



Service User Involvement Development Project

Forum Connects

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Discussion & Consultation Day

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The Adult Mental Health Discussion Day was held in Cardiff City Hall on 4th February 2010. This event, the first for 3 years, covered national and local overviews of development from statutory and voluntary sector mental health services. Workshops were held to gain views on future developments and direction, including Early Intervention, Assertive Outreach, Recovery, Day Services and the Care Programme Approach.



Update for Plans on New Inpatient Unit

Cardiff and the Vale University Health Board (UHB) have announced proposals to review the plans for the Cardiff Adult Inpatient Unit. This is happening following the submission of the final plans to the Welsh Assembly Government (WAG) and a meeting with clinicians, which highlighted; changes to the models of care, the need for strengthened community services and the longer term economic outlook.

The UHB has raised concerns that the model proposed is too institutionally based and does not match best service models, which are based on strong and supportive primary and community services, with timely access to inpatient care only

where it is needed. Other issues include whether or not there is a need for two inpatient units and if not whether these sites should be on a district general hospital (such as Llandough) or community site (such as Whitchurch).

In the planning meeting the UHB stated that WAG have confirmed that capital funds are still available.

The UHB has arranged a meeting to discuss these issues on Thursday, 15 April 2010. Places available for four service users.

If it is decided that the plans should change, the UHB will undertake a full public consultation and will link with forums and networks.

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What's Co-occurring?

"Service users presenting with co-occurring problems can often be 'shunted' between general mental health and specialist substance misuse services"

There is substantial research which shows that a high proportion of people with substance misuse problems also experience difficulties with their mental health (ranging from mild anxiety and depression to more severe illness such as schizophrenia and bipolar disorders) and vice versa, often by attempting to 'self medicate' with alcohol and/or non-prescribed drugs.

Such people may be referred to within the mental health field as having *dual diagnosis or complex needs*. Unfortunately, service users presenting with co-occurring problems can often be 'shunted' back and forth between general mental health and specialist substance misuse services due to differences between agencies as to who should accept ultimate responsibility for their treatment and care. This may result in the

service user sometimes not receiving the best possible help or even no help at all.

The Welsh Assembly Government has published a Service Framework to meet the needs of people with Co-occurring Substance Misuse and Mental Health Problems. Services in Cardiff and the Vale have formed a multi-agency Framework Implementation Group (FIG) whose work currently includes developing interagency protocols for referral and joint working, and looking at staff training needs in respect of service users with co-occurring problems. The FIG has a service user representation to help in progressing the work of the Group. If you are interested in further information please contact

Michael Jones, email: rabbit.cymraeg@virginmedia.com

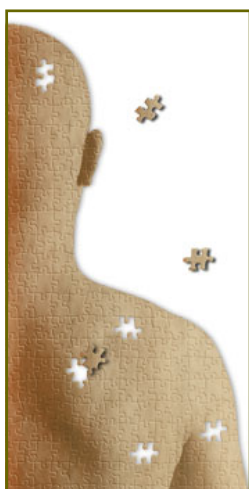
Announcements

Cardiff Adult Self injury Project (CASIP)

CASIP is a user led Cardiff based project for adults (18+) with experience of self injury. The group developed after it was realised there was a lack of services and support for people over the age of 25 who self-injure.

The group is open to men and women over the age of 18. Prospective members will be met by 2 existing group members to determine whether the group will meet their needs. As well as a safe place to talk, the group offers a range of activities.

Contact number: 07536 090430



Hafal Link Service

Have you been in trouble with the law?

Do you have a serious mental illness?

Hafal Link Service can help
To find out more please get in touch: 01792 816600
link@hafal.org

Alcohol Services for All

(A.S.F.A) A forum for people who are or who have experienced alcohol problems.

For more info contact Dave Tomlin on 029-20873624 , email: Dtomlin@cardiff.gov.uk

Book Prescription Wales—re-launched

The Book Prescription Wales scheme allows GPs and others working in primary care, as well as professionals working in Community Mental Health Teams to prescribe high quality self-help books to adult patients with mild and moderate mental health

problems.

It is an initiative of the Welsh Assembly Government and involves collaboration between Local Health Boards and Library Services. Using the existing library and health service infrastructure it allows a large number of patients to gain access to a high quality of psychological treatment.

CBT.....A Personal Experience

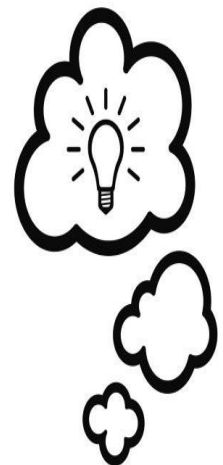
The first time Cognitive Behavioural Therapy (CBT), was suggested to me, I was, to say the least sceptical. Having been already poked, prodded and questioned endlessly, I doubted that a scientific treatment had a straight forward answer to fixing my thought process. I believed it to be a quick fix, positive thinking methods with a different name.

I was pleasantly surprised, CBT actually suggests that certain stimuli and emotions affect a thought we may have, depending on the stimuli and emotion we will think different things be they positive or negative. Offering the idea that it is not the stimulus (say an event or person) that makes us feel down but our evaluation of the stimulus. For

example, if you were turned down for a job then this would make us feel depressed. If you have experienced this, your own evaluation may be that you are fundamentally incompetent or that there were exceptional candidates. These thoughts may completely alter how you approach your next job.

I would have chosen the first evaluation, but to understand that my thought process wasn't exactly accurate, I filled out sheets explaining the stimulus, the thought and finally the emotion. My psychiatrist and I came up with a more appropriate thought. CBT is worth a try...its not about changing the way your mind works but understanding how it works.

'CBT...its not about changing the way your mind works but understanding how it works.'



Useful Contacts

A4e Pathways

A4e Pathways support people who are in receipt of a sickness benefit but want to return to work. Their aim is to make the transition from benefits into employment as smooth as possible.

For further information please contact them on 08454 233333

4Winds

The 4Winds is a user-led resource/drop in centre providing a welcoming meeting place for people experiencing mental health difficulties, services and information on mental health issues

65 Clare Road, Grangetown,
Cardiff, tel: 02920 388144

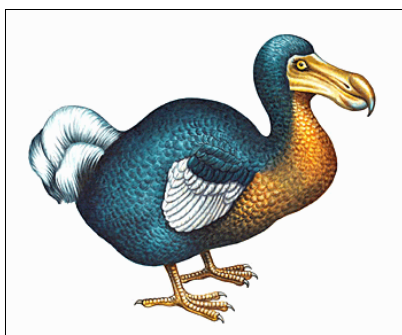
Self Management Training

An excellent 3 day course, free to attend for people with Bipolar who are MDF members, the Bipolar Organisation (formerly Manic Depression Fellowship) . The course promotes understanding and education which offers a realistic hope of living a happier and more fulfilling life.

Tel: 01633 244 244
email:
info@mdfwales.org.uk

Alone?

Emotional hobo
But not dead as a dodo
Feel a little like a yoyo
Bit up and down, no?
If that sounds like you do,
Don't do the boo-hoo you,
Do the smile voodoo
You are not alone



Dates for Your Diary/Events

Service User Forum event planning meeting - an open meeting for any service users who want to help plan and organise events. **Monday 29th March** from **11am - 1pm** at CVMHDP office in Trade St

Review of plans for New Inpatient Unit - open meeting for service users held on **Tuesday 13th April 7pm** at Chapter Art Centre, Canton, Cardiff. (See flyer for details)

Service User Forum Event - Inpatient Services **Thursday 22nd April-10.30am-3.30pm**. Look out for further information. Held at Cardiff Central Library.

Reps Support Network - for service users who are currently a rep at meetings or who are interested in being a rep in the future. **Tuesday 4th May 2010** at **2pm** at CVMHDP office in Trade Street

Communications Group - an open meeting for anyone interested in helping with our newsletter, *Forum Connects*—**Monday 17th May 2010** at **11am** at CVMHDP office in Trade Street

For all above meetings refreshments are provided and travel expenses can be paid. For more information contact Anna on 02920 222 000 or anna@cvmhdp.org.uk

4Winds Benefits Information Session: Liz Bettles, Cardiff Council Welfare Rights Worker, **Tuesday 30th March at 2.30pm** - Changes to the Welfare System at 4Winds, 65 Clare Road, Grangetown, Cardiff, CF11 6QP

Mind Cymru Manifesto Discussion - Mind Cymru are hoping to prepare a 2011 Manifesto that reflects the priorities, needs, ideas and aspirations of those involved with mental health in Wales. **Tuesday 20th April 2010** For more information contact: Rachel Bowen, at Mind Cymru on 02920 346588 Email r.bowen@mind.org.uk

Closing Date for Consultation on Putting Things Right The Welsh Assembly Government wants to improve the way that health organisations deal with people's concerns. For more information or to submit your comments by **02 April 2010** contact: puttingthingsrightconsultation@wales.gsi.gov.uk

R.S.V.P: Is there information you'd like to know about mental health services? Do you have information or articles you think other service users should know about?

Please get in touch: Tel: 029 20222 000 or at anna@cvmhdp.org.uk