



**Manchester  
Resilience Hub**

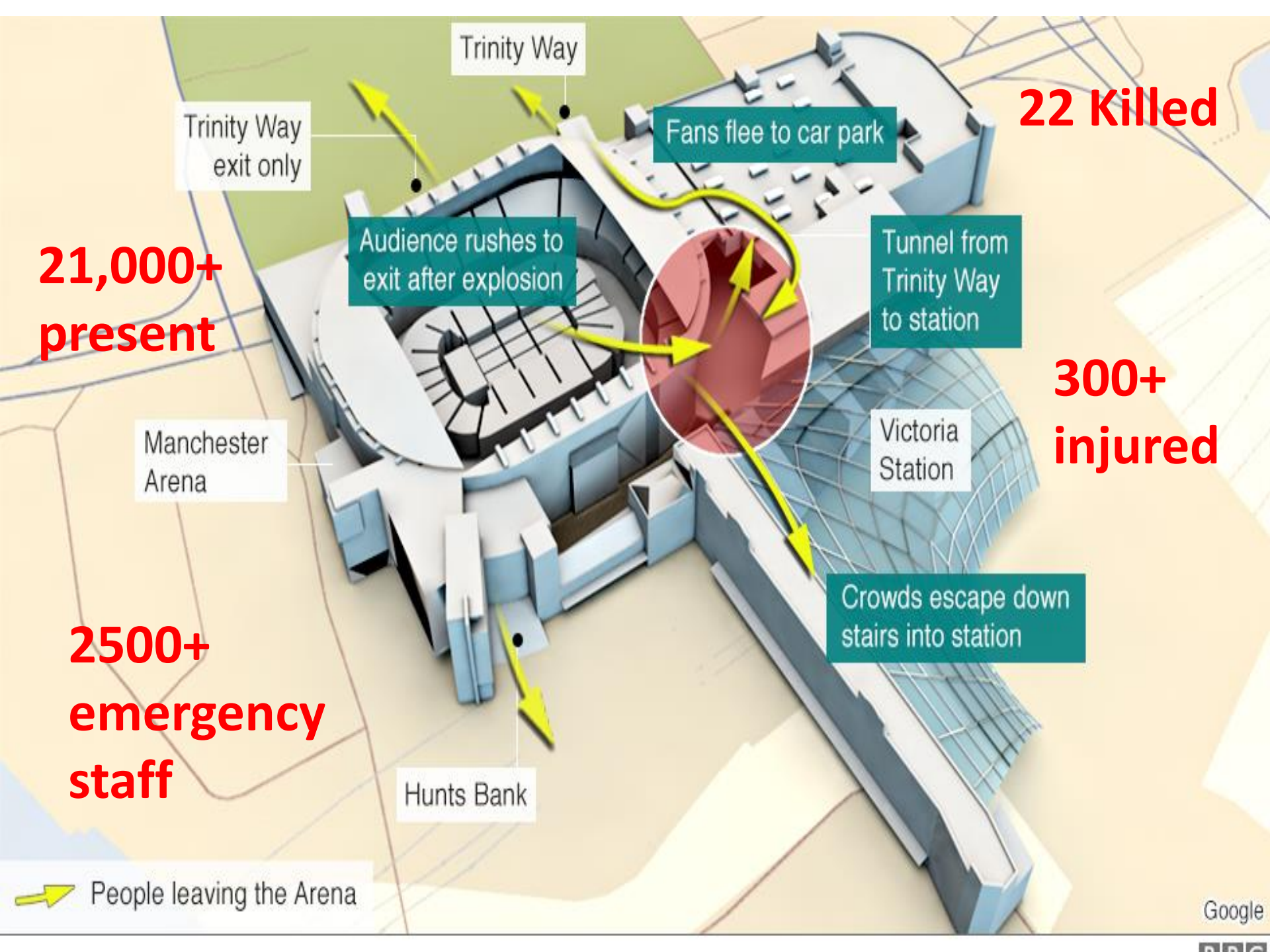
# **Manchester Resilience Hub**

**Psychological Professions Network 9<sup>th</sup> Nov 2017**

**Dr Alan Barrett**

**Consultant Clinical Psychologist  
& Clinical lead (Adults)**





**21,000+**  
**present**

**22 Killed**

**300+**  
**injured**

**2500+**  
**emergency**  
**staff**

Trinity Way

Trinity Way  
exit only

Fans flee to car park

Audience rushes to  
exit after explosion


Tunnel from  
Trinity Way  
to station

Victoria  
Station

Crowds escape down  
stairs into station

Manchester  
Arena

Hunts Bank

 People leaving the Arena

# Who is the Hub for?

Everyone who has been directly affected by the incident (no matter where they live)

Family members who have been affected

Professionals who have been affected

Professionals seeking clinical advice about others

# The screening process

Email invitation to take part in screening.

Complete self-report measures online.

Receive email back with self-help links.

If high symptoms or risk then Hub staff will make contact and help source approved therapy.

Repeat at 6m, 9m, 12m following the attack.

# Numbers

On 31/10/17 the MRH had **2545** open cases

Of which;

**502** were direct referrals &

**2043** came through the screening process

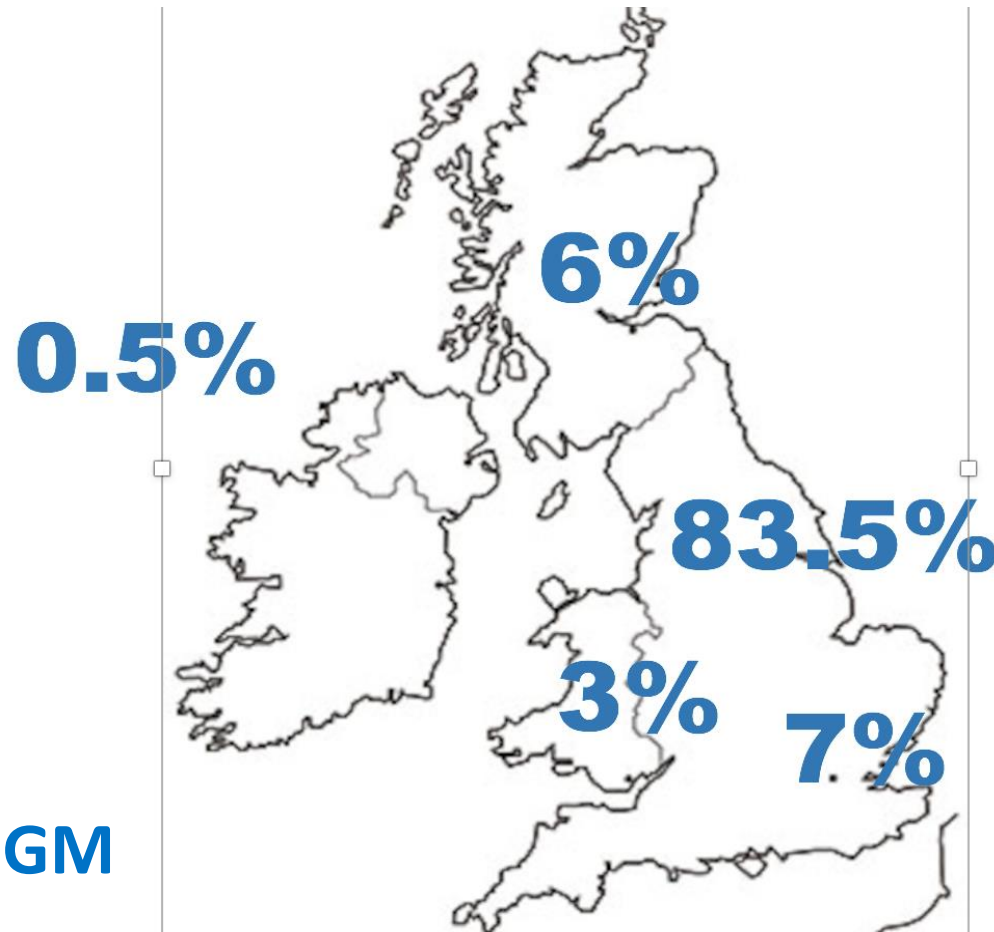
Full MDS data for **2069** individuals

Of which:

**1735** Adults

**334** Children (under 16)

# Location of victims



Approx 20% GM

N=2545

# CYP

405 aged 5-15 years. Spoken to 304

Of which 60% (181) requiring intervention



### Revised Child Impact of Event Scale

Below is a list of comments made by people after stressful life Event. Please tick each item showing how frequently these comments were true for you *during the past seven days*. If they did not occur during that time please tick the 'not at all' box.

Name: .....

Date: .....

		Not at all	Rarely	Some-times	Often
1.	Do you think about it even when you don't mean to?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	Do you try to remove it from your memory	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	Do you have difficulties paying attention or concentrating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	Do you have waves of strong feelings about it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	Do you startle more easily or feel more nervous than you did before it happened?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# CYP

223 aged 16-17 years. Spoken to 98

59% (58) requiring intervention

## 1 Trauma Screening Questionnaire

Please indicate (Yes/No) whether or not you have experienced any of the following at least twice in the past week.

		YES	NO
1	Upsetting thoughts or memories about the event that have come into your mind against your will		
2	Upsetting dreams about the event		
3	Acting or feeling as though the event were happening again		
4	Feeling upset by reminders of the event		
5	Bodily reactions (such as fast heartbeat, stomach churning, sweatiness, dizziness) when reminded of the event		
6	Difficulty falling or staying asleep		





# Adults

1442 aged 18 years & over. Spoken to 517

Of which 71% (366) requiring intervention

## PHQ-9

Over the last two weeks, how often have you been bothered by any of the following problems?

		Not at all	Several days	More than half the days	Nearly every day
1	Little interest or pleasure in doing things	0	1	2	3
2	Feeling down, depressed or hopeless	0	1	2	3
3	Trouble falling or staying asleep OR sleeping too much	0	1	2	3

## GAD-7

Over the last two weeks, how often have you been bothered by any of the following problems?

		Not at all	Several days	More than half the days	Nearly every day
1	Feeling nervous, anxious or on edge	0	1	2	3
2	Not being able to stop or control worrying	0	1	2	3

# Risk

**984** of the over 16's are in the moderately-severe to severe range on the MDS measures. Of which **773** reported having no support.

**120** of the over 16's have been having '*Thoughts that you would be better off dead, or of hurting yourself in some way*' for more than half the days of the previous week.

# Escalation

The MRH has had to fight for 20% of clinically symptomatic individuals to receive an acceptably timely service.



# Commissioned training

Trauma skills update training hosted at the CBT  
Training Centre GMMH.

On 1<sup>st</sup> August 2017 for CBT therapists

On 17<sup>th</sup> August for EMDR therapists

Video's soon available to accredited staff.

MRH host monthly half day 'Locker room' workshops

Bespoke training may also be available

# 360 degree video



# Additional MRH activity





**Manchester  
Resilience Hub**

# **Manchester Resilience Hub**

**Tel: 0333 009 5071**

**email: [GM.Help@nhs.net](mailto:GM.Help@nhs.net)**

**[www.penninecare.nhs.uk/mcrhub](http://www.penninecare.nhs.uk/mcrhub)**



# Contacts

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