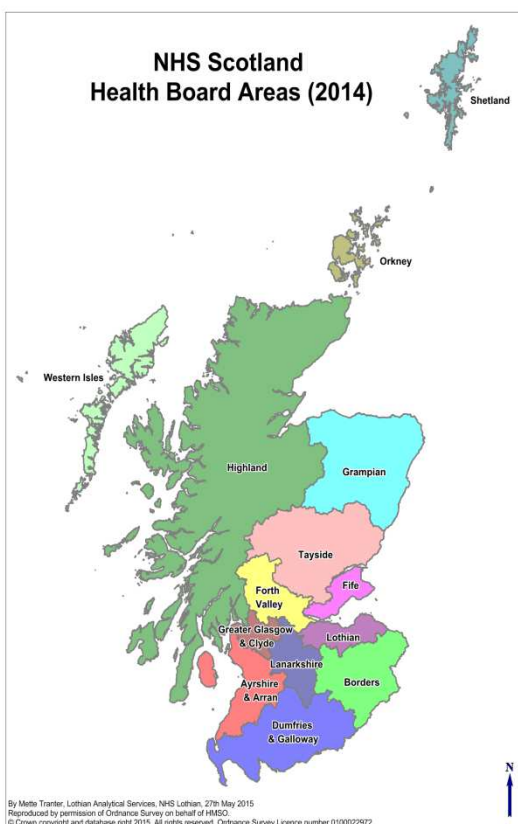


Hello,

We hope this finds you all well having enjoyed the festive season as we enter Easter. We thought it would be useful to update you on the progress we have been making since our last newsletter in October 2015. This newsletter is being written as we approach the V1P Scotland National Network launch event being held on Wednesday, 23rd March 2016. The Network launch will mark the establishment of the eight funded V1P centres across Scotland. We are sure you would like to join us in welcoming these new services to the network and the already established Lothian service. We hope you find this newsletter helpful, please get in touch to discuss any aspect of the programme and to share any further ideas you may have to support veterans, their families and communities across Scotland.

V1P Across Scotland



- Ayrshire & Arran** – Recruitment commenced and local partnership established
- Borders** – Team recruited and established
- Fife** – Team recruited and established
- Grampian** – MoU signed, developing local partnership and recruitment commencing
- Highland** – Clinical Lead in post and recruitment commenced; based in Inverness at Poppyscotland
- Lanarkshire** – Clinical lead in post and recruitment commenced for teams in Motherwell (SAMH/ Expeerience Counts) & Hamilton (LAMH)
- Lothian** – Based at Argyle House, Edinburgh commenced Criminal Justice and Individual Placement Support Pilots
- Tayside** – Fully operational based at City Quay in Dundee in Tayforth Veterans Centre

Ayrshire & Arran



A Memorandum of Understanding has been signed off by the Ayrshire & Arran Team Lead, Thelma Bowers. Partners in this venture will be Ayrshire-based charities and discussions are continuing with all local partners. The team will be recruited in the very near future and if you would like to be considered for posts please keep an eye on the NHS Show and Career Transition Partnership websites. We would also encourage partners to contact us regarding closer joint working in this region.

For further developments in this area, please contact V1P Scotland on V1P.Scotland@nhslothian.scot.nhs.uk or 0131 221 7090.

Borders



V1P Borders team is recruited and in place. Recently they have concluded the V1P induction training week and are currently receiving their first referrals. The administrative base is at Newstead, Melrose and they are developing drop-in facilities in Hawick and Galashiels. There is a lot of positive support from other agencies on which to build local partnership working with a 6-month review of the service being undertaken on 11th July 2016

For further developments in this area, please contact V1P Borders on V1P@Borders.scot.nhs.uk or 01896 825550.

Fife



V1P Fife team now in place and has concluded the V1P induction training week. They are receiving their first referrals, thirty so far, mainly from existing psychology services. Currently, the team is based at Lynebank Hospital, Dunfermline, running registration and clinic appointments across Fife. The team is also looking to develop drop-in access centres across various locations in Fife: Kirkcaldy; Glenrothes and Cupar. A 6 month review of the service is being undertaken on 4th July 2016.

For further developments in this area, please contact V1P Fife on Fife-UHB.VeteransFirstPoint@nhs.net or 01383 565393.

Grampian



V1P Grampian is currently advertising 3 Peer Support Worker posts and 1 Psychological Therapist post. The search for suitable premises in Aberdeen continues. The team will be providing an outreach service across Aberdeenshire and Moray, which will be regularly reviewed considering demand and capacity. We are also about to start the recruitment process for a Service Lead/Clinical Lead.

For further developments in this area, please contact V1P Scotland on V1P.Scotland@nhslothian.scot.nhs.uk or 0131 221 7090.

Highland



V1P Highland's clinical lead, Sarah Muir is now in post and progressing to the recruitment and selection of peer support workers and therapists. They have established a partnership with Poppyscotland Inverness where V1P Highland will be based. The Team will also be exploring options for providing geographical cover for therapeutic interventions to remote communities. Lots of interest and support from other agencies will enable the further development of partnership working

For further developments in this area, please contact V1P Highland on nhshighland.veteransfirstpoint@nhs.net or Poppyscotland on 01463 710300

Lanarkshire



Nicola Cogan has been appointed as clinical lead for V1P Lanarkshire, and we are delighted to welcome her to the V1P network. The psychology team along with the admin support will be based at Houldsworth Centre, Wishaw. Peer support is based with our two third sector partners: SAMH / Expeerience Counts in Motherwell, North Lanarkshire and Lanarkshire Association of Mental Health (LAMH) in Hamilton, South Lanarkshire. This enables V1P Lanarkshire to have a wide geographical spread with two central hubs from which to operate, and an additional base in South Lanarkshire is being considered.

For further developments in this area, please contact V1P Scotland on V1P.Scotland@nhslothian.scot.nhs.uk or 0131 221 7090.

Lothian



The Lothian service continues to be busy with 271 referrals in the last 12 months. During that time we have offered 136 clinical assessments and had attendance at 121, underlining the benefit of engagement with a Peer Support Worker at registration. We have two new members of the team: Jude McClurg who has joined as Peer Support Worker and Lisa Mulvaney, an Occupational Therapist, seconded to trial the Individual Placement Support model, promoting mental health recovery through work.

In addition to the range of activities co-ordinated by the Peer Support team such as fly-fishing, walking and gardening, we have two 12-month pilots in progress - summarised below - with our established model of partnership working again to the fore. Further evidence of partnership being monthly art workshops at the Personnel Recovery Centre in Gilmerton as part of their recovery programme for wounded injured and sick soldiers. These are run by Jessica Beale and co-ordinated through Peer Support. We hope that by continuing good relationships with military services such as the project above and attendance at HARDFACTS meetings we can reach a proportion of early service leavers, at point of discharge, who we know are more likely to struggle after their service.

For further developments in this area, please contact V1P Lothian on enquiries@veteransfirstpoint.org.uk or 0131 220 9920.

Tayside



V1P Tayside opened on the 1st September 2015 and is located within Tayforth Veterans Centre, City Quay, Dundee. The service has had 60 + referrals to date and is currently operating a brokerage model. The V1P team is seeing a small number of referrals to provide a range of therapies and these are the clients with the most complex needs. The remaining referrals are being assessed by the V1P team and referred into generic psychological services. Peer Support has accrued a heavy case load in supporting clients into therapies and also addressing support and well-being issues.

The client group is of a younger age than was initially expected with significantly more issues related to PTSD and are seeking help in a shorter time frame after leaving the forces.

Currently Tayside are recruiting a maximum of 16 clients to engage in the SAMH Employable programme and are also identifying clients to engage in the Stand Easy Project, providing drama skills and working towards a performance project. V1P Tayside is also undertaking a service user review of experience that will inform their services 6 monthly review taking place on 17th March 2016.

For further developments in this area, please contact V1P Tayside on vfp.tayside@nhs.net or 01382 206207.

V1P Scotland National Network meeting

We held our first national network practitioner meeting hosted by V1P Fife at Lynebank Hospital, Dunfermline on 23rd February 2016. This was a great opportunity to update, exchange information and further develop the V1P service network across Scotland

V1P Scotland National Network Launch

The 1st Annual Veterans First Point Scotland Conference: Celebrating the Launch of V1P services across Scotland is being held on Wednesday, 23rd March 2016 at Edinburgh International Conference Centre, The Exchange, 150 Morrison Street, Edinburgh EH3 8EE

Thanks to all our partners, who have contributed to this event; the speakers, workshop facilitators and participants who celebrate with us the launch of our network of V1P services for Veterans and their families in Scotland

Funding

The V1P Scotland Team is exploring funding opportunities for specific projects that will add to the capacity of the regional V1P Teams. There continues to be the expectation, as outlined in the Scottish Government Mental Health Strategy, that there is a responsibility on individual Board areas to explore local funding arrangements post October 2016. Outcomes of the QMU evaluation are hoped to justify future funding of services and a "Standing Finance" item will be added to each V1P Network meeting to ensure this is addressed.

New Developments and Test of Concept

Community Justice Pilot

The aim of this Test of Concept is to support the Armed Forces Covenant by recognising Veterans whose offending can be identified as connected to disadvantage from their service in the Armed Forces. The project delivers appropriate joint action to address the "root" cause of offending, as part of a Community Payback Order (Supervision Order), thus reducing the likelihood of reoffending.

This is a partnership between Community Justice, City of Edinburgh Council, V1P Lothian and Veterans Scotland.

Individual Placement Support (IPS) Pilot

An Occupational Therapy led pilot project using evidence based Individual Placement Support (IPS) has commenced within the V1P Lothian team. The ethos of IPS is that wanting to work and believing that you can are the best predictors of work outcomes.

The primary goal is not to change the individual, but to find a natural match between the individual's strengths and experiences and a job.

The key features of IPS model:

- The Employment Specialist is a member of the clinical team.
- All staff within the clinical team collaborate to provide optimal support to address the client's health and social care needs, including retaining or gaining employment and other vocational needs
- Employment specialist works directly with clients as part of the care planning process, addressing their vocational needs and ensuring that vocational goals are given a high priority
- Co-ordinate all vocational plans with other team members

Building & Developing Our Partnerships

Partnership with PRU

The Personnel Recovery Unit (PRU) work within the Ministry of Defence (MOD). V1P are delighted to now be invited, where appropriate, to the PRU discharge case review meetings (HARDFACTS) for transitioning wounded, injured and sick soldiers. Our Partnership with Personnel Recovery Unit on discharge planning is now firmly established and developing to meet the needs across Scotland, with our V1P national network of newly established services, together ensuring that this will help ease the transition process for the most vulnerable.

Partnership with Veterans UK

Building on our partnership with Veterans UK (MOD) in Lothian, this partnership is now being discussed throughout all eight V1P Scotland services providing advice and support to veterans in regard to pensions, compensation for injury and appeals

Partnership with ASAP

Again, building on our partnership with Citizens Advice Scotland's Armed Services Advice Project (ASAP) in Lothian, this partnership is now being discussed at a local level by all eight V1P Scotland services, providing rights advice and support to veterans.

V1P Scotland Evaluation

The Transformation Station is a collaborative between NHS Lothian and Queen Margaret University. The Transformation Station Team is working with V1P Scotland to perform a robust evaluation. The evaluation is using quantitative and qualitative approaches based on secondary data analysis of information gathered routinely during contact with veterans in the national centres.

V1P Training and Support

Induction training

Induction training for V1P Centres has been successfully delivered by V1P Scotland team to Tayside, Fife and Borders. The V1P Scotland team has received positive feedback from participants

"I enjoyed for the first time in our teams going through a case as if it was real. Enjoyed & found very helpful meeting our peers who had been in the role for some time & getting their tips."

"Mix of didactic and experiential learning. Found group tasks, role playing scenarios useful. Meeting with counterpart in Lothian was helpful. Presentations from partners also useful on transitions."

Future training is arranged for Lanarkshire in May and dates are being set for Highland, Grampian and Ayrshire & Arran.

Training modules

During 2016 we will be delivering one and two-day training modules on a range of topics. We would expect these courses to be of interest to other agencies working with veterans and, for example, general services within the NHS and councils who may encounter veterans, but not necessarily working exclusively with this group.

Presently the V1P Scotland development team is offering the following sessions:

- **Outcome Star Training**

The Outcome star is used within Veterans First Point Lothian as a tool to support and measure the process of change for veterans who attend the service. It can be used as a whole team approach to develop an action plan for veterans that is appropriate to their stage of recovery. The training is appropriate to anyone within the V1P teams involved in formulation and support to clients. The training will be delivered by Lucy Abraham, Accredited Outcome Star trainer.

- **Veteran Peer Support Module**

The value of peer work in health and social care settings is being increasingly acknowledged and is, of course, integral to the V1P model. This session explores the role of peer support working within veterans' services. Topics covered will include inequalities, inclusion, role, boundaries and confidentiality as well as reflective practice.

- **Veteran Mental Health Module**

This session aims to outline some of the unique aspects of military service and increase participants' understanding of a range of mental health problems, typically encountered when working with veterans. It will also explore how these may impact upon individuals when they seek help from other agencies.

- **Veterans Motivational Interviewing Module**

An introduction to the theory and practice of MI is being showcased as a presentation at the V1P Network Launch Conference. The course is equally suited to novices or those with previous MI training and knowledge. MI is highly valued as a way of improving communication to help people bring about change for the better.

• Introduction to Cognitive Analytic Therapy for Veterans

Cognitive Analytic Therapy, as its name suggests, brings together understandings from cognitive psychotherapies (eg. CBT) and psychoanalytic approaches into one integrated, user-friendly and effective psychotherapy (see www.acat.me.uk for more information). This course offers an introduction to CAT in order to help staff understand their relationships with service users and colleagues differently and improve engagement. It is designed for those who do not necessarily have any prior therapeutic training.

Please do contact us if you have any questions or additional ideas for training.

V1P Scotland: Who we are

- ❖ Dr Lucy Abraham - Consultant Clinical Psychologist and Veterans First Point Scotland Service Lead (1.0 wte)
- ❖ Sharon Fegan - Consultant Psychological Therapist (0.6 wte)
- ❖ John Wills - Consultant Psychological Therapist (0.6 wte)
- ❖ Dave Carson - Senior Health Promotion Specialist for Veterans Mental Health and Well-being (1.0 wte)
- ❖ Ann-Marie Corkerton - Secretary
- ❖ Linda Irvine - Strategic Lead (0.1 wte)
- ❖ Dr Alex Quinn - Psychiatrist (0.1 wte)
- ❖ Anne Gioko - Secretary – now on Maternity Leave (1.0 wte)

Date for your diary: Wednesday, 23rd March 2016

V1P Scotland National Network Launch at EICC, Edinburgh

You can contact us by:

Email: V1P.Scotland@nhslothian.scot.nhs.uk

Website: www.veteransfirstpoint.org.uk

Phone: 0131 221 7090

V1P Network Contact List

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