

# Cross-Party Group on Mental Health

Wednesday 3<sup>rd</sup> May 2023 at 12:00pm

## Minutes

## Present

## MSPs

- Beatrice Wishart MSP (Co-convener)
- Oliver Mundell MSP (Co-convener)

## Non-MSP Group Members

- Agnieszka Morrison, Feniks
- Alison Keir, The Royal College of Occupational Therapists
- Andrew Muir, Psychiatric Rights Scotland
- Barry Gale, Mental Health Rights Scotland
- Brian Magee, COSCA
- Carol Murray, Heriot-Watt
- Catriona Melville, Age Scotland
- Chloe Campbell, SAMH
- Craig Smith, SAMH
- Ewan Carmichael
- Fiona Mackay
- Ian McCall, Paths for All
- James Banner-Rall, Recovery Inverclyde Mental Health
- Jane Morris, Royal College of Psychiatrists
- Jim Dorman, St Andrew's First Aid
- Jim Hume, Change Mental Health
- Joanne Docherty, Psychologists for Change
- Katie Borland, See Me
- Katrina Sayer, ENABLE Scotland
- Kirstin Worsley, Breastfeeding Network
- Kirsty Pavey, Beat
- Laura Gibson
- Lucy Mulvagh, The ALLIANCE
- Lynsey McPhail, Cruse Scotland
- Manuela Coletti, Craigsfarm Community Hub
- Marion Willshaw, Staf
- Matthew James, Royal College of Psychiatrists
- Mehar Shagufta, Playlist for Life
- Michelle Howieson, Bipolar Edinburgh
- Molly Newhouse, CAPS Independent Advocacy
- Nick Jedrzejewski, See Me
- Oluwatoyin Opeloyeru
- Paula Fraser, VOX Scotland
- Rachel Matheson, Salevson Mindroom Centre
- Sheriff Lamptey, FJSS Group
- Steve Mulligan, BACP
- Susan Hunter, Befriending Networks

- Tara Lillis, NASUWT
- Tony McLaren, NHS 24
- William Hunter Watson

## Apologies

- Christine Puckering, Mellow Parenting
- Jeanette Miller
- Florence Burke, Children in Need
- June Deasy, The British Psychological Society
- Katie Gilbert, NUS Scotland
- Mairi Campbell-Jack, SAMH
- Nelly Whaley, Salvesen Mindroom Centre
- Rebecca Crowther, Equality Network
- Thomas Jennings

## 1. Welcome, introductions and apologies

- Oliver Mundell MSP welcomed attendees and gave a vote of thanks to Emma Harper MSP who has stepped down as Co-convenor of the group.

## 2. Minutes from previous meeting

- Regarding the CPG's group agreement, Oliver Mundell MSP stated that the Conveners are aware that some members still have concern about the agreement, particularly in relation to the handling of complaints. As such, they have written to the CPG clerks to get some advice on this issue.
- Regarding meeting accessibility, Chloe Campbell acknowledged the diverse accessibility needs of the group's membership, and the Secretariat and Convener's want for everyone to feel able to attend and contribute to meetings in a way that works for them. Oliver Mundell MSP reiterated the desire to accommodate accessibility needs but highlighted parliamentary rules and sitting times are an unavoidable constraint on meeting times.

### ACTIONS

- SAMH to circulate Conveners letter to CPG clerks with meeting minutes.
- SAMH to provide further detail of meeting accessibility survey by email to membership.

### 3. The [Scottish Mental Illness Stigma Study](#)

- Nick Jedrzejewski from See Me presented the findings of the study, focusing in on the themes of: relationships with friends and family, mental healthcare services, healthcare services, employment, and social media.
- In response to the underrepresentation of some population groups (such as older people and those from racialized communities) in the research participants, Lucy Mulvagh commented on the difficulty of getting a good cross-section of our population to take part in studies like this. Nick stated that importance of building trust in these communities and that this is a long-term process that many organisations had started a number of years ago.
- Susan Hunter raised their interest in the theme of relationships and expressed an interest in meeting with Nick and Katie to discuss the distinction between friendships and other sorts of relationships.
- Jane Morris shared their frustration at the lack of progress that appears to have been made since See Me began to campaign on stigma. They questioned whether society being more open to conversations about mental health in general meant that there is less stigma, especially for those with severe and enduring mental illness. They raised the question of whether we should support people to understand their rights and the impact that disclosing their mental illness might have before doing so. Noted an interest in the unique feelings of stigma and discrimination experienced by those aged 65 and over, which is a population group that lacked representation in the research participants.
- Ewan Carmichael highlighted the stigma and discrimination that young people experience. They stated that they would be interested in an intersectional perspective on stigma which incorporated considerations of, for example, race, gender and neurodiversity to build a bigger social picture. Nick stated that See Me have started to look at race and gender considerations in their work but will feed back considerations of neurodiversity to the wider team.
- William Hunter Watson raised concerns that Scotland is failing to fully comply with UNCRPD, particularly in relation to the over prescription of medication and the stigma and discrimination attached to mental illness in the criminal justice system and lengthy detentions in the State Hospital. William also raised concerns about the treatment of people living with dementia with psychiatric medication. Nick responded that looking at the whole person and making sure that treatment is adequate and tailored. Nick also shared that SeeMe have had discussions with Age Scotland around stigma and discrimination impacting Scotland's older population.
- Barry Gale asked if research participants included those who had been institutionalised. Nick responded that they would not have been able to approach hospitals directly to recruit participants but some may have had experience with institutionalisation.

- Andrew Muir highlighted a case of stigma that they saw on BBC news this morning relating to someone with dementia that had their driving licence revoked, were removed from their job and were shunned by their friends.

#### ACTION

- SAMH to connect See Me and Befriending Networks by email.

## 4. Discussion of proposed CPG work plan

- Chloe Campbell presented the draft work plan to the group members for feedback on proposed meeting themes and groupings.
- Andrew Muir suggested that we get in touch with a speaker who opposed the recommendations of the Mental Health Law Review to get a diversity of opinions on the subject.
- William Hunter Watson stated that they would like to see a focus on non-consensual care and human rights. Chloe confirmed that this topic would likely be touched on in the proposed 27<sup>th</sup> of September 2023 meeting and that discussions of human rights should feature in all of our meetings.
- Agnieszka Morrison highlighted that Feniks have recently launched the UK's first research report exploring the mental health needs of Ukrainian refugees in Scotland. They suggested that this someone from the organisation may be able to speak to this on the theme of refugees and new Scots.
- Carol Murray raised that, to fully and meaningfully explore the link between teaching and mental health, we would also likely have to discuss the mental health of students also. They suggested that this may need to be in a stand-alone meeting to fully do the theme justice.
- Tara Lillis suggested her own Union, the NASUWT, may be able to provide a speaker for the education session.
- Jeanette Miller suggested that the mental health of care experienced people be a stand-alone meeting and expressed that they would be happy to speak to this theme in a future meeting.

#### ACTION

- SAMH to take member's feedback and, where possible, incorporate these into the work plan.

## 5. Voice of lived experience

- A group member spoke of their mother who had dementia and was given medication that sedated her. Further discussed the mental and physical toll that

non-consensual drug administration can. Beatrice Wishart MSP thanked the member for their contribution, acknowledging that this topic is complex and emotional.

- A group member shared their worry that NHS boards in Scotland might follow a similar path to those in other parts of the UK, namely Bristol, where new referral criteria means that children and young people with autism will only be referred to CAMHS if they are in 'crisis'. The member stated that this lack of access is compounded by severe and enduring mental illness. They also spoke of their personal experience of guidance teachers being reluctant to refer people to CAMHS. In response to this, Chloe Campbell drew attention to an upcoming SAMH campaign which will focus on children and young people's experiences of high CAMHS waiting times.
- A group member spoke of the need to redirect funding to mental health services.

## 6. Any other business and next steps

- Lucy Mulvagh raised that The ALLIANCE's annual conference, 'Strengthening Our Collective Voice', is taking place on the 31<sup>st</sup> of May. It is a hybrid event where several workshops will cover issues related to mental health. More information about the event can be found [here](#).