

Learning from the Mental Health Access Improvement Support Team (MHAIST) Collaborative

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Background

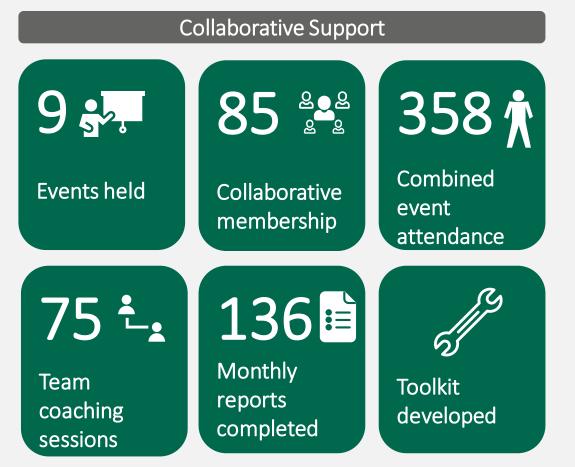
MHAIST was a Scottish Government commission designed to support NHS boards to improve the quality of and access to Psychological Therapies (PT) and Child and Adolescent Mental Health Services (CAMHS).

This summary explores the impact of participating in the MHAIST collaborative. The evaluation focused on participation and feedback from four highly engaged sites with high potential for shared learning.

Our aim

The MHAIST Collaborative ran from May 2018 to November 2019. It aimed to support NHS boards to:

- Provide access to services within national timescales.
- Maintain/improve other service quality measures.
- Encourage shared learning and joint working.



Learning from the collaborative

Teams told us what worked well...

- Monthly reports and feedback
- Innovative and interactive learning sessions
- Improvement Advisor support
- Having a nationally coordinated programme
- Personalised support through calls and visits

Teams told us what we could do better...

- Convenient location
- Access to local and ongoing QI and data support
- Learning session group size and topic relevance
- More personalised support



Feedback

Some of the tools that [MHAIST has] given us has helped us really focus down and make a bit of sense.

Jean Thomson, Senior Nurse NHS Tayside



There is no doubt that [MHAIST's] involvement, insights and advice has supported us to achieve our objectives.

Professor Amanda Croft, Chief Executive, NHS Grampian

Learning sessions....gave me the opportunity to share and learn ideas from other areas in Scotland.

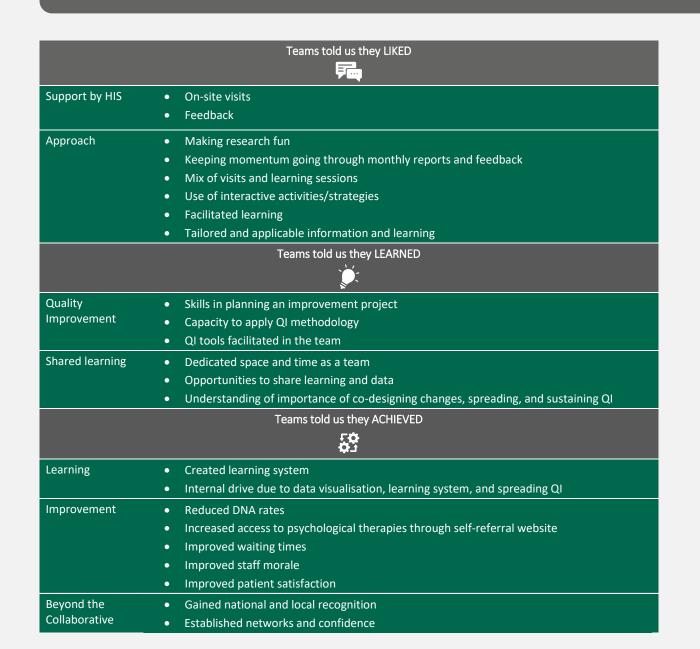
Dr Fiona McCrohan, Clinical Psychologist, NHS Dumfries and Galloway

This was all done in a very supportive, non-judgemental manner, which has been a breath of fresh air for me.

Dr Wendy van Riet, CAMHS Service Manager/Lead Consultant Clinical Psychologist, NHS Highland



Themes



We asked four teams that participated in the collaborative to tell us what they got out of their involvement.

Our findings suggest that there were many aspects of the collaborative that enabled these teams to successfully work towards and achieve their QI aims.

Our forthcoming toolkit that provides examples, tools and guidance from CAMHS and PT teams. For more information on the portfolio, visit <u>ihub.scot/</u>

