Greater Manchester Universities Mental Health Service Pilot

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THE
KEY FACTS

Mental Health is the largest single cause of disability
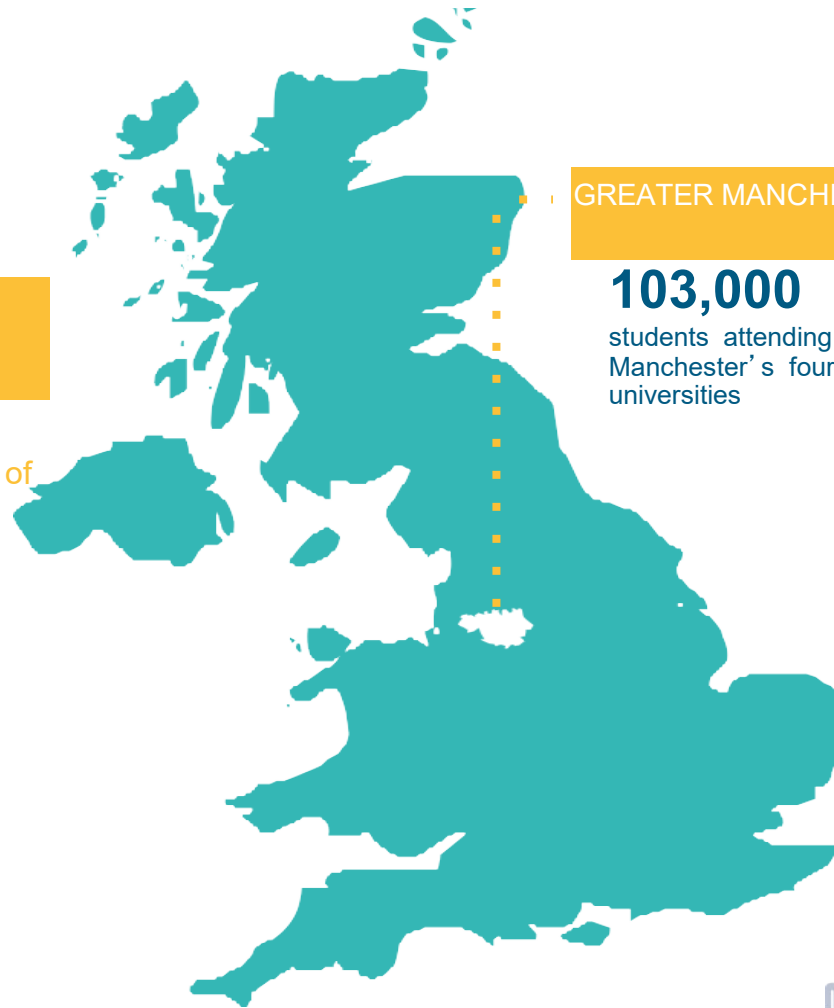in the UK – an approximate cost to the economy of £105 billion a year – roughly the cost of the entire NHS!

103,000
students attending Greater Manchester's four universities

33,000
graduates per year

19,000
International students

Greater Manchester is the largest campus in Europe

ON A NATIONAL LEVEL...

2.3million
students in the UK

1.8million
full time students

518,930
part time students

Students in Greater Manchester represent **10%** of the resident population

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Student suicides have **increased**

population in the same age range

Over the past 5 years, **94%** of

a sharp increase in the number of people trying to access support services

The number of students dropping out of university with mental health problems has more than **trebled** in recent years

HOW MENTAL HEALTH IS AFFECTING THE UNIVERSITIES AND STUDENTS

33% of students said they wouldn't know how to access mental health support

50%

of school leavers go into higher education

Graduates enjoy **higher levels** of wellbeing and lower level of mental ill health than non-graduates

The incidences of mood, anxiety, psychotic, personality, eating, and substance use disorders peak in adolescence and early adulthood: **50%** of mental health problems are established by age 14, 75% by the age of 18
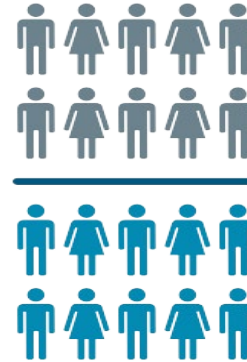
Wider costs of mental health problems to the UK economy are **£70-100 billion per year**

Mental health problems are the single largest cause of disability in the UK

REFERENCES

Minding Our Future, Universities UK, 2018. Not by degrees: Improving Student Mental Health in the UK's Universities, Institute for Public Policy Research, 2017. NUS Survey, 2015. Chief Medical Officer's Report, 2013. Step Change, Universities UK, 2017. 5 Year Forward View, NHS England, 2014

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"Mental health impacts on every aspect of a student's life.

The support that students receive at

university will have an impact on the rest of their lives, not just their time at university...this service should be about helping students achieve their full potential."

Student Focus Group

Practical Action

- June 2017 - Greater Manchester Student Mental Health Summit

- Mobilisation of GM Task & Finish Group with partners

- An integrated, single pathway and hub for all HE students within GM

  – Information and signposting (Getting Advice)

  – Goals focused evidence informed and outcomes focused interventions (Getting Help)

  – Extensive treatment (Getting More Help)

  – Risk management and crisis response (Getting Risk Support)

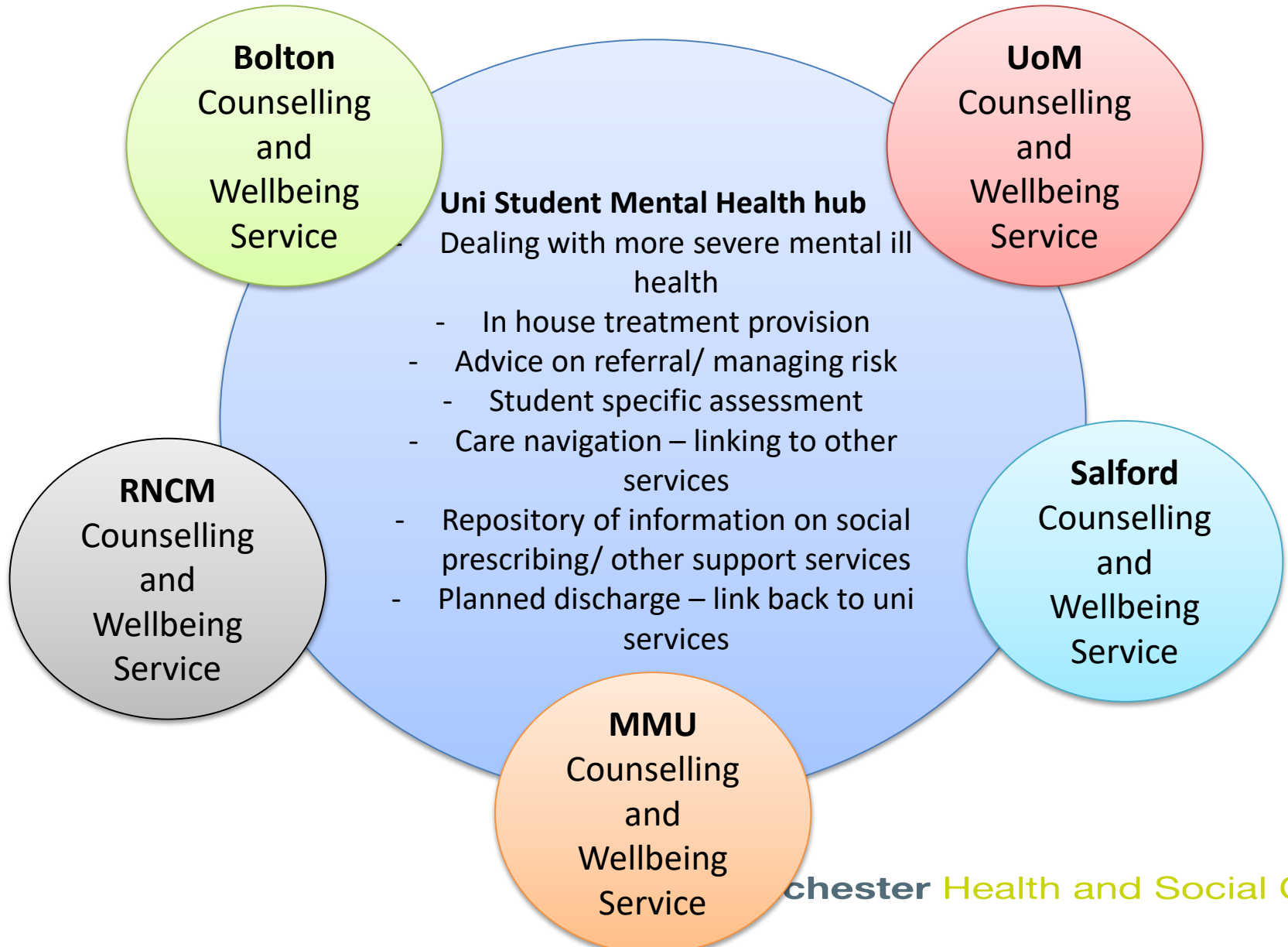**Greater Manchester** Health and Social Care Partnership

Unique Partnership

- University of Manchester
- University of Bolton
- University of Salford
- Manchester Metropolitan University
- Royal Northern College of Music
- Greater Manchester Health & Social Care Partnership (NHS)
- Industry?

Aim of the Service

The aim of the service is to provide proactive mental health assessment, support and interventions from experienced mental health professionals to students to enable them to fulfil their university ambitions and experience. Students with pre-existing mental health problems or those whose mental health problems emerge whilst at university will be supported to succeed and to manage their mental health.

Service Provision

Bolton Counselling and Wellbeing Service

UoM Counselling and Wellbeing Service

RNCM Counselling and Wellbeing Service

Salford Counselling and Wellbeing Service

MMU Counselling and Wellbeing Service

Uni Student Mental Health hub
- Dealing with more severe mental ill health
- In house treatment provision
- Advice on referral/ managing risk
- Student specific assessment
- Care navigation – linking to other services
- Repository of information on social prescribing/ other support services
- Planned discharge – link back to uni services

GMMH Establishment

Role	Band	WTE	Function
Team Leader	8a	1.00	Operational Management
Consultant Psychologist	8c	1.00	Clinical and psychological leadership
Psychological Therapists	7	3.00	Therapists delivering psychological interventions
Mental Health Nurses	7	4.00	Case Managers/Care Navigators
Administrator	4	1.00	General admin and data collation
Consultant Psychiatrist		1.00	Clinical leadership
Total		11.00	

Service Outcomes

- Develop a responsive mental health service, informed and co-produced by the engagement of students with lived experience, by integrating existing university mental health services with the GM Universities Mental Health Service

- Develop integrated mental health pathways between the University Counselling and Wellbeing Services, the GM Universities Mental Health Service, mainstream mental health services and Voluntary, Community and Social Enterprise (VCSE) services

- Provide timely access to a wider range of psychological interventions and mental health treatment within the universities

- Reduce waiting times to access mental health support

- Reduce the suicide rate

- Reduce in patient admissions

- Reduce use of local services, e.g. A&E, to access mental health crisis support

- Improve support systems for university staff supporting people with mental health problems

- Develop a consistent approach to risk assessment and needs assessment process to ensure students access the right part of the care pathway

Pilot Evaluation

- **Performance Monitoring** – Contracted KPIs and Outcomes

- **Clinical outcomes** – these will be defined through co-production with the Clinical Reference Group, the Service leads and student involvement with input and insight from yourself.

- **University outcomes** – a longer term piece of work as the outcomes will link to academic timescales – supported by Research Assistant

- **Case studies/student stories bank** – this will develop over the course of the pilot - capture case studies and student stories

- **The role of the partnership** – how we have linked with VCSE groups and targeted groups, University Wellbeing services, community services like IAPT, GPs and other GM programmes like Suicide Prevention and Eating Disorders.

Governance

University Mental Health Service Governance – June 2019