

Sources of primary mental healthcare training

Introduction

This is a template for a chart for information on local and regional sources of training and support. You might like to compare this with the review of the training needs of your practice team or primary-care organization/local health group. Below we have listed some national resources that may be drawn upon to help fill identified local gaps. The list of national resources is not exhaustive.

Topic	Multi disciplinary training	GPs	Nurses	Receptionists/ non-professionals	Counsellors
Mental health awareness					
Promoting mental health and preventing mental illness					
Communication skills					
Counselling skills					
Problem solving					
Cognitive strategies					
Motivational interviewing					
Depression					
Postnatal depression					
Anxiety					
Schizophrenia					
Dementia					
Re-attribution - somatization					
Suicide and self-harm					
Child and adolescent mental health					
Alcohol misuse					
Drug misuse					

The following providers of courses or training packs are all national organizations. You may wish to adapt this list to include details of your local or regional providers of training.

Training courses

Training courses may be organized locally via educational consortia, university departments of general practice or nursing, health authorities or primary care groups, often utilizing locally available skills. The following provide courses or training packs on a national or regional basis.

Section of Primary Care Mental Health, Institute of Psychiatry is led by Professor Andre Tylee and also has a full-time training fellow funded by the Charlie Waller Memorial Trust. The Section provides lectures, seminars and mental health skills masterclasses in collaboration with the Royal College of General Practitioners (RCGP). Masterclasses have been run at the RCGP for GP's on counselling, cognitive behaviour therapy, dementia, heartsink patients, chronic fatigue, somatization disorder, and so on, and a new series is to start. The main teaching activity over the past five years has been the pioneering and development of the 'Teach the Teachers' course, now known as 'Trailblazers'. This course is for pairs of local leaders (one from primary care and one from mental health services) and runs over three two-day modules over six months. The local pairs are helped to prioritize their learning needs and that of their organizations (usually primary care trusts). They are then helped to plan and deliver a teaching programme for local use or a service improvement. Over 350 participants to date have achieved a great deal at local level with this help. The course began in London as a pilot for the south and west regions and rapidly developed through Yorkshire (Dr Tim Thornton and Mrs Heather Raistrick), West Midlands (Dr David Shiers, Dr Helen Lester and colleagues) and the North East (Dr Dave Tomson and Dr MaryAnne Freer). It is beginning in South London and eastern region and it is hoped it will develop soon in East Midlands and south east region. Contact details and information can be provided by Professor Andre Tylee or the Waller Fellow, Institute of Psychiatry, De Crespigny Park, Denmark Hill, London SE5 8AF. Tel: 020 7848 0150; Email Julie.smith@iop.kcl.ac.uk.

The National Institute for Mental Health in England (NIHME) has several programmes including a Primary Care Programme. This is chaired by Professor Andre Tylee from the Section of Primary Care Mental Health at the Institute of Psychiatry and is jointly managed by the London Regional Development Centre (RDC) and the West Midlands RDC. The programme has five key areas: staff development, commissioning, integrating care and services for those with severe and enduring mental illness (SEMI), primary care users and research and development. Staff development includes core training for primary care professionals, leadership development in primary care mental health, multi professional learning and training for new workers (eg primary care mental health workers from September 2003). Commissioning involves improving the knowledge and evidence base around commissioning and developing effective partnerships. Regarding the care of those with SEMI, it is essential to have good communication at the interface of primary, mental and social care to meet the physical, mental and social needs of this group and provide good chronic disease management as is now customary for asthma and diabetes. Users who only attend primary care will be encouraged to take part in designing and delivering good care together with the relevant user and carer groups. Research and development ideas will emerge and it will be important to prioritize them and stimulate innovative research and service development. The programme has a Board that includes all RDC's who will be encouraged to lead on each of the five areas. Also on the Board are NATPACT (National Primary and Care Trust), the Primary Care Collaborative, The National Champion, a representative of the Users Programme, and the lead in primary care for the Department of Health. There is a Reference group, which includes is all inclusive of all relevant stakeholders and this will advise and lobby the programme, which has a full time project manager (Mary Sheppard). Contact Professor Andre Tylee, Institute of Psychiatry, De Crespigny Park, Denmark Hill, London SE5 8AF. Tel: 020 7848 0150; Email Julie.smith@iop.kcl.ac.uk.

PRiMHE (Primary Care Mental Health Education) is the UK charity devoted to the provision of mental health support, services and education to primary care professionals. PRiMHE produces a resource pack for mental health promotion, nurturing social inclusion and managing mental health problems in primary care. The CEO is Dr Chris Manning. The Resource Pack for Promoting Mental Health, Nurturing Social Inclusion and Managing Mental Health Problems in Primary Care

in the UK was launched in June 2003. For information about the PRiMHE and Child and Adolescent Mental Health in Primary Care journals, network, Clarion (website discussion forum), educational meetings, training materials programmes, supportership and subscriptions contact: PRiMHE, The Old Stables, 2A Laurel Avenue, Twickenham TW1 4JA. Tel: 020 8891 6593. Email: info@primhe.org. Website: <http://www.primhe.org>.

The Sainsbury Centre for Mental Health (SCMH) is an independent mental health charity that can provide bespoke training courses for primary care teams and primary health care teams. It also provides a training course that equips primary care clinicians for the GMS2 contract, and has published a number of guides and manuals for primary care clinicians and trusts. Contact Claire Groom PCAU Project Co-ordinator; tel: 020 7403 8790. Email claire.groom@scmh.org.uk. Further details of the other services that SCMH provide may be found at <http://www.scmh.org.uk>.

National Primary Care Research and Development Centre runs a course in psychiatry for GP Registrars and other courses on a needs basis. Contact Dr Linda Gask, School of Primary Care, Rusholme Health Centre, Walmer Street, Manchester M14 5NP. Tel: 0161 256 3015 x220.

Counselling in Primary Care Trust offers consultancy in primary care mental health development, training and psychotherapy research. Contact Dr Graham Curtis-Jenkins, Counselling in Primary Care Trust, 38 Richmond Road, Staines TW18 2AB: tel: 01784 441782.

The Counselling and Psychotherapy Training Forum in Healthcare comprises the lead professional organizations and has set standards for training and employment of primary care counsellors. Contact through Counsellors and Psychotherapists in Primary Care, Queensway House, Queensway, Bognor Regis, West Sussex, PO21 1QT: tel: 01243 870701.

Resources for use by trainers

Training packages, including videos, for use in skills-based training (watching the skills demonstrated on the video followed by practising them in role play) are available on the following topics:

- Managing somatic presentation of emotional distress (re-attribution, 2nd edition)
- Helping people at risk of suicide or self-harm
- Problem-based interviewing in general practice
- Depression and suicidal behaviour in adolescents
- Counselling depression in primary care
- Depression in primary care. Part 1: Recognition in general practice
- Depression in primary care. Part 2: How to plan and assess treatment
- Relaxation

Videos cost £58.75 (including postage). Contact Nick Jordan, Video Producer, University of Manchester, School of Psychiatry and Behavioural Sciences, Wythenshaw Hospital, Manchester M23 9LT. Tel: 0161 291 5926; Email: Nick.Jordan@man.ac.uk. Online catalogue: <http://www.man.ac.uk/psych>.

Other topics available include the following:

- **Anxiety** (non-pharmacological approaches)
- **Dementia**
- **Chronic fatigue**

- **Schizophrenia**
available from Professor Andre Tylee, Section of Primary Care Mental Health, Institute of Psychiatry, De Crespigny Park, Denmark Hill, London SE5 8AF. Tel: 020 7848 0150; Email Julie.smith@iop.kcl.ac.uk.
- **Problem solving**
available from Dr Laurence Mynors-Wallis, Consultant Psychiatrist, Alderney Hospital, Ringwood Road, Parkstone, Poole, Dorset BH12 4NB. Tel 01202 305080, price £10.
- **Alcohol misuse** (including motivational interviewing)
available from Dr Barry Lewis, Department of Post-Graduate Medicine, Gateway House, Piccadilly South, Manchester M60 7LP. Tel: 0161 237 2109
- **Child and adolescent mental health**
available from Professor Elena Garralda, Academic Unit of Child and Adolescent Psychiatry, Saint Mary's Hospital, Praed Street, Paddington, London W2 1NY. Tel: 020 7886 1145.
- **Triadic consultations with children/adolescents and their parents/carers** (CD-ROM-based teaching package including video disc of typical consultations and practice exercises) available from Dr Barry Lewis, Department of Post-Graduate Medicine, Gateway House, Piccadilly South, Manchester M60 7LP. Tel: 0161 237 2109

Audio tapes on depression and anxiety, stress management and health promotion (relaxation, depression, anxiety, sleep problems) for primary care professionals are available from Talking Life, 1A Grosvenor Rd, Hoylake, Wirral CH47 2BS. Tel: 0151 632 0662; website: <http://www.talkinglife.co.uk>.

An interactive CD-ROM teaching/revising basic clinical skills for primary-care clinicians is produced by the Clinical Research Unit for Anxiety Disorders (CRUFAD) in Australia, which is a WHO Collaborating Centre for Mental Health and Substance Abuse. The CD-ROM covers interviewing skills, prescribing skills, patient education, structured problem solving and control of hyperventilation. It costs A\$70. Details of this and many other resources, usually based on cognitive behavioural methods, including treatment manuals (suitable for use by counsellors or others with appropriate training) on Obsessive-compulsive disorder, panic, generalized anxiety and phobias can be found on CRUFADs website (<http://www.crufad.unsw.edu.au>) or by contacting Professor Gavin Andrews, University of New South Wales Clinical Research Unit for Anxiety Disorders, 299 Forbes Street, Darlinghurst, NSW 2010, Australia. Fax: +61 (612) 9332 4316.; E-mail: gavina@gecko.crufad.unsw.edu.au

CALIPSO, developed at the University of Leeds School of Medicine, provides interactive CD-ROM self-led learning resources for use by GPs, trainee psychiatrists and mental-health professionals in clinical identification, treatment and management of mood disorders, depression, anxiety, schizophrenia/paranoid disorders, and dementia. It is also available as a multimedia training package on delivery of Cognitive behavioural therapy in structured groups. For prices and other details, contact University of Leeds Media Innovations Ltd, 3 Gemini Business Park, Sheepscar Way, Leeds LS7 3SB. Tel: 0113 262 1600; E-mail: s.taylor-parker@media-innovations.ltd.uk; website <http://www.calipso.co.uk>.

A learning resource pack for use by health professionals and others on Understanding Depression in People with Learning Disabilities is available from Pavilion Publishing Ltd, 8 St. Georges Place, Brighton BN1 4ZZ. Tel: 01273 623222. Price: £125 plus VAT and p&p.

A variety of other resources for trainers are available from MIND, the Mental Health Foundation and the Samaritans. For example, MIND provides inhouse training on mental health awareness and other mental health issues. These training resources are generally aimed at a broad audience, including clinicians, but are not specifically produced for primary care. For catalogues, contact MIND Conference and Training Unit, Granta House, 15-19 Broadway, London E15 4BQ: tel: 020 8519 2122, and The Mental Health Foundation, 83 Victoria Street, London SW1; tel: 020 7802 0300.