

Cross-Party Group on Mental Health

Wednesday 8th February 2023 at 12pm

AGM Minutes

Present

MSPs

- Emma Harper MSP
- Oliver Mundell MSP

Non-MSP Group Members

- Abdulai Jawo Bah, FJSS Group
- Amelia Holt, Beat
- Andrew Muir, Psychiatric Rights Scotland
- Barry Gale, Mental Health Rights Scotland
- Brian Magee, COSCA
- Carol Murray, Scottish Heads of University Counselling Services
- Catriona Connell
- Catriona Melville, Age Scotland
- Charlotte Mitchell
- Chloe Campbell, SAMH
- Harriette Campbell
- Ele Davidson, CAPS Independent Advocacy
- Fiona Partington, The Health Agency
- Gillian McElroy, The ALLIANCE
- Helen Mauld, NASUWT
- Hunter Watson
- James Banner-Rall, Recovery Inverclyde Mental Health
- Jamie Dalgoutte, Your Voice
- Jane Morris
- Jeanette Miller
- Jim Dorman, St Andrews First Aid
- Kathleen Cronie, LGBT Youth Scotland
- Katrina Sayer, ENABLE Scotland
- Kira McDiarmid, Change Mental Health
- Kirsty Pavey, Beat
- Kirsty-Louise Hunt, Barnardo's Scotland
- Lauraine MacDonald
- Lynsey Mcphail, Cruse Bereavement Support Scotland
- Mairi Campbell-Jack, SAMH
- Mark McDonald, Scottish Autism
- Martyn Pickergill, Usher Institute at the University of Edinburgh
- Matt Farnham, The Man Cave
- Matthew James, Royal College of Psychiatrists in Scotland
- Meg Moss, The National Counselling Society
- Mehar Shagufta, Playlist for Life
- Michael Foley
- Michelle Howieson, Bipolar Edinburgh
- Michelle Wilson, Children's Health Scotland
- Nelly Whaley, Salvesen Mindroom Centre
- Oluwatoyin Opeloyeru
- Patricia Rodger
- Paula Fraser, VOX Scotland
- Ruth Ann McCalla
- Sam McIntyre
- Sheriff Lamptey, FJSS Group
- Steve Mulligan, BACP
- Tony McLaren, NHS24
- Wendy Bates, Health in Mind

Apologies

- Agnieszka Morrison, Feniks
- Beatrice Wishart MSP
- Ian McCall, Paths for All
- Jill Stavert, Edinburgh Napier University
- Katie Borland, See Me
- Maurice Frank

Welcome, introductions and apologies

- Emma Harper MSP gave a warm welcome to attendants and explained that SAMH had been unable to provide a mental health first aider for the meeting.
- Chloe Campbell introduced themselves as the new Public Affairs Assistant and point of contact for CPG related queries at SAMH.

ACTION

CPG members to let SAMH know at publicaffairs@samh.org.uk if they are able to take on the role of Mental Health First Aider at future meetings.

Confirm Group Office Bearers

- Emma Wishart MSP, Oliver Mundell MSP and Beatrice Wishart MSP stated that they were happy to continue as Conveners of the group. Jeanette Miller proposed the Members continue as Conveners and Helen Auld seconded this motion.
- SAMH stated that they were happy to continue as Secretariat of the group. Emma Harper proposed SAMH continue as the Secretariat and Sam McIntyre seconded this motion.

DECISIONS

The office bearers were re-elected as follows:

Conveners

- Emma Harper MSP
- Oliver Mundell MSP
- Beatrice Wishart MSP

Secretary

- SAMH (Scottish Association for Mental Health)

Presiding Officer letter update from Oliver Mundell MSP

- Oliver acknowledged the groups struggle to meet recently as a result of overrunning Chamber business and the impact this has had on group member's ability to engage.

- Oliver stated that Martin Whitfield, Convener of the Standards and Procedures and Public Appointments, is reviewing how CPGs work and has assured Conveners that concerns are being taken seriously.
- A group member raised that it would be difficult for serving teachers to attend meetings if they are to be held in the afternoon moving forward.
- As a solution to this, another group member suggested that meetings alternate between daytime and evening so that all group members have an opportunity to attend.

ACTION

Conveners and SAMH to meet together to discuss how we plan meeting times moving forward.

CPG report update from SAMH

- SAMH's Mairi Campbell-Jack gave a short update on CPG's report, 'Inquiry into the Impact of the COVID-19 Pandemic on Mental Health'.
- The report was released and received media coverage in January 2023 on Deadline News (see [here](#)) and TFN (see [here](#)).

ACTION

SAMH to send a copy of the CPG report when the minutes of the AGM are circulated for group member's reference.

Ideas for future work

Many ideas about future work were raised including discussions on:

- The link between teaching and mental health
- The potential redesign of public services to reduce mental health harms to staff
- Requesting written evidence from the Minister about what is being done about long-term institutionalisation (inspired by the Disclosure episode, 'Locked in a Hospital') and working with other relevant CPGs on our response
- Avoiding 'medicalising' all wellbeing issues and clarifying what is meant by social wellbeing, mental health and mental illness
- Compulsory confinement
- Electric convulsive therapy
- The Scottish Mental Health Law Review and Mental Health Act, the way that capacity law will interact with these, and the impact that this will have on those with a learning disability or who are autistic
- The mental health of care experienced young people
- How our human rights will be upheld with legislative change
- Differentiating between disability and long-term and enduring mental illness, and mental health in general
- The mental health of new Scots and minority ethnic people, and how we support them (with different cultures in mind) in their:
 - Experiences of hostility from the Home Office

- Whole family mental wellbeing and resilience
 - School, community, and residence settings
- The cost-of-living crisis and the cost associated with recovery from mental illness

DECISIONS

- Conveners will write a letter to the Government on behalf of the CPG to ask when they will publish their response to the Scottish Mental Health Law Review.
- The CPG will invite Kevin Stewart MSP to a future meeting to answer questions from group members.

Discussion about SAMH's group agreement

- A group member expressed discomfort at anonymous accusations being able to decide membership.
- A group member expressed that personal attacks on individuals should be unacceptable.

DECISION

The group will provide any comment on the group agreement by email and the Conveners and SAMH will find consensus in those answers to make amendments if necessary.

ACTION

Group members to look at the 6 discussion questions included in the paper and provide feedback on those by email to publicaffairs@samh.org.uk.

Voice of lived experience

- Some group members feel that it is quite difficult for all voices to be heard in the current Zoom meeting format. Emma Harper MSP suggested that meetings have breakout sessions where those discussions can be fed back into a whole group discussion.
- A group member spoke of their experience in the asylum system and the racism that they experienced when seeking both physical and mental health care.
- Another group member spoke of their struggle in employment and in the tribunal process (which took four years and now provides case law for future claims). They state that this is a draining and inaccessible process for those with mental illness.

ACTIONS

- Emma Harper MSP - in their capacity as a member of the Health, Social Care, and Sport Committee - will arrange a meeting with the group member to further discuss their experience with racism and accessing health care.
- Conveners and SAMH to further discuss how to make meetings as accessible as possible to ensure all voices are heard.

AOB and next steps

- Kathleen Cronie stated that LGBT Youth Scotland is currently undertaking research which will have some focus on mental health and wanted to let group member's know that this work is ongoing and that they would be happy to chat about it if anyone had further interest at Kathleen.cronie@lgbtyouth.org.uk.
- Emma Harper MSP stated that Epilepsy Scotland is currently developing a campaign around epilepsy and mental health and are seeking the views of people with epilepsy to shape their campaign. If you would like to contribute, the survey can be found [here](#).