

# SEPSIG BUSINESS MEETING MINUTES

## RCPsych SEPSIG #13 - 14.10.22

### Officers

Chair: Dr Amit Mistry (AM)      Treasurer: Dr Caz Nahman (CN)      Media: Dr David Prossor (DP)  
Education/Curriculum Lead: Dr Tim Rogers (TR)      Dance Lead: Nicole Lekka (NL)  
Trainee Rep: Dr Jen Keal (JK)      Secretary: Dr Phil Hopley (PH)

### Reports

#### Finance - CN

- Bank balance £16,900 / FDS 2023 Annual Plan submitted to RCPsych
- SEPSIG #12 made a loss due to high venue cost from host venue – lessons learnt

#### Social Media – DP

- SM following increased 136 to 903
- Diverse community of people from elite sport & general mental health

#### Dance – NL

Updates on:

- Scottish Ballet Health group
- Psychiatric in-patient dance interventions
- Post-Covid Mental Health in Dance
- International Association of Dance, Medicine & Science: covering Dance for Health & Dancers' Health: <https://iadms.org/> Annual Conference< Limerick, Eire 29-31.10.22

#### Education / Curriculum - Various

##### ISSP (TR)

- Membership Offers Monthly Webinars
- Certificate programme with curriculum and mentor programme
- Research grants of up to \$5,000 available – trainees encouraged to apply

##### SEPSIG (TR)

- Interactive modules available: Sport MH & Exercise MH – volunteer sought for updating
- Suggestion of Podcast series from SEPSIG

##### IOC activity (Alan Currie)

- AC sits on MH Working Group
- IOC Screening Tool: <https://olympics.com/athlete365/mentally-fit/mentallyfit-toolkit-resources/>  
<https://bjsm.bmj.com/content/55/1/30>
- Illness Surveillance - MH component - <https://olympics.com/ioc/news/ioc-launches-new-long-term-study-of-olympians-to-protect-athletes-physical-and-mental-health>

- MH Modules within Sports Physician Course

#### IOC Diploma in Sport Mental Health (Amit Anand)

- Amit recently awarded Diploma with Distinction
- Masters equivalent – 25 attendees – global reach: 2 UK
- Monthly modules and 2 Assignments c. 5-7 hours work pw
- Cost: £3,400 -  
<http://www.iocsportsmedicine.com/Mental+Health/About+the+Programme/#link-3>

#### EIS (Allan Johnson)

- AJ & AC are on MH Expert Panel working with NGBs (National Governing Bodies) – developing podcast series

#### Sport Psychiatry Journal (Alan Currie)

- 2 publications online pa
- 2023 focus on: Interface between sport psychiatry and psychology / Physical Activity & Sport in Child & Adolescents

#### Trainees

Tom McCabe was thanked for his sterling work in recent years and Jen was thanked for taking on the role

JC reported that there are currently 16 enthusiastic trainees in the What's App group keen for any and all work opportunities for special interest sessions

Suggestions included: working with University Sport Teams / NHS-REDS Clinics / contacting Consultant members of SEPSIG direct

NB: Clinical Governance issue: Consultant supervision required

#### Officers

#### **2 current vacancies: Secretary & Exercise & Mental Health Lead**

Chair Dr Amit Mistry & Treasurer Dr Caz Nahman – due for election 2024

Media Lead – Dr David Prosser Trainee Rep – Dr Jen Keal Curriculum Lead – Dr Tim Rogers

#### AOB

Dr AM thanked Phil H for acting as Secretary since SEPSIG was formed

#### Provisional Dates & Venue SEPSIG #14 & SEPSIG #15

Friday 14<sup>th</sup> April 2023 – venue TBC

Friday 29<sup>th</sup> Sept 2023 @ Institute of Sport & Exercise Medicine, London option (TBC)

Dr Phil Hopley, Secretary