

March 2020 Issue 01

# SCEPTRE NEWSLETTER

# Welcome!

We hope this first issue of the SCEPTRE newsletter will provide a helpful overview of the SCEPTRE research programme.

## WHAT IS SCEPTRE?

SCEPTRE stands for promoting **S**moking **C**essation and **P**revent**I**ng **R**elapse to tobacco use following a smokefree mental health inpatient stay.

SCEPTRE is a 6-year programme of mixed-methods research led by Dr Elena Ratschen at the University of York. The multi-disciplinary team consists of leading academics in the field, experienced mental health clinicians, and experts by experience. SCEPTRE is hosted by Sheffield Health and Social Care NHS Foundation Trust.

## WHO FUNDS SCEPTRE?

SCEPTRE is funded by a National Institute of Health Research (NIHR) Programme Grant for Applied Research (NIHR200607).

## WHAT IS THE AIM OF SCEPTRE?

Over six years SCEPTRE aims to develop and test a bespoke support package that will assist people with severe mental illness to become or stay smokefree after discharge from a mental health in-patient stay.

## WHO IS INVOLVED IN SCEPTRE?

Dr Elena Ratschen leads SCEPTRE, supported by a multi-disciplinary team of researchers, academics, clinicians, policy experts, and people with lived experience of mental illness.

SCEPTRE will also have a panel of individuals who are current or former smokers and who have experienced admission to a smokefree mental health ward. We will also invite those individuals who support our patient members to join the panel.



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## ***WHY SCEPTRE IS IMPORTANT?***

People with severe mental illness experience many health-related inequalities. SCEPTRE intends to reduce the health inequality experienced by people with mental illness daily.

One of these is that they often do not receive the support needed to change their smoking behaviours once they leave the hospital following a mental health admission.

We know that while in the hospital people may make positive changes to their smoking or make the swap to e-cigarettes. But, this good work is often undone once they return home.

## ***WHAT RESEARCH WILL BE CONDUCTED?***

We plan to carry out five main studies that will develop and test an intervention to support people with severe mental illness to change their smoking behaviours following discharge from a smokefree mental health ward.

To design the intervention we'll look at what other researchers have found works to help people remain smokefree after they leave the hospital and we'll work with people with severe mental illness who had received support to change their smoking behaviour during a mental health inpatient stay.

o ensure that the intervention can overcome the challenges currently experienced by mental health professionals when they assist people to change their smoking behaviour, we'll also consult with mental health professionals.

Over the following four years, the intervention will be tested to ensure that effective, value for money, and able to be delivered in existing mental health services.

## ***WHICH NHS ORGANISATIONS ARE YOU WORKING WITH?***

We are working with:

- Sheffield Health & Social Care Trust
- Tees, Esk, & Wear Valley NHS Foundation Trust
- Leeds & York Partnership NHS Foundation Trust
- Bradford District Care Trust

## ***HOW DO I GET INVOLVED?***

It is our ambition to form a patient and public engagement panel to ensure that the research conducted addresses issues that are important for people living with severe mental illness and that SCEPTRE and its results reach as many people as possible. To express an interest in joining, please get in touch!

## ***HOW CAN I FIND OUT MORE?***

We want to be able to let people know how the SCEPTRE programme is going and to share our findings. There are several ways you can find out more:

- Follow us on Twitter [@sceptreresearch](#)
- Keep an eye on our website
- Subscribe to our newsletter
- Or reach out by emailing Emily Shoesmith [dohs-sceptre@york.ac.uk](mailto:dohs-sceptre@york.ac.uk)

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## ***SCEPTRE PROGRAMME LAUNCH EVENT***

The SCEPTRE programme launch event took place on 28 February 2020. The event, hosted by Dr Elena Ratschen at the York Medical Society, brought together researchers, academics, clinicians, and other collaborators from across the UK.