

East Lothian Summary of services Particular to East Lothian

East Lothian Community Mental Health Team

The East Lothian Community Mental Health Team (CMHT) operates between 09:00 - 17:00 Monday to Friday.

Contact telephone: 0131 536 8646

The CMHT provides assessment, care planning and treatment, and co-ordinates support and follow up, for people predominately aged 18-65 in East Lothian who have moderate to severe mental health difficulties.

Referrals to the CMHT are made either through SCI gateway or on paper addressed to Allocations, CMHT, Herdmanflat Hospital, Aberlady Road, Haddington, EH41 3BU. This is the only route for referral to CMHT

There is a weekly allocations meeting to establish the optimum care pathway for the referral.

Any referral marked urgent will be screened by a Consultant Psychiatrist.

The CMHT is made up of a wide range of experienced workers from the following disciplines:

- Community Nurses
- Occupational Therapists
- Peer Support Workers
- Mental Health Support Workers
- Carer Support Workers
- Medical Staff
- Physiotherapist
- Social Workers

Out of hours emergencies:

Out-with the normal working hours of the CMHT, emergency/urgent support is available via **Intensive Home Treatment Team (IHTT)**. **Working hours 08:00-midnight, 7 days per week, 365 days per year.**

East Lothian - IHTT

Phone Number 0131 536 8300

The Receptionist will take some basic details and the shift coordinator will call you back

IHTT gatekeep the acute inpatient admissions ward beds. You must contact us if you feel someone requires admission.

We triage all urgent/emergency referrals who require intensive support and are at risk of being admitted to hospital. We are a service for adults aged over 18 (no upper age limit) residing in East Lothian, who are experiencing an acute mental health crisis or functional illness (not dementia).

IHTT in East Lothian works from 8am to 12 midnight. From 12 midnight to 8am all urgent/emergency cases will be seen in the MHAS suite at the Royal Edinburgh Hospital.

When to contact IHTT

If you have seen the person on the same day and you consider

- the person is experiencing a severe level of mental distress
- the person and/or others are at risk due to this mental distress
- admission is being considered

You should contact us via the pager number above and the shift coordinator will call you back immediately to discuss your referral.

What we will do

We will take the referral details and discuss with you the most appropriate course of action.

If appropriate we will assess the person - for the first appointment this is usually in a clinical setting, but ongoing appointments may be at home if suitable.

The person will have a skilled mental health assessment to explore the best treatment options and agree a plan.

Hospital admission will be facilitated if necessary.

We will inform you of the outcome of this assessment promptly (preferably that day but certainly by the next working day).

Suggested information to be gathered by the referrer prior to contacting IHTT

- Demographic information – IHTT is targeted at people aged over 18 living in East Lothian
- Involvement with Mental Health Services – current or past including history, current plan, Key Workers, next appt or current medication
- Previous presentations e.g. presenting with mental health problem, self harm, suicidal to A&E, GP
- Drug/alcohol use – substance use can mimic symptoms of mental illness and make assessment problematic or they may be used to cope with mental health problems
- Presentation - appearance, communications, behaviour (overactive, aggressive, pacing, fearful, upset, etc)
- Clinical signs of mental health problems e.g. poor sleep, appetite changes, voices, paranoia
- Social circumstances – who does person live with, employment, marital status, vulnerable adult, children
- Physical health
- Willingness to engage with IHTT, expectations, referrers impression
- Risks
 - deliberate self harm
 - Suicidal thoughts – plan, attempts, preparations
 - Risk/history of self-neglect or vulnerability due to mental illness
 - Risk/history of violence or aggression
 - Forensic/criminal history
 - Protective factors e.g. what stops person from self harming

Depression & SAD For suspected depression/anxiety please use [screening tools](#) and follow [matched care protocol for depression/anxiety](#) of mild to moderate severity (usually PHQ-9 of 14 or less and GP's clinical judgement).

If depression is at least moderate (PHQ-9 >14) or chronic and affecting functioning and psychological treatments are preferred or two adequate trials of an anti-depressant have failed then please consider referring to AMH

If depression is severe/psychotic or risk is high then please consider referring to AMH

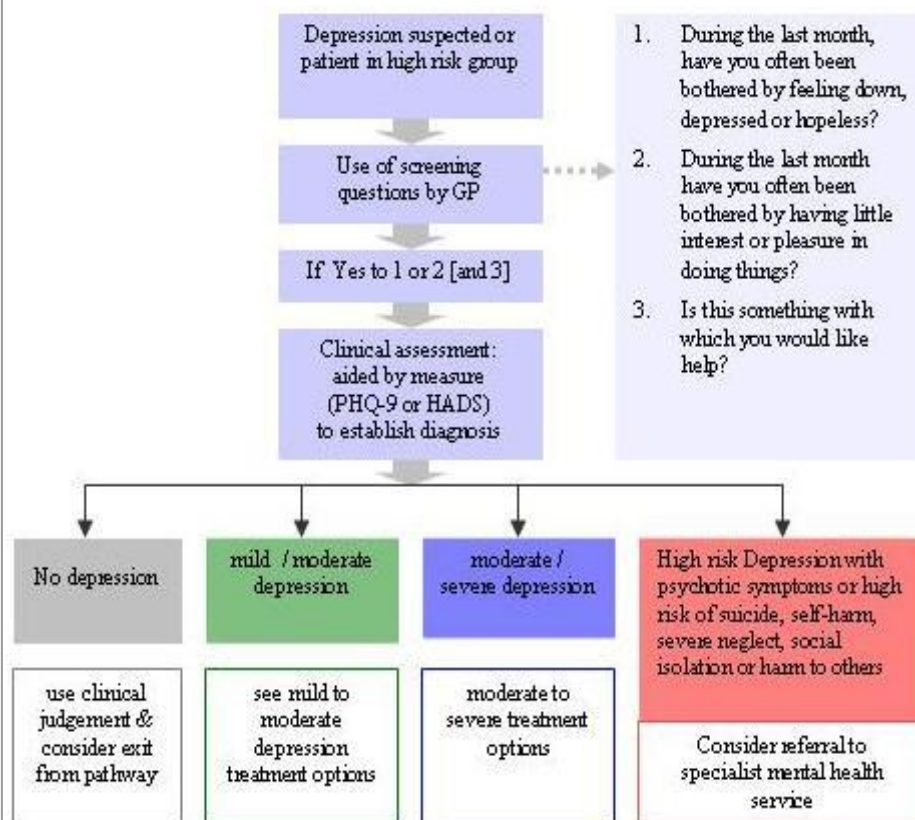
SIGN Guidance for non-pharmacological interventions for depression can be found [here](#)

Anxiety – See above

East Lothian - Matched care for depression

The matched care model for the treatment of depression has been developed across Lothian. This model provides a range of evidence based interventions that aim to match appropriate treatments to the severity of the patient's depression. Treatment options for mild to moderate depression form part of the overall Lothian integrated care pathway for depression.

Lothian integrated care pathway for depression



For Mild depression
Do not prescribe antidepressants- **consider Watchful waiting**, give information about lifestyle advice, self help material, book prescribing or signpost to relevant organisations

	<p>Treatment options for mild to moderate depression - East Lothian services</p> <p>East Lothian book prescribing scheme</p> <p>Computerised CBT</p> <p>East Lothian CHANGES Cognitive Behavioural Therapy service</p> <p>East Lothian CHANGES Wellbeing Walks</p> <p>East Lothian Counselling</p> <p>Living Life: telephone based cognitive behavioural therapy</p> <p>East Lothian Stress Control Classes</p>
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East Lothian Stress Control Classes

Who is the service for?

Stress control classes are for anyone over eighteen wishing to learn how to manage stress more effectively.

What does the service offer patients?

A free six week (day/evening) course in different venues in East Lothian, throughout the year. The aim of the course is for individuals to learn how stress affects them, and to identify ways to cope better. Each week participants are given a Stress Control handout. These are based on the Cognitive-Behavioural (CBT) model of anxiety. Further information can be found by visiting the stress control page on the NHS Lothian web site.

<https://services.nhslothian.scot/StressControl/Pages/default.aspx>

How to refer?

Those wishing to attend should check the website for details of the next class or telephone 0131 653 3977

Key contact for this service?

Chris Scott
 Changes Community Health Project
 108 Market Street
 Musselburgh
 Tel: 0131 653 3977
 Email chris@changeschp.org.uk

Living Life: telephone based therapy

Who is the service for?

Living Life is a telephone service based on Cognitive Behavioural Therapy (CBT). It provides help for people suffering from low mood, mild to moderate depression, symptoms of anxiety or a combination of both. The service is provided by a team of cognitive behavioural therapists and trained self-help coaches, supported by NHS 24.

What does the service offer?

Living Life offers two services:

- Supported Self-Help - speaking directly with a self-help coach
- Cognitive Behavioural Therapy -speaking directly with a qualified therapist

The service can help by:

- Giving information
- Supporting the use of helpful resources
- Giving additional coping skills
- Referring on to other services where appropriate

How to refer?

The service accepts self referrals. Anyone can contact Living Life directly on (freephone)

0800 328 9655

More information:

Living Life website

East and Midlothian Psychological Therapies Service

East and Midlothian Psychological Therapies Service (PTS) provide assessments and psychological therapies to the adult populations (aged 18 to 65) in East and Midlothian.

We are part of the wider joint mental health team.

The team consists of psychological therapists and psychologists, who deliver a range of individual and group therapies to people with moderate to severe mental health problems. This includes working with people with a range of traumatic experiences.

The main therapies offered are Cognitive Behaviour Therapy (CBT), Interpersonal Therapy (IPT), Eye Movement and Desensitisation Reprocessing Therapy (EMDR), Cognitive Analytical Therapy (CAT) and Cognitive Behavioural Analysis System of Psychotherapy (CBASP).

Midlothian Wellbeing Access Point (MWAP) ? East

Access Point leaflets: [A4 easy-print leaflet](#)

Sign-posting leaflet for GPs: [Midlothian mental health options leaflet](#)

From August 2016, access to psychological therapies in Midlothian is via the Midlothian Wellbeing Access Point. This is an open access service and a referral is not required. Patients should be given a copy of the [MWAP leaflet](#) and asked to attend one of the Access Point sessions. GPs can continue to use SCI Gateway if a direct referral is more clinically appropriate.

The Access Point is for adults aged 18 to 65 only. Please continue to make referrals to CAMHS for under 18s and Old Age Psychiatry (psychology) for over 65s. All referrals for adult mental health psychiatry should continue to be made via SCI Gateway.

Please note that the Access Point is NOT a crisis service. All referrals for urgent mental health problems should continue, as usual, via the Intensive Home Treatment Team (0131 660 5444) or consultant psychiatrists.

Before signposting to the Access Point please consider whether another intervention would be more appropriate and, if so, signpost directly to that service. Examples include self-help materials, Guided Self-Help, Healthy Reading, Stress Control, Midlothian Active Choices and various non-statutory services (see link to [mental health options leaflet](#) above).

East Lothian Referrals

Referrals from GPs in East Lothian should be made via SCI Gateway and are discussed at weekly referral meetings. Please consider the following broad guidelines with regard to suitability when making referrals.

- Is the person motivated to make changes and optimistic about therapy?
- Can the person identify the changes they want to make and do they have any defined goals?
- Can the person consider the way that he/she thinks/feels/behaves has an impact on their presenting problem?
- Can the person show some flexibility in the way that they view their problem and possible ways to self manage?
- Does the person have realistic expectations of therapy?
- Can the person demonstrate that they have the ability to form a therapeutic alliance?
- Is the time right? – are there immediate housing, financial, relationship, legal issues? are they stable on medication? do they have social support networks?

Motivation - Stages of Change

Pre-contemplation – not ready – people unaware that behaviour is problematic

Contemplation – getting ready – people recognise pros and cons of their behaviour

Preparation – ready – people intend to take immediate action and may be making small steps towards behaviour change

Action – people are making overt modifications to problem behaviour and are acquiring new healthy behaviours

Maintenance – people have been able to sustain changes for a while and are working to prevent relapse

Prochaska & Diclemente – Transtheoretical Approach 1986 – model applied to treat wide variety of problem behaviours e.g. alcohol, substances, smoking, weight control.

Contact Details

Kim Mooney (Team Manager) kim.mooney@nhslothian.scot.nhs.uk

Massimo Tarsia (Clinical Psychologist) massimo.tarsia@nhslothian.scot.nhs.uk

Midlothian PTS

Bonnyrigg Primary Care Centre

35 – 37 High St

Bonnyrigg

EH19 2DA

0131 536 8981

East Lothian PTS

Herdmanflat Hospital

Aberlady Road

Haddington

EH41 3BY

0131 536 8518

East Lothian Counselling

CHANGES Counselling Service

Who is the service for?

Counselling can be beneficial for people experiencing relationship difficulties, anxiety or stress, bereavement or loss, feelings of hurt or rejection, change or loss of confidence.

What does the service offer patients?

CHANGES offer a safe environment for people to explore their life and talk through how they are feeling. They offer short to mid-term counselling. Clients are normally seen for 8 sessions, however this can be extended on occasion.

How to refer?

Free person centred counselling is available through self referral with CHANGES, for further information visit www.changeschp.org.uk

Key contact for this service?

Patrick Smyth

CHANGES

108 Market Street

Musselburgh

EH21 6QA

Tel: 0131 653 3977

Fax: 0131 665 3878

email: info@changeschp.org.uk

ECLIPSE Counselling

Who is the service for?

ECLIPSE is appropriate for people with mild to moderate mental health issues, who are wanting, and able, to engage

in the counselling process in order to explore their situation and make changes for themselves.

What does the service offer patients?

Short term Counselling (around 6 sessions) is available for people aged 16+, at (or near) their GP practice, with a qualified and experienced Counsellor.

How to refer?

Referral packs are held in each practice, containing a patient questionnaire, service information and an appointment request form, which is given directly to the patient. A notification sheet is completed by the GP in order to monitor uptake. Once the questionnaire and appointment request are returned to the practice, the patient will be contacted by the counsellor.

Key contact for this service?

You can contact the counsellor at your local practice or alternatively:

Carol Murray
ECLIPSE Coordinator
Psychology Department
Edenhall Hospital
Edenhall Road
Musselburgh
EH21 7TZ
Tel: 0131 536 8015 (Wednesday and Thursday)
email carol.j.murray@nhslothian.scot.nhs.uk

East Lothian - CHANGES Wellbeing Walks

Who is the service for?

People with mild to moderate mental health issues

What does the service offer patients?

Exercise has been associated with reduced anxiety, decreased depression and enhanced mood. Walking is a good way to start exercising and also offers opportunities for relaxation and social contact. CHANGES runs walking groups in Musselburgh, Haddington and Prestonpans, supporting people to improve their mental wellbeing by being part of a walking group. In addition, CHANGES runs a Buddy Walking Scheme, where trained volunteers can offer support to people on a one to one basis to start walking and walk more.

How to refer?

Self referral. CHANGES has no formal referral system and is open to anyone living in East Lothian, for further information visit www.changeschp.org.uk

Key contact for this service?

Heather Cameron
CHANGES
108 Market Street
Musselburgh
EH21 6QA
Tel: 0131 653 1080
Fax: 0131 665 3878
Email: info@changeschp.org.uk

East Lothian Changes CBT service

Who is the service for?

Any adult 18 or over living in East Lothian with mild-to-moderate mental health problems.

What does the service offer patients?

CBT is a talking therapy. It focuses on how a person thinks about what is going on in their life, and how this impacts on the way they behave and deal with emotional problems. CBT looks at how a person can change patterns of thinking or behaviour that may be causing difficulty. This can affect how a person feels.

How to refer?

Self referral. CHANGES has no formal referral system and is open to anyone living in East Lothian, for further information visit www.changeschp.org.uk

Key contact for this service?

Fiona Dugdale
Clinical Associate in Applied Psychology
CHANGES
108 Market Street
Musselburgh
EH21 6QA

Tel: 0131 653 1081/ 0131 653 3977

Fax: 0131 665 3878

Email: info@changeschp.org.uk

East Lothian Book Prescribing Scheme

Who is the service for?

The book prescribing scheme is for adults with mild to moderate mental health problems. It may not be suitable for those with limited motivation or limited literacy.

Patients are able to access a range of self-help books to help deal with a range of conditions such as low mood, anxiety, anger and bereavement.

How to “prescribe” a book?

A ‘Book Prescription’ is issued on a printed form by a recognised prescriber. All GPs, Primary Care Counsellors and Community Psychiatric Nurses are automatically recognised prescribers. The prescription is given to the patient, (you may also wish to give a copy of the information leaflet about the scheme), who can then take it to a participating library. If the patient is unable to access the library for whatever reason then a family member / helper could take the prescription on behalf of the patient.

You can print off the full range of books currently available from the **East Lothian (Attached below)** [prescribers information pack](#)

Prescription pads have been issued to practices previously but additional pads can be obtained from:

Morag Tocher
Library HQ
Dunbar Road
Haddington
Tel 01620 828205
Email: mtocher@eastlothian.gov.uk

Quick guide to treatment options for mild to moderate depression- East Lothian

<p>East Lothian Book Prescribing Scheme</p> <p>Available via East Lothian libraries. Membership of libraries not necessary.</p>	<p>A list of recommended books is available for people who prefer to explore self help by themselves. The main areas of mental health difficulties are covered, including depression and anxiety - using cognitive behaviour therapy (CBT) techniques. You can download the prescriber's information pack here.More info...</p>
<p>East Lothian Stress Control Classes</p> <p>Self referral</p>	<p>These are free 6 week day/evening classes (up to 40 people) held in different venues around East Lothian, and are for anyone wishing to learn techniques to manage stress. More info...</p>
<p>Computerised CBT</p>	<p>This free website is supported by the NHS and offers a basic CBT programme as well as giving much general information about anxiety and depression. It also offers online support. For further information visit www.livinglifetothefull.com</p> <p>More info...</p>
<p>Patient Information Booklets</p> <p>Hard copies available from Lothian health Promotion Library</p>	<p>These cover a wide range of mental health difficulties including low mood and depression, anxiety, panic, sleeplessness, controlling anger and bereavement issues. They vary in content from giving basic information to using simple self-help techniques to improve mental health. Electronic versions can be downloaded from RefHelp. Patients can download copies from Health in Mind</p>
<p>East Lothian - CHANGES CBT Service</p> <p>Self Referral</p>	<p>CHANGES CBT service offers short-term therapy for mild to moderate mental health issues. CBT focuses on your thinking (cognitions), your actions, your ways of dealing and coping with life situations and how they impact on your overall mood.More info...</p>
<p>East Lothian – CHANGES Wellbeing Walks</p> <p>Self Referral</p>	<p>Exercise has been associated with reduced anxiety, decreased depression and enhanced mood. Walking is a good way to start exercising and also offers opportunities for relaxation and social contact.</p> <p>More info...</p>
<p>East Lothian Counselling</p> <p>GP & Self Referral</p>	<p>This is generally a 1:1 therapeutic relationship which may involve a variety of different psychological approaches.</p> <p>More info...</p>
<p>Telephone based Cognitive behavioural therapy</p> <p>Self referral</p>	<p>Living Life is a telephone service based on Cognitive Behavioural Therapy which provides help for people suffering from low mood, mild to moderate anxiety or a combination of both.</p> <p>More info...</p>