

# Yorkshire and the Humber Mental Health Clinical Network

## Senior Psychological Wellbeing Practitioners Network

Andy Wright, IAPT Advisor, Heather Stonebank, Lead PWP  
Advisor and Sarah Boul, Quality Improvement Manager

2 February 2021

NHS England and NHS Improvement



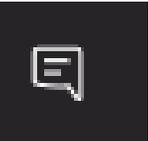
# Housekeeping



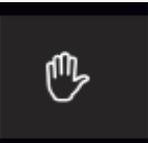
*Please remain on mute throughout the session, unless invited to speak – thank you.*



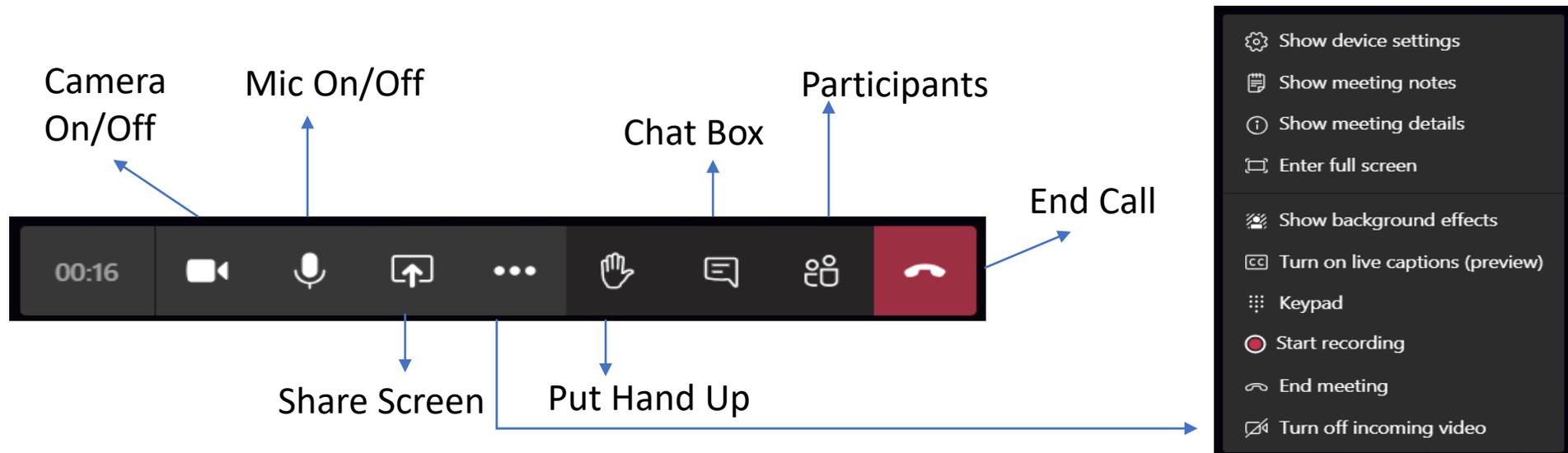
You are welcome to use the video function, however this occasionally causes bandwidth problems so you may wish to turn it off.



Whilst we will have an open conversation, please *feel free to use the chat box function* to ask questions or make comments.



If you would like to speak please use the “Put Hand Up” function and the moderator will come to you in due course.



# Today's Agenda



Time	Item	Title	Lead
10.00	1	Welcome, Apologies and Introductions	Andy Wright, Clinical Networks
10.15	2	Wellbeing Check In – The GIF of Giving	All
10:45	3	Senior PWP Leadership Programme Application Process	Andy Wright, Clinical Networks / All
11:00		Tea and Coffee Break (5 minutes)	
11:05	4	Sharing Best Practice in Supporting Trainees: Discussion	Heather Stonebank, Clinical Network / All
11:25	5	IAPT Preceptorships – What should this include? Working Group Session	Sarah Boul, Clinical Networks / All
11:45	6	Appreciating Step 2: Round Table Discussion	All
12:15	7	Any Other Business and Checking Out	All
12.30	8	Close	

# Wellbeing Exercise The GIF of Giving

All

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# Wellbeing Exercise – The GIF of Giving

Looking after our wellbeing is a priority. Through the power of GIFs we would like you to share with us how you are landing today.

Paste your GIF into the chat and then be prepared to explain your chosen GIF to the attendees.



# IAPT Leadership Training Offer Application Process

Andy Wright, Clinical Networks / All

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# IAPT Leadership Programme Aims

The aims of developing a leadership programme for IAPT services are to:

- Encourage new ways of working in Y&H that holds learning at the heart of the success of IAPT services
- Develop greater understanding of what good learning looks like
- Develop learning potential at all levels
- Develop a programme that supports IAPT services to understand what better suits for their services

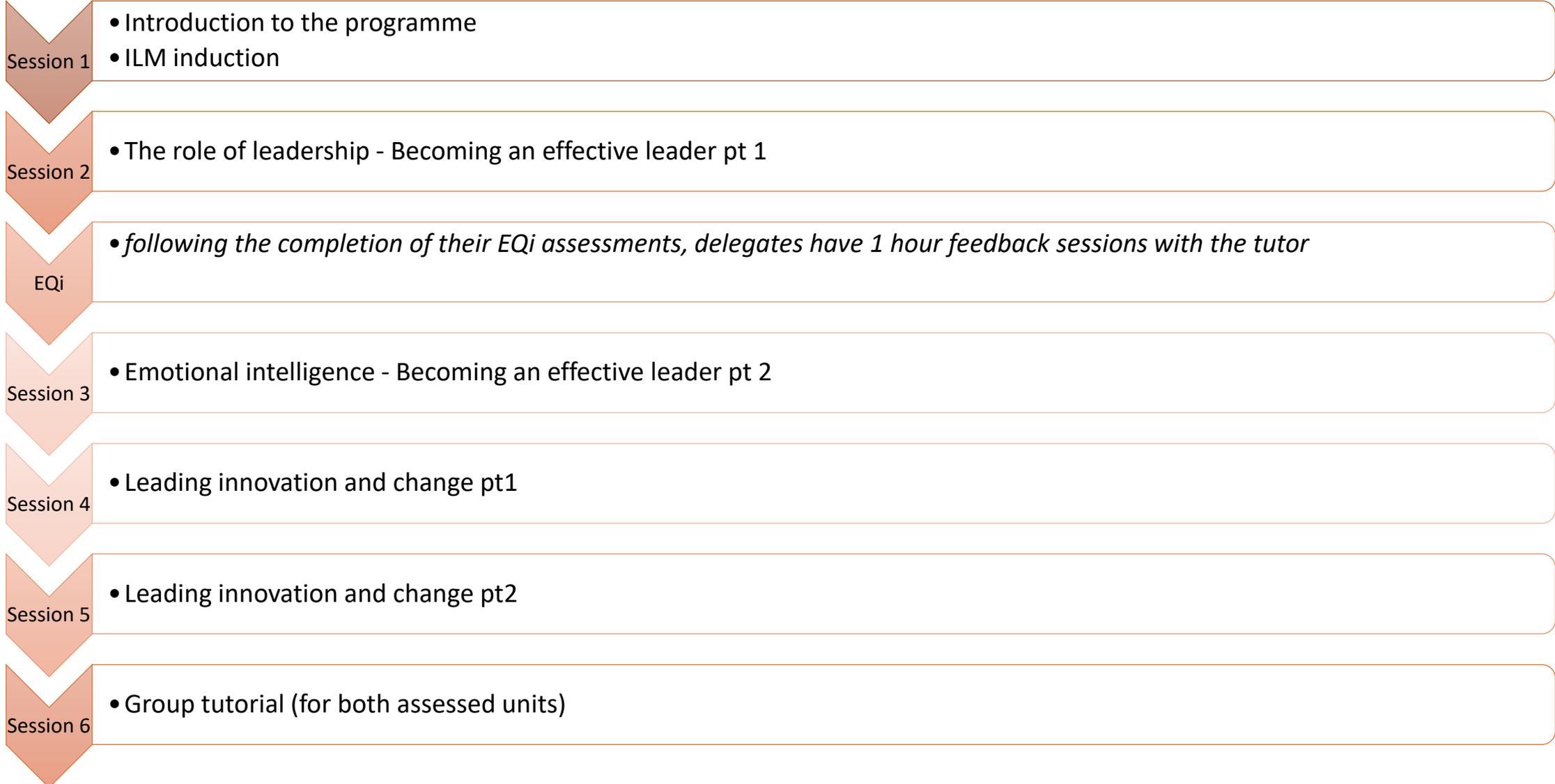
# IAPT Leadership Programme Outline



The course will consist of an **ILM Level 5 Award in Leadership and Management**. The qualification covers 2 units:

- Becoming an effective leader
  - Leading innovation and change
- 
- The course is delivered online using Microsoft Teams, which is the University's approved online meeting platform. Participants will need to sign up for a free Microsoft Teams account to engage with the online content. Participants must also have access to adequate IT equipment i.e. PC or laptop.
  - The course includes a mixture of 'live' online workshops and self-paced learning activities. The 'live' sessions are facilitated workshops and involve participants working together on collaborative activities. These sessions typically last for 3 hours each. Participants are expected to complete the self-paced learning activities between 'live' sessions. Typically, it takes around 2 hours to complete each activity.
  - In addition, delegates will receive 1:1 EQi feedback sessions to review their psychometric evaluations that they complete during the programme.

# IAPT Leadership Programme Outline



# IAPT Leadership Programme Applications



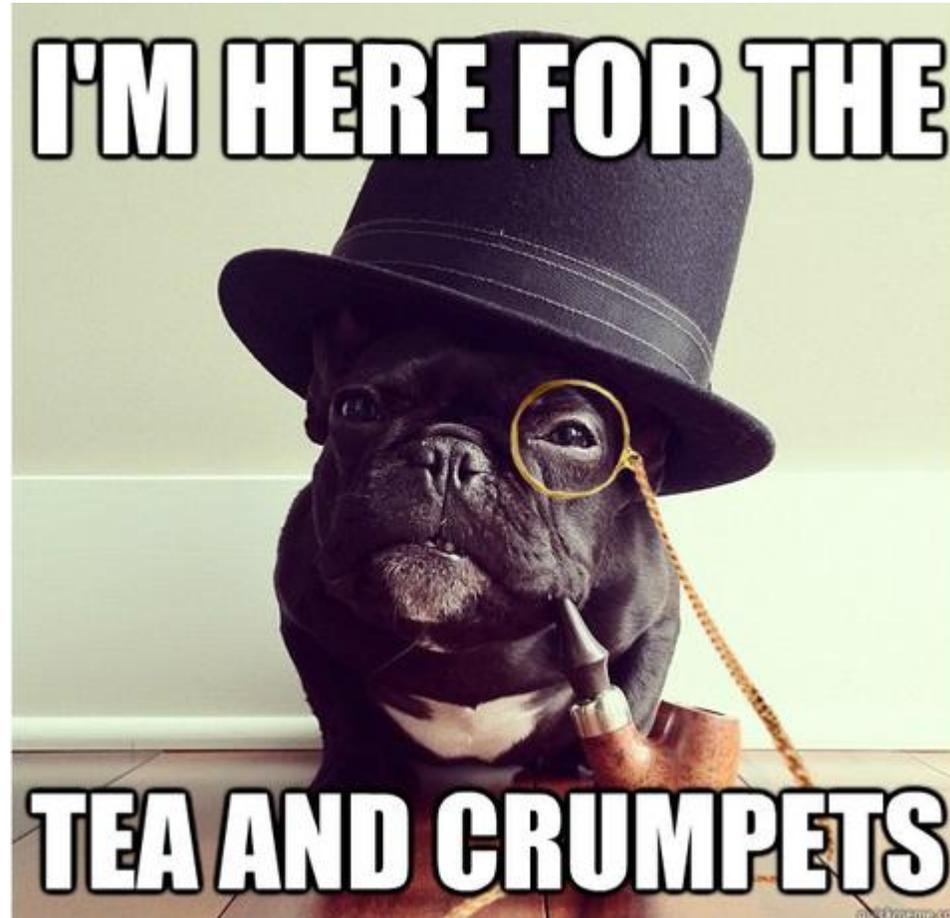
NHS England and NHS Improvement will meet the costs of the programme. However, due to funding restraints, it can only be offered to 36 Senior PWPs across the Yorkshire and the Humber region.

As a result of this we will have a competitive application process for the course. This will include completion of a short application form focussing on:

Previous leadership training you may have received

- Why have you applied for this leadership programme and what you see as the benefits for you.
- How will the skills, knowledge or expertise gained from the course be shared within the IAPT service.
- Have you confirmed with your line manager that you are able to undertake this course and comply with all of its requirements.

# Time for a break?



# Sharing Best Practice in Supporting Trainees: Discussion

Heather Stonebank, Lead PWP Advisor, Yorkshire and the Humber Clinical Networks

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# IAPT Preceptorships – What should this include? Working Group Session

Sarah Boul, Quality Improvement Manager, Yorkshire and the Humber Clinical Network  
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# Discussion Points

A preceptorship is defined as:

*“A period to guide and support all newly qualified practitioners to make the transition from student to develop their practice further”*

The preceptorship should be adopted as a framework for the first year of qualified practice. There are four areas that could structure a preceptorship period

- 1. Induction and preceptorship plan**
- 2. Regular supervision with an experienced practitioner**
- 3. Appraisal**
- 4. Potential Continuing Professional Development Activities for PWPs**

Of the four areas identified above what do you think are the key elements for each area?

# Appreciating Step 2: Round Table Discussion

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## Discussion Points

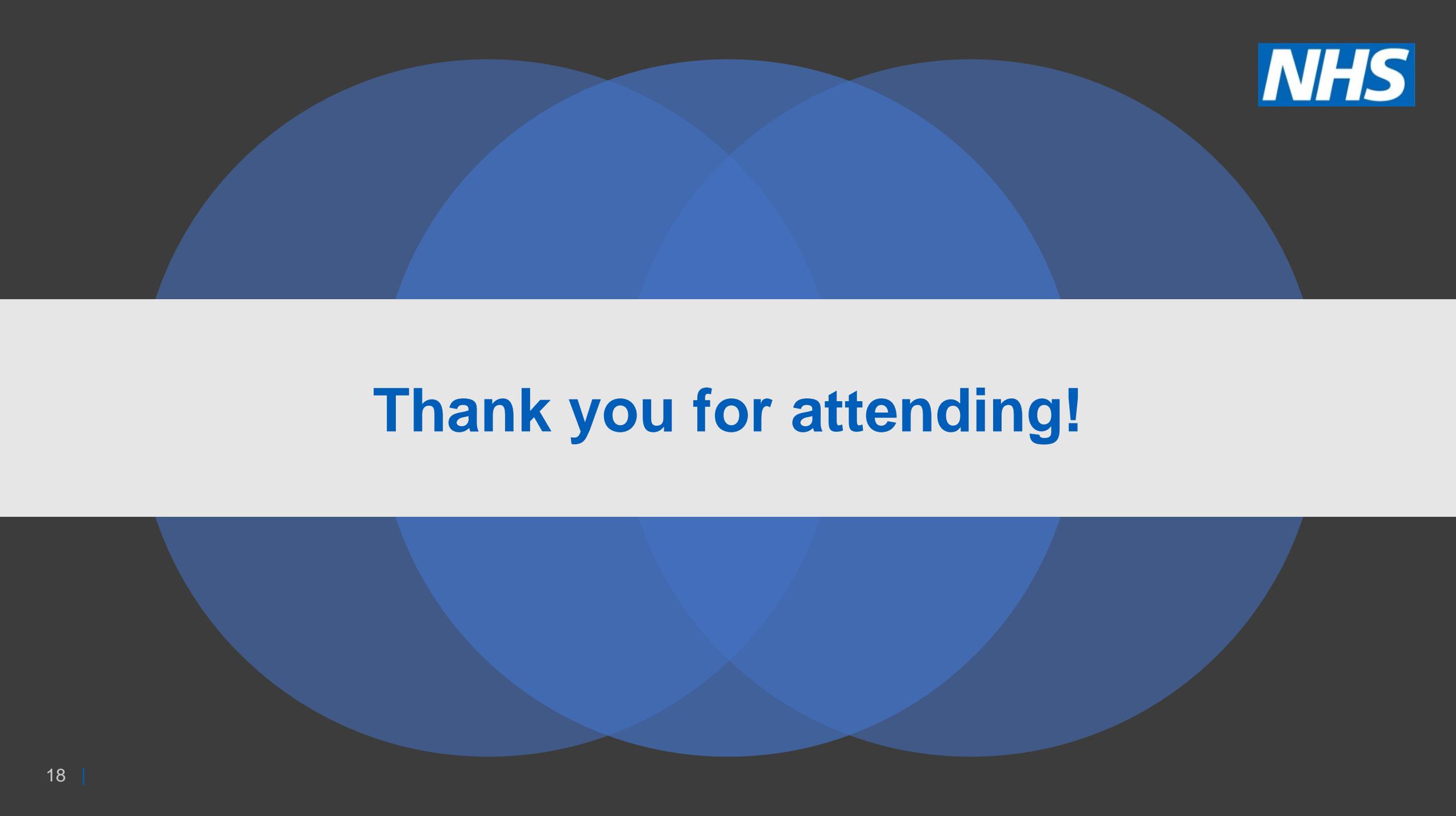
1. What do you appreciate about your service?
2. What do you appreciate about your colleagues?
3. Share something you have appreciated from your colleagues at the network meeting today
4. Share something you have appreciated about your personal or professional life recently

# Any Other Business and Checking Out

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**Thank you for attending!**