



Summer Newsletter 2022

In the lead up to Armed Forces Day on the 23rd June, we felt it would be useful to let you know the work we have been doing.

Primarily it is important to note that there is now no waiting list for our service, we will contact the patients within ten working days and then arrange a visit within two weeks from that point.

The Military and Veterans' team have again been busy this year with the start of the year seeing EPUT successfully pass ratification for Veterans' Aware TRUST status, and some of the team redeployed to assist on the Wards during the Covid-19 pandemic.

We welcome the addition of the High Impact Service to the Op Courage Model, more about them further on. The team were appraised by the Royal College of Psychiatry in February, and we are very pleased with the outcomes. There is always improvements to be made, and we look forward to implementing those recommendations.

March saw the Veterans' Mental Health Network Meeting and we had the HIS service delivering a presentation on their new service.

In order to encourage referrals and joint working, we have led teaching sessions in the Military prison to staff in order to raise awareness of Op Courage to military personnel who are being discharged from the Prison into Civvy Street, we also presented to Essex Partnership Medical Education forum and were rated excellent for content and knowledge and have led teaching sessions to our GP colleagues in Cambridge and Peterborough CCGs.

We have targeted Cambridge and Peterborough due to their low referral rates and linked in with their mental Health lead Chas Hedges who is ex-forces, and we completed a piece of work where GPs can now access the service and find information directly on their CCG Portals.

March saw some of the team attend the military conference at Kings College, and then the Anglia Ruskin conference on the military family and how we can support. We then manned a stand at the Changing Lives conference and helped at the inaugural Chelmsford Veterans breakfast club, plus at the Chelmsford Prison Breakfast club.

On top of that we welcome a new member of Staff Melissa, who has extensive experience in Uniform and is currently a member of the First Aid Nursing Yeomanry.



Armed Forces Day: A time for reflection and celebration of our veterans and serving military personnel. Pictured is service lead David Powell during his military career in the 1980s and now.

Written by David Powell, Service Lead

Welcome Melissa!

We are thrilled to welcome Melissa Davidson to our team as a Clinical Nurse Specialist.

Melissa has a wealth of experience and knowledge to add to our team. Melissa is no stranger to the military community, with her husband currently serving in the military Police. Melissa is also a First Aid Nursing Yeomanry. They provide trained volunteers to support Civil and Military authorities within the UK during major emergencies and incidents. Their aim is to protect life and relieve human suffering. More information can be found on <http://www.fany.org.uk>.



Chelmsford Prison Veterans' Support Group

On the 24th May 2022, Nigel Clark (Clinical Nurse Specialist) attended the veterans' support group at Chelmsford Prison. This event was arranged via Combat 2 Coffee who have established supports groups in a number of prisons and are expanding further with this project.

The event was attended by us as well as other charity partners, for example Walking with the Wounded and Project Nova, both of whom we work very closely with. This gave opportunity to meet with veterans in the Prison system and to promote services for support on release. The aim through these support groups is to enable veterans to access the required support in terms of mental health needs and other practical support needs i.e. financial, work, education, and housing support.

The event was responded to positively with veterans expressing thanks for the offer of support and Chelmsford Prison expressing support for these groups. This will allow us and other providers to get into the prison and be able to assess individuals prior to release. The aim for this is to help veterans with their needs and to reduce the likelihood of re-offending. These support groups will be attended regularly by the team along with expanding into other prisons moving forward.

Written by Nigel Clark, Clinical Nurse Specialist



NEW Veterans' High Impact Service (HIS)

We would like to introduce our new service, which is now covering the East of England including Norfolk, Suffolk, Cambridgeshire, Bedfordshire, Hertfordshire, and Essex supporting our Veteran Community.

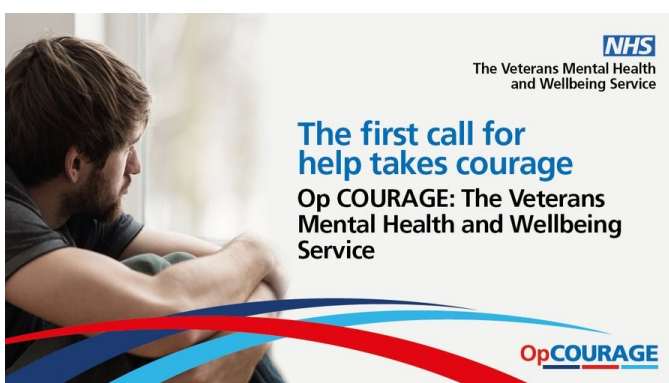
The High Intensity Service (HIS) is a specialist Mental Health provision for military veterans and families, who are experiencing a crisis or who are at risk of a crisis. It is NOT a crisis service, we work collaboratively with local services and alongside existing NHS crisis and inpatient services, providing immediate wrap around care. We provide access to an assessment and intense support ensuring a holistic care approach including others (families, cares).

Referral information- Please complete the referral form and send to veteransupport@nsft.nhs.uk. If you would like to discuss a potential referral or would like to find out more about our service, please email or contact our Office Number: [01953 611150](tel:01953611150).

Written by Vicki Bailey, Clinical Nurse Specialist/Deputy Manager

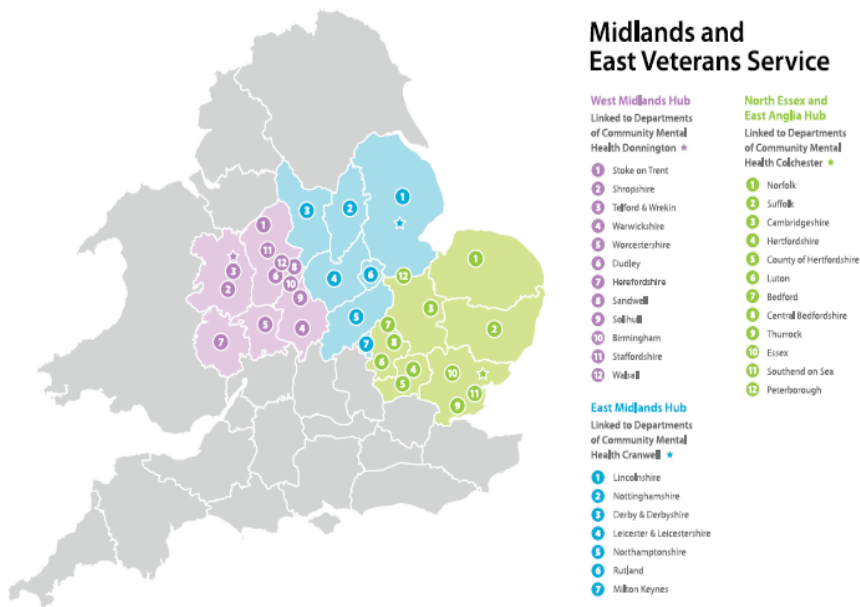
Since HIS went live 7th March we have worked with 16 different veterans. All of whom we've had the privilege to assess in a holistic manner alongside our Walking with The Wounded WWTW Colleagues. By working collaboratively our High Intensity Service is able to ensure the clinical needs of a veteran are being met – assessing their mental health and current triggers which may have caused their risks to change. We teach them NICE recommended stabilisation techniques which manage their mental health and start them on their road to recovery. Our WWTW colleagues support a veteran with their social and economic needs, offering expert advice in numerous areas including financial support, housing and employment. We know that supporting Veterans to secure a safer living environment contributes to better mental health outcomes. Within the team we also have a specialist family support worker. She works with a veteran's support network to ensure they feel safe, supported and it is an acknowledgment of the impact mental health can have on everyone. We also work with Mental Health Matters to ensure a veteran or family member can seek emotional support 24/7.

Since we started, we have had some very powerful feedback from our veterans who we have worked with. We want to continue to build on this intensive work, meeting the specific needs of each veteran when in mental health distress. As one veteran said *"Thank you for all your efforts, don't know where I'd be without HIS"*.



Written by Eleanor Duke, Service Lead

Hub Map



Contact Details

Office Number: 01206 228 774

Office E-Mail:
epunft.mevseastanglia@nhs.net

Our referrals are done through our single point of access Mental Health Matters (MHM) -

Referral Number: 0300 323 0137

Referral E-Mail:
mevs.mhm@nhs.net

Patient Feedback

“Justin was fantastic, very understanding knows his stuff, the way things have been pushed forward has been very responsive... certainly helped me”

“TILS have been nothing but great”

“Managing and thriving thanks to Veterans Service”

“It really helped him. He found it difficult but they [TILS staff] were very good”

“Very professional, very approachable”

“Assessment from John was very good, not only was he genuinely nice, he did a great job. The trainee was also brilliant. Spot on, couldn’t fault it.”



Essex Partnership University
NHS Foundation Trust