

Shaping the Future

Veterans Substance Misuse: Integration of Health and Social Care
Conference Programme

16 November 2017

Newcastle United Football Club (Heroes Suite)

The Northern Hub for Veterans and Military Families Research



The Northern Hub for Veterans and Military Families Research is a collective of academics, service providers and service users with an interest in improving the health and social wellbeing of veterans and their families across the life-span.

The hub has evolved from the interests of Dr Mathew Kiernan Lieutenant Commander RN (Q) retired and Dr Mick Hill. It has established itself through an evolutionary process attracting and welcoming anyone with a genuine interest in its vision. We openly welcome visionary and innovative research that helps improve and understand the complexities that our veterans and their families experience across the whole life-span. A fundamental principle of the hub is collaboration in research for the benefit of others.

Current Projects

- Improving Access: Understanding why veterans are reluctant to access help for alcohol problems
- Maintaining Independence: A pilot study into the health and social wellbeing of older limbless veterans
- Maintaining Independence: A peer-led evaluation of The Royal British Legion's Branch Community Support Programme for Aged Veterans
- Producing a Map of Need – Veterans' Service Directory
- 'Hub & Spoke' Model of Health and Social Care: Project Evaluation
- Veterans Awareness Training
- Peer Research Training

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Welcome



Welcome to the first national conference from The Northern Hub of Veterans and Military Families Research, '*Shaping the Future, Veterans Substance Misuse: Integration of Health and Social Care*' hosted at St. James' Park, Newcastle.

The Northern Hub for Veterans and Military Families Research was established in 2015 with the fundamental principle of research collaboration for the benefit of others. This has remained the Hub's focus with veterans at the heart of research.

In the same year as the hub was established, we embarked on an Improving Access Project with the aim of 'Understanding Why Veterans Are Reluctant to Access Help for Alcohol Problems'. There were four phases to this project which have culminated in this conference as an opportunity to present our findings along with other academics and workers in the field.

Today we will be joined by guest speakers from across the UK, presenting on a variety of topics surrounding veterans' substance misuse.

We would also like to thank The Royal British Legion for funding our initial project and for their continued support. Thank you to all those who participated in our research project: service planners, commissioners and providers, service users and, most importantly the veterans themselves for sharing your experiences.

Special thanks to the guest speakers, stand holders and delegates for attending and supporting us in the future integration of health and social care for veterans' substance misuse.

Finally, a huge thank you to Diane Turner at Newcastle United Football Club for her help and support in organising this conference.

We hope you enjoy the day!

Best Wishes

Gill McGill

Senior Research Assistant and Conference Organiser

The Northern Hub for Veterans and Military Families Research

09.00 - 09.30	Registration and Refreshments
09.30 - 09.50	Opening the Conference <i>Andy Bacon and Marcus Hawthorn</i> <i>NHS England Armed Forces Central Team and Royal British Legion</i>
09.50 - 10.15	Setting the Scene, Veterans Personal Stories <i>Gerard Fowler and Tom Ripley</i>
10.15 - 11.00	Research Design and Findings <i>Dr Matt Kiernan, Dr Mick Hill, Jane Greaves and Alison Osborne</i> <i>The Northern Hub for Veterans and Military Families Research</i>
11.00 - 11.30	Refreshment Break
11.30 - 12.00	The Power of Sport. Professional Sports Clubs and Military Culture <i>Professor Alan Finnegan, John Goulding and Samantha Thompson</i> <i>University of Chester and SAMS Armed Forces Hub</i>
12.00 - 12.30	Recover from Addiction: The Tom Harrison House Military Specific Model <i>Jacqui Johnston-Lynch, Tom Harrison House</i>
12.30 - 13.45	Lunch and Networking
13.45 - 14.15	Armed Forces Communities and Social Isolation: A Practitioners Perspective <i>Dr Emma Murray and Ester Ragonese, Liverpool John Moores University</i>
14.15 - 14.45	Psychotherapy, Veterans and Substance Misuse <i>Nicola Salsbury, Military Veterans Service Bury</i>
14.45 - 15.15	Presentations of Alcohol Misuse Disorders in Veterans and Spouses: Implications for Clinical Interventions <i>Kevin Molloy, Combat Stress</i>
15.15 - 15.45	Refreshment Break
15.45 - 16.15	'Hub & Spoke' Model of Health and Social Care: Going Forward <i>Dr Mick Hill and Dr Matt Kiernan</i> <i>The Northern Hub for Veterans and Military Families Research</i>
16.15 - 16.30	Closing Remarks <i>Dr Marie-Louise Sharp and Marcus Hawthorne, Royal British Legion</i>

Speaker Biographies



Andy Bacon

Lead (Assistant Head), Armed Forces Central Team
NHS England

Andy Bacon has been a senior health leader for over 20 years in England and overseas. He has worked in the public and the charitable/not for profit sectors. He has also worked with and in primary care, community and hospital based services (including specialist tertiary teaching hospitals). He has led both the providing of clinical services and in the commissioning, purchasing and procurement of them. His particular areas of interest are armed forces health, health system management, developing integrated health care, diagnostics and improving health in low income countries. He has been responsible for the delivery of new networks and types of providers to enhance the capacity of in the English National Health Service (NHS). He was also the Chief Executive of the only specialist children's hospital in East and Central Africa. His current job is managing and coordinating the NHS support for healthcare for Armed Forces personnel, having served for over 10 years in the Army as an infantry officer before his work in health. He is "passionately curious" about finding new ways of improving people's health. He holds a number of non-executive posts in charitable bodies concerned with the armed forces and international health and is a Trustee of Tropical Health Education Trust. Most recently he led to the development of mental health awareness for peacekeepers from the Ugandan People's Defence Forces and management training for a mental health charity in India.



Marcus Hawthorn

Area Manager, Northern
The Royal British Legion

Marcus is a former Colonel in the British Army with extensive command and operations experience. His 30 years' service culminated in a number of senior programme and change management roles in the Ministry of Defence and the Home Office. Since then he was most recently the head of group risk and compliance at Age UK and he is now northern area manager for the Royal British Legion.

Gerard Fowler and **Tom Ripley** will be providing their personal stories on the day.



Dr Matt Kiernan

Associate Professor: Mental Health and Veteran Studies
The Northern Hub for Veterans and Military Families' Research

Matt was the Head of Mental Health Nursing in the Royal Navy, the Specialist Nurse Advisor for Mental Health (Royal Navy) and the Defence Specialist Nurse Advisor (Mental Health) prior to joining Northumbria University. Whilst in the Royal Navy Matt's research focus was care delivery and the psychological effects of basic training on the individual. Matt retired from the Royal Navy on Health grounds due to injuries he sustained as a result of operational service. Since arriving at Northumbria he has been committed to developing a centre for research into veterans' health for the UK.



Dr Mick Hill

Principal Lecturer and Director of Postgraduate Research
The Northern Hub for Veterans and Military Families' Research

Dr Mick Hill is a Sociologist with specific interest in issues of health and illness. His previous academic endeavours are broad and have encompassed a diversity of sociological topics spanning from intimate/family relationships to the role of the third sector organisations within economically deprived communities. However, all of these matters have tended to coalesce around the sociological aspects of mental health and wellbeing. Prior to his postgraduate sociological education (University of Durham), he worked as a Registered Nurse in both General and Mental Health care settings.



Dr Jane Greaves

Senior Lecturer
The Northern Hub for Veterans and Military Families' Research

Dr Jane Greaves is a Senior Lecturer participating in the Northern Hub for Veterans and Families Research. Jane has 20 years' experience working in critical care as Senior Sister and developed professional interests in risk management, Rapid Response Teams and the role of inter-professional education in the effectiveness of teams undertaking complex care. She joined Northumbria University 7 years ago from the Strategic Health Authority where she worked as a patient safety manager. She has continued research on complex inter-professional relationships.



Alison K Osborne

Research Assistant

The Northern Hub for Veterans and Military Families' Research

Alison is currently working towards a PhD and already holds an undergraduate degree and MRes in Psychology. Whilst studying she worked with vulnerable children and adults in not for profit organisations. Her interests include: eating disorders, cognitive neuropsychology, veterans and military families research. Alison

currently works as a Research Assistant in The Northern Hub for Veterans and Military Families Research and has worked on a variety of projects.



Professor Alan Finnegan

Professor of Nursing and Military Mental Health

University of Chester

Alan Finnegan PhD RN FRCN is Professor of Nursing & Military Mental Health at the University of Chester. He previously served in the British Army where he held appointments as a Nurse Consultant in Military Mental Health, the Ministry of Defence (MOD) Specialist Nursing Advisor in Mental Health and MOD Professor of Nursing.

Alan is a committee member of the Royal College of Nursing (RCN) International Committee, the RCN North West Regional Board, and is the RCN Link Member for Military Veterans. Alan was appointed as a Fellow of the RCN in 2014 and the Winston Churchill Memorial Trust in 2017. Alan is a Visiting Professor at the University of South Florida, Birmingham City University and UCLan. In his current role, he is Director of the University of Chester's Centre for Research & Innovation in Veterans' Wellbeing and is an Assistant Editor with Nurse Education Today.

John Goulding

Research Assistant

Westminster Research Centre for Veterans Health and Wellbeing, University of Chester

John served with Cheshire Police before joining the RAF Police. A neck and back injury sustained whilst serving in the RAF cut short his career there and took him to Liverpool John Moore's University where he did a BA (Hons) in Sport Development with PE. Whilst at LJMU he was guided down the education route first taking part on the University SAS scheme before gaining a teaching qualification, subsequently teaching in a number of Further Education establishments on Sport and Public Services courses. Having gained a PGCE at the University of Chester he is now undertaking a MA in Educational Leadership and recently applied to undertake a PhD also at Chester.

Samantha Thompson

Director/Welfare Officer
SAMS Armed Forces Hub

SAMS Armed Forces Hub are currently supporting 104 ex serving personnel and 2 serving members of the forces here in St Helens and local area. They work in collaboration with TRBL, SSAFA, Citizens Advice, Combat Stress, NHS, Inward Housing, Tom Harrison House, Everton In The Community, St Helens Council, St Helens Rugby League (Saints Foundation) amongst other organisations. There has been positive feedback from their local council and supporting organisations for the work they are doing with the Armed Forces Community and have being nominated as finalists for the North West Charity Awards next month for Outstanding Charity Support.



Jacquie Johnston-Lynch

Head of Service
Tom Harrison House

Having created a succession of UK firsts in the field of addiction recovery, Jacquie now heads Tom Harrison House, the UK's first addiction recovery centre designed specifically for military veterans. Her work there ranges from striving to influence government policy and military culture around addiction and alcoholism, to more hands-on therapeutic work with the veterans and family members who access the programme. Prior to this, Jacquie founded the country's first dry-bar "The Brink" as a recovery social enterprise, where she was responsible for hosting the first solo public engagement of HRH The Duchess of Cambridge in 2012, liaising fully with St James Palace and the Royal Equerry.



Dr Emma Murray

Senior Lecturer
Liverpool John Moores University

Dr Emma Murray is a project lead for the National Evaluation of the Royal British Legion's Breaks Services to assess the impact of the service on beneficiaries' well-being. As a senior lecturer in criminal justice in the School of Law, Liverpool John Moores University, Emma is a member of the Centre for Crime, Criminalisation, and Social Exclusion, within which she is the Project Lead of the 'Reimagine the Veteran' film project. Working with scholars, artists and policy makers across the UK, Emma is also an Associate Academic for the Veterans in Practice and Criminal Justice Programme at the Foundation for Arts and Creative Technology, Liverpool.



Ester Ragonese

Associate Dean of Education and Senior Lecturer
Liverpool John Moores University

Ester is Associate Dean (Education) for APSS. She is also a member of the Criminal Justice Team in The School of Law teaching on a range of criminal justice related modules across both undergraduate and postgraduate levels of study. Ester is research active, and with experience of working in the criminal justice system for a number of years she has a wide and varying range of research interests; however, in the main these focus on the issue of social exclusion, particularly with regard to the homeless population, the management and treatment of offenders within the criminal justice system and on the student experience in higher education. Ester has presented papers and been invited to speak at conferences in Britain, Europe and North America.



Nicola Salsbury

Highly Specialist Psychotherapist
Military Veterans Service, Bury

Nicola Salsbury is currently employed as a Highly Specialist Psychotherapist within the Military Veterans Service at Pennine Care NHS Foundation Trust. As a senior member of the Military Veterans Service the role involves providing psychotherapy to veterans experiencing complex difficulties. Trained as a Psychodynamic Psychotherapist in Liverpool and registered with the UKCP Council for Psychoanalysis and Jungian Analysis College. Over the past 15 years has worked in the UK both in children's and adult services as a clinician & therapist providing consultation, supervision and training. Prior to this trained as a RMN and worked in Australia in the Inner City Mental Health Service working in crisis intervention and with the homeless. Also worked within Substance Misuse Services including detox unit and assertive outreach programme. More recently has undertaken training in EMDR (Eye Movement Dessensitization & Reprocessing) and Dynamic Interpersonal Therapy.

Kevin Molloy

Service Lead for Substance Misuse Case Management
Combat Stress

Kevin has worked in Substance Misuse for over 30 years. He has worked in all settings, including residential rehabilitation, crisis intervention, harm reduction services, recovery oriented services, detoxification services, social enterprise development, and prison and other criminal justice services. He was Director of Operations at Addaction and at KCA, and was Drug Action Team Co-ordinator for the Medway Towns. He was a board member of Kent Probation Area, Coca, BUBIC, the Princesdale Trust and the Conference Consortium. He was also a member of the All Party Parliamentary Group on Drugs, Alcohol and Criminal Justice chaired by Lord Ramsbotham. Prior to working in the field he was a service user himself for many years. More recently he has become involved in developing veterans' substance misuse services with Combat Stress, piloting case management models in nine areas across England and Scotland. Services which can help meet a veteran's needs are there, but often work in isolation and, for a variety of reasons, are not being accessed by veterans. In addition, those veterans that do access services often find it difficult to sustain any meaningful contact with them.



Dr Marie-Louise Sharp

Research and Healthcare Policy Manager
The Royal British Legion

Dr Marie-Louise Sharp is the Research and Healthcare Policy Manager for the Royal British Legion. She currently leads the Legion's research programme and works the NHS, the MoD and the voluntary sector to improve Armed Forces Healthcare policy and service provision. In 2015 she completed a PhD at the King's Centre for Military Health Research at King's College London in Psychological Medicine. Her research focused on the social influences and barriers to seeking mental healthcare amongst the UK military, and she continues as an honorary research fellow at the Centre. She was awarded a Clore social fellowship in 2016, funded by the Forces in Mind Trust. Previously she worked in Adult Health, Social Care and Local Government Finance Policy at London Councils.

Conference Stands



Alcoholics Anonymous is a free fellowship of men and women who try and carry a message of recovery to the person who is suffering with a problem with alcohol. Part of our service for AA is to pass this message of recovery to the Armed services by presenting AA to regular units, reserve units and veteran help organisations.



FINCHALE

Finchale is an independent charity providing specialist intervention services that enable people to achieve health, well-being and work. Our Veterans' Services Team provide a Case Managed support service for Armed Forces Families throughout the North East.



Help for Heroes supports those with injuries and illnesses attributable to their service in the British Armed Forces. Hidden Wounds is a free and confidential psychological wellbeing service for Veterans, the families of Veterans and the families of those still serving. Psychological Wellbeing Advisors (PWAs) form part of the Psychological Wellbeing Team. They provide advice, help and guidance to veterans and their support networks.



Launchpad runs Avondale house in Byker, Newcastle and Speke House in Speke, Liverpool to primarily provide employment and housing support to veterans of all 3 services. Secondly Launchpad provide benefit and substance misuse advice and signposting assistance.



NHS Transition, Intervention and Liaison (TIL) Veterans Mental Health Service. If a veteran is experiencing mental health difficulties, these services can provide a range of treatment and support regardless of when they left the armed forces. This includes recognising the early signs of mental health problems and providing access to early treatment and support, as well as therapeutic treatment for complex mental health difficulties and psychological trauma.



The Royal British Legion's biggest fundraising campaign, The Poppy Appeal, is held every year in November, the period of Remembrance. Members of the public wear a paper poppy on their chest as a symbol of Remembrance: to remember the fallen Service men and women killed in conflict. By donating to The Royal British Legion, you're helping us to help those in need within the Armed Forces community. We provide support for members of the Royal Navy, British Army, Royal Air Force, veterans and their families.

Useful Links

- www.northumbria.ac.uk/militaryveterans
- www.britishlegion.org.uk
- www.chester.ac.uk/health/crivw
- www.samshub.org
- www.tomharrisonhouse.org.uk
- www.combatstress.org.uk
- www.alcoholics-anonymous.org.uk
- www.finchale.org
- www.helpforheroes.org.uk
- www.veteranslaunchpad.org.uk
- www.nhs.uk/NHSEngland/Militaryhealthcare



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All profits donated to Royal British Legion Poppy Appeal