University of Glasgow and external expert advice, with support from NHS Health Scotland, the evaluability assessment describes the theory of change and 13 desired outcomes for the programme, together with the evaluation questions these outcomes raise and potential data sources. On the basis of the information available it proposes a number of evaluation options. The evaluability assessment was signed off by the Board and will contribute to the evaluation brief being prepared by Scottish Government prior to commissioning the independent evaluation of the programme. The Board will set up a small sub-group to support the evaluation.

The evaluability assessment report will be published early in the New Year. Details of how to obtain a copy will be circulated as soon as the report becomes available.

8. Contact

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@: A programme web page will be established in the coming weeks

