

Hosted by EIS Mental Health Expert Team

Challenges and Lessons learned in setting up Mental Health Services for your Sport or Club

Date: 2 October 2020

Venue: Royal Society of Medicine, 1 Wimpole Street. London

Dr Rod Jaques, Dr Craig Ranson and the EIS Mental Health Expert Team are pleased to inform you of the meeting below that has been developed with MedEduCare as an opportunity for practitioners working in performance sport to learn more about supporting mental health based on the UK High Performance System experience. The day is aimed at senior SEMS and Sports Psychology professionals and is open to all working in this area. The aims of the day are to share and discuss several of the practical initiatives undertaken as part of the UK Sport & EIS Mental Health Strategy for the High-Performance System

This meeting will run under the **Chatham House Rule**, with all views expressed by attendees remaining confidential. Speaker presentations will not be distributed after the day and all attending will be asked to ensure mobile devices are turned to silent throughout sessions and not used to capture any images of presentation slides. Attendees will also be requested not to post comments on any social media platform relating to the content of this day. Your help with this will be greatly appreciated by Dr Jaques, Dr Ranson and the meeting organisers

6 hours FSEM UK CPD Accreditation awarded

0800 *Registration, Refreshments and Commercial Exhibition*

0855 *Opening and Meeting Introduction*

Dr Rod Jaques, EIS Director of Medical Services

Dr Craig Ranson, EIS Director of Athlete Health

Session One: Setting up a system for your Sport or Club

0905 *Self-care assessment and planning*

Mr Sam Cumming, EIS Mental Health Manager

0935 *Mental Health Champions training programme*

Dr Susan Wood, Clinical Psychologist, Changing Minds

1005 *What we've done in Swimming*

Dr Guy Evans, CMO British Swimming tbc

1035 *Screening and monitoring options in MH*

Professor Alan Currie, Sports Psychiatrist

1105 *Refreshments and Commercial Exhibition*

Session Two: What does the elite sport MH landscape look like?

1135 *Distress and wellbeing data findings from high performance system in UK study*

Dr Sandra Leyland, Chartered Psychologist

1220 *Big White Wall - The sport experience (including preliminary results of EIS/UKS trial)*

Dr Tim Rogers, Consultant Sports Psychiatrist tbc

1250 *Questions*

All speakers

1320 *Lunch and Commercial Exhibition*

Session Three: What to do when you have a MH problem patient

1420 *Formulation of a MH problem*

Dr Amanda Gatherer, Consultant Clinical Psychologist

1505 *Dealing with a mental health crisis*

Professor Alan Currie, Sports Psychiatrist

1535 *Refreshments and Commercial Exhibition*

Session Four: Difficult Cases

1605 *Lessons learnt from some difficult cases*

Dr Allan Johnston, Consultant Psychiatrist

Dr Amanda Gatherer, Consultant Clinical Psychologist

Ms Ann-Marie Davis, Cognitive Behavioural Psychotherapist

1650 *Managing a difficult case leading up to the Games*

Dr Stuart Miller, CMO British Paralympic Association

1720 *Questions*

All speakers

1750 *Meeting Summary and Close*

Dr Rod Jaques/Dr Craig Ranson

Meeting Directors

Dr Rod Jaques *FFSEM(UK) FRCP* has been involved in Sports Medicine since 1990, having qualified in medicine from the University of London and having qualified with distinction from the London Hospital Diploma course in Sports Medicine. He went on to attend the Atlanta, Sydney, Athens, Beijing and London Olympics with Team GB and the Kuala Lumpur and Manchester Commonwealth Games with the England Team in a clinical capacity. From 1989-2004, Dr Jaques was the Medical Advisor to the British Triathlon Association. Recently he has been closely involved in establishing Professional Codes for doctors and Scientists working in sport in the English Institute of Sport and nationally and working with colleagues abroad on an International SEM curriculum. He has driven several aspects of good Governance in sport medicine both within UK Sport and with senior SEM doctors nationally. He was FSEM (UK) President between 2012-2015. In 2017 he was made a fellow of the Royal College of Physicians in London. In 2017 he was awarded the Sir Robert Atkins award for services to sports medicine in the UK

Dr Craig Ranson *PhD MCSP FHEA* - in January 2017 Craig was appointed Director of Athlete Health for the English Institute of Sport. He joined the EIS from his posts of Director of the MSc in Sports and Exercise Medicine at Cardiff Metropolitan University, and Physiotherapist with the Wales Rugby Team. His previous posts include UK Athletics Chief Physiotherapist and National Lead Physiotherapist to the England and Wales Cricket Board. Craig has consulted to a variety of sporting organisations including the International Cricket Council and the Sports Medicine Department of the University of the West Indies. He has a strong sports injury management and prevention research profile

Meeting Speakers

Mr Sam Cumming *MSc MBPsS* is the Mental Health Manager at the English Institute of Sport (EIS). In this role he supports the delivery of UK Sport's Mental Health Strategy throughout the High-Performance System. This includes developing and delivering mental health education, direct work with sports on their mental health strategies, supporting the management of the EIS's Mental Health Expert Panel, and generally promoting positive mental health. He is a psychologist by training and before moving to the EIS Sam worked for six years with British Rowing in the management and support of the GB Rowing Team

Professor Alan Currie *MB ChB MPhil FRCPsych* is a Consultant Psychiatrist in Newcastle and a visiting professor at the University of Sunderland in the Department of Sport and Exercise Sciences. His research interests include recovery, social inclusion, mood disorders, movement disorders and sport and exercise psychiatry. He has published in all these areas and edited an award-winning handbook of Sports Psychiatry in 2016. He is founder and chair of the Royal College of Psychiatrists Sports and Exercise Psychiatry Special Interest Group (SEPSIG) and a board member of the International Society for Sport Psychiatry (ISSP). He joined the International Olympic Committee mental health working group in 2018. In 2019 he was appointed to the Mental Health Expert Panel of the English Institute of Sport

Ms Ann-Marie Davis *RMN BSc Hons* is a BABCP accredited Cognitive Behavioural psychotherapist. She is a Senior CBT Therapist working in the NHS and in private practice, Ann-Marie became involved in sport and performance in 2008 and further developed her private practice and has worked with number of athletes. From 2009 to 2013 Ann-Marie worked with Amanda Gatherer and the EIS team and provided psychological support to a number of elite athletes and staff during the 2012 Olympic cycle and is currently providing psychological support to elite athletes and staff in this Olympic cycle. Ann-Marie has 20 years' experience of working with individuals who have mental health difficulties and currently works part time in the NHS as a CBT psychotherapist in Berkshire Talking Therapies service, working remotely and in GPs Surgeries. Ann-Marie in her long career has worked in secondary care mental health service and has managed services for the last 15 years. Since 2008 she has been involved at both national and local level in the development and delivery of IAPT services which aims to improve access to psychological services. Ann-Marie has held an academic post with Buck New University since 2008 providing teaching and clinical supervision to the MSc CBT students. Ann-Marie describes herself as a clinician and she is passionate about the work she does with individual athletes and the sports. The mental health of our athletes needs to be a priority, mentally fit = physically fit = performance'

Dr Guy Evans *MBChB MRCP FSEM(UK) MScSEM (Hons)* is a Consultant in Sport & Exercise Medicine based in Bath. He is the Chief Medical Officer for British Swimming and the Lead Doctor at Bath Rugby Club. He has spent the last twenty-four months developing a strategy for Mental Health provision at British Swimming and continues to work closely with UK Sport and the English Institute of Sport on this topical subject. He instigated a centralised screening process for World Class Program swimmers including regular Mental Health screening and is currently embarking on research in conjunction with University College London and Cognacity aiming to identify sport specific risk factors for mental health disorders in swimming. Guy has previously worked with British Rowing and Worcester Warriors and has travelled extensively with elite teams to multiple major Games

Dr Amanda Gatherer *PhD CPsychol MSc Clin Psych* is a Consultant Clinical Psychologist who was appointed to the English Institute of Sport (EIS) Mental Health Expert Panel in December 2018. Amanda has worked for a number of years in elite and high-performance sport, working as the only EIS contracted Clinical Psychologist between 2008 and 2013, including supporting athletes and staff through two Olympic cycles. In addition to her Mental Health Expert Panel role, Amanda will be providing mental health support to Paralympics GB in Tokyo 2020 and is currently supporting colleagues at the BPA to maximise athlete and staff preparedness for the Games. Amanda has worked in the NHS for 30 years providing Clinical Psychology services across a range of primary, secondary and tertiary mental health services. She is currently Chief Psychologist for Birmingham and Solihull Mental Health Foundation Trust, as well as the Regional Clinical Lead for an NHS England programme of work focused on improving access to psychological therapies for people with serious mental illness. Amanda has held academic posts at Birmingham, Warwick and Coventry Universities, and provides teaching, clinical supervision and training to clinicians both within and external to her NHS Trust

Dr Allan Johnston *MBBS MRCPsych Cert Med Ed (IU)* is a Consultant Psychiatrist specialising in Sports Psychiatry. He has been appointed to two new posts within the world of sport. The English Institute of Sport (EIS) have employed Dr Johnston as Sports Psychiatrist to the Mental Health Expert Panel supporting our Great Britain Olympic and Paralympic athletes in preparation for the Tokyo Olympic Games in 2020. The League Managers Association (LMA) have appointed Dr Johnston to the role of Consultant Performance Psychiatrist in a new role to guide and shape the Mental Health and Wellbeing programme for Premier League and Football League managers, to develop the game wide wellbeing strategy and provide one to one support for members. The Bradford Bulls RLFC employed Allan as the world's first Rugby League Sports Psychiatrist in 2012. He now works with athletes across a range of sports, dance and performance disciplines. Since leaving the Bradford Bulls, as Medical Director and Sports Psychiatrist to Synergy Medicine Ltd Allan has developed an independent sports medicine service in Leeds that works with all levels of conditions and injuries in Athletes and Dancers. Allan works with clients on all aspects of Wellbeing and Performance and how these interrelate. In addition, he has been selected for a role with The UK Anti-Doping authority in the management of ADHD and Therapeutic Use Exemptions. He is a co-founder of, and was recently elected to, the position of Deputy Chair of the Royal College of Psychiatrists Sports and Exercise Psychiatry Special Interest Group - the Royal Colleges fastest growing Special Interest Group.

Via this national group Dr Johnston co-ordinates training for UK Sports Psychiatrists. With a strong passion for all sport, Allan works on a voluntary basis as Sports Psychiatrist and Trustee to State of Mind Sport, a charity aiming to improve the mental health and wellbeing of athletes and their communities. In his NHS role Dr Johnston chaired the Derbyshire Suicide Prevention Strategy Group 2013-2018 and led a range of innovations in the region including the development of our regional strategy, a greater involvement of service users in co-producing their own care, chairing Suicide Prevention conferences and World Suicide Prevention Day initiatives. Since 2015, over 3 successive years, suicide rates in Derbyshire have almost halved with reduced rates seen particularly in men. In 2018 his work with Public Health on training General Practitioners in Suicide Prevention strategies was nominated for a Health Service Journal (HSJ) award. Allan is a qualified teacher-trainer and is widely published in both Liaison & Sports Psychiatry

Dr Sandra Leyland *PhD CPsychol AFBPsS* is a Chartered Psychologist. She is an Associate Fellow of the British Psychological Society and founding member of the Division of Sport and Exercise Psychology. She graduated from the University of East London in 1988 with an honours degree in Psychology and has an MSc and a PhD from the University of Teesside. She has taught sport and exercise psychology in higher education across the North East of England since 1997 and is a Higher Education Academy Senior Fellow. She currently works as a Senior Lecturer at the University of Sunderland in the Faculty of Health Sciences and Wellbeing. Current research projects include collaboration with Cumbria, Northumberland, Tyne and Wear NHS Trust Regional Affective Disorders Service examining psychological factors related to sport and physical activity participation of individuals with serious mental illness

Dr Stuart Miller *FFSEM* qualified from Leeds University in 1982 and following formal training and a spell in General practice, moved into sport and exercise medicine. In 2008, he became the first GMC formally recognized specialist in Sport and Exercise medicine in the United Kingdom. He helped to develop an NHS Musculoskeletal service in North Somerset demonstrating the value of this service to the local population, leading this service from 2002-2017. During this time, he was also the doctor to the England Karate team. Since 2005 he has worked as a sports physician at the English Institute of Sport at the University of Bath. In 2008 he started his long-term relationship with Paralympic sport leading the medical services at the Beijing Paralympic Games and supporting the organization up to the present day. In 2012 he was the lead sports doctor for the London 2012 Olympics and Paralympics before returning to the Paralympic fold as the CMO for the Sochi winter Paralympics in 2014, the Rio Paralympics in 2016 and prepared and supported the team in the 2018 Winter Games in PyeongChang. He has been appointed as the CMO for the Tokyo Paralympic Games in 2020 and in addition to the organization and planning process has helped develop a strategy for mental health and wellbeing for the Paralympics GB delegation. From 2005- 2015 he was clinical director of Sport and Exercise Medicine at the University of Bath helping develop the course from a paper-based diploma to a fully-fledged distance learning university MSc

Dr Tim Rogers *MB BS MRCPsych MSc* is a medical doctor and consultant sports psychiatrist. He is one of a very small number of experts to have undertaken dual postgraduate training in applied sport and exercise psychology. For many years, Tim has worked across the spectrum of wellbeing and performance with both individuals and teams in elite football, in the Olympic and Paralympic Systems, in elite rugby, cricket, horse racing and many other areas. Tim has experience of supporting football managers and coaches also. Tim is clinical director at Big White Wall, an anonymous online mental health service with various projects across elite sport, both in the UK and internationally. Big White Wall offers around the clock, confidential, online access to a safe and moderated community for peer to peer mental health support. There are evidence-based courses. Big White Wall supports many thousands of new members around the World every month. It is growing all the time. Tim is a specialist member of the Sport Resolutions National Anti-Doping Panel. Tim formerly undertook TUE assessments as a registered UKAD psychiatrist. Tim has experience of assessing and caring for footballers subject to FA disciplinary proceedings when supported by the PFA. Tim is an executive member of the Royal College of Psychiatrists' Sport and Exercise Psychiatry Special Interest Group

Dr Susan Wood *BSc MSc PhD* is a Clinical Psychologist who has experience in working with people across the lifespan in a variety of service contexts. This has included work with young people, families, adults and staff across inpatient, community and applied settings. Prior to joining Changing Minds in October 2018, Sue worked in an NHS child and adolescent mental health service (CAMHS) for 2 years. She has also worked as a mental health mentor at the University of Warwick and is an Associate with St Basils, supporting the delivery of training for staff in providing psychologically informed environments. Sue was awarded a Doctorate in Clinical Psychology jointly from the University of Warwick and Coventry University in 2016, and also holds an MSc in Clinical Applications of Psychology and a BSc in Psychology, both from the University of Warwick. Sue has training across a range of psychological approaches and has undertaken further introductory courses in Cognitive Analytic Therapy (CAT) and Dialectic Behavioural Therapy (DBT). She is registered as a Practitioner Psychologist with the Health and Care Professions Council (HCPC). Sue has a specialist interest in supporting mental health in elite sport environments and has undertaken research in this area with professional footballers. Since joining Changing Minds, Sue has been working with the performance team across a variety of elite sport settings supporting wellbeing through individual work, consultation with systems, and education/training. She has also worked with the child and family team supporting assessments for adoption support. Sue has a longstanding interest and passion in sport. She has competed at junior international level for football and continues to play both football and hockey at a national level.

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