A healing environment

The therapeutic benefits of nature

South London and Maudsley NHS Foundation Trust
Welcome to the winter edition of SLaM news

Inside, we hear from staff who have travelled abroad to share their mental health expertise. Mandy Sahrane, a clinical nurse specialist in our child and adolescent mental health service, explains her experiences of visiting an orphanage in war torn Ukraine on page 10. And Katy Lowe, a nurse from our early intervention services, brings news of a new mental health clinic in Sierra Leone aimed at integrating mental and physical healthcare for Ebola on page 24.

Much closer to home, work is also underway to better integrate physical and mental healthcare. IMPARTS – a pioneering initiative from King’s Health Partners – gives healthcare professionals the skills to integrate mental and physical care in routine clinical settings. It’s currently being rolled out at SLaM, after being used with great success at our partner trusts – turn to page 30 to read more.

There are lots of ways to get involved in the work of the trust – from becoming a member to taking part in a range of volunteering, involvement and paid opportunities. Find out more on page 26.

Becoming a governor is another way to help shape the organisation. On page 28 you can find out more about our new governors elected in November 2014.

Learn more about what happens at a ward round on an inpatient unit by reading about our visit to the Tony Hillis Unit at Lambeth Hospital – a specialist unit for men experiencing psychosis (page 22).
Message from the chief executive
Welcome to the winter edition of SLaM news – our publication for you, our staff and members.

I would like to wish you all a very happy New Year and thank you all for your contributions and commitment to SLaM in 2014.

This past year has been an eventful one for the trust. Madeliene Long who served as SLaM chair for the past 14 years stood down at the end of last year. Madeliene has made an exceptional contribution to the organisation and it has been a privilege to work with someone who has done so much for mental health. Roger Paffard, an experienced leader of commercial, public and voluntary sector organisations, has been appointed as SLaM’s new chair. Roger will be visiting services and meeting staff and service users. I hope that you will join me in welcoming him. You can read more about Roger in our next edition.

When I look back at what we have achieved for our staff and patients over the past year I find it quite inspiring. With the support of our commissioners, we have launched new research and clinical programmes that will help drive new treatments and innovations in mental health and help patients to stay well and support them in crisis. A few highlights for me include:

New ways of working: We launched the Adult Mental Health Model, which along with our other programmes, continues to shift our focus towards the prevention of illness and helping people to stay well and out of hospital.

Strengthening our response to people in crisis: Working with a network of experts I agreed a set of commissioning standards for mental health crisis services across London. These standards include the provision of street triage services in which police officers on the street are supported with access to clinical advice 24/7 – something that we have been piloting for London at SLaM.

Joining up mental and physical healthcare: IMPARTS (Integrating Mental and Physical Healthcare Research Training and Services), run by the Maudsley Biomedical Research Centre, is working to find ways to integrate care better so patients get all the care they need in the same place. More details are on page 30. 3D4D (three dimensions of care for diabetes) continued to improve experience and outcomes for people with diabetes through the provision of integrated psychological support. We have also launched King’s Health Partners (KHP) Online, a fantastic achievement which allows clinical staff from its three trusts to view the mental and physical care a patient or service user has received in one of the other trusts.

Driving transparency to improve the quality of the care we provide: Three of our clinical academic groups have published outcomes books with lots of useful information about what we are achieving for our patients and service users. This marks our new focus on improving value in mental health care, with better outcomes that matter to people for each pound spent.

A personal highlight was meeting staff and service users when deputy prime minister Nick Clegg visited our services at the Chaucer Resource Centre in Southwark (see page six). Service users spoke about how compassion, and talking to staff who care, were key on their road to recovery alongside access to powerful evidence based psychological interventions. If there is one message that I would like us all to take forward into 2015 it is to make every contact with a patient or service user count, because it really does matter and you will make a difference.

Best wishes,
Matthew

Free flu jabs for staff
All staff are being encouraged to protect themselves and their patients from flu this winter by getting a free flu vaccination.

Free flu jabs are being offered to staff at a variety of locations on our sites each week throughout winter. You can find the latest dates and locations on the staff intranet.

The vaccination is safe and can’t give you the flu. Getting the jab is not a 100% guarantee that you’ll be flu-free, but if you do get flu after vaccination it’s likely to be milder and shorter-lived than it would otherwise have been.

Every SLaM employee is less than two contacts away from someone who has a high risk condition and must avoid flu at every opportunity. By getting vaccinated staff are helping to protect our patients and other staff members from potentially serious complications associated with the flu virus.

Staff who would prefer to get the vaccine at their local pharmacy can make a free appointment until 31 January at www.londonflu.co.uk

We are smokefree
To create a healthier environment for everyone, SLaM went completely smokefree on 1 October 2014.

Smoking is not allowed anywhere on our sites – including all wards, grounds and vehicles. The change is in line with National Institute for Health and Care Excellence (NICE) guidance which recommends that all hospital sites, including mental health hospitals, should be 100 per cent smokefree.

Patients who smoke are supported by staff to make a quit attempt or to temporarily abstain whilst using our services. If you are a patient or carer please speak to any clinical staff member for support or contact your local stop smoking service.

Staff can get support from SLaM’s smokers’ clinic at Marina House – contact the clinic on 020 3228 3848 to make an appointment. It is based at 63-65 Denmark Hill, SE5 8RS.

Local stop smoking services
• Croydon: Freephone 0800 019 8570
• Lambeth: Freephone 0800 856 3409
• Lewisham: Freephone 0800 082 0388
• Southwark: Freephone 0800 169 6002
• SLaM smoking cessation service: 020 3228 3848

Support is also available through the national smokefree service online at www.nhs.uk/smokefree or by phoning 0300 123 1044 (free) to speak to an expert adviser.

Visit www.slam.nhs.uk/smokefree for more information.
**News in brief**

Deputy prime minister Nick Clegg and local MP Simon Hughes visited the centre in Ann Moss Way in Southwark. They met staff from a range of services including psychosis community services, parental mental health services, the Staying Well Service, and the Memory Service to discuss their jobs and the challenges they currently face.

Team manager for Psychosis Community Team for north-east Southwark, Nick Mungend said: “It was an interesting experience and I’m pleased that both MPs took time out to listen to what we had to say. I hope that we were able to inform their thinking and increase their understanding about mental health.”

The politicians also spoke with SLaM patients about their experiences of mental health and their care. The group discussed what worked for them and what didn’t and said that compassion and consistency were the two things that they felt helped the most in their recovery.

Chief executive, Dr Matthew Patrick said: “Good mental health services should be accessible and available for everyone. At SLaM we are working to make sure that the treatments for mental health problems are on a par with physical health, but there is still a way to go and politicians need to understand that achieving parity between physical and mental health requires parity of funding alongside passion and commitment.”

Rt. Hon. Simon Hughes MP said: “It is clear to me that as it stands, a change is needed in the way we view mental health care.

“All of those we met today benefited from therapists who made them feel part of the rehabilitation process. This is opposed to merely being given pills and told to come back when they run out, all the while feeling like a social pariah because of the social stigma that is currently attached to mental illness.”

“This cannot go on. It is time we accepted that mental health needs the same kind of attention we give physical health – both through funding and social attitudes.”

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**SLaM hosts government ministers**

Staff and patients had the chance to give two senior politicians their views on the state of mental health care at a visit to Chaucer Resource Centre in November 2014.

The politicians also spoke with SLaM patients about their experiences of mental health and their care. The group discussed what worked for them and what didn’t and said that compassion and consistency were the two things that they felt helped the most in their recovery.

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**SLaM scores highly in patient assessments**

SLaM has seen dramatic improvements to the quality of its surroundings, according to a patient survey published in late 2014.

Patient-Led Assessments of the Care Environment (PLACE) ensure service users are at the centre of all inspections of hospital environments. They use information gleaned directly from patient assessors to report on how well a hospital is performing in privacy and dignity, cleanliness, food and general building maintenance.

The assessments give patients and the public a voice in discussions about local standards of care, in the drive to give people more influence over the way their local health and care services are run.

Assessment teams are a collaboration between staff and patient assessors, with at least half the team being patients. Anyone who uses the service can be a patient assessor, including current patients, their family and visitors, carers, patient advocates or patient council members.

The only restriction is that current staff are not able to assess the hospital they work at as a patient assessor.

SLaM’s survey was undertaken from March to May 2014. The survey focuses entirely on the care environment and does not cover clinical care provision or staff behaviours.

Head of hotel services, Paul Winter said: “Good environments matter. Every NHS patient should be cared for with compassion and dignity in clean, safe areas, and this improvement across every area shows that we are getting it right across the majority of our sites in the trust.”

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**CQC inspection in 2015**

SLaM is likely to be inspected by the Care Quality Commission (CQC) during 2015, to make sure our services are safe, effective, compassionate and high-quality.

The CQC is the independent regulator for health and social care services in England.

The inspection team will include clinical staff, service users and carers. It will visit SLaM over five days to look at the quality and safety of the care we provide. They will check whether we are safe, effective, caring, responsive to people’s needs and well led.

Inspectors will talk to some staff about their experiences of care and observe the everyday activities on wards and in the community. They will check a random selection of medical notes to make sure they are accurate and up to date.

The trust will be given three months’ notice of the inspection. We will let you know the exact date as soon as it is confirmed.

We know that a successful inspection outcome requires careful planning. Preparations are underway to showcase the trust’s good work and make improvements where they are needed.

Leads from across SLaM are working together in a project group and will be in touch with staff about running mock visits, or to help prepare information and data for inspectors.
Safety in Mind tells the story of Mark who is experiencing an acute behavioural disturbance in a public place. It addresses the response of the police, ambulance service and NHS staff at a mental health unit from first contact to treatment.

With the exception of Mark who is played by a professional actor, the entire cast is comprised of frontline staff from the three organisations.

The film introduces a new shared language based around the acronym ABCDE for all policing and health professionals to use when dealing with a mental health emergency. The aim is to help properly assess a person’s needs and to effectively share information between agencies.

When using the acronym ABCDE in mental health, A is for appearance and atmosphere (what the professional sees when they come to into contact with the person); B is for the person’s behaviour; C is for communication (what the patient is telling professionals and what professionals have seen and observed as a team); D is for danger (that the patient poses to themselves and in some cases to others) and E is for the environment that the patient and professionals are in.

The film will be used, as part of a university accredited training package, to train all 40,000 frontline Metropolitan Police officers and London Ambulance and NHS mental health professionals.

In the film Lord Victor Adebowale, chair of the Independent Commission on Mental Health and Policing, emphasises the importance of effective training for frontline police officers.

Natalie Hammond, who led the development of the film said: “Responding to mental health emergencies often involves a range of organisations. The ABCDE model creates a shared language and approach that everyone understands and can relate to. This helps ensure that a person’s needs can be accurately assessed and information shared quickly and effectively between different agencies.

“I’m delighted that the Metropolitan Police, London Ambulance Service and NHS have collaborated on this film and that frontline staff from across the different professions will receive this vital training.”

You can watch a clip of the film by visiting www.slam.nhs.uk/safetyinmind

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**SLaM’s rising star**

David Newton, project lead for myhealthlocker, has won ‘Rising star’ at the e-health insider (EHI) awards 2014 – the UK’s largest healthcare technology industry event.

Myhealthlocker is a patient-focused website which helps service users to take an active role in their recovery and well-being and take control over their health information.

David was recognised for growing the project from a small pilot into a national example of best practice and for sharing information with patients and carers.

Myhealthlocker was also highly commended in the ‘Best use of technology to share information with patients and carers’ category. David said: “I am delighted that myhealthlocker has been recognised nationally. This award is a testament to joint working between SLaM, the Maudsley Biomedical Research Centre, our service users and clinicians.

“This work is empowering service users to become active partners in their healthcare and effectively manage their own health.

“It is through the creativity, dedication and hard work of this whole team that myhealthlocker is proving to be such a success.”

For more information on myhealthlocker email myhealthlocker@slam.nhs.uk or phone 88875.

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**Foundation doctor wins prestigious RCPsych award**

Dr Roxanne Keynejad, a CT1 Academic Clinical Fellow in general adult psychiatry at SLaM, has been named Foundation Doctor of the Year 2014 by the Royal College of Psychiatrists.

The annual RCPsych Awards mark the highest level of achievement within psychiatry, and are designed to recognise and reward excellent practice in the field of mental health.

Competition for the RCPsych Awards is extremely tough, and the judging panels were impressed by the quality of this year’s entries.

The judges said: “Dr Keynejad has excelled as a Foundation doctor. She has managed several innovative education projects and her research in memory disorders and medical education has resulted in a number of successful publications.

“Her work linking institutions in the UK and the developing world has been particularly impressive and has brought her skills as an educator and researcher together with her desire to improve patient care for patients at a global level.”

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**Chief executive named as top clinical leader**

Chief executive Dr Matthew Patrick has been named by the Health Service Journal as one of the UK’s top 100 Clinical Leaders for 2014.

The list celebrates those working in healthcare who excel in their professional specialism and have an impact on health policy, service transformation and innovation.

Matthew said: “I am delighted to have been selected onto the HSJ Clinical Leaders list.

“It is an honour to work on a daily basis with such gifted and dedicated staff who work exceptionally hard to provide pioneering services to change the lives of vulnerable people.”

The HSJ judges said that they selected Matthew for his impact on health transformation, bringing clinical expertise and skills to his management role as well as his wider influence and contribution to a range of national mental health policies.

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**Safety in Mind training film launched**

A film which demonstrates how police, ambulance and hospital staff should work together in mental health emergencies has been launched by SLaM, the Metropolitan Police and London Ambulance Service.
My trip to Ukraine

Mandy Sarhane, an inpatient manager and clinical nurse specialist in our child and adolescent mental health service, visited an orphanage in war torn Ukraine to share psychiatric knowledge.

I recently visited an orphanage in Eastern Ukraine, a region that has been devastated by war. Families have been left homeless or injured due to months of intense bombing and there are many who have ongoing mental health issues.

I was warned by friends and family members not to go; with the worry of more hostile military action the area is still considered dangerous. Some even said it was not my place to interfere. Despite this, Dr Dennis Ougrin and I visited for three days with the hope that we could share some of our knowledge and skills and help to alleviate the devastating mental health consequences of the recent conflict.

We were invited to go by an aid agency that we have close connections with through Dennis, who is from Ukraine. Many of the children have lost their parents due to the war and they required behavioural management and review of their medication.

Although there are paediatricians at the orphanage, there are no psychiatrists or anyone to provide specific psychological support so we knew we had our work cut out for us. The journey from the airport to the orphanage was easily the most dangerous and hair-raising aspect of the whole trip. Our driver warned us there could be snipers en route, we passed through regions completely destroyed by bombs and our journey was regularly interrupted by suspicious soldiers armed with rifles.

I was moved by the apparent resilience of the children we saw playing together in playgrounds surrounded by the damage of war. When we arrived at Druzhkivka Orphanage the children ran out to greet us and the first thing they did was rummage through my suitcase of socks. We took about 700 pairs (supplied by various child and adolescent mental health service (CAMHS) staff); the winters get exceptionally cold out there and this was one of the things the head nurse requested us to bring.

The orphanage is home to 430 children but only has capacity for about 200. Theorganisation is in desperate need of more resources to be able to carefully monitor them. The entire experience took me on a roller coaster of emotions but I felt privileged that we were able to help, even if it was for such a short period of time.

We were really struck by the daily struggle staff face in providing appropriate care to these children with a wide range of complex needs. The children have food and a bed but the orphanage is in desperate need of more resources to be able to carefully monitor them.

We would like to have a lasting influence on these children so have arranged to continue advice over Skype and also may revisit the orphanage early next year.

Special thanks goes to all those in CAMHS and the Bethlem and Maudsley School who have contributed to the purchase of the socks. As Ukrainian winter is coming soon no pair of socks will be wasted.

"I was moved by the apparent resilience of the children we saw playing together in playgrounds surrounded by the damage of war."

When walking around the orphanage it felt surreal and heart wrenching at times, there were many sights that were distressing – we are not used to seeing children in institutions in this country.

We reviewed eight cases in total, a few of these children were suffering from psychosis and hallucinations while others had behavioural problems. The issues are similar to what children in the UK go through but the treatment and management reminded me of adult mental health care here in the early nineties: with regular use of some anti-psychotic medications that are no longer used here because of the possible severe side effects.

Dennis translated to me during the examinations and we gave advice about medication, therapy and infection control issues. We educated them on the risks of administering combinations of out of date medications particularly with no baseline investigations.

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The Adamson Collection: rediscovered and preserved

Over 2,500 paintings and drawings by 180 people in the Adamson Collection are to be donated to the Wellcome Library at a reception at the House of Commons in February 2015.

The donation marks the rediscovery of the Adamson Collection as one of the world's key collections of asylum art and ensures its preservation.

The Adamson Collection holds about 5,500 objects including paintings, drawings, ceramics, sculptures, and works on stone, flint and bone. They were all created by people at the British long-stay mental hospital – Netherne between 1946 and 1981.

After the closure of the hospital part of the collection was transferred to Lambeth Hospital, which will remain an important site for the collection.

Over 50 fine art photograph reproductions of Adamson works have been installed on the first floor of Reay House at Lambeth Hospital, with a second batch arriving soon.

Kurelek’s story is one of a man travelling from Canada to London to seek psychiatric help. Arriving at the Maudsley Hospital in 1952, Kurelek was found sitting alone on the steps of the hospital by Dr Fred Charatan. He soon realised Kurelek was in desperate need of help and admitted him to the hospital as his patient.

Fred was senior registrar and an assistant to Professor Sir Aubrey Lewis. Kurelek spent time at Maudsley and Netherne hospitals where he painted a number of works including his masterpiece ‘The Maze’ and some of his work forms part of the Adamson Collection.

‘The Maze’ hangs in the Museum at Bethlem today and is one of a series of three paintings which came together earlier this year for the first time during the Adamson Festival.

It is believed that Kurelek depicted Sir Aubrey Lewis in a compartment of ‘The Maze’ where doctors are studying a man in a test tube. It is very likely that Fred is also depicted as one of the doctors in the painting.

Kurelek’s picture ‘Tramlines (1952), painted while at the Maudsley Hospital, was the first painting he ever sold and still hangs in the London Transport Museum today.

The artist eventually returned to Canada, married and had a family.

In 1969 Robert M Young travelled to the Maudsley with filmmaker David Grubin to make a film about Kurelek called ‘The young Doctor’ Fred. A short version of the film was made; a longer version was unfortunately lost.

Over 40 years later the last footage has been rediscovered. A new extended film is being produced by Young’s sons Nick and Zack, who travelled back to the UK this year and interviewed the 93 year old Dr Charatan.

Nick said: “As we looked through the recorded dates of Fred’s interviews with Kurelek in his hospital journals from 1952 and 1953, his memories came echoing back.”

Find out more about the film by visiting www.themazemovie.com

Addiction service art showcased

A new exhibition at the Maudsley Long Gallery celebrates work created through our addiction services over the last decade.

SlamAdArt profiles work from weekly art groups across Southwark and Lambeth drug and alcohol teams. Over the last decade these groups have produced a variety of exciting art projects, including installations at Tate Modern.

Arts coordinator, Inma Otal said: “We would like to give a flavour of some of the completed art pieces, as well as highlighting some of the ephemeral moments. After all, engaging in the creative process has been as important as the final art work.”

The exhibition, which starts in late January 2015, takes place in Maudsley Long Gallery which was established in 2013 following a grant from the Maudsley Charity. The gallery space uses a reclaimed staff corridor that was previously locked and unused. The space is now open to everyone.

You can find out more at www.slam.nhs.uk/longgallery
A pioneering combination of horticultural therapy, food growing, orchard restoration, nature walks and environmental art has been used to help restore the mental and physical wellbeing of patients at Bethlem Royal Hospital.

The project, led by the hospital’s occupational therapy team with support from the estates department, has seen an exciting transformation of the natural environment, and the way it is used, at Bethlem over the last five years.

A walled garden and greenhouses were developed to grow fruit and vegetables and patients now cook and eat the produce. The hospital’s lost orchards (the largest in London) have been restored, old trees renovated and heritage varieties of fruit trees replanted.

Three way-marked nature trails through the woods, meadows and orchards of the site have been introduced and the way in which sensitive habitats within the grounds, such as rare meadows and extensive bluebell groves, are maintained has been improved.

Various vocational opportunities for patients are available including horticulture, harvesting and woodwork. An apple press built by patients in a woodwork workshop is used to press apples for juice for sale.

Through the Bethlem Gallery, which is based at the hospital, patients collaborate in an annual Art in the Garden exhibition and have enhanced the grounds with artworks made from the fallen trees and scavenged wood.

The improvements led to the project being awarded the ‘most innovative site’ and ‘overall national winner’ at the national NHS Forest Awards in October 2014.

Head occupational therapist, Peter O’Hare said:

“These awards are a tribute to all the inspirational staff, service users and volunteers who have contributed tirelessly over many years to improve the patient experience and make Bethlem’s wonderful natural resources more accessible to all.

“More than 200 patients have benefited through direct involvement on the project and many more staff and patients have had their wellbeing benefited indirectly, for example through buying produce or experiencing the nature walks.

“The improvements have played a pivotal role in encouraging the local community to visit the hospital grounds and help to break down the stigma which can be attached to mental health hospitals.

“Particular thanks are due to the Urban Orchard Project for supporting the orchard restoration at Bethlem, and the Maudsley Charity and Big Lottery’s Local Food Fund – without their financial support the project could not have met its aims.”

“Overall, the project has led to the realisation that Bethlem’s grounds are a unique natural oasis which can be harnessed to benefit the physical and mental health of all.”

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The Maudsley Care Pathways is an easy to use website with interactive information for health professionals, patients and carers. The programme focuses on the mental health of older adults with five specific disorders: dementia, depression, personality disorder, psychosis and anxiety, and has been designed for use on desktop, tablet or mobile devices.

The website describes the journey a person will take once a diagnosis has been made and the anticipated care provided for by SLaM’s services. It gives an appropriate time frame that has been written and agreed by a team of nurses, occupational therapists, psychologists, consultants and service users.

The guidance is not intended to replace individualised assessment or personalised treatment plans for people using our services, but to complement the care they currently receive. The user simply selects the disorder that has been recognised or diagnosed, and if appropriate, the severity of the condition. Through intelligent filtering, they will then be presented with a selection of relevant treatments.

The system has been co-designed with SLaM’s service user and carer advisory group, in collaboration with King’s Health Partners and software developer Onclick.

Consultant old age psychiatrist at SLaM, Rob Howard said: “Care pathways mean different things to different people and organisations but for me they should signal the very best and most clearly evidence-based assessment and care that we can give to our patients. The launch of this software signals the culmination of the work of approximately 60 of our leading mental health experts, working together to provide a digital solution to help patients manage their condition. It’s a staggering piece of work that will be of real benefit to our service users and clinicians and help them manage their care in the digital age like never before.”

Doreen Bryant is a member of the trust’s Service User and Carer Advisory Group at SLaM who contributed to design of the website and provided narration for the promotional video.

Doreen said: “It is reassuring for service users and carers to know what to expect when anticipating treatment for a disorder. The website makes it easy to follow instructions that guide you through the pathway, even for someone with basic IT skills.”

Visit www.mhoad.slam.nhs.uk for more information.

Creative Madness in Song, funded by the Maudsley Charity and the Guildhall School of Music and Drama’s Research Fund, began by running workshops over the past year to explore the connection between creativity and mental illness. Young composers then created songs from texts written by our patients, along with guidance from SLaM clinicians.

The final performance took place at the Maudsley Learning Centre (ORTUS) on 31 October 2014 to a packed audience. It included the newly composed works as well as pieces by composers who have experienced mental illness, along with popular favourites which have been inspirational to the service users in their recovery from mental illness.

Consultant psychiatrist Dr Tom Werner worked on the project.

Tom said: “Creative Madness in Song has brought together diverse communities of musicians, mental health professionals and service users, and united them to produce a truly distinctive collaboration that promotes the genre of art song and destigmatises the challenge of mental illness. “It's a stunning achievement and I’m proud to have been a part of the creative process.”
How to use social media

Social media has become an invaluable tool, used by patients, staff and visitors on a daily basis. The communications and media team has produced guidance on how and why we use it at SLaM.

Engage

Social media opens up channels of communication that wouldn’t otherwise exist as well as introducing SLaM to new service users. Twitter is about listening and interacting, not just about broadcasting news. The trust uses social media as a new means to interact and improve its relationships with its service users, staff, media and other healthcare organisations.

Inform

Social media presents an opportunity to provide information to a wide and diverse range of people. Information about services and support that is available, both through SLaM and partner organisations, can be quickly and effectively communicated through social media channels. It is a means of keeping our followers up to date and well informed about things that are happening in the trust.

Destigmatise

A key focus of our social media activity is the challenging of stigma and misconceptions surrounding mental illness. People are not as afraid to get involved through Twitter, for example, as they may be through other mediums and we are reaching a wider audience by using social media as a tool to destigmatise mental illness.

If you do use social media it is important to remember the following:

• Protect your personal information at all times when using social media. Some details about you, such as your address, name and passwords may be misused fraudulently. Keep them secure, do not share.

• Protect your privacy when using social media sites. Some information is meant for you, your family and close friends. Do not share too much with people you do not know well. Don’t advertise anything which may compromise your personal security; details of holidays or when you are planning to be away from home, for example.

• Know your friends. Some social media sites display your posts to everyone (such as Twitter and most blogs). It may not be wise to share private information on public posts. Many social media sites have privacy settings which you can adjust. If you are not sure, most sites have information you can read or you could ask a friend.

• Be sociable. Do not post comments you would not otherwise say in public. Do not post comments that others may find offensive, provocative, aggressive or threatening.

• Keep your views about your work, colleagues and employer to yourself. Be cautious and professional at all times.

• Respect the privacy and personal space of others. Do not take photos or make videos of people without their permission. This applies to any therapeutic or clinical environment including outpatients, inpatients and community settings.

• Some places may not be appropriate for social media. “Checking in” on an inpatient ward, uploading photos or comments about other patients or staff may upset people around you. Please be aware there are people who are not active on social media sites and may find the activity upsetting and inappropriate.

• Do not advertise your expensive mobile phone, tablet by posting on public transport, outside stations and other public areas. Set up security features on your phone, tablet and iPad such as screen lock, pin, remote wipe.

• Above all, aim to be mindful and respectful of others around you or particularly in settings which involve vulnerable people. Social media is an invaluable tool, providing it is used correctly.

The Tree of Life

The Tree of Life model is based on narrative therapy. It values heritage, spirituality and culture to reach out to the needs of an ethnically diverse community.

A tree is used as a metaphor for an individual’s life and each part of the tree represents different aspects within it. The intention of the model is to help individuals to describe their preferred version of themselves (the person they would like others to see) rather than adopting a description imposed on them by others (such as a set of symptoms).

The model enables both staff and service users to start to see the whole person, rather than one aspect of their identity. SLaM clinicians have been running workshops in inpatient services with a team of 10 facilitators from the local community. They all have experience of using mental health services and have trained to co-facilitate workshops with psychologist Dr Julie Fraser. Together with assistant psychologist, Laura Williams they have brought the Tree of Life to inpatient wards on the Lambeth, Maudsley, Bethlem and Ladywell hospital sites.

Senior clinical psychologist and Tree of Life project lead, Dr Julie Fraser said: “We hope that the success of this innovative approach will support its continued use.

“The drawing and sharing of a tree demonstrates the power of the metaphor in joining with people across diverse cultures and makes it more accessible than the usual format of group sessions.

“Using the Tree of Life to promote collaboration between psychology, service user facilitators, ward staff and service users has proved to be a very effective and rewarding way of working together.”
As a member of SLaM’s communications and media team I’m used to getting calls from producers and reporters asking to film on our wards. They often have misconceived ideas about modern day life on an inpatient ward – only imagining patients stuck in bed being given medication – and, as a result, a big part of the work we do is to educate and break down stigma.

Many of us have an impression of what a ward round is. But unless you work in a mental health inpatient service, you may not know much about how they are conducted and why they form such a crucial part in a patient’s recovery.

To find out more I visited the Tony Hills Unit at Lambeth Hospital, which cares for 15 men. It describes itself as a specialist unit for men who have had multiple admissions. Patients normally stay for between six and 12 months and there can be complicated factors behind their admission. The unit is part of the rehabilitation service, in the complex care pathway of the psychosis clinical academic group.

The ward round takes place in a meeting room, where the team see all patients throughout the day. On the day I visit there are a range of staff including two ward doctors, a ward manager, senior nurse, psychologist, pharmacist, occupational therapist, trainee doctor and medical student. Consultant psychiatrist, Dr David O’Flynn is leading the ward round.

From comments on social media sites, I am aware that ward rounds are dreaded by some patients who feel they are ‘being talked about’ before they come into the room and I imagine how daunting it could be to enter a room full of people who have so much to feel.

David said: “The difference at Tony Hills is that we don’t talk about patients before they come in. We have developed this approach so that the patient hears everything discussed about them.”

With the first patient, David leads the conversation which focuses on the past week. He asks how the patient is and they discuss medication. A consistent theme throughout the morning is a tension between patients wanting their medication reduced and how the team manage this. The effects of medication can mean someone is lethargic and subsequently doesn’t want to be involved in ward activities.

Physical health plays an important part in the ward round. A patient’s weight is monitored as this can be a significant issue when taking psychiatric medication. The ward works closely with a personal trainer and patients have access to gym equipment. Smoking cessation is also discussed. David asks how each patient is coping since the recent ban – surprisingly no one seems that bothered – and patients are offered nicotine replacement therapy (NRT).

David explained that this man has made huge progress but it’s taken months to get this far. Leave – how much leave can be given – is another constant theme and presents difficult decisions for the staff. When a consultant gives leave they are clinically responsible for the patient and they have to judge that a person is well enough not to harm themselves or others. There are also practical issues to consider, such as the times of day people are going off the ward especially when it’s dark by early evening.

We’re introduced to a patient who is accompanied by a translator. He doesn’t speak or understand English and I can’t help thinking how isolated he must feel.

It is hard enough being away from your home, but not being able to convey how you feel, other than through an interpreter, must be quite distressing. David explains that this man has made huge progress but it’s taken months to get this far.

Leaving, how much leave can be given and when – is another constant theme and presents difficult decisions for the staff. When a consultant gives leave they are clinically responsible for the patient and they have to judge that a person is well enough not to harm themselves or others. There are also practical issues to consider, such as the times of day people are going off the ward especially when it’s dark by early evening.

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The pharmacist is on hand to advise the clinical team of any changes that can be made to medication. David explains that some of the work they are doing is ground-breaking. Patients often have complicated diagnosis which includes factors such as HIV. This means the types of drugs that can be prescribed are sometimes different and may require more intensive monitoring due to their reactions.

Ward culture and relationships are also a recurring theme throughout the ward round. Relationships for individuals on the ward are just the same as they are in any other shared living environment, made harder by this the intensified form of living.

There are activities on the ward every day, designed to help patients get back into the community and provide them with a positive structure when they leave hospital. These include practical groups, recovery and coping groups as well as music, art therapy and clinical exercise. Patients regularly swim in Brixton and work with local groups such as Mosaic.

What is a ward round? Who is involved and how do they benefit the patient? Richard Morley from SLam’s communications and media team visits the Tony Hills Unit at Lambeth Hospital to investigate.

David said: “We don’t normally discharge to other wards. The aim is to get people back into the community, supported by SLaM’s community teams. It gives them a clear goal; they know they aren’t just being moved to another inpatient unit.”

We meet another patient who is making good progress – he leaves the ward every day to work at a voluntary organisation. You can see he’s pleased to be going, the work he is doing is clearly helping him reconnect to regular life. I get the feeling that slowly but surely the challenging process of life as an inpatient is having a positive effect.

Another patient who is now living off the ward returns to the unit weekly for the ward round. The ward occupational therapist (OT) has been supporting him through his transition and he’s enrolled on a course. He says he is trying to use his time well and not fall back to old habits. His OT had found out about the Simon Walker fund (a Maudsley Charity fund which helps current and former service users) and he had applied for money for him to get a laptop.

As I leave the ward I notice the patient going off to do his voluntary work. He walks ahead of me and turns out of the hospital into Landor Road. I can’t help but feel privileged to have been allowed a glimpse into his world.
King’s Health Partners has found itself at the heart of the ongoing response to the Ebola outbreak in Sierra Leone.

The King’s Sierra Leone Partnership (KSLP), part of King’s Health Partners global health programme, has had a team based at Connaught Hospital in Freetown since January 2013. Its staff had been working with local partners to help bolster Sierra Leone’s health system by strengthening training, clinical services, policy and research.

However, since the virus reached Sierra Leone in May 2014, the KSLP team – led by Oliver Johnson of King’s College London – has been supporting the Ebola response in both an advisory and clinical role. This includes working with local and international partners and being supported by funding, equipment and advice provided from King’s Health Partners colleagues in London.

The KSLP team includes staff and volunteers from across its partner organisations. Katy Lowe is working as a mental health volunteer with the team while on sabbatical from her post as a nurse in early intervention services at SLaM, an opportunity funded by the Maudsley Charity.

Katy said: “I went to Sierra Leone initially in March to provide needs assessments of mental health services in Freetown. When Ebola appeared in the city all other work ground to a halt. People were gripped with fear and we had to respond to this emergency situation as best we could. My role is now mainly involved with the recruitment and co-ordination of volunteers – I provide mental health support for them, and identify the need for psychological support.

“Alongside the long hours there is a constant reminder that healthcare workers are at high risk of becoming infected so everyone is doing the best they can in extremely difficult circumstances.

“We are focusing on setting up a mental health clinic and our work highlights the need to integrate mental health care and general health services.”

SLaM are also supporting the response by providing psychological support via telephone to the KSLP team in Sierra Leone to help them manage their mental health and wellbeing whilst working in very challenging and stressful conditions.

You can find out more about the work of the KSLP team at www.kslp.org.uk

The hard work and dedication of the service users and carers advisory group (SUCAG) in our mental health and older adults and dementia clinical academic group was celebrated at a Christmas party in the Cinema Museum.

Throughout the year, SUCAG members help make sure that the voices of service users and carers help to shape services in the mental health and older adults and dementia clinical academic group (MHODAD CAG). Activities range from interviewing staff to carrying out mock inspections at our services.

To say thank you for their time and commitment in 2014, a festive party was held at the Cinema Museum in Kennington on 8 December.

The museum is a local gem, devoted to keeping alive the spirit of cinema from the days before the multiplex. Filled with memorabilia, posters and film equipment from a bygone age, it amazed and delighted the party guests.

The day was packed full of festive cheer with sing along carols with the Mind & Soul Choir and a special viewing of the classic Christmas film – It’s a Wonderful Life.

Involvement and participation lead, Nula Conlan said: “Staff and colleagues across the CAG donated gifts and goodies so that every single SUCAG member and volunteer received a token of our heartfelt appreciation.

“Their dedication and support ensures that our older adults services are truly shaped by the voices of service users and carers.”
**Get involved**

As a foundation trust it’s really important to us that people have the opportunity to get involved in the work that we do. A new ‘Get involved’ section of our website aims to make this easier.

We know that we are a large and complicated organisation and sometimes it can be hard to find out everything that is going on.

We’ve listened to feedback and have recently launched a new ‘Get involved’ section of our website. This space is divided into four sections: Membership, Volunteering and other opportunities, Events and Connect with us.

**Membership**

In this section of the site you can find out about SLaM membership – what it is and the benefits it gives you. If you’re not already a member it’s a great way of keeping in touch with us and finding out what we are doing. You’ll receive monthly email updates as well as this quarterly newsletter, SLaM news.

If you want to, you can take part in surveys and consultations and help influence our services and there’s a range of other benefits including discounts from local retailers and organisations.

**Volunteering and other opportunities**

There are paid and non-paid opportunities across the organisation, including an involvement register which is a great way for service users and carers to take part in the work we do. Paid opportunities include delivering training to sitting on interview panels and offering your views and opinions at committees and groups. We will be advertising some of these opportunities through this area of the website.

**Events**

If you would like to find out what is going on in SLaM and our local communities this area of the website is for you. We will publish details of events in all the boroughs that we cover. We will be developing this page further in the coming months to introduce ways for you to search by area and type of event. If you have an event that is open to service users, carers or the public that you would like to advertise email communications@slam.nhs.uk and we will put it on the website for you.

**Connect with us**

In this section you can find out how to keep in touch with us, follow news from around the trust and our local communities. As an NHS mental health trust we are leading the way on social media. We currently have the largest number of followers on Twitter (over 8,600) @MaudsleyNHS so by following us on Twitter you’re not only giving yourself the opportunity to find out about everything that’s going on in mental health, you’re also showing your support for mental health.

We host tweet chats by experts from across the organisation, as well as partnering with local and national charities, support groups and patients.

We host a range of other social media channels including Facebook, Google Circles and YouTube. We regularly update these sites with news and events and it’s in this section of the site that you can find links to all of our social media platforms.

**We want to hear from you**

We want our website to be as relevant and interesting as possible and we have created a blog which we regularly update. We invite contributions from a range of people including service users, carers, staff and professionals from other organisations. We hope you’ll find the blog interesting. If you have a suggestion on a feature or topic why not get in touch? E-mail communications@slam.nhs.uk

You can find out more by exploring the get involved section of our site: www.slam.nhs.uk/getinvolved
Meet our new governors

In November 2014 new governors were elected to represent a range of interests including service users, carers, the public, staff and partner organisations. Together they form a Council of Governors which plays an important role in supporting our Board of Directors to set the long term vision for SLaM.

On these pages you can meet some of the governors who have been elected for the first time. Visit www.slam.nhs.uk/governors to see a full list of all governors and learn more about their role. For details of other ways to get involved with the trust turn to page 26.

Christine Andrews (Service user, local)

“I want to inspire and support those experiencing mental distress and needing peer support, holistic and integrated care in the community. I would like to see a state-of-the-art and safe therapeutic environment on acute wards with robust caring support and understanding.”

Adam Black (Service user, local)

“I have been a service user for more than forty years. Since 2002, I have worked as an advocate; seeking to improve the representation and influence available to SLaM’s service user community.

“I intend for my term to be driven by the two platforms on which I stood for election – the expansion and connection of service user groups throughout the trust and to hold regular surgery meetings.”

Handsen Chikowore (Public)

“I am a fierce advocate of the patient and carer movement. I would like to play a key role in the promotion, prevention and treatment of mental health illness.

“I want to hold SLaM management to account and ensure effective treatment of mental illness. I understand that mental health stigma and discrimination exacerbate broader social and health inequalities and present major challenges for people with mental health problems to live as equal.”

Jenny Cobley (Public)

“I am interested in the provision of local mental health services, as members of these services elsewhere. Having attended meetings at SLaM and at Healthwatch Lambeth, I am well aware that there is a high incidence of mental health problems in Lambeth. I am excited by the plans at King’s Health Partners to bring together mental and physical healthcare for their patients.”

Robert Gay (Service user, national)

“I am a solicitor in the City of London and hope that my skills in digesting paperwork will be useful to the Council. I am also a gay man, and concerned for non-discriminating provision of mental health services and particularly concerned at the level of suicides among young gay men.”

Marnie Hayward (Service user, local)

“I am a Care Quality Commission inspector where I work to ensure a wide range of health and social care services meet essential standards of quality and safety. I have experience of asking searching questions of staff and service providers to ensure people’s needs are being met. I regularly talk with people using services about their experiences, reporting findings and escalating where concerns are raised.

“I am also a SLaM service user. I feel passionately that having access to the right support for me at the right time was absolutely essential to my recovery – I would not be where I am now without SLaM. As governor I will wholeheartedly strive to ensure processes are in place so that people using services are at the heart of decision making, have access to care and treatment that is right for them, have a choice and are involved as far as possible.”

Gillian Sharpe (Public)

“For many years I worked as a Croydon schoolteacher, and when I retired I was sworn in as a magistrate on the local bench where I sat on the adult, family and youth panels. On my retirement I served on the Youth Referral Board, and in all these activities I became aware of the very large prevalence of mental illness in those caught up in the criminal justice system. I am keen to see that as much as possible is done to bring understanding and alleviation of this problem. I welcome the introduction of a better system of communication between the police and SLaM in emergencies.”

Helena Taylor-Knox (Staff)

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Meet our new governors
Treating the whole person

Our mental and physical health often interacts yet most health services tend to treat both separately. IMPARTS – a pioneering initiative developed by King’s Health Partners – aims to change this by giving healthcare professionals the tools to integrate mental and physical care in routine clinical settings.

A significant number of people with long term physical conditions experience mental health problems and people with mental health problems are more likely to suffer physical diseases than those without – but rarely do services take an integrated approach to physical and mental care.

Professor of general psychiatry at King’s College London, Matthew Hotopf said: “This is far from ideal. By treating the whole person, the overall health outcomes for many of these patients can be improved.

“IMPARTS aims to help clinicians do this by helping to detect and manage mental health problems in patients with a physical health problem, as well as to identify and manage physical health problems in those with mental health issues.”

The programme is currently being used at both King’s College Hospital and Guy’s and St Thomas’ NHS Foundation Trusts in departments such as limb reconstruction, hepatitis C, rheumatology and neuro-trauma palliative care, kidney transplant review and teenage and young adult cancer.

Consultant nurse, Karina Jackson uses IMPARTS in the dermatology department at Guy’s.

Karina said: “When a patient comes to their appointment they are asked to complete a five minute screening survey on a mobile device. “The answers are available immediately on their electronic patient record providing me with instant feedback to guide their care. I’ll discuss the results with the patient and, if required, refer onto an appropriate mental health service.

Screening questions and care pathways are tailored by IMPARTS to the needs of the particular service and developed together with the relevant clinical team. Training through the programme gives clinicians the skills to interpret the screening results and engage patients in the next step. Patients are offered self-help material tailored to their condition.

The limb reconstruction service at King’s provides excellent physical care, but until IMPARTS was introduced did not address the mental health needs of patients.

Matthew said: “IMPARTS screening identified probable depression in 21 per cent of limb reconstruction patients in August 2014 and we found many others had anxiety problems and post-traumatic stress disorder. On the back of these figures we gained funding to employ mental health practitioners to make sure people get the help they need.”

Lead consultant psychiatrist, Dr Fiona Gaughran said: “Living with psychosis carries a heavy physical health burden along with the mental health difficulties. There are high rates of obesity, diabetes, smoking – with all that implies – but the separation between physical and mental health services has created barriers in managing these physical health risks effectively.

Screening for physical health issues in our patients holds enormous potential for treating the whole person.

“IMPARTS will be a powerful tool for clinical audit, clinical effectiveness work and high-level research in psychosis, including clinical trials.

“So many health risk factors are preventable – but you can only do something about them if you know what needs to change, and have the support to do it.”

For more information about IMPARTS email impart@kcl.ac.uk
We are Smokefree

To create a healthier environment for everyone, smoking is not allowed anywhere on any SLaM site. This includes all wards, grounds and vehicles.

You can find out more at www.slam.nhs.uk/smokefree

If you would like help to stop smoking please speak to any clinical member of staff or contact your local stop smoking service:

- **Croydon:** Freephone 0800 019 8570
- **Lambeth:** Freephone 0800 856 3409
- **Lewisham:** Freephone 0800 082 0388
- **Southwark:** Freephone 0800 169 6002

Or visit www.nhs.uk/smokefree or phone 0300 123 1044 (free).

**Staff can contact SLaM’s smokers’ clinic at:**
Marina House (63-65 Denmark Hill, SE5 8RS) for support on 020 3228 3848.