

**MINUTES OF THE TWELTH MEETING AND ANNUAL GENERAL MEETING OF  
THE CROSS PARTY GROUP ON MENTAL HEALTH HELD ON 24 SEPTEMBER  
2014 AT 5.30PM IN CR5, SCOTTISH PARLIAMENT**

**1. PRESENT**

Malcolm Chisholm MSP (Chair); Shaben Begum; Shane Buckeridge; Thomas Byrne; Alison Cairns; Carol Ann Chapman-Ogg; Jude Clarke; Alastair Cook; Susan Donnelly; Hannah Gordon; James Hendry; Tom Jennings; Cath Logan; Elizabeth Lightbody; Mark McDonald MSP, Colin McKay; James McKirdy; Alastair Moodie; Chrys Muirhead; Laura Nolan; Chris O Sullivan; Sara Preston; Mary Scanlon MSP ; Jill Stavert and Phil Watson.

In attendance  
Ms Karen Addie (Minutes)  
Dr Jane Morris  
Professor Jan McDonald  
Dr Christine Gill

**2. APOLOGIES**

Apologies for absence were received from:

Peter Glissov; Isobel Kerr; Doreen Graham; Eric Carlin; Stacey Webster; Alison McInnes MSP; Richard Simpson MSP; Stephen McLelland; Hamish MacLeod; Andrew Sim; Fiona Barlow; Carolyn Roberts and Joanne Gordon.

**3. ANNUAL GENERAL MEETING AND ELECTION OF OFFICE BEARERS**

Malcolm Chisholm MSP, Mark McDonald MSP and Mary Scanlon MSP were all re-elected as Co-convenors of the group for a further year.

The Royal College of Psychiatrists agreed to continue to provide the Secretariat of the group.

The Annual Return would be submitted to the Administrator for the Parliamentary Standards Committee.

**4. MINUTES OF THE MEETING HELD ON 20 JUNE 2014**

The minutes of the previous meeting were accepted as accurate.

**5. MATTERS ARISING**

No matters raised.

**6. EFFECTIVE, ECONOMIC AND COMPASSIONATE MANAGEMENT  
OF EATING DISORDERS IN SCOTLAND**

**Dr Jane Morris, Consultant Psychiatrist, the Eden Unit, Royal Cornhill  
Hospital, Aberdeen  
Professor Jan McDonald, Carer, Glasgow**

**Sara Preston, recovered sufferer and currently BEAT Young  
Ambassadors Facilitator, Edinburgh  
Dr Christine Gill, Clinical Psychologist, Lanarkshire Eating Disorders  
Service**

The group heard from the 4 speakers, please see attached copies of the 4 presentations.

Malcolm Chisholm MSP thanked all the speakers for their contributions and opened up the floor to questions:

David Wright asked where BEAT are based? Sara Preston replied the Scottish branch is based in Edinburgh although their HQ is in Norwich.

Colin McKay asked about compulsory interventions for people who have severe physical symptoms associated with eating disorders and what do practitioners do when someone refuses treatment. Dr Morris replied to this by saying she does use compulsory measures occasionally in order to give patients the treatment they need to save their life but it is never an easy decision. Part of the illness is about exerting control and if the person thinks they have to give up control that can be extremely distressing and frightening. Once patients are recovering however, they often thank her for the compulsory intervention as they can then see how it prevented their situation from deteriorating.

Chrys Muirhead made a point about the "triggers" that can bring on the illness or make it worse, particularly during periods of transition and likened these as being similar triggers for psychosis.

Malcolm Chisholm asked about the overlap with other conditions. Jane Morris replied that there is overlap in some cases with Borderline Personality Disorder as an eating disorder can be part of a range of behaviours which result when someone is trying to manage overwhelming experiences. Christine Gill also added that she sees people who also have anxiety disorders or obsessional behaviours but is important to focus on the eating disorder at least initially and then deal with the other issues.

Chris O Sullivan asked about people who are subject to multiple inequalities and was concerned that the evidence based family therapy could only be undertaken if the person had a loving supportive family. He referred to work the Mental Health Foundation has done called "Right Here" in England and Wales which is primarily about talking to GPs about young people. Christine Gill replied saying they can be flexible about the family therapy and match the requirements of the individual's situation to a therapy and it is always possible the person may have to access individual therapy instead. Jane Morris added that there are a range of other treatments than can help but none are as powerful as family therapy.

Jude Clarke asked about healthcare in prisons and was particularly interested in the Borderline Personality Disorder issue as that is prevalent in prison populations. Jane Morris replied that she was aware there may be complex eating disorders among the prison population.

## **7. DATE AND TIME OF NEXT MEETING**

**4 December 12.30pm CR2**