Innovative Approaches
CYP/Student Mental Health

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Who am I?
Why does it matter?
Primary Care; Innovation in Mental Health

- First Step eating disorder service; Bristol
- SHERPa personality disorder service pilot
- ESC Student Health App & other apps
- Self hypnosis for anxiety in-house
- Visiting psychiatrist weekly
- IAPT CBT therapist weekly
- Complex case meetings & care co-ordination
- Network-ED resource; parents/ patients/ professionals
Some of my projects
Service development/ evolution

**NETWORKED**

We are a growing online resource for **primary healthcare professionals** in the UK with an interest in **eating disorders**, and we invite you to get involved.

Join us [network-ed.org.uk](http://network-ed.org.uk)

Engage Equip Discuss

Project partners
Anorexia Bulimia Care
Dr Dominique Thompson

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**Student Health Emotional Regulation Pathway (SHERPa)**

Patient Information Sheet

SHERPa is here to help students who have trouble with managing their emotions, including self-harm, or who have other complex psychological problems. You have been given an assessment because your GP feels that you may benefit from SHERPa.

**book an assessment:** Call 0117 330 2577 (9:30am - 4pm; Mon - Fri)

You will wait to hear from you within the next 7 days, after which time the referral will lapse. If you do not hear within this time, you will be given an assessment slot with Dr Claire Davis (Specialist Registrar in Psychiatry) and Amin Barkataki (Clinical Psychologist).

**What to expect:**

Your GP will have sent us some referral information.

On arrival at clinic you will be given some questionnaires to complete about your situation. This should take about 10 minutes.

The assessment can be up to 2 hours. You will be asked how long you’ve had the problem for, how they affect your life and about any treatment you’ve had in the past. At the assessment we will discuss possible treatment options with you.

It may be necessary to arrange a follow-up appointment and this will be booked at the assessment. We may also recommend a referral to a different service or organisation if this is more appropriate for your situation.

After discussing your situation we will write back to the GP with any recommendations for your care.

**Prepare**

some suggestions for ensuring that your appointment goes well:

- Ask your relevant academic staff if you need time away from your studies.
Principles to follow!

- Keep it close to home/ familiar/ simple
- Short waiting times (academic year impact)
- Use IT eg online booking/ reminders; Gen Z
- Social media/ blogs
- Earlier intervention= better outcomes
- Single point of referral/ access
- Evidence based therapies
- Who can you liaise with/ work with locally?
- Search out the funding...
More info!

My motto!

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"Because we've always done it this way."

The 7 most dangerous words in the English language.