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Wellbeing
Service
UWE Bristol

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2021

Mental Health and Wellbeing Approach across the University of the West of England

Universities UK updates

- Emphasis on offering guidance and tools to encourage Universities to engage with Mentally Healthy University agenda.
- With OfS, over 20m in Challenge funding to develop range of products to build evidence base of “What works” in different settings.
- Collaborative projects designed to create resources and learning to be shared with Universities, partners and policy makers.
- New project starting that relates to leadership in universities – 12 VCs and senior teams developing framework for senior team to engage with Mental Health and Wellbeing agendas to drive the agenda across all parts of organisation.
- Ensuring that Mentally Healthy University agenda is for staff and students equally.

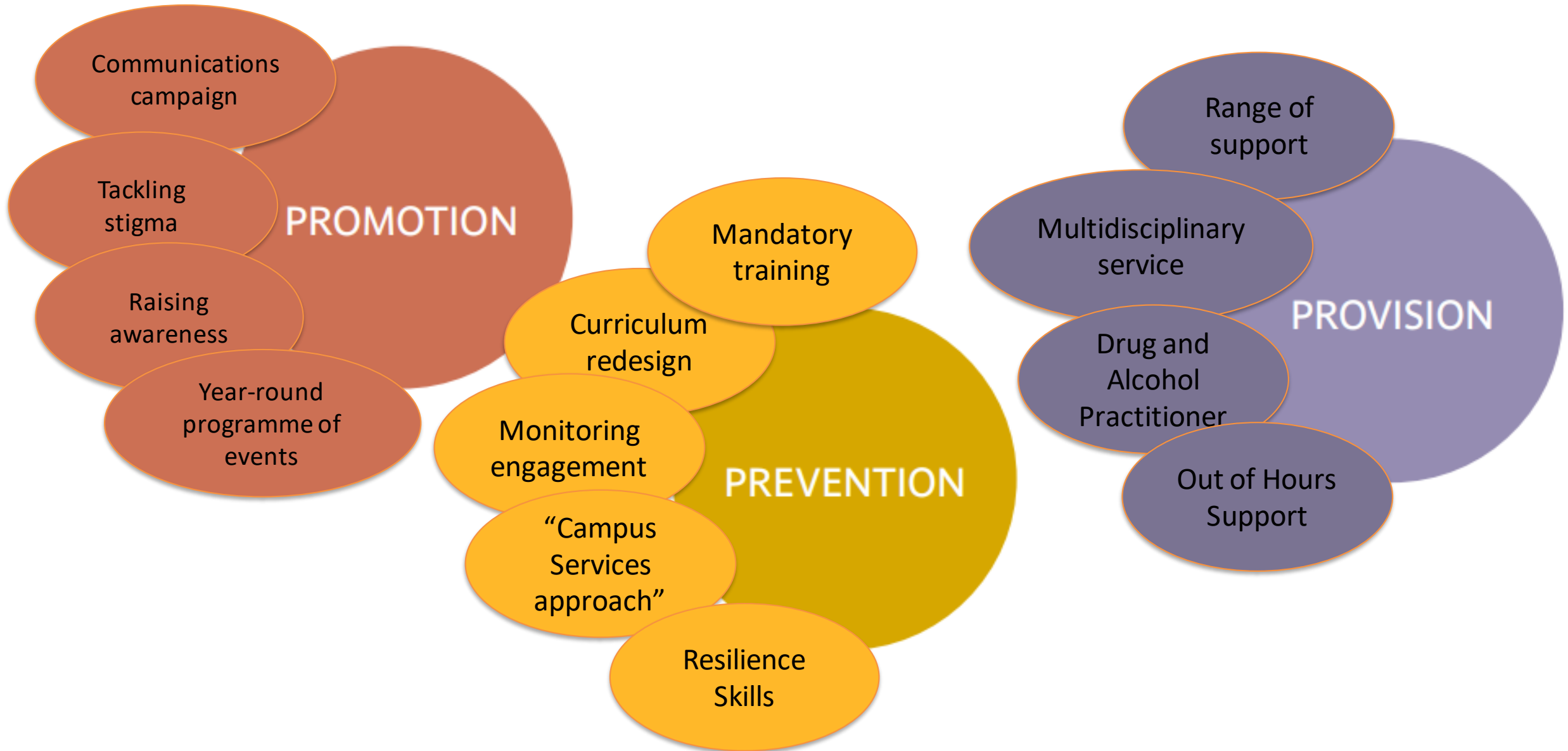
UWE Bristol



Mental Health at UWE Bristol

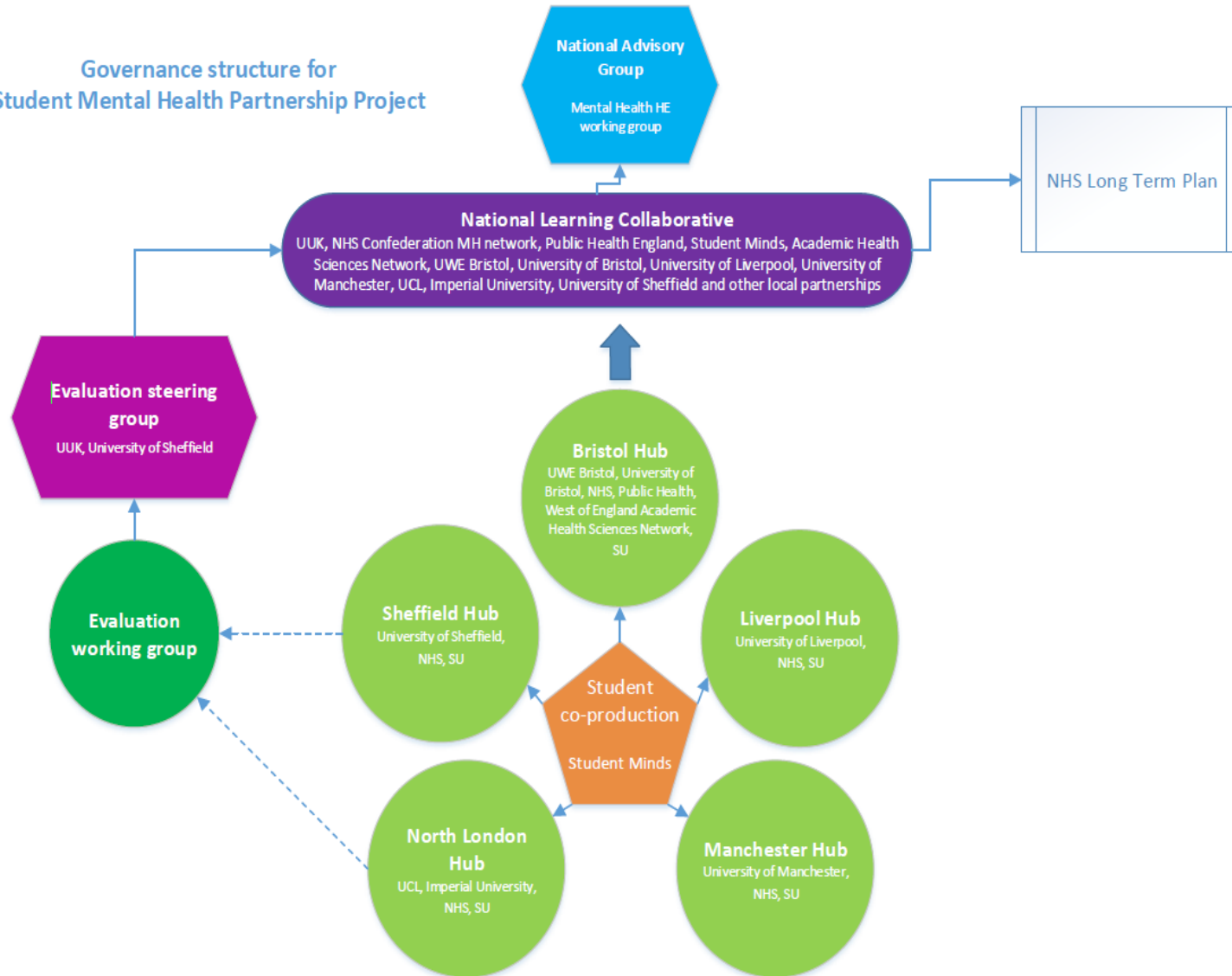
- Mental Wealth Strategy
- Student Partnerships (NHS) Project
- Serious Concerns Framework
- Wellbeing Service

Mental Wealth Strategy

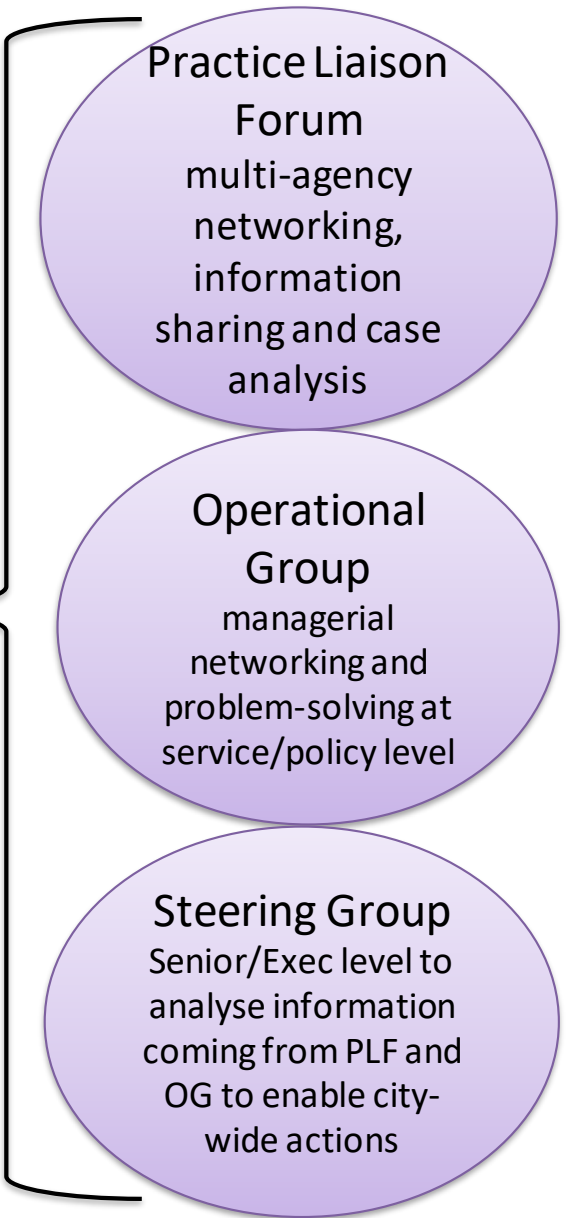


Student Partnerships Project

Governance structure for Student Mental Health Partnership Project



Student input and co-production



Serious Concerns Framework

- Collaborative working between multiple services within the University to flag, assess and manage risks to students.
- Dedicated phone line for students and 3rd parties to make contact and raise concerns about self or others. Calls triaged by Safeguarding officer and tasked to relevant service/team.
- Weekly multi-service risk management meetings to assess and deal with incoming cases.
- Framework currently being refined to include issues like coordinating responses to student deaths, contacting emergency contact etc.

Wellbeing Service

- Multidisciplinary service providing Counselling and Mental Health Support. Drug and Alcohol Practitioner embedded within the team from external agency. Local arrangement with Nilaari (BAME focused local counselling provider) for students who request referral.
- Initial Triage appointment potentially leading to either Counselling (Single session model) or Mental Health Support (bespoke support planning with regular reviews).
- Duty system working in conjunction with Serious Concerns Framework.

Wellbeing post-covid

- 21% reduction in registrations with the service for 19-20 year overall but 5.3% increase in attended appointments.
- 65% increase in “recent trauma”, 52% increase in “abuse”, 90% increase in “other MH condition” no change in addictive behaviours or eating disorders, 43% reduction in self harm.
- 50% decrease in referrals to NHS secondary services, only one taken into services. No referrals post-lockdown.
- Remote appts – less than 20% are “online”, majority are phone appts.
- Serious Concerns data – 25% reduction in self-harm, 26% in suicide (caveat – includes thoughts and attempts, rough data), 11% alcohol and 12.5% drug use.
- Peak in calls to SCL end of Oct and start of Dec, 27.9% reduction overall.

Thank You