



# ARC EoE Mental Health Fellows and ARC EoE Fellows with Mental Health-themed Studies 2020-2024



# ARC EoE Mental Health Fellows

## 2023-2024



Dr Laura Angco

Laura is a GP with the Staploe Medical Centre.

**Project aims** to map the current NHS “pathway” for people with depression, across both primary care and secondary care to better understand how current NHS resources are being used, and how to optimise care to create better outcomes for those experiencing treatment-resistant depression (TRD).

**Proposed outcome** to identify key points in services where we might intervene, using a framework of four themes: patient cohort, diagnosis, comorbidities, and treatment/management.

**Project Supervisor** Dr Rudolf Cardinal, University of Cambridge



Suzie Valentine

Suzie is an Advanced Practitioner/Mental Health Nurse for Older People and the Adult Community at the Cambridge and Peterborough NHS Foundation Trust.

**Project aims**

- To identify the drugs prescribed for older adults with a diagnosis of personality disorder.
- To understand the meaning these medicines have for the patients who take them.
- To understand the views of patients on the potential for medication reviews, whether this is welcome and how it might be best achieved.

**Proposed outcome** to design a clinical service acceptable to patients to address prescribing in this patient group.

**Project Supervisor** Dr Ben Underwood, CPFT



Megan Thody

Megan is an OT Advanced Practitioner at the Cambridge and Peterborough NHS Foundation Trust.

**Project aims**

- To examine the effectiveness of Occupational Therapy interventions in a Virtual Intensive Treatment (VIT) programme for individuals with a diagnosed eating disorder.
- To assess whether patients with high levels of autistic symptoms who undergo the VIT programme respond differently, in terms of the OT outcomes.

**Project Supervisors:** Associate Professor Anne Killeth and Sarah Drake, Lecturer, University of East Anglia



Jenny Walker

Jenny is an Advanced Nurse Practitioner for the Homeless Outreach & Inclusion, Community Mental Health Team at Norfolk and Suffolk NHS Foundation Trust.

**Project aims** to investigate how we effectively provide mental health interventions and support to patients experiencing multiple morbidities including homelessness and substance use.

**Proposed outcomes**

- Improve quality and accessibility of mental health care to this group of patients.
- To provide evidence to support the design of service and interventions going forward together with future commissioning.

**Project Supervisor:** Associate Professor Sarah Hanson, University of East Anglia



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## 2022-2023



Bryony Dale

Bryony is a Specialist Personality Disorder and Complex Needs Service User Network Manager and Facilitator at Essex Partnership University NHS Trust.

**Project aims** to explore the experiences of a progressive Service User Network (SUN) on the lives of individuals living with Personality Disorder and Complex Needs as an innovative addition to therapeutic interventions.

**Proposed outcomes**

- Produce draft guidelines for supporting people living with Personality Disorder in the community and provide recommendations for service provision.
- To inform guidelines for implementing SUNs to enhance service provision for service users in other organisations and localities.
- Write a report to disseminate findings.



Dr Kate Roberts

Kate is Principal Clinical Psychologist at The Queen Elizabeth Hospital King's Lynn NHS Foundation Trust.

**Project aim and Proposed outcome** is to review the literature investigating interventions involving peer interaction (such as groups and peer mentorship) for children and adolescents experiencing chronic pain, with a view to guiding service development.



Deborah Sheppard

Deborah is Programme Manager for Children Looked After and Care Leavers Mental Health and Wellbeing at Hertfordshire County Council Children's Services Department.

**Project aim** is to implement a trauma-informed community of practice in social care and beyond.

**Proposed outcome** is an evidence-based model of training and structure of roles within children's social care to improve outcomes for children and young people (CYP), reduce pressure on clinical resource, increase and sustain skills and confidence in the workforce.

# ARC EoE Fellows with Mental Health Themed-studies

## 2022-2023



Adele Pacini

Adele is a Clinical Psychologist and an OU Associate Lecturer.

**Project aim** is to complete a systematic review on yoga for adolescents experiencing low mood and depression.

**Proposed outcome** to map out the drivers of adolescents' experience of yoga to inform implementation.

The research paper is expected by the end of 2023 but Adele would recommend [Teen Yoga Foundation](#) as a good resource for evidence and implementation guidance.

# ARC EoE Fellows with Mental Health Themed-studies

## 2020-2021



Dr Tim Clarke

Tim is a Principal Research Clinical Psychologist at Norfolk & Waveney CFYP Care Group, Norfolk and Suffolk NHS Foundation Trust.

**Project aim:** to pilot the implementation of Parent-Delivered CBT for child anxiety and to train Primary School pastoral staff to deliver the programme.

**Project outcome:** the pilot demonstrated that parent-delivered CBT can be delivered by primary school pastoral staff and, given the right implementation context, it is an acceptable, clinically useful and helpful approach to consider.

Following a successful NIHR ARC Mental Health Implementation Network (MHIN) funding application and receiving additional implementation funding from the Norfolk & Waveney ICB, the pilot has been expanded to more primary schools in Norfolk & Waveney. The aim will be to train at least 70 more pastoral workers, via trained (20+) clinicians in parent-delivered CBT for child anxiety problems. If you are interested in this approach, please contact Tim on [Timothy.Clarke@nsft.nhs.uk](mailto:Timothy.Clarke@nsft.nhs.uk) or [workingonworries@nsft.nhs.uk](mailto:workingonworries@nsft.nhs.uk).



Joanne Creaser

Joanne is a Specialist Public Health Practitioner for the Norfolk Healthy Child Programme, North Norfolk Locality, Cambridgeshire Community Services NHS Trust.

**Project aim** is to improve the rates of breastfeeding in Great Yarmouth and Waveney by involving partners and the wider community.

**Project outcomes**

- Produced a resource to support partners' and fathers' involvement in breastfeeding.
- Produced a podcast in collaboration with Dad Matters UK to support a continued move towards evidence-enriched practice in this under-resourced area.



Dr Kate Head

Kate is a Consultant Community Paediatrician for Harrow, Hillingdon and Brent NHS North West London ICB and previously Consultant Community Paediatrician at Cambridgeshire Community Services NHS Trust.

**Project aim** is the implementation of the use of a mental-health screening tool, the Strengths and Difficulties Questionnaire, in a population of children and young people in care in Luton.

**Project outcomes**

- Established multi-agency training for social workers and foster carers on physical health and emotional health.
- Adapted the Initial health assessment to be more holistic and include greater depth of emotional wellbeing enquiry.
- Implemented a monthly multi-agency triage meeting to discuss cases of children/young people entering care where an SDQ score may be raising concerns and a monthly multiagency meeting where social workers can discuss the case of any child in care where there are concerns regarding their physical or mental health.

For further information please contact:

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