

<b>MEETING BETWEEN [REDACTED] &amp; REPRESENTATIVES OF COSCA (Confederation of Scottish Counselling Agencies)</b>	
<b>TIMING</b>	Tuesday 30 October 16:15 – 16:45, Scottish Parliament T3.24
<b>ATTENDEES</b>	<p>[redacted], [redacted], COSCA</p> <p><b>Official Support</b></p> <p>[redacted] (mobile : [redacted]), [redacted] x[redacted]</p> <p><b>Contact on day</b></p> <p>[redacted]</p>
<b>AGENDA</b>	<ul style="list-style-type: none"> <li>• Raise awareness of COSCA’s work as Scotland’s professional body for counselling and psychotherapy</li> <li>• Request further help to increase the accessibility, availability and affordability of counselling services and training programmes for adults from across communities of place and interest in Scotland (<b>note – this is not a funding request</b>)</li> <li>• To consider making COSCA’s professional standards for counselling a requirement for schools and universities to become involved in the Scottish Government’s recent commitment to deliver 350 new counsellors in secondary schools and 80 new counsellors in colleges and universities, and to discuss relevant issues in that connection.</li> <li>• Provide information on COSCA’s available resources to ensure the protection of children and young people when accessing counselling</li> <li>• To request that COSCA’s Counselling Skills Course is included as part of the mental health training for non-mental health staff cited in the Scottish Government’s Mental Health Strategy 2017-27</li> </ul>
<b>YOUR MAIN OBJECTIVE</b>	Meet with [redacted] from COSCA to discuss how they can work with the Scottish Government to contribute to delivering the Mental Health Strategy and Programme for Government commitments.
<b>FUNDING</b>	COSCA is supported by core funding from the Scottish Government of £70k per annum under Section 10. This will end in March 2019.

<b>PRACTICAL ARRANGEMENTS</b>	COSCA representatives and Minister meeting in T3.24, Scottish Parliament.
<b>WHAT IS A GOOD OUTCOME FROM THIS EVENT?</b>	A good outcome for this meeting is to make links with a key stakeholder and encourage their contribution towards meeting the Strategy and Programme for Government commitments.

<b>ITEM 1</b>	<b>Introduce COSCA’s work as Scotland’s professional body for counselling and psychotherapy, and the Professional Standards Authority’s accredited registers quality mark awarded to COSCA</b>
<b>ISSUE/ BACKGROUND</b>	An opportunity for the Minister to meet with representatives from COSCA and get an overview of their work as a key stakeholder.
<b>WHAT THE STAKEHOLDER MAY SAY/ASK</b>	<ul style="list-style-type: none"> <li>▪ How can we work in partnership with the SG to deliver improved health and wellbeing for people across Scotland?</li> </ul>
<b>KEY MESSAGE(S)</b>	<ul style="list-style-type: none"> <li>▪ COSCA are a key stakeholder and we value their contribution to improving the mental health of people in Scotland</li> <li>▪ As an organisation representing 1,800 practitioners at the front line of mental health delivery in Scotland, we are pleased to engage with COSCA as part of the ongoing stakeholder engagement process outlined in the Strategy.</li> <li>▪ We seek to work regularly with stakeholders to shape how actions are implemented and how we can learn lessons for the future. By working together, both within and outwith government, we can realise the ambitions of the Mental Health Strategy.</li> <li>▪ An annual forum of stakeholders has been established to help track progress on the actions in the Strategy with a full progress review due to be carried out in 2022, the halfway point of the strategy.</li> </ul>
<b>SUGGESTED QUESTION(S) FOR THE MINISTER TO ASK</b>	<ul style="list-style-type: none"> <li>• How do COSCA see their working relationship with the SG, going forward?</li> </ul>
<b>CONTACT POINT</b>	[redacted]

<b>ITEM 2</b>	<b>To request help to increase the accessibility, availability and affordability of counselling services and training programmes for adults across Scotland</b>
<b>ISSUE/ BACKGROUND</b>	<p>COSCA are looking for help to increase the accessibility, availability and affordability of counselling services and training programmes for adults from across communities of place and interest in Scotland.</p> <p><b>To note:</b> this is not a request for funding. COSCA state that the costs of training will be met by students and training providers.</p> <p>Over 2016-2020 the government is allocating the following funds to drive improvements in accessing mental health services:</p> <ul style="list-style-type: none"> <li>○ An allocation to NHS Boards to increase capacity to deliver services (£24.7m)</li> <li>○ Support for the development of the mental health workforce to enhance supply and training of workforce to deliver evidence-based therapies, delivered by NHS Education for Scotland (£24.6m)</li> <li>○ The delivery of a Mental Health Access Improvement Support Programme, delivered by Healthcare Improvement Scotland (£4.6m)</li> </ul> <p>The Scottish Government has also worked with NHS Education for Scotland (NES) to produce the Psychological Therapies 'Matrix' - a stepped guide to planning and delivering evidence-based psychological therapies within NHS Boards in Scotland. The Matrix is available on the NES website:</p> <p><a href="http://www.nes.scot.nhs.uk/education-and-training/by-discipline/psychology/the-matrix-(2015)-a-guide-to-delivering-evidence-based-psychological-therapies-in-scotland.aspx">http://www.nes.scot.nhs.uk/education-and-training/by-discipline/psychology/the-matrix-(2015)-a-guide-to-delivering-evidence-based-psychological-therapies-in-scotland.aspx</a></p> <p>The Matrix provides a summary of the information on the current evidence base for various therapeutic approaches, guidance on well-functioning psychological therapies services, and advice on important governance issues.</p>
<b>WHAT THE STAKEHOLDER MAY SAY/ASK</b>	How can we help fulfil the objectives to improve access to mental health services by making counselling more accessible?
<b>KEY MESSAGE(S)</b>	<ul style="list-style-type: none"> <li>• The Scottish Government recognises and values the role that counsellors play in supporting the health and wellbeing of people across Scotland</li> <li>• We are committed to ensuring faster access to mental health services – including counselling – as outlined in the mental health strategy</li> </ul>

	<ul style="list-style-type: none"> <li>• We support evidence based psychological therapies, as outlined in the Matrix</li> <li>• We welcome the contribution made by COSCA, as a key stakeholder, to delivering MHS objectives and look forward to working with them</li> </ul>
<b>SUGGESTED QUESTION(S) FOR THE MINISTER TO ASK</b>	<ul style="list-style-type: none"> <li>• What support are you looking for?</li> <li>• Are you already linked in with NHS Education Scotland and Health Improvement Scotland?</li> <li>• How will you ensure professional standards are upheld and adhered to?</li> </ul>
<b>CONTACT POINT</b>	[redacted]

<b>ITEM 3</b>	<b>PfG commitment to deliver 350 new counsellors in secondary schools and 80 new counsellors in colleges and universities – will COSCA professional standards be made a requirement?</b>
<b>ISSUE/ BACKGROUND</b>	<p>In September 2018 the Programme for Government (PfG) announced £60 million in additional funding for school counselling services, supporting 350 counsellors. Around £20 million for 250 additional school nurses. This will ensure that every Secondary school in Scotland has a counselling service. The PfG also committed to providing £20 million to fund 80 new counsellors in colleges and universities.</p> <p>To note the Minister met with [redacted] and [redacted] from The British Association for Counselling and Psychotherapy on 18 September 2018, where they asked similar questions. No commitments were made but officials did pass on contact details for officials leading on this policy.</p>
<b>WHAT THE STAKEHOLDER MAY SAY/ASK</b>	<ul style="list-style-type: none"> <li>• Will the SG consider making COSCA's professional standards for counselling a requirement for schools and universities to become involved in the Scottish Government's recent commitment?</li> </ul>
<b>KEY MESSAGE(S)</b>	<ul style="list-style-type: none"> <li>• The Scottish Government recognises and values the role that counsellors play in supporting learners. We are investing over £60 million in additional school counselling services across all of Scotland to ensure all children and young people have access to mental health support in an educational setting.</li> <li>• The resource will be available during 2019/20 directly to pupils. The timing is affected by being able to establish sufficient counselling staff across Scotland.</li> <li>• Provision of £11m funding to education authorities to develop counselling services, attached to secondary schools and support school clusters (e.g. primary and special schools) as part of the £60 million PfG commitment.</li> <li>• We are investing £20 million to provide more than 80 additional counsellors in Further and Higher Education over the next four years.</li> <li>• Students of further and higher education face some unique challenges, but we want to ensure a consistent level of support for mental health across the country. These education settings also provide opportunities to help address stigma and discrimination, and support efforts towards self-management.</li> <li>• With a view to supporting student mental health, the Scottish Government is providing over £100,000 up to 2018 to NUS Scotland to promote Student Mental Health Agreements.</li> </ul>
<b>SUGGESTED QUESTION(S) FOR THE MINISTER TO ASK</b>	<ul style="list-style-type: none"> <li>• How do you envision the implementation of COSCA's professional standards?</li> <li>• It's important to protect the welfare and wellbeing of children and young people when they access counselling. How can we ensure this?</li> </ul>

<b>CONTACT POINT</b>	[redacted]

<b>ITEM 4</b>	<b>Mental Health Training for non- mental health staff</b>
<b>ISSUE/ BACKGROUND</b>	<p>COSCA would like their Counselling Skills Course to be included as part of the mental health training for non-mental health staff cited in the Scottish Government’s Mental Health Strategy 2017-27</p> <p>Under the theme of ‘Prevention and Early Intervention’ the Mental Health Strategy states:</p> <p><b>Mental health training for non-mental health staff</b> should be available across health and social care services.</p> <p><b>Training in first aid approaches for mental health should become as common</b> as physical first aid.</p>
<b>WHAT THE STAKEHOLDER MAY SAY/ASK</b>	Will the Scottish Government consider the inclusion of COSCA’s counselling skills course as part of the mental health training for non-mental health staff?
<b>KEY MESSAGE(S)</b>	<ul style="list-style-type: none"> <li>• We fund NHS Scotland to run Scotland’s Mental Health First Aid (SMHFA) course, a 12-hour evidence based course with the aim of improving the general public’s awareness and understanding of mental health.</li> <li>• Scottish Government provides funding to NHS Health Scotland to deliver the “Healthy Working Lives” programme which includes 'Mentally Healthy Workplace' training for line managers.</li> <li>• “See Me”, Scotland’s national campaign to end the stigma and discrimination associated with mental health, has a work stream entitled: “See Me in Work”. This is led by SAMH.</li> </ul>
<b>SUGGESTED QUESTION(S) FOR THE MINISTER TO ASK</b>	How would you envisage COSCA’s Counselling Skills Course being used as part of the mental health training for non-mental health staff?
<b>CONTACT POINT</b>	[redacted]

## **BACKGROUND**

### **COSCA**

COSCA is the professional body for counselling and psychotherapy in Scotland. As a national voluntary organisation with charitable status and a growing membership of individuals and organisations, they provide infrastructure support to the counselling/psychotherapy field in Scotland. Adopting a social inclusion and an equalities perspective, they also seek to advance all forms of counselling and psychotherapy in Scotland and the use of counselling skills.

#### **From their website:**

COSCA is Scotland's professional body for counselling and psychotherapy. They aim to:

- advance and support all forms of counselling, psychotherapy and the use of counselling skills in Scotland
- promote high quality training, supervision and continuing professional development for all individuals and agencies delivering counselling and psychotherapy services and education in Scotland

COSCA believes that every client has a right to:

- be able to make informed choices about counselling and psychotherapy services
- have access to an assured quality service
- have access to a suitable complaints procedure

COSCA believes that every counsellor, psychotherapist and user of counselling skills in Scotland should:

- adhere to an established ethical framework for good practice in counselling, psychotherapy and counselling skills
- be an individual/organisational member of an appropriate professional body
- have appropriate training
- have easy access to a full range of professional support

[redacted]

## MENTAL HEALTH – THE NEW MENTAL HEALTH STRATEGY

### Mental Health Strategy:

We published our new Mental Health Strategy on 30 March 2017, and see it as the centrepiece for this Government's focus on improving Mental Health.

The Strategy contains 40 specific actions. Each action is intended to tackle a specific issue and, in this way, the Strategy will make a positive and meaningful difference to people with mental health issues.

### Vision:

Our Vision, as contained in the Strategy is of a Scotland where people can get the right help at the right time, expect recovery, and fully enjoy their rights, free from discrimination and stigma.

### Key Ambitions:

Over the 10 years of the Strategy, we will work on achieving parity between mental and physical health. Over the 10 years, we must see, and be able to measure, the following for mental health compared to physical health:

- **Equal access to the most effective and safest care and treatment:**

Demonstrated by increasing the proportion of people who receive treatment for a mental illness, who would benefit from that treatment. This will also require improvements in prescribing and follow up care.

- **Equal efforts to improve the quality of care:** Demonstrated by achieving the same level of access to services and the same efforts to improve standards, infrastructure and staffing in mental healthcare as in physical healthcare.

- **Allocation of time, effort and resources on a basis commensurate with need:** Including addressing higher rates of premature mortality by targeting efforts at higher smoking rates and improving access to physical healthcare for people with a mental illness.

- **Equal status within healthcare education and practice:** Demonstrated by supporting core skills and competencies in mental health for a variety of staff.

- **Equally high aspirations for service users:** Recognising service users as equal partners in their own healthcare and emphasising expectations of good health and a good life.

- **Equal status in the measurement of health outcomes:** Met by robustly measuring people's responses to treatment, and people's experiences of mental health services, just as in physical health care.

