

**Minutes of the Meeting of the Cross Party Group on Mental Health
held on 4 September 2018, 6.00pm, in TG20/21 of the Scottish
Parliament**

1. Introduction

Annie Wells MSP gave an introduction.

2. PRESENT AND APOLOGIES

MSPs: Oliver Mundell MSP; James Dornan MSP; Annie Wells MSP; Stewart Stevenson MSP; Gordon MacDonald MSP.

Non-MSP Members:

Organisation	Name
Caritas Clinical Ltd	Leigh Fell
Independent Network	Nikki Dillon Sophie Castle
RCPsych in Scotland	Elena Slodecki (secretariat)

APOLOGIES

Apologies for absences were received from Tom Arthur MSP, Emma Harper MSP and 7 non-MSP members.

3. MINUTES

Minutes of the meeting of the CPG on Mental Health held on 20 June 2018 were accepted as a true and accurate record. The minutes were proposed by Oliver Mundell MSP and seconded by Leigh Fell.

4. ANNUAL GENERAL MEETING

a. Election of office bearers

The group agreed the RCPsych in Scotland would remain secretariat for the CPG on Mental Health.

Annie Wells MSP put herself forward as Deputy Convenor, James Dornan MSP seconded this, and the group agreed.

Annie Wells MSP stated Clare Haughey was convenor of CPG on Mental Health which is a very well-attended CPG. Ms Wells stated Clare has done great work for mental health within the CPG and she would like to put thanks to Clare on the record and wish her well in her new role as Minister for Mental Health on behalf of the CPG.

Annie Wells MSP stated the group needs a new convenor and there have been two nominations from Emma Harper MSP and James Dornan MSP.

Oliver Mundell MSP nominated James Dornan and Emma Harper MSP as co-convenors of the CPG on Mental Health. Annie Wells MSP seconded the co-convenorship and the group agreed.

b. Membership of the group

It was agreed the current arrangements for approving and updating group membership could remain. The secretariat would approve and update organisation and individual membership, whilst the Convenor or Deputy Convenor is required to approve and update MSP membership.

c. Themes for future meetings

The secretariat tabled a paper containing suggestions for future meeting themes sent through by CPG on Mental Health group members, as well as non-group members who have an interest in the CPG on Mental Health. The secretariat suggested several themes were chosen for topics of future meetings.

Oliver Mundell MSP nominated the theme of young people and mental health, stating it was particularly relevant given the announcements in Scottish Parliament today and that it is the year of young people. Mr Mundell suggested it would be fitting to have this theme discussed at the December meeting, so it is still within the year of young people.

The theme of gardening and mental health was nominated by Gordon MacDonald MSP. Mr McDonald noted Redhall Gardens was within his constituency.

Stewart Stevenson MSP nominated the theme of custodial settings and noted mental health issues affect a large proportion of people in custody.

Oliver Mundell MSP nominated the theme of intergenerational transmission of parental mental health problems.

Annie Wells MSP nominated the theme of eating disorders and noted there is a need to look at the causes of this. Leigh Fell queried whether diagnosis and medication as a theme would link in with the theme of eating disorders.

James Dornan MSP nominated the theme of always connected and suggested a focus on social media. Online bullying and body image were of particular interest, as these are issues which are getting raised regularly.

Annie Wells MSP nominated the theme of community rehabilitation. James Dornan MSP suggested this theme could be tied in with the gardening and mental health theme.

It was suggested the always connected theme could link in with the children and young peoples' mental health theme.

The secretariat asked for agreement to proceed with the five suggested themes:

1. 'Always connected' – young people and mental health
2. Community rehabilitation, with gardening and mental health as an example
3. Mental Health in custodial settings
4. Intergenerational transmission of parental trauma
5. Eating disorders

The group agreed to the themes. The group also agreed to hold the 'always connected' young people and mental health theme for the December meeting to fit in with year of young people.

The secretariat explained the usual process for finding speakers is contacting relevant organisations to request speakers and taking suggestions from the Convenors and Deputy Convenor.

5. AOCB

Annie Wells MSP asked if there was any other business.

Stewart Stevenson MSP advised he would like to be a member of the CPG on Mental Health. The group agreed.

There was a brief discussion around CPG membership decisions. It was suggested some groups are more controversial than others and some also ask for a reason for joining.

6. DATE AND TIME OF NEXT MEETING

12th December 2018, 6pm, Committee Room 5

5th February 2019, 6pm, Committee Room 4

21st May 2019, 6pm, Committee Room 4