



Distress Brief Intervention

Connected Compassionate Support

July 2017 newsletter: Issue 3

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1: Introduction

Welcome to issue 3 of the Distress Brief Intervention (DBI) programme newsletter.

DBI is a Scottish Government (SG) four-and-a-half year programme (November 2016–March 2021) which is focused on improving responses to people in distress.

It aims to do this by providing 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. When necessary, this is followed by second level support - beginning within 24 hours for a 14-day maximum period - and possible connections with on-going community supports.

For more information on DBI, visit the dedicated website at: <http://www.dbi.scot/>

2: Mental Health Minister attends Gathering

The Minister for Mental Health Maureen Watt MSP attended the Distress Brief Intervention Gathering at the end of May to hear how the DBI project was progressing.

The Minister attended the event around a year on from when she announced the launch of the programme in July 2016.

She expressed delight at the progress made over the 10 months since the announcement was made, including the fact that the programme was preparing to start a controlled pilot over the coming months (see more on the pilot below).

As well as the Minister's presence, representatives from all four programme test sites - Aberdeen, Scottish Borders, Inverness and Lanarkshire and lead partners such as Police Scotland and the Scottish Ambulance Service - were present to reflect and share learning and agree plans for the next stage of the programme.

Kevin O'Neill, DBI programme manager, said: "A lot of work by many people and agencies has taken place over the last period to get us to where we are today.

"We've now reached a key landmark where controlled testing of DBI began in East Kilbride in Lanarkshire week commencing 19 June.

"This is a fitting point to thank everyone who has contributed so far for their time and commitment."



(Above) Kevin O'Neill and Maureen Watt MSP (both front, centre) with members of the DBI project board at the recent Gathering event.

3: New DBI website

A DBI website is now available for staff and partners who are interested in the DBI programme.

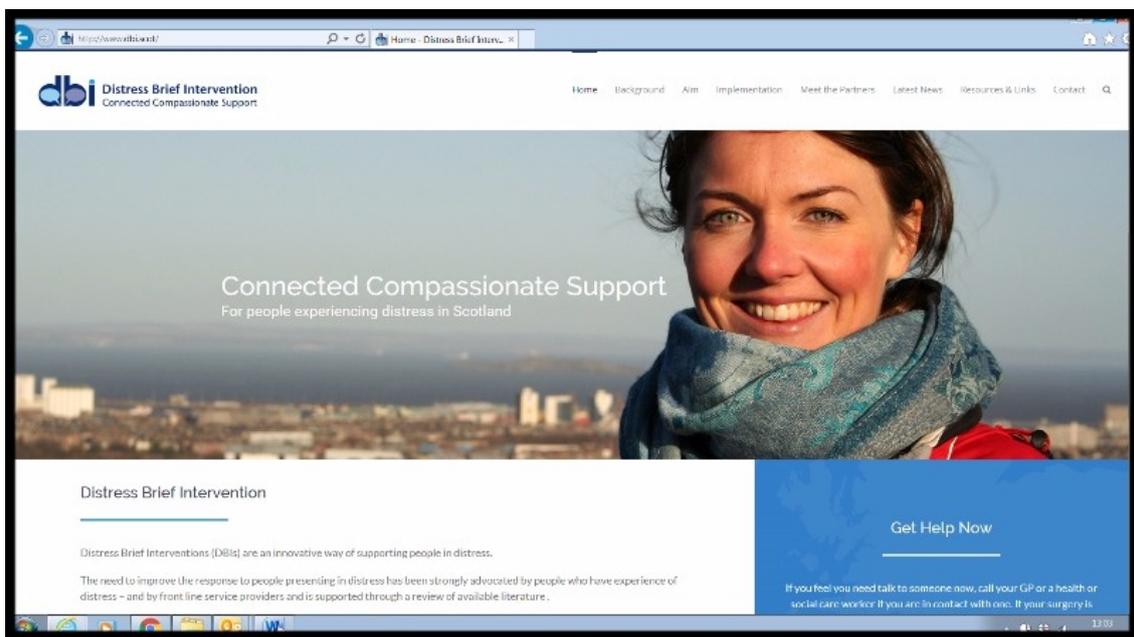
The new site has a host of helpful information including:

- background to the project
- what it aims to achieve
- how it is being implemented

- the project board make up
- resources and links

The site also includes information on each of the partnership sites and well as regular news and events updates.

The new site can be viewed at: <http://www.dbi.scot/>



(Above) The new DBI website homepage.

4: DBI overview

A DBI overview document is available for the benefit of partners and staff who are involved in the DBI programme and want a summary of the DBI programme.

The overview is a two page summary in a Q&A format which is easy to print off for the benefit of anyone who is unfamiliar with the programme but would like some information.

The overview is available to download on the new DBI website under the 'resources and links' sections available at this link:

<http://www.dbi.scot/resources/>

5: Training underway

The training has started of staff who will be responsible for delivering level 1 and level 2 DBI responses.

Glasgow University's Institute of Health and Wellbeing is providing both level 1 and 2 training initially and it has already trained a small group of staff to allow for a controlled testing of the programme.

A total of nine staff from Hairmyres Hospital's emergency department, the hospital's psychiatric liaison service and the primary care out-of-hours hub at Douglas Street in Hamilton, took place on Monday 19 June. This was followed by level 2 training of seven staff at the Lanarkshire Association for Mental Health who will provide the level 2 component of DBI in South Lanarkshire.

Dr Jack Melson, from the University of Glasgow who is overseeing the training with Professor Rory O'Connor, said: "We were very pleased about how the training went and the feedback so far has been very positive.

"The early lessons learned through this training will improve and enhance the training in preparation for further roll out across the other partnership sites from October.

"Participants were very enthusiastic, recognised the important role they play in providing a compassionate response and can see the value in having an additional option of referral to 14-day DBI support. "

Further training is due to take place over the coming weeks.



Above: Dr Jack Melson (left) with Professor Rory O'Connor and Karen Wetherall (University of Glasgow) and members of the DBI central and Lanarkshire teams, with Hugh Cairns and staff from Lanarkshire Association for Mental Health.

6: Police Scotland development session

A development session took place with key colleagues from Police Scotland at

the Scottish Crime Campus in Gartcosh in Lanarkshire. The session was organised by Inspector Julie Robertson, Safer Communities, who is also Police Scotland lead for DBI and was supported by the DBI central team and University of Glasgow.

The session provided the opportunity to build on all the early DBI development work which has been taking place by bringing a wide range of colleagues together who have knowledge and expertise across many Police Scotland departments.

The session provided a strong solution focus and generated a number of positive actions which will support the effective implementation of DBI from a Police Scotland perspective in collaboration with the four partnership test sites.



(Above) Participants at the Police Scotland development session.

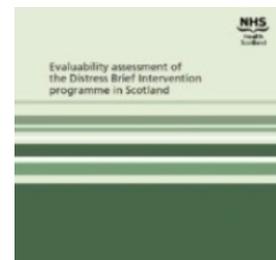
7: Implementation groups formed

All four partnership pilot sites now have local implementation groups established to oversee the controlled roll out of the DBI programme in their respective areas.

If you want to find out more about the implementation in your area, make contact with the respective implementation leads. Details are available on the new DBI website homepage under 'partnership test sites'.

8: DBI evaluability assessment

NHS Health Scotland has undertaken a DBI evaluability assessment, which involves mapping out the links and logic between the proposed activities and intervention associated with DBI and the anticipated short, intermediate and long term outcomes that the intervention is aiming to achieve.



Developed by a sub-group including DBI programme partners, the Scottish Government, the 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 Scottish Government has used the evaluability assessment to commission an independent evaluation supported by an evaluation sub-group.

The assessment can be viewed in the 'resources and links' section of the DBI website at: <http://www.dbi.scot/resources/>

9: New Mental Health Strategy 2017–2027

The new Mental Health Strategy for Scotland 2017–2027 sets a vision for a Scotland "where people can get the right help at the right time, expect recovery, and fully enjoy their rights, free from discrimination and stigma."

The strategy sets DBI in the context of the Scottish Government's related commitments and reaffirms the commitment to DBI through the inclusion of action 11, "complete an evaluation of the Distress Brief Intervention programme by 2021 and work to implement the findings from that evaluation".

The full strategy document can be viewed in the 'resources and links' section of the DBI website at: <http://www.dbi.scot/resources/>

10: Programme manager six month report

The DBI programme manager, Kevin O'Neill, is required to produce a six-monthly progress report to the DBI programme board in support of the effective

governance and implementation of the DBI programme.

Kevin said: "I would like to take this opportunity to thank the Scottish Government, DBI central team, the host organisation programme board, local DBI implementation groups and partners and the broader community of interest who have all contributed so much through collaboration and a commitment to a 'future that matters', enabling the DBI programme to achieve its objectives for phase 1 of the programme."

The six-monthly report can be viewed in the 'resources and links' section of the DBI website.

11: Previous DBI newsletters

There are two previous issues of the DBI newsletter which provided a general introduction to the DBI initiative.

Both newsletters are available at the 'resources and links' section within the DBI website at: <http://www.dbi.scot/resources/>

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