

Report of the 7th DBI Gathering



*30th May 2019
Perth, Scotland*



1. Summary

The 7th Distress Brief Intervention Gathering took place in Perth on 30th May 2019. This twice yearly Gathering brings all of those involved in the DBI Programme, nationally and locally, together with key collaborators with a vision to build connected compassionate support.

The DBI Gathering helps strengthen collaborative links with local partnership leads to ensure strong linkage across the programme delivery. We are growing DBI incrementally and building the wisdom, controlled and considered, leaving space for reflection, learning and improvement along the way with over 3,000 referrals having been progressed to date.

Please see appendix 1 for attendance list.

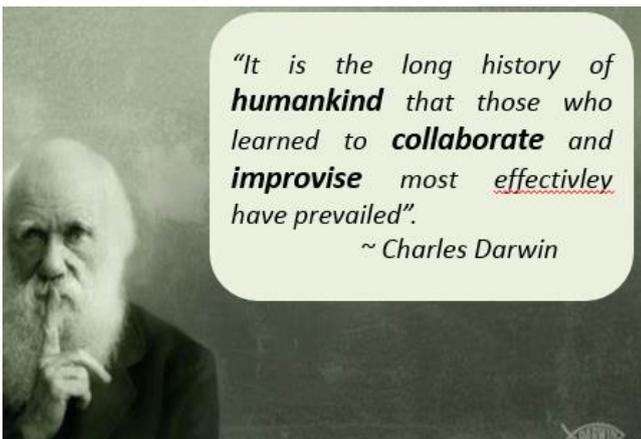
The definition of compassion embedded in DBI is “a sensitivity to distress together with the commitment, courage and wisdom to do something about”.

It is that **sensitivity** to distress which recognised the need to doing things better. It is the **commitment and collaboration** which has brought us together to make it happen. It is the **courage** to be brave enough to do different things, differently that opens up the space for testing.

The wisdom comes from the balance between the technical frameworks – the WHAT. And a focus on the big relationships – the HOW



2. Programme



The theme for the event today was “Evolution”, referring to Charles Darwin quote: “It is the long history of humankind that those who learned to collaborate and improvise most effectively have prevailed” which Kevin strongly reflected as his view of the DBI progress since the last gathering in October 2018 where recognition was given to all four partnership sites (Lanarkshire, Borders, Inverness and Aberdeen) on delivering DBI for one year.

The programme to include a welcome from colleagues from the Scottish Government, with reflection on the DBI Journey. A national update and the opportunity for reflection and discussions with the University of Glasgow and Evaluation Team. There were inspirational stories shared from the frontline with case examples from Police Scotland, Emergency Department and third sector DBI providers which highlighted the positive impact that DBI is having.

Please see appendix 2 for Event Programme.

3. Welcome & Opening Remarks

Teresa Medhurst, Deputy Director of Adult Mental Health

Teresa thanked everyone for attending today, commenting on the priorities for the Scottish Government to mental health services with this being not simply one for the NHS but for everyone, with a cross-sectoral approach needed to improve general mental health. The overall vision of mental health in Scotland being one where people can get the right help at the right time, expect recovery and enjoy their rights free from stigma and discrimination and being able to talk about mental health without fear.

Having heard a lot about DBI and the support of the DBI approach through Scottish Government colleagues DBI is an extremely good example of cross-sectoral collaboration and Teresa was very impressed by what she has heard. DBI is innovative in Scotland and a world first, reflecting and supporting the ambitions that the Scottish Government holds. Early intervention and prevention is the cornerstone for improving mental health with the key element of DBI to date being of constructive, collaborative cross-working with all partners.

Teresa gave reference to the formal evaluation for DBI due in 2021, with an interim report to the Scottish Government expected in June 2019 and it will be interesting to see what this says about progress. Advising that at this early stage, reflecting on feedback from the distribution of outcome questionnaires, it is encouraging to hear that those who have engaged with DBI report high levels of compassion from Level 1 and 2 providers, feeling they are working towards their own goals, are able to manage both their current and any future distress with those supported benefiting considerably. These results are outstanding with early indications a testament to the excellent work over the four pilot sites. Having been impressed by what she has heard to date and spoken to those involved in the pilot with the key words being repeated throughout being “caring, compassionate, collaborative work, strong motivation to deliver something that is effective and filling a gap in services”.

The DBI pilot extension was also touched upon, being available for those under 18-years, which is an exciting development being taken forward thanks to the encouraging work of DBI so far.

Teresa concluded by expressing sincere thanks on behalf of the Scottish Government to local and national partners and in particular to Kevin and the DBI Central Team for their sterling work in delivering to drive and coordinate various strands of the pilot work over the last 2 years. Hearing from people today and stories from those who have benefited give a great flavour of what is going on with interest to hear today’s session.

4. John Mitchell, Principle Medical Officer Psychiatry Mental Health and Protection of Rights Division Scottish Government

John gave thanks for the opportunity to speak today, focussing on the theme of the Gathering, “Evolution”. Reflecting on the DBI Journey Together, Past, Present and Future: The view from the Scottish Government.



John referred to pre-DBI conversations and the previous Suicide Strategy, Action 10, reflecting on work undertaken by Tayside, exploring people presenting in an unscheduled way to services. A clear picture evolved that people in distress were going to services, not always knowing how to get help, and often not fitting the criteria or meeting threshold for traditional support, with those delivering services feeling frustrated.

There was a need to accept that people needed help to think through their problems to find solutions, something that is done with people and not to people, a practical solution requiring short-term contact. There was little literature to support with very little research which brought not only challenges but opportunity. This led to a review to show gaps with DBI being a first in Scotland and internationally having never been tested anywhere else. This resulted in the need to test the idea out, hence Distress Brief Intervention Programme (DBI) evolved following Minister approval and the programme was established, which is now moving to form and shape policy.

The DBI Programme is the best example of a true sense of people working together with a common vision, bringing everyone together, their wisdom and experience, with 3rd sector colleagues knowing what it is like in the real world and all working to the fundamental principle of steady incremental growth, slowly testing and then expanding with articulation of compassionate connective care having been brought to the fore. Although DBI is a programme, those involved are a family and tribute was paid to all who are a part of this and to those who want to be a part of this.

John provided his personal reflections on DBI for the future with an important sense of momentum and moral obligations to make DBI work, grow and develop for the people of Scotland. It is hoped that the evidence will support DBI and by the end of the pilot programme the evidence will show that it all makes sense. We will also need to consider the sustainability of DBI and how we spread this.

To conclude, John thanked all for their kindness and gratitude for all that has been achieved. DBI is evolving and we should continue to encourage new people to join the DBI story.

5. Programme Update

Kevin O'Neill, DBI National Programme Manager

Kevin extended a warm welcome to all to the 7th Gathering, whether involved directly or in the collaborative work associated. Thanking Scottish Government colleagues, Teresa and John for their input today, having provided a powerful overview of the journey of DBI, along with wider Government colleagues, creating the DBI infrastructure and landscape for DBI to flourish.



Having together created, over the last two years, a new landscape which enables connected compassionate support to thrive, flourish, adapt and grow in the real world working collaboratively for continuous improvement. Seeing the origins of DBI emerge through a shared recognition of the need to do things quicker, together, smarter, kinder and better.

A national update and presentation given by Kevin with the theme for the Gathering being as quoted "*Evolution*". Kevin reflected on the Scottish Government's commitment to extend DBI with the next key landmark being for front-line services to make referrals for 16 and 17 year olds to receive DBI Level 2 support from 31st May, initially in Lanarkshire and Borders with Inverness and Aberdeen doing likewise by end of July 2019. Colleagues at University of Glasgow have led the programme of engagement and review of literature through a children and young person lens since the last Gathering with the headlines from this process being shared today.

The Children and Young Person's (CYP) community are excited to be part of the programme with DBI well integrated with CYP colleagues in Government to include Children and Young Person's Mental Health Task Force. Close links with third sector partners who have a great deal of experience of involving and engaging young people has also been undertaken, with a view to ensuring a framework to support having young people at the centre of the on-going development of DBI moving forward.

Once again all individual responsibilities have been synchronised in-line with this agreed landmark, keeping all elements focussed and bringing them together for a picture of incredible commitment to connected compassionate support.

A warm welcome was given to Duncan Clark, Clinical Director of CAMHS in Lanarkshire to the Gathering today who will be providing some dedicated time as the Children and Young Person's DBI Advisor.

Kevin provided update on two further complimentary parts to the DBI Programme which will over-lap at key stages of implementation. The first following on from the extension of DBI to 16-17 years, whereby a scoping exercise will be undertaken to review the applicability of DBI for those aged 15 years and younger to produce recommendations for consideration of the appropriateness of further extension of DBI to this age group or not. With plans for this to commence in October supported via the infrastructure.

Secondly, the programme will be supported through the establishment of a DBI Associate Programme for other regions who wish to implement the DBI within existing programmes. This is in recognition of growing interest across other regions of Scotland, for those who desire to use the learning opportunities and supporting materials produced through DBI, to improve their local response to people in distress.

The first early adopter of the DBI associate programme will be with Penumbra and the Moray Partnership in June 2019, giving the opportunity to enable early learning for the associate programme as a whole.



Collective opportunities have also been taken to reflect, take stock, consolidate and focus on the quality of the DBI experience and outcomes, both nationally and locally, supported through ever increasing national and international collaboration. One such example being with See Me, which has brought about many benefits, including the development of a series of short films produced by See Me to bring the lived experience of distress to training.

Kevin asked all to remain faithful to the most valuable of resources for DBI, being the front-line services and Level 2 providers, with connections through site visits, implementation group participation and local Level 2 provider forums to feedback on data, hear about challenges and share success, lessons and solutions, whilst gaining so much from the insights, intelligence and experience shared form an inspirational DBI workforce who are delivering tenacious compassion with commitment and energy. Their richness of experience across the frontline, through testing the supportive infrastructure has greatly influenced how DBI is now delivered.

The **EVOLUTION** of DBI since the last Gathering has not only focussed on the extension with all partners recognising that whilst we are extending we mustn't neglect our focus on continuous improvement of the DBI core programme.

6. Jack Melson, University of Glasgow Training and Intervention Development

Dr Jack Melson from the University of Glasgow's (UoG) Institute of Health & Wellbeing, provided an update today on the DBI Extension Programme 16-17 year olds: Learning, Development and Training with a presentation being provided by Jack to include engagement and development work to support the extension and DBI Level 1 and Level 2 staff training programmes and resources

The UoG focus for the DBI extension began in October 2018 with input obtained for development being sourced through consultation with experienced staff, programme partners and wider stakeholders as well as young people with lived experience. Key themes arose from the consultations which led to the development of additional training materials for the extension, to include a DBI Level 1 Training Briefing.

(see attached)




2019-05-10 V1 DBI
16-17 Level 1 Trainin



The DBI extension programme will be rolled out on 31st May 2019 in Lanarkshire and Scottish Borders pilot sites with Inverness and Aberdeen to follow in July 2019.

Facilitated training sessions were progressed by the UoG on 22nd May in Scottish Borders and 29th May in Lanarkshire

An Open Forum for discussions and reflections associated with the DBI extension and the recent training followed with John Truesdale, who has recently taken on the DBI Lanarkshire Lead role, commenting on the excellent training content provided by UoG colleagues. Lanarkshire is in a fortunate position, with the psychiatric liaison nurse service, whom are based within the ED's, being able to provide any new DBI materials direct to all staff and ensure they are aware of the extension. Additionally, working in collaboration with Police colleagues he is able to provide update training to Police colleagues across Lanarkshire. John reflected on scoping exercises undertaken by Lanarkshire Level 2 colleagues with great mapping work completed which will allow onward referral for those aged 16-17 years to expand on working relations. All Level 2 providers are confident that they can deliver to young people which will help them in the future.

Haylis Smith, Scottish Borders Partnership Lead gave a huge thanks to Level 2 colleagues from SAMH and their amazing work in supporting people over a large area whilst fully embracing the move to extend to 16-17 year age group. The DBI extension has been welcomed in the Scottish Borders indicating that they have wanted to include this age group for a while, recognised a gap in service provision. All partners have embraced DBI and welcome the DBI extension work having seen the benefits of the programme to those aged 18+. This highlights the great work being done to date which has come a long way.

A local task force has been developed in the Scottish Borders for Children & Young People with a second meeting planned to look at a compassionate response at all levels as a result of the DBI Programme, showing that DBI has a wider influence.

7. Stories from the Front-Line

Rachel Middleton, Hugh Cairns, Alex Gilmour, Kerry McCann



Level 2 colleagues were asked to share their experience of DBI and the benefits to the person in distress with anonymised case examples to protect privacy being provided by colleagues from

Aberdeen: Rachel Middleton, Penumbra: Lanarkshire: Hugh Cairns, LAMH and Alex Gilmour, TRFS. A further example was also provided by Kerry McCann, Lifelink sharing a referral for an under 18-year referral. The case studies will be available via DBI website: <https://www.dbi.scot/>

8. Evaluation Team: Evaluation Feedback

Dr Eddie Duncan, Associate Professor at NMAHP Research Unit, University of Stirling who is leading the independent evaluation in collaboration with colleagues from the University of Stirling, ScotCen, The Mental Health Foundation and Glasgow Caledonian University provided feedback associated with the evaluation progress to date, including aims and objectives of economic evaluation, early statistical data and potential areas for development with reflections and discussions to conclude. The findings will be shared in Independent Evaluation Interim Report due summer 2019.



The Evaluation Team gave thanks to all who had spent time being interviewed, facilitating access to speak to people, supported the distribution of questionnaires and the ongoing commitment to supportive engagement. To date the team have undertaken, 11 stakeholder interviews, participated in 5 focus groups with 1 interview, to include 29 representatives from DBI Level 1 and 16 interviews with DBI Level 2 with recordings from these transcribed and anonymised.

Presentation was provided by colleagues Eileen Calveley (Research Fellow of University of Stirling), Dr Joanne McLean (Scotcen Social Research) and Dr Edward Duncan followed with discussions and reflections. The early indications are very encouraging, and hearing the case examples today makes sense of that data.

Importantly the Interim report will also provide areas for reflection and further improvement firmly in-line with the improvement approach which underpins DBI.

9. Closing Remarks

Kevin thanked everyone for their on-going commitment to DBI and for sharing their experiences today, showing appreciation for all the incredible work throughout the programme and continued commitment to DBI which has brought us to the Gathering today.

We should all leave here today feeling enthused to continue, reflecting on some information provided by Evaluation colleagues which is worthy of further discussions, and with their support continue the journey of continuous improvement of the DBI experience and outcomes.

We should also take time to reflect as DBI evolves and becomes something better, continuing to adapt, improve and adjust with our collective commitment to improvement science that underpins the DBI approach, enabling learning, refinement and continuous improvement.

Appendix 1: Attendees

Kevin O'Neill, DBI National Programme Manager
Yvonne Burton, DBI Administrator: Minuting
Martin McCoy, DBI Principal Data Analyst
Ambrose (Jack) Melson, University of Glasgow
John Truesdale, DBI Lanarkshire Lead

Frances Simpson, Support in Mind Scotland
Michael Perera, NHS Highland General Manager
Bruce Armstrong, Support in Mind Scotland
Ken Porter, SPIRIT Advocacy Manager
Calum Irving, See Me
Alison McGowan, Support in Mind Scotland
Ann MacDougall, DBI Manager Inverness
Kirsteen Adams, Support in Mind Scotland
Lisa Anderson, Support in Mind Scotland

Angela McCann, SAMH
Bill Halley, Scottish Ambulance Service
Stephanie Katherine Wilson, SAMH
Oxanne MacGregor, SAMH
Eve Johnston, SAMH
Haylis Smith, MH Strategy & Commissioning

Alex Gilmour, Team Manager, TRFS
John Brodie, TRFS
Louise Fee, TRFS
Lynne MacDonald, Social Work North Lanarkshire
Kirsten Mullen, Scottish Ambulance Service
Iain Macleod, Scottish Ambulance Service

Mark Leonard, Police Scotland
Brian Cumming, Police Scotland
Barry Scott, Police Scotland
Pamela Jenkins, MH Foundation

Jennifer Maclean, Service Manager, Penumbra, Moray
Nadine Weiland, Support Manager, Penumbra Moray
Rachel Middleton, Service Manager, Penumbra
Nigel Hendersn, CEO, Penumbra

Innes Fyfe, Unit Head, Scottish Government
Gavin Russell, Scottish Government
John Mitchell, Scottish Government
Rachel Thomson, Scottish Government
Jacqueline Campbell, Scottish Government

James Jopling, Samaritans
Pam Colvin, Police Scotland
Elaine Tomlinson, Police Scotland
Duncan Clark, DBI Clinical Advisor CAMHS

Linda Fenocchi, Glasgow Caledonian University
Karen Wetherall, University of Glasgow

Lisa Reynolds, Service Coordinator, Lifelink
Kerry McCann, Lifelink
Susan Smith, Lifelink
Sorcha Turnbull, Lifelink
Carol Irvine, Ops Manager, Lifelink

Paula Macleod, General Manager MH&LD, NHSL
Teresa Hunt, MH&LD, NHSL

Fiona Harris, University of Stirling
Eileen Calveley, University of Stirling
Edward Duncan, University of Stirling
Joanne McLean, Scotcen
Jessica Shields, Scotcen



Gathering 7

30th May 2019

10:00-10:15 am arrival for 10:45 am start

Dewar's Centre, Glover Street, Perth PH2 0TH



- 10:15 Arrival & Refreshments
- 10:45 Welcome & Introductions (5 minutes)
Teresa Medhurst, Deputy Director of Adult Mental Health, Scottish Government
- 10:50 Our DBI Journey Together: Past, Present and Future: The view from Scottish Government. **John Mitchell**, Principal Medical Officer Psychiatry, Mental Health and Protection of Rights Division, Scottish Government (25 minutes)
- 11:15 Distress Brief Intervention Update
Kevin O'Neill, DBI National Programme Manager (10 minutes)
- 11:25 DBI Extension Programme 16-17 year olds: Learning, Development and Training
Jack Melson, University of Glasgow (30 minutes)
- 11:55 Open Forum 1 (15 minutes)
- 12:10 Stories from the Front-Line (20 minutes)
- 12:30 Lunch (45 minutes)
- 13:15 Distress Brief Intervention: Evaluation Feedback (90 minutes)
Evaluation Team Colleagues
- 14:45 Open Forum 2 (10 minutes)
- 14:55 Closing Remarks



None of US are as smart as all of US