Authentic Partnerships for Quality Outcomes; Designing Student Friendly Services in Partnership, in UK Primary Care

New ways of working in partnership

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Abstract:

As a university GP balancing the needs of ‘2 masters’ (the NHS and UK Higher Education) for almost 20 years, Dominique has significant experience of building relationships with different organisations, whilst aiming to develop student-centred services in primary care.

Working in partnership with NHS mental health health teams, psychologists, the university wellbeing services and students, she brought evidence based ‘specialist only’ therapies for eating disorders and emotionally unstable personality disorder into primary care, for the first time in the UK. The therapies, provided by psychologists working alongside the GPs and counselling teams, were fully integrated into university systems, for the students’ benefit.

These innovative services, and this leading edge approach, led to the practice winning the title ‘Bristol GP Practice of the Year 2016’ and Dominique herself being named ‘Bristol Health Care Practitioner of the Year 2017’, both nominated by the students themselves.

Dominique will share her learning from her experience, and her key principles for success, in her conference session.

Biography:

Dr Dominique Thompson is a GP, young people’s mental health expert, TEDx speaker, author and educator, with over 20 years of clinical experience caring for students.

Her TEDx talk entitled “What I learnt from 78,000 GP consultations with university students” highlighted some of the causes behind the recent rise in young people’s mental health distress, and suggested ways in which everyone can better support the younger generation.

She is a Clinical Advisor for the Royal College of GPs, and for Student Minds, the UK’s student mental health charity. She was the GP member of the NICE Eating Disorders’ guideline development group, and the Universities UK StepChange and Minding Our Future committees.

Dominique is also a member of the UK Mental Health and Wellbeing in Higher Education group, and is on the Board of a NHS mental health foundation trust.
Dominique has helped design apps and websites to support student mental health, writes books on the topic, and, in her university practice, she developed innovative psychology services for eating disorders (CBT based), and self-harm (DBT based), in primary care, and for this work, and her clinical care, was named Bristol Healthcare Professional of the Year 2017. She has been interviewed widely, including by the Guardian and Radio 4’s Today programme.

Dominique has now launched her own student health and wellbeing consultancy, Buzz Consulting, to assist universities, the NHS and other organisations in improving their student support offer. She also offers training in a range of mental health related topics.

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