

MENTAL HEALTH STRATEGY – REPORT ON PROGRESS – ACTION 11

Date of report	20 TH June 2019
Date of last report	7 th December 2018
Project end date	March 2021
Action Number	11
Action Owner (s)	Kevin O’Neill, DBI Programme Manager
Action Link	Niall Kearney, SG
Action Text	<p>Mental Health Strategy: Complete an evaluation of the Distress Brief Intervention (DBI) by 2021 and implement the findings from that evaluation.</p> <p>Programme for Government: Expand the DBI Programme pilots during 2019 to include people under 18.</p>

Progress Update from Previous report	RAG
1. Through a strong spirit of collaboration and continuous improvement the DBI programme has continued to adapt and incrementally up-scale in all four pilot sites across the four key front-line DBI Level 1 service pathways (Emergency Departments, Primary Care, Police Scotland and Scottish Ambulance Service).	Green
2. Routine performance data continues to be collected. In addition, the independent evaluation has commenced with the practical gathering of data and discussions/ interviews being undertaken.	Green
3. All key landmarks were achieved in-line with the Programme for Government via the DBI Delivery Plan in support of extension to under 18 years. November 18 – April 19: Reviewed evidence, engaged with stakeholders and developed training, tools and supporting infrastructure in support of initially extending to 16 and 17 year olds. May 19: Extension to 16 & 17 commenced in two pilot sites (Lanarkshire & Borders).	Green
4. The extension of the reach of the programme is being supported through the establishment of a DBI Associate Programme for other regions who wish to implement the DBI within existing programmes. The first DBI Associate Site (Moray) was established in June 19 ahead of the October 19 expected start date.	Green

Key Deliverables in next 6 months (include estimated date for each deliverable)	RAG
1. Continue the controlled incremental delivery of DBI across the four test sites and key staff groups, co-ordinated through the DBI training plans, ensuring that service demand does not exceed capacity to deliver DBI in-line with specification, reflecting, reviewing and planning on the above and new lessons learned at the 8 th DBI Gathering which brings together Programme Board, Scottish Government, DBI Central Team, Regional Leads and Partners, DBI Level 2 Providers and wider community of interest, in Perth on 31/10/19.	Green
2. Continue the independent evaluation, whilst continuing to gather routine performance data in support of continuous improvement.	Green

3. Extend the programme to include 16-17 year olds to Aberdeen and Inverness by 31/07/19 and continue up-scaling.	Green
4. Commence scoping of DBI applicability for those aged 15 years and under by 31/10/19.	Green
5. Extend the DBI Associate Programme building on early lessons from DBI Moray by 31/10/19.	Green

What does success look like?

1. **Long-term:** The overarching aim of the DBI programme is to provide a framework for improved inter-agency co-ordination, collaboration and co-operation across a wide range of care settings, interventions and community supports, towards the shared goal of providing a compassionate and effective response to people in distress, making it more likely that they will engage with and stay connected to services or support that may benefit them over time.

2. **Six Monthly:** The controlled incremental delivery of DBI will continue, independent evaluation will continue, expansion of DBI for those aged 16-17 will be incrementally up-scaled, scoping of DBI applicability for those aged 15 years and under will have commenced and associate programme will be expanded.

What data (if any) can evidence delivery?

1. Over 1,250 front-line staff have been trained in DBI Level 1 across all four key front-line DBI level 1 service pathways (Emergency Departments, Primary Care, Police Scotland and Scottish Ambulance Service) across the four pilot areas. Over 50 staff across the six DBI Level 1 providers have been trained in DBI Level 2. In addition the UoG have developed sustainable and supportive systems and materials for the on-going delivery and monitoring of the training, supported by the DBI Central Team.

The training programmes build workforce skills, knowledge and confidence. The staff delivering both Level 1 and Level 2 DBI report improvements in collaborative working and an improved culture of compassion. Staff also report improved staff experience through being able to meet the needs of people in distress through the additional DBI option.

In addition, the training materials and DBI tools have been developed, adapted and tested in support of the extension of DBI to 16-17 year olds.

2. At time of writing, there have been over 3,000 referrals, from front-line services to the DBI Level 2 services across the four pilot sites. The independent evaluation will report by March 2021, however the early observations show a high level of engagement in the DBI programme by those referred, with levels of distress reducing from 7.8 out of 10 (extreme distress) at time of referral to 3.8 at last contact. In addition, findings from an outcome and experience questionnaire show that those engaged in the DBI programme report very high levels of compassion both at Level 1 and Level 2, feel they are working towards their own goals and feel more able to manage their immediate and future distress. Those who had presented in distress previously and prior to DBI also subjectively reported a much improved experience through DBI.

Any other comments

Visit DBI website for further information.
<http://www.dbi.scot>

See links below for videos which show DBI in practice:

	<p>Primary Care & DBI Level 2 (Aberdeen): https://vimeo.com/257158685</p> <p>University Hospital Hairmyres ED (Lanarkshire) & Police Scotland, Scottish Ambulance Service & DBI Level 2 (Inverness): https://www.dbi.scot/resources/videos/</p>
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