

Welcome...

...to your third issue of the quarterly Psychological Practitioner Community of Practice (PP CoP) newsletter.

Since our last issue of the newsletter came out in December we have said goodbye to Scharine, our first co-chair representing the MHWP role. We want to thank Scharine for

the contributions she made to developing the CoP, and wish her the best in her future endeavours. We invited expressions of interest from North West based MHWPs to fill the co-chair role, and with 3 excellent candidates to choose from, we asked our membership to vote. We are pleased to welcome Rachel Wharton, an MHWP based within We Are With You Drug and Alcohol service in Liverpool, as co-chair. Rachel's email is below,

should you wish to contact her.

As co-chairs we have been working to develop the calendar of events for the CoP, and our 2024 details are included on page 4. We held our first event online in February, and you can read about this further on page 5.

This issue also contains information on an EMHP Conference that was held in February, details of the expanded range of CoPs available in the PPN NW, details of how to sign up for the Spring 2024 North of England NHS Talking Therapies Leadership & Innovation Forum, and a spotlight on the EMHP role. So grab a cuppa, put your feet up, and please read on.



Elspeth Ward - Representing PWP
elspeth.ward@lscft.nhs.uk



Chloe Booth - Representing CYWP
chloe.booth@merseycare.nhs.uk



Kirsty McNeilis - Representing EMHP
kirsty.mcneilis@gmmh.nhs.uk



Rachel Wharton - Representing MHWP
rachel.wharton@wearewithyou.org.uk

Event Report: EMHP Whole School Approaches to Mental Health & Wellbeing Conference - 13.02.2024

Qualified EMHPs from Mental Health Support Teams (MHSTs) across the North of England gathered in Leeds on Tuesday 13th February 2024 for the Whole School Approaches to Mental Health & Wellbeing Conference. The event was developed in response to qualified EMHP requests for continued professional development (CPD) opportunities, including sharing best practice across MHSTs via networking events. The event was co-produced with input from qualified EMHPs and the support of Higher Education Institutions (HEIs) who deliver EMHP training. The area of Whole School Approach (WSA) is an integral part of EMHP training and had been highlighted by EMHPs attending previous online CPD events as an appropriate theme for a conference. Guest speakers on the day included Professor Jonathan Glazzard (the first Rosalind Hollis Professor of Education for Social Justice in the School of Education at the University of Hull) and Andy Mellor (National Wellbeing Director for Schools Advisory Service and Strategic Lead for the Centre of Excellence in Mental Health in Schools based at Leeds Beckett University). The agenda also included input from qualified EMHPs and representatives of the HEI providers, time for networking and group discussions, a space for a creative and reflective activity, and a closing talk and evaluation to end the day.

Feedback from those in attendance on the day indicated that it had been well received, with the opportunity to connect with each other, to connect with the EMHP role, and to connect with the Whole School Approach element in particular noted as highlights.

More information about WSA can be found in the document **“Promoting children and young people’s mental health and wellbeing: A whole school or college approach.”**



The Eight Principles of Whole School Approach

Sign up now for the Spring 2024
NHS Talking Therapies Leadership &
Innovation Forum Thursday 25th April 2023
9.30am – 1pm



We are delighted to announce details of the Spring 2024 North of England NHS Talking Therapies Leadership & Innovation Forum to be jointly hosted by the North West & North East & Yorkshire Psychological Professions Networks.

The forum will welcome a variety of speakers, discussing a wide range of topics, ranging from how NHS TT can benefit from

Expert by Experience Involvement, National Updates, NHS TT Staff Bank, Neurodiversity in Clinical Practice and Research around Expanding Treatment Choice at Step 2.

To attend: Please express your interest along with any access requests (e.g., BSL support) by email to elspeth.ward@lscft.nhs.uk and we will send the MS Teams link to your email.



We look forward to seeing you!



PPN North West Communities of Practice (CoP)

As a PPN member in the North West, check out our increasing range of CoPs to join...

Membership of the PPN is free and open to psychological professionals, trainees, experts by experience, and other stakeholders – join at ppn.nhs.uk/register

To join one of our North West Communities of Practice (CoP) please click on the appropriate button below:

Counselling
CoP

Psychological
Practitioner
CoP

Psychological
Practice in
Physical
Health CoP

Schwartz
Round CoP

Psychological Professions Network NW: Psychological Practitioners CoP 2024 Calendar of Events



Save these dates in your calendars...

Quarterly Newsletter

You can expect a new copy of your quarterly round up in your inbox:

March, June, September and December (approx. 2nd week)

We encourage you to get involved, share your good practice, or experiences as a Practitioner – please contact Kirsty McNeilis with your ideas.

(Kirsty.McNeilis@gmmh.nhs.uk)

Online Meetings

We have already held one online meeting to “Meet your Chairs” (read on to hear about it) and have planned a further online meeting later in the year. Please save the following date:

Tuesday 3rd September (12 noon to 1pm)

Trainee ask a Qualified (or combinations of!)

Six weeks before the session you will receive an email inviting you to highlight issues or challenges for consideration and input into the agenda. On the day sessions will be interactive through a variety of discussion mediums.

Face to Face Event

We are currently pulling together our next face to face event and will release date, time, and venue ASAP; however, this will be an event not to be missed, with opportunity to network with other Practitioners and gain CPD hours!

There will also be a number of PPN NW Events this year which will be advertised through the weekly PPN NW newsletter.

Psychological Professions Week 2024

And finally... we look forward to the return of our national PPN Psychological Professions Week for 2024.

Whilst we await further details of this, please check out previous Psychological Professions Week videos and content on the PPN website [here](#).

Event Summary: “Meet your Chairs” - 20.02.2024

Our Psychological Practitioners Community of Practice (PP CoP) held its first online session of 2024 on 20th February at 12noon.

We began with introductions to our four current Chairs, including Rachel our new chair representing Mental Health Wellbeing Practitioners (MHWPs). We then spent time discussing and collating members’ current issues and ideas for the future, which we’ve summarised below:

Key issues or challenges for consideration:

- Getting to grips with registration.
- Progression within the role, including further training.
- Concerns around the ability to access different roles without having to retrain under specific titles. Lots of roles mean you would currently need to take a step back from current banding level to retrain.

Ideas for the future:

Things you’d like to see (e.g., event content, networking, website...):

- Face to face events, with chance to network with other Psychological Practitioners.
- Inclusion of some CPD within the day, particularly for face to face events. This might help services agreeing to give practitioners time, or allowing to attend in person.
- Maybe a talk with representatives within Talking Therapies to share about their role, and give opportunity to network with other professionals.
- Research opportunities and information sharing around this.

Things you can contribute (e.g., skills, knowledge...):


- Offers made to support... more always welcomed!

Increasing our reach (e.g., connecting, having a voice...):

- Sharing what is there already and developing good practice guidance around supervision for the new and different roles.
- Creating a flyer to share with education providers and trainees to help recruit them to the PPN.
- Accreditation of the new/different roles that have become available.

Any Other Business (AOB) (including comments and feedback):

- Online meetings preferred – time management and sign-off to attend in person events can be difficult.
- Good to see a mix of the PP roles here – it would be good to get more of each role represented at future events!



Pleased to update that we’ve already made this happen! If you would like a copy to share in your network please email Elspeth.ward@lscft.nhs.uk



ROLE SPOTLIGHT: Education Mental Health Practitioner (EMHP)



Drawing from the content developed for the BPS Psychology Careers Festival back in November 2023 (see Issue 2 for further details), we would like to shine the spotlight on one of our psychological practitioner roles, the Education Mental Health Practitioner (EMHP). Louise is an EMHP for the Warrington Mental Health Support Team (MHST). Here, she tells us about what defines her role, what she finds challenging about the role and what she particularly values in her work.



“ What is there to love about the EMHP role? For me, I love the opportunity to work in schools with young people, their families, and the school staff, and be part of a bigger team of support. The role is well supported and every day is different, giving me opportunity to use a range of skills. These include engaging

young people, the clinical intervention skills I’ve been trained in, public speaking skills, and skills in liaison, coaching, networking and problem-solving... to name a few. The role allows lots of opportunities for building relationships and improving communication and collaboration between schools and families. I can be creative and flexible whilst still sticking to the model in which I’ve been trained.

Some of the challenging aspects of the role can be ensuring the Whole School Approach is considered, alongside the individual work. In busy schools and colleges, just finding a suitable therapeutic space can be a challenge! And I have to acknowledge that the approach an EMHP can offer isn’t right for everyone - finding the right young people who can benefit from the interventions is important.

But the role is one I love, and opportunities for development, as a senior wellbeing practitioner or supervisor, make it an exciting career in its own right.



A CAREER AS AN...

EDUCATION MENTAL HEALTH PRACTITIONER



*This slide gives an overview of key elements of an EMHP role, linking to the **THRIVE Framework for system change**.*

Remind your peers, colleagues,
and key stakeholders to...

Check out our website...

You can find our CoP webpage
via the main PPN website at...



www.ppn.nhs.uk/north-west



Find and connect with
us on LinkedIn...

Psychological Professions Network North West

Your CoP co-chairs, as well as many of the PPN regional networks, can be found on LinkedIn. If you use LinkedIn, come and make some connections with us, and one another, and see what we're up to as Psychological Practitioners.

JOIN THE
PPN



Membership of the Psychological Professions
Network brings you:

- Updates on regional and national NHS policy developments
- Debates and consultations where you can learn from and influence colleagues and commissioners
- News about our and other organisations' activity, including CPD and events
- PPN regional events and annual PPWeek celebrations, including national conference and regional sessions
- Communities of Practice – join or start special interest groups across the region with our support

Membership is free and open to psychological professionals, trainees, experts by experience, and other stakeholders – join at ppn.nhs.uk/register

Do you have an idea, or something to submit, for our newsletter?
Or can we encourage you to join our newsletter team?

We are keen to engage our membership in developing content for this newsletter. We are looking for news, examples of good practice, shared learning, research or any other ideas/suggestions you feel would benefit our PP CoP.

If you are unsure about writing your piece up, please reach out to us with the idea and we can either write it for you, or give support to get it ready. We would love to build a team of people to develop this newsletter, to make it truly representative of the CoP membership and ensure content is interesting and relevant to all!

For issue 4, content requests (or submissions of ideas for inclusion) are required by the end of May 2024. Please send directly to Kirsty at:

kirsty.mcneilis@gmmh.nhs.uk

*Issue 4 due out around the
second week of June 2024.*

Thank you!